



GROUP TOUR • 9 DAYS

Kyrgyzstan Tian-Shan trekking tour

Round trip from Bishkek • Kyrgyzstan

Duration
9 days, 8 nights

Start and end
Round trip from Bishkek

Best time to visit
Jun–Aug

Group tour from
\$1,500 per person

Group size
Max 12 travellers

Tour type
Nature, Trekking

Difficulty
Challenging

Departures
11 guaranteed dates

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

Tour highlights

This 9-day small-group trek takes you into the Tien Shan mountains south of Issyk-Kul. Five days of hiking between fixed tent camps are combined with a city tour of Bishkek with the colorful Osh Bazaar and a visit to the 11th-century Burana Tower. Porters carry your luggage from camp to camp, the camp staff cook on the trekking days, and the group has 1–12 travelers.

After a night in a yurt camp on the flower meadows of Kok-Dzhayik in the Jeti-Oguz gorge, known for its red “Seven Bulls” and “Broken Heart” rocks, the trail follows the narrow, wooded Bay Tor gorge up to alpine meadows and crosses the Telety Pass (3,800 m) into the Karakol Gorge above the town of Karakol. A day hike through Tien Shan spruce forest leads to a viewpoint below Karakol Peak (5,216 m), the highest summit of the Terskey Ala-Too range.

The highlight of the trek is Ala-Kul Lake (3,600 m), a glacial lake whose water turns emerald, turquoise or dark grey with the light. After a night at its shore you cross the Ala-Kul Pass and the wide Keldike Valley to Altyn-Arashan, where you can relax in natural hot springs before driving back along the shore of Issyk-Kul to Bishkek.

Difficulty: Challenging. Five trekking days of 8–16 km (5–7 hours) with up to +1,172 m ascent and -1,310 m descent a day, over the Telety Pass (3,800 m) and the Ala-Kul Pass, including one river crossing without a bridge. Five nights in fixed tent camps at 2,500–3,625 m and one in a shared yurt at 2,600 m; porters carry up to 12 kg per person. For trekkers with some hiking experience above 3,000 m and good fitness. Drives of up to 422 km (6–7 hours) a day.



Alakul lake between the Karakol and Altyn Arashan valleys in Kyrgyzstan



Jeti Oguz valley seven bulls rock formations in Issyk Kul

Where you'll stay

Night 1	Bishkek	My Hotel or similar
Night 2	Kok-Zhaiyk	Yurt camp in Jeti-Oguz Gorge
Night 6	Ala Kul Lake	Fixed tent camp at Ala-Kul Lake (3,625 m)
Night 7	Altyn Arashan	Fixed tent camp in Altyn-Arashan (2,600 m)
Night 8	Bishkek	My Hotel or similar

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY

1

Arrival in Bishkek and city tour

Upon arrival at Manas International Airport, your guide and driver meet you and transfer you to Bishkek (about 30 km, 45 minutes), where you can check in to your hotel early (included) and rest after your journey.

Your introduction to the city begins at Osh Bazaar, one of the most colorful markets in Central Asia, with stalls selling aromatic spices, fresh and dried fruits and handmade crafts.

Next, a walking tour of the city center takes you to Ala-Too Square with the Manas Monument and the State Flag, where the Changing of the Guard takes place, and past the monument to the 2010 revolution and the White House. At the old square you see a statue of Lenin and Soviet-era buildings. Then walk through Oak Park, with its open-air sculpture gallery and the monument to Kurmanjan Datka, a legendary female leader, and end the tour at Victory Square, dedicated to those who died in the Second World War.

Lunch and dinner are at cozy local cafés. Overnight at a 3* hotel in Bishkek (800 m).

Overnight	Bishkek · My Hotel or similar
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Meals	Lunch, Dinner
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DAY

2

Bishkek – Burana Tower – Jeti-Oguz Gorge

In the morning, drive from Bishkek towards the Jeti-Oguz gorge. On the way, stop at the Burana Tower near Tokmok, an 11th-century minaret on the site of Balasagun, once the capital of the Karakhanid state. Explore the tower and the balbals nearby, stone sculptures left by ancient nomads.

The journey continues along the Issyk-Kul region, with a lunch stop at a café serving local cuisine. At the entrance of the Jeti-Oguz gorge you see the red sandstone rocks “Broken Heart” and “Seven Bulls”, the symbols of this place. The gorge is famous for its Tien Shan spruce forests, alpine meadows and clean mountain air.

A winding road with log bridges leads deep into the gorge to the Kok-Dzhayik (“Flower Meadow”) area. Dinner and overnight in a yurt camp, surrounded by mountain peaks.

Drive about 400 km, 6–7 hours. Overnight altitude: 2,600 m.

Overnight	Kok-Zhaiyk · Yurt camp in Jeti-Oguz Gorge
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Meals	Breakfast, Lunch, Dinner
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Travel	Bishkek – Kok-Zhaiyk (400 km)
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DAY

3

Jeti-Oguz Gorge – foot of the Telety Pass (trek)

In the morning, meet the porters. After breakfast, leave the yurt camp and start trekking along the riverbank through the narrow, wooded Bay Tor gorge, which leads up to alpine meadows. Here, on a carpet of flowers, the air is sweet and clear and the views are amazing.

After a rest, continue to the tent camp at the foot of the Telety Pass. Shortly before the camp you cross a big river on a bridge. From the camp, an easy walk leads to a nameless waterfall, and the meadows along the west Telety River are lovely. Dinner and overnight at the tent camp.

Put all your things into the special rucksack provided by us and hand it to the porters in the morning; they carry the luggage from one tent camp to the next (up to 12 kg per person, extra weight 20 USD per kg).

Trek: 13 km, about 5–6 hours, +450 m. Overnight altitude: 3,050 m.

Meals	Breakfast, Lunch, Dinner
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DAY

4

Telety Pass (3,800 m) – Karakol Gorge (trek)

After breakfast, leave the camp and begin the ascent to the Telety Pass. The first kilometer of the trail runs through juniper bushes, then a narrow path gains altitude gradually. From the top of the pass (3,800 m) there is a wonderful panorama of mountains and valleys.

The descent is simple: along a wide scree slope and through alpine meadows covered with herbs and flowers, along the East Telety River, which you have to wade across at one point – there is no bridge, so sandals are recommended.

The trail then winds through the forest on a path crossed by roots and descends into the Karakol Gorge. The last kilometer follows an old dirt road to a tent camp in the forest, where you can make a campfire after dinner. Dinner and overnight at the tent camp.

Trek: 12 km, about 6–7 hours, +735 m / -1,232 m. Overnight altitude: 2,500 m.

Meals	Breakfast, Lunch, Dinner
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DAY

5

Day hike to the foot of Karakol Peak (5,216 m)

Today's radial hike leads towards Karakol Peak. The trail follows the Uyun-Tor River, partly on an old dirt road that ends after a small river. After the river crossing, the path goes through Tien Shan spruce forest; from May the meadows are full of flowers – snowdrops, tulips, primroses, white anemones, alpine asters and big edelweiss.

Above the forest you climb a stony hill to a viewpoint of Karakol Peak, the highest summit of the Terskey Ala-Too range – a wonderful place for lunch. Afterwards, walk back to the tent camp on the same route, where a mountain sauna awaits. Dinner and overnight at the tent camp.

Hike: 16 km, about 6–7 hours, +531 m / -531 m. Overnight altitude: 2,553 m.

Meals	Breakfast, Lunch, Dinner
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DAY

6

Karakol Gorge – Ala-Kul Lake (trek)

After breakfast, walk about 1 km down the gorge, cross the river on a bridge and follow the trail into the forest.

A rather long ascent ends at a steep grassy slope, where the trail turns into a serpentine, passes a river overflow and reaches an unusual place called the “Sirota” log hut. Inside are a table, benches and a fireplace, and around the hut stand wooden carvings of animals and idols – a fairy-tale spot for a rest and a snack.

Higher up, the trail leaves the forest behind and follows the river to a beautiful waterfall flowing down from Ala-Kul Lake. Pass the waterfall and climb onto a natural dam with the first view of the lake; the last kilometer to the tent camp runs along the shore. Dinner and overnight at the tent camp – the highest night of the trip.

Trek: 8 km, about 6–7 hours, +1,172 m. Overnight altitude: 3,625 m.

Overnight	Ala Kul Lake · Fixed tent camp at Ala-Kul Lake (3,625 m)
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Meals	Breakfast, Lunch, Dinner
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DAY

7

Ala-Kul Lake – Ala-Kul Pass – Altyn-Arashan (trek)

The moraine lake Ala-Kul stretches 2.8 km from east to west; it is 500 m wide and 70 m deep. Ala-Kul means “Colorful Lake” in Kyrgyz: depending on the light, the water can be emerald green, turquoise with white clouds reflected, light green, dark grey or even black.

After breakfast, start the ascent to the Ala-Kul Pass, the highest pass of the trip, with wonderful views of the lake and of the main range of the Terskey Ala-Too with peaks such as Ak-Suu, Djigit, Karakol and Oguz-Bashi. From the lake shore it takes about an hour and a half to reach the pass.

Descend from the pass along a scree slope and cross the wide Keldike Valley with its grazing cattle and flocks of sheep. In Altyn-Arashan you can relax in the natural hot springs – the thermal baths in the valley reach up to 50 °C (entrance included). Dinner and overnight at the tent camp.

Trek: 12 km, about 6–7 hours, +285 m / -1,310 m. Overnight altitude: 2,600 m.

Overnight	Altyn Arashan · Fixed tent camp in Altyn-Arashan (2,600 m)
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Meals	Breakfast, Lunch, Dinner
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Travel	Ala Kul Lake – Altyn Arashan (trek, 12 km)
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DAY

8

Altyn-Arashan – Karakol – Bishkek

In the morning, a special military truck takes you down from the Altyn-Arashan gorge to Karakol. From there, drive back to Bishkek along the shore of Issyk-Kul Lake and through the scenic Boom gorge, with a lunch stop at a local café serving national cuisine.

In the evening, arrive in Bishkek and check in to your 3* hotel. A farewell dinner at one of the city's cozy cafés is a chance to look back on your trip and enjoy Kyrgyz hospitality.

Drive about 422 km, 6–7 hours.

Overnight	Bishkek · My Hotel or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Altyn Arashan – Bishkek (422 km)
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DAY

9

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
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Meals	Breakfast
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What's included

Included

- Accommodation for 8 nights in twin/double rooms in 3* hotels and in twin-share tents
- Shared yurt in the Jeti-Oguz yurt camp (4 people per yurt)
- Full board (8 breakfasts, 8 lunches, 8 dinners), with chef services on the trekking days
- All transport from arrival to departure, including airport transfers
- Special military vehicle into or out of the Karakol Gorge and the Altyn-Arashan Gorge
- English-speaking guide / trekking guide for the trekking part
- Porter services (up to 12 kg of personal belongings per person)
- Drinking water on the trekking days (1 liter per person per day, boiled water)
- Entrance and environmental fees during the entire tour
- Entrance fee to the hot springs in Altyn-Arashan

Not included

- International flights
- Visa fee and visa support fee, if applicable
- Insurance
- Single supplement in the tent camps: 170 USD
- Sleeping bags
- Porter luggage above 12 kg (20 USD per extra kg)
- Meals not included in the program
- Alcoholic drinks
- Photo and video fees in museums
- Porterage at hotels
- Tips
- Personal expenses

Prices and dates

Valid for 2027 departures

Group tour, per person

Tour	Double / twin room	Single supplement
9 days	\$1,500	+ \$170

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

Guaranteed group departures

2027

Start	End	Weekdays	Status
19 Jun 2027	27 Jun 2027	Sat – Sun	Available
26 Jun 2027	4 Jul 2027	Sat – Sun	Available
3 Jul 2027	11 Jul 2027	Sat – Sun	Available
10 Jul 2027	18 Jul 2027	Sat – Sun	Available
17 Jul 2027	25 Jul 2027	Sat – Sun	Available
20 Jul 2027	28 Jul 2027	Tue – Wed	Available
24 Jul 2027	1 Aug 2027	Sat – Sun	Available
31 Jul 2027	8 Aug 2027	Sat – Sun	Available
7 Aug 2027	15 Aug 2027	Sat – Sun	Available
14 Aug 2027	22 Aug 2027	Sat – Sun	Available
21 Aug 2027	29 Aug 2027	Sat – Sun	Available

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

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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