CENTRAL ASIA GUIDE



GROUP TOUR · 8 DAYS

Alay Trek Tour

Round trip from Osh · Kyrgyzstan

Duration 8 days, 7 nights	Start and end Round trip from Osh	Best time to visit Jun–Sep
Group tour from $800 per person	Group size Max 10 travellers	Tour type Hiking, Mountaineering, Nature, Trekking
Difficulty Challenging		

Prices and dates valid for 2026 departures. Issued 23 November 2026.

Tour highlights

Explore the Alay Mountains, a breathtaking yet little-known gem in southern Kyrgyzstan. This 8-day group trek offers some of the finest trekking and hiking in the country: spectacular mountain scenery, panoramic views of glacier-clad Lenin Peak (7,134 m), high-altitude passes and encounters with Kyrgyz nomadic culture.

During the trek you cross high passes like Sary Mogul (4,303 m) and Jiptick (4,185 m), enjoy up-close views of Lenin Peak at Base Camp and Traveller's Pass (4,150 m), and experience traditional nomadic life while staying in yurts, meeting local shepherds and savouring home-cooked meals. Experienced trekking guides take you through this off-the-beaten-track part of the Pamir-Alay, and the trek supports community tourism, benefiting families in the Pamir-Alay Mountains.

Itinerary: *Osh – Sary-Mogol – Zhanyryk yurt camp – Sary Mogul Pass – Kyzyl-Shoro – Koshmoinok Pass – Sarybell Pass – Kozho-Kelen – Jiptick Pass – Darbazatash Valley – Sary-Mogol – Tulpar-Kol Lake – Traveller's Pass – Osh.*

Difficulty: Challenging. Recommended for fit hikers with some trekking experience: 3–9 hours (up to 24 km) of walking per day on mountain trails, partly narrow and on scree, with three passes above 4,100 m (highest Sary Mogul Pass, 4,303 m) and nights at 2,800–3,600 m. Luggage is carried by horses.



Hiking and Trekking in Kyrgyzstan



Sarybell pass during an Alay trekking tour

Where you'll stay

Night 1	**Sary-Mogol**	Shared family-run guesthouse in Sary-Mogol or similar
Night 7	**Tulpar-Kol Lake**	Shared yurt camp at Tulpar-Kol Lake

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY 1

Osh – Sary-Mogol village, 220 km

Depart from the historic city of Osh to the village of Sary-Mogol (3,000 m). There is remarkable scenery along the way, so enjoy the ride! After about two and a half hours of driving, we stop for a short hike to the beautiful Isumrudnoe (Emerald) Lake. Lunch, then we continue driving to Sary-Mogol.

After arrival, enjoy the incredible views of the 7,000+ meter high snow-capped Pamir Mountains in the distance. Home-cooked dinner and overnight at a family-run guesthouse. In Sary-Mogol there are several small convenience stores for last-minute purchases.

Driving 220 km, 4 hours. Trekking 6 km, 3–4 hours.
Facilities: Wi-Fi, electricity, hot shower and western-style toilets.

Overnight	**Sary-Mogol** · Shared family-run guesthouse in Sary-Mogol or similar
Meals	Lunch, Dinner
Travel	Osh – Sary-Mogol (220 km)

DAY 2

Acclimatization day – hike from Sary-Mogol to Zhanyryk yurt camp, 14 km

After breakfast, we begin our trek toward the first yurt camp, following an easy car road that winds through open valleys and past yurt camps. Along the way we encounter grazing yaks, sheep, goats and horses, spot eagles soaring overhead and marmots scurrying through the grass, and stop at refreshing springs. The trek is a unique opportunity to observe the lifestyle of nomadic people – their herds, traditional dwellings and daily routines – up close.

Upon reaching the yurt camp at 3,300 m, relax and settle in. Lunch at the yurt camp, then a short hike to the nearby hills for proper acclimatization. In the evening, dinner under the stars and overnight in the yurt.

Trekking 14 km, 4 hours. Ascent +461 m, descent -115 m.
Facilities: no Wi-Fi, no electricity, no hot shower, outdoor toilets.

Meals	Breakfast, Lunch, Dinner

DAY 3

Zhanyryk yurt camp – Sary Mogul Pass (4,303 m) – yurt camp, 15 km

After breakfast, we walk for about an hour to the first viewpoint. Some parts are a bit challenging as the trail is narrow and the terrain is mainly scree and small pebbles. We take a break to enjoy the views of the Pamir Mountains before descending into a valley for a picnic lunch by a riverbank with glacier views.

After lunch, we head up to Sary Mogul Pass at 4,303 m (1 hour). As you ascend, glaciated peaks and alpine lakes begin to appear. From the top of the pass you see Besh Kol – a viewpoint with stunning views of the alpine lakes and nearby peaks. We then descend to the campsite at 3,600 m. Dinner under the stars at the yurt camp.

Trekking 15 km, 8–9 hours. Ascent +1,059 m, descent -859 m.
Facilities: no Wi-Fi, no electricity, no hot shower, outdoor toilets.

Meals	Breakfast, Lunch, Dinner

DAY 4

Trek to Koshmoinok Valley via Kyzyl-Shoro village, 19.4 km

Compared to the previous day, the start of day four is relatively easy-going and mainly downhill. The trail follows the valley and crosses the river several times. As we lose elevation, the terrain changes from high-alpine, rocky and dry to green mid-mountain slopes with juniper bushes. Don't forget to turn around from time to time to enjoy the glaciers and snow-covered peaks behind you. We pass fields with grazing cows and shepherds' yurts where you may be invited for tea.

After a few kilometers we reach the farmland of Little Sary-Mogol village, pass through it and walk 3.5 km along a dusty road to Kyzyl-Shoro village. Lunch at a homestay, with a chance for a quick hot shower (Wi-Fi and electricity are also available here).

After lunch we walk into the gorge east of the village. The trail climbs slowly, about 860 m through grassy meadows and pastures, to Koshmoinok Pass (3,220 m), then descends into Koshmoinok Valley (1 hour). Dinner and overnight in a yurt camp at 2,800 m.

Trekking 19.4 km, 7–8 hours. Ascent +866 m, descent -1,596 m.
Facilities at the camp: no Wi-Fi, no electricity, no hot shower, outdoor toilets.

Meals Breakfast, Lunch, Dinner

DAY 5

Sarybell Pass – Kozho-Kelen village – Jiptick yurt camp, 24 km

After breakfast, cross the stream and walk up to Sarybell Pass at 3,132 m (1 hour). Views of the rugged Kichik Alay Mountains open up from the top. From there, the path winds along the edge of the hills. The red rock formations of the "Three Dragon Gorge" are one of the most beautiful spots in all of Kyrgyzstan, with the snow-covered Pamir in the distance.

The trail then descends through the red rocks into a cliffed riverbed, and we follow the road through the cliffs to Kozho-Kelen village (3 hours). Late lunch in a guesthouse – hot showers, electricity and internet are available in the village.

After lunch, an easy walk on an unpaved road along the river leads up to the yurt camp at the foot of Jiptick Pass (3 hours). Enjoy this beautiful gorge with evergreen trees and meet Kyrgyz nomads busy with their daily activities and herding their animals. Arrive at the yurt camp at 3,050 m for a home-cooked dinner with a local family and overnight in a yurt.

Trekking 24 km, 9 hours. Ascent +1,299 m, descent -1,095 m.
Facilities at the camp: no Wi-Fi, no electricity, no hot shower, outdoor toilets.

Meals Breakfast, Lunch, Dinner

DAY 6

Jiptick Pass (4,185 m) – Darbazatash Valley, 16 km

From the yurt camp, the trail ascends gradually along the river to the foot of Jiptick Pass (1 hour), then switchbacks up to the pass (2 hours). Jiptick Pass (4,185 m) is breathtaking: in the distance you can see the Pamir Mountains, and in clear weather even Lenin Peak (7,134 m). Picnic lunch on the pass.

The path then descends steeply to Darbazatash Valley (3 hours). Arrive in the valley (3,274 m) for dinner and overnight at the yurt camp.

Trekking 16 km, 8 hours. Ascent +1,150 m, descent -931 m.
Facilities: no Wi-Fi, no electricity, no hot shower, outdoor toilets.

Meals Breakfast, Lunch, Dinner

DAY 7

Darbazatash Valley – Sary-Mogol village – Tulpar-Kol Lake

Walk to Sary-Mogol village (3 hours). Arrive at your homestay for a home-cooked lunch, a shower and Wi-Fi.

After lunch, we drive to the yurt camp at Tulpar-Kol Lake near Lenin Peak Base Camp (1 hour). Tulpar-Kol is a series of lakes set in the foothills of the Pamir – a great spot for photography and easy walking. Dinner and overnight in a yurt.

Trekking 11 km, 3 hours. Ascent +40 m, descent -320 m. Driving 1 hour.
Facilities at the camp: no Wi-Fi, no electricity, no hot shower, outdoor toilets.

Overnight	**Tulpar-Kol Lake** · Shared yurt camp at Tulpar-Kol Lake
Meals	Breakfast, Lunch, Dinner
Travel	Sary-Mogol – Tulpar-Kol Lake

DAY 8

Traveller's Pass (4,150 m) – Osh

Wake up early. After breakfast, we head south from Tulpar-Kol to the alpinists' Lenin Peak Base Camp. After passing the Base Camp, we begin the ascent to Traveller's Pass. The trail climbs slowly except for the last 20 minutes, where it becomes a steep zigzag up to the pass at 4,150 m. Enjoy the magnificent views of glaciers tumbling off the massive peak, and walk to the viewpoint on the right of the pass for an even better view of Lenin Peak (7,134 m), the highest peak of the Pamir-Alay. Picnic lunch there.

We return to the yurt camp the same way, say goodbye to the Pamir and drive back to Osh (5 hours). End of the tour.

Trekking 20 km, 6 hours. Ascent +760 m, descent -760 m. Driving 5 hours.

Overnight	Departure day, no overnight
Meals	Breakfast, Lunch
Travel	Tulpar-Kol Lake – Tulpar-Kol Lake (trek, 20 km) Tulpar-Kol Lake – Osh

What's included

Included

- English-speaking trekking guide
- Shared accommodation in a guesthouse (1 night) and yurt camps (6 nights) – 4–6 people per room/yurt
- All meals as indicated in the itinerary
- Transport from/to Osh
- Transport to/from Tulpar-Kol yurt camp
- Horseman and luggage service by horse, up to 12 kg per person
- Border permit for the Lenin Peak Base Camp area (last-minute permit requests require a surcharge)

Not included

- Hotel and meals in Osh before and after the tour
- Sleeping bag
- Drinking water
- Alcoholic drinks
- Services outside the standard program
- Tips
- Travel and health insurance
- Flights or other domestic/international transport

Prices

Valid for 2026 departures

Group tour, per person

Tour	Double / twin room	Single supplement
8 days	**$800**	–

Same price on all departures.

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