CENTRAL ASIA GUIDE



PRIVATE TOUR · 7 DAYS

Southern Kyrgyzstan Tour

Osh – Bishkek, Osh · Kyrgyzstan

Duration 7 days, 6 nights	Start and end Osh – Bishkek, Osh	Best time to visit May–Oct
Private tour from $826 per person	Tour type Culture, Hiking, Nature	Difficulty Moderate

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Tour highlights

This 7-day private tour introduces you to the natural beauty of South Kyrgyzstan. The region stretches around the Fergana Valley, which is mostly Uzbek territory, so the culture in Southern Kyrgyzstan is somewhat different from the other regions that are separated from it by mountains.

You will see very different scenery, from lowland cities like Osh to the high alpine valleys and huge mountains of Alay. Lush nut and fruit forests and the turquoise lakes and waterfalls of Arslanbob and Sary Chelek are the highlights of the tour.

Difficulty: Moderate. Normal physical condition is enough. Some walking on easy and moderate terrain, with day hikes of average level near Lenin Peak base camp (Alay Valley, high altitude), in Arslanbob and at Sary-Chelek; long driving days (up to 5–8 hours). The highest points are the Taldyk Pass (3,615 m), crossed by car, and Lenin Peak base camp at about 3,600 m.



Sary Chelek reflection



Tulpar Kol lakes in Alay valley, Kyrgyzstan

Where you'll stay

Night 1	**Osh**	Hotel in Osh or similar
Night 2	**Tulpar-Kol Lake**	Yurt camp at Tulpar-Kul
Night 3	**Osh**	Hotel in Osh or similar
Night 4	**Arslanbob**	Local guest house in Arslanbob or similar
Nights 5–6	**Sary Chelek**	Hotel in Arkyt or similar

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY 1

Osh

Our journey starts in Osh, the oldest city in the region and one of the strategic points of the Silk Road in its heyday. In Osh we visit the main heritage site, Sulaiman-Too, with its unusual cave museum and places that are sacred for local people.

In the afternoon we visit the central bazaar, which is more than 3000 years old, with unique masters of hand-made iron goods (blacksmiths). In the evening we have a welcome dinner in a famous local, Eastern-style restaurant.

Overnight	**Osh** · Hotel in Osh or similar
Meals	Dinner

DAY 2

Osh – Alay Valley, Tulpar-Kul (240 km / 5–6 hours)

On the second day we start exploring the most beautiful natural sights of Southern Kyrgyzstan. Our destination is the Tulpar-Kul group of lakes, located under Lenin Peak, which is more than 7 km high.

On the way we make several stops to see the colourful mountains along the famous Pamir Highway. The main highlights are Uch-Tobo village with its high triple mountain and the Taldyk Pass at 3,615 m above sea level. In the evening we arrive at the yurt camp and enjoy the sunset after the long drive.

Distance: 240 km (5–6 hours of driving)

Overnight	**Tulpar-Kol Lake** · Yurt camp at Tulpar-Kul
Meals	Breakfast, Dinner
Travel	Osh – Tulpar-Kol Lake (240 km)

DAY 3

Tulpar-Kul – Lenin Peak base camp – Osh (240 km / 5–6 hours)

After breakfast we start hiking in the highest valley of the Alay region. During the hike we visit the first base camp of Lenin Peak, a famous destination for alpinists from all over the world. The final point of the hike is a waterfall.

After lunch in the yurt camp we drive back to Osh.

Distance: 240 km (5–6 hours of driving)
Level of hike: average

Overnight	**Osh** · Hotel in Osh or similar
Meals	Breakfast, Lunch
Travel	Tulpar-Kol Lake – Lenin peak (hike) Tulpar-Kol Lake – Osh (240 km)

DAY 4

Osh – Arslanbob walnut forest (170 km / 3–4 hours)

In the morning we head to Jalal-Abad province, where we explore Arslanbob, the largest natural walnut forest in the world.

On arrival in the village we take Soviet UAZ jeeps to discover two waterfalls and the amazing forest full of walnut and fruit trees. Riding in these old cars is an unusual and somewhat extreme experience. In the evening we stay in a local guest house and have a delicious dinner prepared by our host family.

Distance: 170 km (3–4 hours of driving)
Level of hike: average

Overnight	**Arslanbob** · Local guest house in Arslanbob or similar
Meals	Breakfast, Dinner
Travel	Osh – Arslanbob (170 km)

DAY 5

Arslanbob – Sary-Chelek, Arkyt village (220 km / 4–5 hours)

In the morning we drive towards Sary-Chelek and the village of Arkyt. After about 5 hours of driving we have free time in the village to walk around or relax by the riverside. This flexible day is a preparation for the next day.

Distance: 220 km (4–5 hours of driving)

Overnight	**Sary Chelek** · Hotel in Arkyt or similar
Meals	Breakfast, Dinner
Travel	Arslanbob – Sary Chelek (220 km)

DAY 6

Lakes of Sary-Chelek

Early in the morning we drive to the Sary-Chelek nature reserve, where we start trekking to the beautiful lakes around the main lake. On the way you will see scenery that is unusual for other parts of Kyrgyzstan.

At the last lake we can have a small picnic and a swim. Bring a smartphone or camera to capture the amazing views. Towards evening we return to the hotel.

If you prefer, horseback riding to the lakes can be arranged instead of trekking.

Distance: 20 km (1 hour of driving)
Level of hike: average

Overnight	**Sary Chelek** · Hotel in Arkyt or similar
Meals	Breakfast, Lunch, Dinner
Travel	Sary Chelek – Sary Chelek (hike)

DAY 7

Transfer to Osh or Bishkek – end of the tour

Transfer to Osh or Bishkek, depending on your choice. End of the tour.

Distance: 300 km to Osh (4–5 hours) or 520 km to Bishkek (7–8 hours)

Overnight	Departure day, no overnight
Meals	Breakfast
Travel	Sary Chelek – Osh (300 km)

What's included

Included

- Transportation
- Accommodation for 6 nights
- Guide service
- Breakfast daily; dinner daily except in Osh (welcome dinner on day 1 included)
- One lunch box for the hike in Sary-Chelek
- Drinking water
- UAZ special car (Soviet jeep) in Arslanbob
- Entrance costs
- Welcome gift

Not included

- International and domestic flights
- Visa fees (if required)
- Travel insurance
- Transfer to Bishkek at the end of the tour (on request, extra cost)
- Dinners in Osh (except the welcome dinner)
- Lunches not mentioned in the program
- Alcohol and soft drinks
- Tips for guide and driver

Prices

Private tour, per person by group size

Travellers	Price per person
1 traveller	$2,240
2 travellers	$1,323
3 travellers	$971
4 travellers	$826

Private tours start on any date you choose. Prices per person in a double or twin room.

Book or ask a question

Choose a date or ask us anything about this tour. We usually reply within one working day.

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