



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

www.ecotrek.kg

E-mail: info@ecotrek.kg

Skype: Ecotrek

<https://www.facebook.com/ecotrek.karakol>

+996 3922 5 11 15 + 996 709 51 11 55

Shamsi-Son-Kol	
Highest Point:	3570m
Lowest Point:	2200m
Total Elevation Gain:	4381m
Total Elevation Loss:	3781m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~46Avg
Total Amount of trekking days:	10
Approximate Trekking Distance:	~118km
Total hours of driving:	~19hours
Total kilometers of driving:	~905km

Day	Description
Day1	Meet at Manas airport. Bus to the guest house ~40min (25km). Bishkek City tour. Overnight in the guest house (Elevation: 900m).
Day2	Leaving the guest house you will travel to Shamsi valley ~3 hours (100km). You will hike up Shamsi valley ~2-3 hours (5km). Overnight in the tents (Elevation: 2400m).
Day3	Leaving the campsite you will hike to the baseline of Shamsi pass ~4-5 hours (10km). Overnight in the tents (Elevation: 3000m).
Day4	Leaving the campsite you will summit Shamsi pass (3570m) and descend to Saryla-Saz valley ~7-8 hours (16km). Overnight in the tent (Elevation: 2500m).
Day5	Leaving the campsite you will hike along Saryla-Saz valley down to Kashka-Suu valley ~7-8 hours (18km). Overnight in the tent (Elevation: 2200m).
Day6	Leaving the campsite you will hike to Sook valley ~7-8 hours (16km). Overnight in the tent (2300m).
Day7	Free day. Explore the beautiful Sook valley. Overnight in the tent (Elevation: 2300m).
Day8	Leaving the campsite you will summit Kum-Bel pass (3600m) Koldu-Suu valley ~7-8 hours (18km). Overnight in the tent (Elevation: 2350m).
Day9	Leaving the campsite you will summit Char-Archa pass (3061m) and descent Char-Archa valley ~5-6 hours (14km). Overnight in the tent (Elevation: 2200m).
Day10	Leaving the campsite you will summit Jalgyz-Karagai pass (3300m) and descent Jaman-Echki valley ~7-8 hours (16km). Overnight in the yurt camp (Elevation: 3000m).
Day11	Free day. You can hike around Son-Kul lake or relax on the shores. Overnight in the yurt camp (Elevation: 3000m).
Day12	Leaving the yurt camp you will travel to Tamga village ~6-7 hours (240km). On the way you hike to Fairy Tale canyon ~1-2 hours (5km). Overnight in the guest house (Elevation: 1700m).
Day13	Leaving the guest house you will travel to Jetti-Oguz valley ~2 -3 hours (75km). Overnight in the yurt camp (Elevation: 2300m).
Day14	Leaving the yurt camp you will travel to Karakol ~1-2 hours (40km). Karakol City tour. Overnight in the guest house (Elevation: 1670m).
Day15	Leaving the guest house you will travel to Bishkek ~5-6 hours (400km). Overnight in the guest house (Elevation: 900m).
Day16	Leaving the guest house you will travel to Manas airport ~40 min (25km).

Shamsi-Son-Kol: Tour price

Group Size	Per person €	Total €
2	2195	4390
3	1712	5138
4	1481	5927
5	1376	6884
6	1281	7687
7	1327	9291
8	1231	9849
9	1235	11115
10	1151	11513

- Included**
- Transportation to and from planned attractions
 - Accommodation in guest houses, yurts & tents
 - Accommodation & food for the personnel
 - 3 fresh meals per day throughout the tour
 - Guide + English translator
 - Mountain cook
 - Mountain cook assistant (if more than 7 clients)
 - Trekking assistant (if more than 7 clients)
 - Horse

- Not included**
- Single room in the guest houses
 - Transportation to attractions not included in tour
 - Alcoholic drinks
 - Bottled water during trek
 - Flights to and from country
 - Visa cost (for countries not offered free visas)

11	1100	12107
12	1055	12665
13	1038	13505
14	1077	15083
15	1045	15678
16	1014	16235
17	1013	17235
18	988	17793
19	969	18423
20	949	18981

- Horsemen
- Horse for the luggage
- Mountain kitchen gear
- Mountain toilet
- Bottled water in cities/purified spring water during trek
- Attraction ticket fees

Additional information

Personnel

The price listed above includes food, rental equipment and transportation for the personnel.

EcoTrek will provide an experienced **mountain guide**. The guides are all well educated in trekking and mountain safety.

EcoTrek will provide one **porter** for each client. The porters can carry up to 17 kilos. The porters will carry all food and camping equipment for the entire trek. Typically our clients carry a small backpack which contains water, snacks, and 1 or 2 items of clothing during the trek. An additional porter can be provided for €23 per day.

EcoTrek will provide a professional **mountain cook**. The cook will prepare fresh and nutritious food for the trek. Please inform your cook if you are a vegetarian or have any allergies. If there are more than 7 clients, a mountain cook assistant is provided.

Climate

Kyrgyzstan has a continental climate. The sun shines over 200 days a year. The temperature during the summer months can range from 20°C to 40°C between 900-2000m elevations; between 3000-4000 m the temperature ranges from 0°C to 20°C. In Kyrgyzstan the weather can change 3-4 times a day. Be aware sometimes you may experience rainy, snowy and sunny weather in the same day.

You need to bring:

Winter jacket, sleeping bag rated for -26°C to 0°C, rain gear, 2-3 pairs of wool socks, waterproof trekking boots, gloves, sunglasses, sunscreen with high UV-protection, lip balm with UV-protection.

EcoTrek will provide the necessary trekking equipment:

A 2 person 3 season tent and a sleeping mat. EcoTrek will also provide a kitchen for the cook and dining area for the clients to eat their meals. If client wants to stay in single tent there is a cost of €4 per day.

Food during the trek

Breakfast: hot cereal or fried eggs, cheese, honey, bread, butter, coffee and tea.

Lunch: salads, sandwiches, fruit, coffee and tea.

Snack: cookies, coffee and tea.

Dinner: soup, second course, cheese, honey, dried fruit, bread, coffee and tea.

Insurance

It is strongly recommended that all clients have proper insurance to cover any illnesses, helicopter evacuation and transportation to their country of origin. In the event of an emergency EcoTrek will do everything in its power to assist clients. Please contact your Embassy to find the best travelers insurance policy for your stay in Kyrgyzstan.

Visa

Kyrgyz Republic gives free visa to citizens of 44 countries including; EU, USA, Japan, UK, Norway, Switzerland and Brazil.

Terms & Conditions

EcoTrek needs to be paid in full before the trek starts. If the client cancels the trek before the agreed upon start date, EcoTrek will keep a 15 % cancelation fee. Clients who return early from a trek are not eligible for a refund for the personnel/food unless injury, illness or natural events forces the trek to end early.

All prices are listed in EUROS and these prices are valid throughout 2015. EcoTrek will prepare a receipt for the payment. Please note that bank transfers will cost an additional 7 % for the transaction fee. We request that a 15% deposit is paid 15 days before the start of the trek.

Bank data	
Beneficiary	Agida Iskakovna Dosumbaeva
Beneficiary account EURO	1180000056420258
Beneficiary bank	Demir Kyrgyz International Bank (Karakol, Kyrgyzstan)
Beneficiary SWIFT	DEMIKG22

Note:

EcoTrek provides a basic first aid kit. It is recommended to bring your own altitude sickness tablets, digestive tablets, and any other additional medication needed during your trek.

Description of transportation provided during the tour

Photo

EcoTrek will provide clean and comfortable transportation from airport and around city. The driver has good work experience in the sphere of tourism and service.



Minibus

EcoTrek will provide a military truck during the trekking part of the tour. This is a perfect transportation for the mountain roads of Kyrgyzstan. The driver has more than 10 years of driving experience with this special form of transportation.



Military Truck

Emergency contact:

Name: Agida Dosumbaeva

Contact information:

Karakol City, 116 Abdrahmanov str/48 Koenkozov str

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