



GROUP TOUR • 13 DAYS

# Khan Tengri Trekking Tour

Round trip from Bishkek • Kyrgyzstan

Duration  
13 days, 12 nights

Start and end  
Round trip from Bishkek

Best time to visit  
Jul–Aug

Group tour from  
\$3,200 per person

Group size  
Max 11 travellers

Tour type  
Mountaineering, Trekking

Difficulty  
Challenging

Flights  
2 flights included

Departures  
4 guaranteed dates

Prices and dates valid for 2027 departures. Issued 12 October 2026.

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## Tour highlights

Trek deep into the Central Tien Shan on this 13-day group tour to the foot of Khan Tengri (7,010 m) and Pobeda Peak (7,439 m). From Bishkek you drive along the shore of Issyk-Kul to the Karkara base camp, fly by helicopter into the Engilchek Valley and follow the Engilchek Glacier past Merzbacher Lake to the South Engilchek Base Camp at about 4,000 m, with views of Khan Tengri, Pobeda and many unclimbed 5,000 m peaks.

After six days of trekking on moraines and glacier ice, a helicopter takes you back to Karkara. The tour ends gently with a free day on the shore of Issyk-Kul, the ancient rock carvings of Cholpon-Ata and the Burana Tower on the way back to Bishkek.

*During the tour we work with local communities and service providers who reduce and recycle plastic waste and use locally produced materials. You can help by bringing a reusable water bottle, reducing waste where possible and disposing of items properly.*

**Difficulty: Challenging.** For trekkers with moderate hiking experience above 4,000 m and good physical condition: six trekking days of 8–12 km (3–6 hours) on moraines and glacier ice, with steep ascents and descents, rockfall sections and stream crossings. Nights in tents at 2,900 m up to about 4,100 m; porters carry your trek bag (max. 12 kg) and a helicopter flies you in and out.



Khan Tengri helicopter tour



Kyrgyzstan Glacier Trekking Tour

## Where you'll stay

|              |                                  |                                                                       |
|--------------|----------------------------------|-----------------------------------------------------------------------|
| Night 1      | <b>Bishkek</b>                   | B Hotel or similar                                                    |
| Nights 2–3   | <b>Karkara base camp</b>         | Karkara base camp (yurts or double tents, shared toilets and showers) |
| Night 4      | <b>Iva camp</b>                  | Tent camp (double tents with kitchen, dining and toilet tents)        |
| Night 5      | <b>Glina camp</b>                | Tent camp (double tents with kitchen, dining and toilet tents)        |
| Night 6      | <b>Merzbacher Lake</b>           | Tent camp (double tents with kitchen, dining and toilet tents)        |
| Night 7      | <b>Komsomolets camp</b>          | Tent camp (double tents with kitchen, dining and toilet tents)        |
| Night 8      | <b>Dikiy camp</b>                | Tent camp (double tents with kitchen, dining and toilet tents)        |
| Night 9      | <b>South Engilchek Base Camp</b> | Tent camp (double tents with kitchen, dining and toilet tents)        |
| Nights 10–11 | <b>Cholpon Ata</b>               | Karven Issyk-Kul Hotel or similar                                     |
| Night 12     | <b>Bishkek</b>                   | B Hotel or similar                                                    |

Listed accommodation or similar, same category.

# Day-by-day itinerary

DAY

1

## Arrival in Bishkek, city tour

Upon arrival at Manas International Airport you are met by your guide and driver. Transfer to Bishkek (about 30 km, 45 minutes) and check in at the hotel (early check-in included), with time to relax after the journey.

The city tour begins at Osh Bazaar, one of the most colorful markets in Central Asia, where you can stroll among stalls selling aromatic spices, dried fruits, handmade crafts and many other goods that reflect the culture and traditions of the region.

Next comes a walking tour of downtown Bishkek. On Ala-Too Square you see the Manas Monument and the national flag, where the changing of the guard takes place, and nearby the 2010 Revolution Monument and the White House. Continue to Old Ala-Too Square with the Lenin statue and Soviet-era buildings, then through Oak Park with its open-air gallery and the monument to Kurmanzhan Datka, a legendary female leader. The walk ends at Victory Square, dedicated to those who died in the Great Patriotic War.

Lunch and dinner in cozy local cafes. Overnight at the hotel in Bishkek (800 m).

|           |                                     |
|-----------|-------------------------------------|
| Overnight | <b>Bishkek</b> · B Hotel or similar |
|-----------|-------------------------------------|

|       |               |
|-------|---------------|
| Meals | Lunch, Dinner |
|-------|---------------|

DAY

2

## Bishkek – Karkara base camp (2,200 m), 480 km, about 7 hrs

After breakfast we leave for the Karkara Valley. The drive from Bishkek takes about 7 hours: the road passes through the Boom Gorge and then along the shore of Issyk-Kul Lake. Lunch at a cafe in Cholpon-Ata. After lunch we drive through the village of Tyup and continue east to the Karkara base camp.

Accommodation is in a camp with buffet-style meals where you can choose your own food. On arrival you can take a walk around the camp or towards the Chymyn-Sai Pass (2,700 m), or simply relax.

Dinner and overnight at the Karkara base camp.

|           |                                                                                                  |
|-----------|--------------------------------------------------------------------------------------------------|
| Overnight | <b>Karkara base camp</b> · Karkara base camp (yurts or double tents, shared toilets and showers) |
|-----------|--------------------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

|        |                                      |
|--------|--------------------------------------|
| Travel | Bishkek – Karkara base camp (480 km) |
|--------|--------------------------------------|

DAY

3

## Karkara base camp, acclimatization hike to Chymyn-Sai Pass (2,700 m) – 10 km, 3 hrs, +400 m / –400 m

An easy walk through alpine terrain to the Chymyn-Sai Pass. We walk along the border between Kazakhstan and Kyrgyzstan and then climb to the 2,700 m pass, which offers views of the entire Karkara Valley, the Char-Kuduk area and the Tyup Gorge.

The hike is not difficult and helps you prepare for higher altitudes. The trail runs through a wide gorge with nomad yurts, a good opportunity to see the way of life of a disappearing culture.

Dinner and overnight at the camp.

Hiking: 10 km, about 3 hours, ascent +400 m / descent –400 m.

|           |                                                                                                  |
|-----------|--------------------------------------------------------------------------------------------------|
| Overnight | <b>Karkara base camp</b> · Karkara base camp (yurts or double tents, shared toilets and showers) |
|-----------|--------------------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

DAY

4

### Helicopter flight to the Engilchek Valley, trek to Iva camp (2,900 m) – 10 km, 3–4 hrs, +700 m

After breakfast an exciting helicopter flight takes us to the starting point of the trek in the Engilchek Valley, a place called Prijim. From here we hike up the valley to the foot of the mighty Engilchek Glacier, with impressive views of Nansen Peak (5,690 m) and Tyuz Pass (4,001 m).

Nansen Peak was first noted in 1902 by the German geographer Gottfried Merzbacher. Having seen the Alps, the Caucasus, the Himalayas and the Karakoram, he was struck by the grandeur of the southern ridge that closes the Engilchek Valley: mighty snow-capped peaks of bizarre shapes stretching from west to east, in his words one of the most impressive alpine panoramas on earth.

In the afternoon we arrive at the Iva tent camp, where the friendly staff welcome us. Dinner and overnight at the camp.

Trekking: 10 km, 3–4 hours, ascent +700 m.

|           |                                                                                  |
|-----------|----------------------------------------------------------------------------------|
| Overnight | <b>Iva camp</b> · Tent camp (double tents with kitchen, dining and toilet tents) |
|-----------|----------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

|        |                                       |
|--------|---------------------------------------|
| Travel | Karkara base camp – Iva camp (flight) |
|--------|---------------------------------------|

DAY

5

### Iva camp – Glina camp (3,100 m) – 8 km, 5–6 hrs, +200 m

After breakfast we pack our lunch and leave the camp. Today's route follows the lateral moraine of the Engilchek Glacier to its confluence with the Putevodny Glacier, the first big glacier of the trek. Steep ascents and descents make this day particularly intense and require extra stamina; wherever possible we follow the right slope.

Some sections of the trail have rockfall, so extra care is needed, and the route constantly goes up and down. Lunch is right on the glacier, surrounded by majestic mountain scenery. After a rest we climb another steep terrace on a narrow path.

At Glina camp, on a green clay plateau, we enjoy a cup of hot tea or coffee and relax after a busy day. Dinner and overnight in the tent camp.

Trekking: 8 km, 5–6 hours, ascent +200 m.

|           |                                                                                    |
|-----------|------------------------------------------------------------------------------------|
| Overnight | <b>Glina camp</b> · Tent camp (double tents with kitchen, dining and toilet tents) |
|-----------|------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

DAY

6

### Glina camp – Merzbacher Glade (3,400 m) – 9 km, 5–6 hrs, +300 m

Today we hike along picturesque terraces with ascents and descents. The distance is about 9–10 km in a straight line, but the route is intense. We cross a small glacier once, ford a river and have lunch on the shore of a cozy mountain lake. After the break it takes about an hour to reach the camp.

On arrival we are greeted with hot tea or coffee and a breathtaking view of Merzbacher Lake. Merzbacher Glade is the last grassy spot in the area, directly opposite the lake. On the glacier there is a research station where scientists from all over the world come every summer to study glacier movement, the climate of the region and the lake itself. The flat green meadow around the station is ideal for camping.

Dinner and overnight in tents under the starry sky.

Trekking: 9 km, 5–6 hours, ascent +300 m.

|           |                                                                                         |
|-----------|-----------------------------------------------------------------------------------------|
| Overnight | <b>Merzbacher Lake</b> · Tent camp (double tents with kitchen, dining and toilet tents) |
|-----------|-----------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

## DAY

7

**Merzbacher Glade – Komsomolets Glacier (3,800 m) – 12 km, 5–6 hrs, +400 m**

After breakfast we take our lunch boxes and start a long hike through majestic landscapes: snowy slopes, steep cliffs and amazing multicolored ice – black, white and even striped – with views of the Petrovsky, Kolyady, Tyurina and Bronenosets peaks. The first part of the route runs along the right side of the terraces, and before the huge Shokalsky Glacier the trail gently descends.

We then reach the glacier and the dark moraine formed by the Komsomolets Glacier and follow it to the ice. The terrain is varied and full of obstacles – mountain streams, deep crevasses, steep ascents and descents – and getting around them takes time, effort and attention.

Tonight is our first night on the glacier. Strong winds usually come up after 4 p.m. and the temperature drops noticeably, so hot drinks are especially welcome. Dinner and overnight in the tent camp.

Trekking: 12 km, 5–6 hours, ascent +400 m.

|           |                                                                                          |
|-----------|------------------------------------------------------------------------------------------|
| Overnight | <b>Komsomolets camp</b> · Tent camp (double tents with kitchen, dining and toilet tents) |
|-----------|------------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

## DAY

8

**Komsomolets Glacier – Dikiy Glacier (3,900 m) – 10 km, 4–6 hrs, +100 m**

Breakfast at the camp and departure. Trekking in this part of the Tien Shan is mesmerizing in its pristine beauty; a distinctive feature of the region is the large number of unnamed peaks of around 5,000 m that are still unclimbed.

From the camp we cross the moraine of the Proletarsky Glacier, climb to the middle of the Dikiy Glacier moraine and follow it to the glacier itself. The first part is uneven, with ascents and descents, but closer to the glacier the moraine becomes smoother and the crevasses and small streams disappear.

During the lunch break we enjoy a great view of Khan Tengri, Pobeda, Gorky, Chapaev and Trekhlavaya peaks. Dikiy camp was once the starting point for climbers heading to Pobeda Peak; hot tea or coffee awaits. Dinner and overnight in the tent camp.

Trekking: 10 km, 4–6 hours, ascent +100 m.

|           |                                                                                    |
|-----------|------------------------------------------------------------------------------------|
| Overnight | <b>Dikiy camp</b> · Tent camp (double tents with kitchen, dining and toilet tents) |
|-----------|------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

## DAY

9

**Dikiy Glacier – South Engilchek Base Camp (about 4,000 m) – 8 km, 5–6 hrs, +200 m**

Today is a relatively short day. After breakfast we cross the whole glacier to the central moraine where the base camp is located. The trail passes rocks, icy sections, streams, lakes and crevasses, but can be walked without ropes or crampons.

We reach the base camp in time for lunch and hot drinks. The South Engilchek Base Camp lies in the heart of the Central Tien Shan on the South Engilchek Glacier at about 4,000–4,100 m, with breathtaking views of Khan Tengri (7,010 m) and Pobeda Peak (7,439 m), which attract climbers from all over the world every year. An optional radial hike leads towards the foot of Pobeda Peak.

Dinner and overnight in tents at the base camp.

Trekking: 8 km, 5–6 hours, ascent +200 m.

|           |                                                                                                   |
|-----------|---------------------------------------------------------------------------------------------------|
| Overnight | <b>South Engilchek Base Camp</b> · Tent camp (double tents with kitchen, dining and toilet tents) |
|-----------|---------------------------------------------------------------------------------------------------|

|       |                          |
|-------|--------------------------|
| Meals | Breakfast, Lunch, Dinner |
|-------|--------------------------|

DAY  
10

### South Engilchek Base Camp – helicopter to Karkara – Cholpon-Ata petroglyphs – Issyk-Kul Lake

Breakfast at the base camp, then a helicopter flight along the Central Tien Shan range – with a chance to see Merzbacher Lake from the air – to the Karkara camp. From there we drive to Issyk-Kul Lake (about 200 km, 3 hours), stopping for lunch at a local cafe on the way.

We also visit the famous Stone Garden at Cholpon-Ata, an open-air temple with rock carvings associated with the Scythian and Xiongnu cultures, dating from the 9th–8th centuries BC to the 3rd–4th centuries AD. The carvings lie at the foot of the Kungey Ala-Too range, with a magnificent view over the whole lake.

Afterwards a short transfer to the hotel on the shore of Issyk-Kul (1,600 m). Dinner at the hotel restaurant and overnight.

|           |                                                                                                    |
|-----------|----------------------------------------------------------------------------------------------------|
| Overnight | <b>Cholpon Ata</b> · Karven Issyk-Kul Hotel or similar                                             |
| Meals     | Breakfast, Lunch, Dinner                                                                           |
| Travel    | South Engilchek Base Camp – Karkara base camp (flight)<br>Karkara base camp – Cholpon Ata (200 km) |

DAY  
11

### Issyk-Kul Lake, free day

A full day of rest on the shores of Issyk-Kul Lake, the second-largest mountain lake in the world. No transfers or organized activities – just free time to relax, swim in the clear water, stroll along the shore or simply enjoy the fresh mountain air and the silence of nature.

In the evening dinner at the hotel restaurant and overnight.

|           |                                                        |
|-----------|--------------------------------------------------------|
| Overnight | <b>Cholpon Ata</b> · Karven Issyk-Kul Hotel or similar |
| Meals     | Breakfast, Lunch, Dinner                               |

DAY  
12

### Issyk-Kul Lake – Burana Tower – Bishkek

After breakfast we drive to Bishkek with a stop at the Burana Tower, one of the oldest surviving minarets in Central Asia, near the town of Tokmok. It stands on the site of Balasagun, one of the capitals of the Karakhanid state, and nearby is a collection of balbals – ancient Turkic stone sculptures that hold the secrets of the distant past.

Lunch on the way, then we continue to the capital. Check in at the hotel, dinner and overnight in Bishkek.

Drive about 270 km, 5–6 hours.

|           |                                     |
|-----------|-------------------------------------|
| Overnight | <b>Bishkek</b> · B Hotel or similar |
| Meals     | Breakfast, Lunch, Dinner            |
| Travel    | Cholpon Ata – Bishkek (270 km)      |

DAY  
13

### Departure from Bishkek

Early in the morning, transfer to Manas International Airport (about 30 km, 45 minutes) for your departure flight. End of the program.

|           |                             |
|-----------|-----------------------------|
| Overnight | Departure day, no overnight |
| Meals     | Breakfast                   |

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# What's included

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## Included

- Accommodation on a twin/double basis in hotels and tents
- Full board, with cook services on the trekking days
- All transport from arrival to departure
- Helicopter flights from the Karkara camp to the Engilchek Valley and back
- Border permit for the Engilchek border zone
- English-speaking guide / trekking guide for the trekking part
- Porter services on the trek (up to 12 kg of personal belongings per person; 20 USD per extra kg for the whole tour)
- Drinking water on the trekking days (1 liter per person per day, boiled water – please bring your own bottles)

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## Not included

- Single supplement: 170 USD in the tent camps, 90 USD in hotels
- Meals not included in the program; alcoholic drinks
- Insurance
- Sleeping bags
- All flights
- Photo and video fees in museums
- Personal expenses, tips and portage at hotels
- Visa fee and visa support fee, if applicable

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## Prices and dates

Valid for 2027 departures

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### Group tour, per person

| Tour           | Double / twin room | Single supplement |
|----------------|--------------------|-------------------|
| <b>13 days</b> | <b>\$3,200</b>     | <b>+ \$260</b>    |

Same price on all departures. 10% deposit, balance one month before tour starting date.

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### Guaranteed group departures

#### 2027

| Start              | End         | Weekdays  | Status    |
|--------------------|-------------|-----------|-----------|
| <b>3 Jul 2027</b>  | 15 Jul 2027 | Sat – Thu | Available |
| <b>17 Jul 2027</b> | 29 Jul 2027 | Sat – Thu | Available |
| <b>31 Jul 2027</b> | 12 Aug 2027 | Sat – Thu | Available |
| <b>14 Aug 2027</b> | 26 Aug 2027 | Sat – Thu | Available |

Availability as of 12 October 2026. Check current availability on the tour page.

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## 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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|           |                                                                                                                                                                         |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tour page | <a href="https://central-asia.guide/kyrgyzstan/kyrgyzstan-tours/khan-tengri-trekking-tour">central-asia.guide/kyrgyzstan/kyrgyzstan-tours/khan-tengri-trekking-tour</a> |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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|       |                                                                      |
|-------|----------------------------------------------------------------------|
| Email | <a href="mailto:info@central-asia.guide">info@central-asia.guide</a> |
|-------|----------------------------------------------------------------------|

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|--------------------|-----------------------------------------------------------|
| Phone and WhatsApp | <a href="https://wa.me/358408124448">+358 40 812 4448</a> |
|--------------------|-----------------------------------------------------------|

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|          |                                                         |
|----------|---------------------------------------------------------|
| Telegram | <a href="https://t.me/zhetigenova">t.me/zhetigenova</a> |
|----------|---------------------------------------------------------|

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|-----------|-----------------------------------------------------------------------|
| Messenger | <a href="https://m.me/Centralasiaguidefb">m.me/Centralasiaguidefb</a> |
|-----------|-----------------------------------------------------------------------|

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