



GROUP TOUR • 14 DAYS

Mountain Trekking Tour in Kyrgyzstan

Round trip from Bishkek • Kyrgyzstan

Duration
14 days, 13 nights

Start and end
Round trip from Bishkek

Best time to visit
Jun-Jul

Group tour from
\$2,330 per person

Group size
Max 12 travellers

Tour type
Nature, Trekking

Difficulty
Challenging

Departures
2 guaranteed dates

Prices and dates valid for 2027 departures. Issued 13 October 2026.

Tour highlights

Trek through the Tien Shan mountains of Kyrgyzstan on this 14-day small-group tour with 8 days of hiking. From Bishkek you travel past the Burana Tower and a lunch with a Dungan family to the Chon Kemin valley. Here a 4-day trek with pack horses crosses the Kungey Ala-Too range, past the pastures of Toru Aigyr, the mountain lake Kol Kogur and a 3,347 m pass, down to the north shore of Issyk-Kul.

After a night by the lake you explore the Grigoriev Gorge, Karakol, the red rocks of Jeti-Oguz and the Skazka Canyon, and meet an eagle hunter in Bokonbaevo. A 2-day trek above the south shore of Issyk-Kul takes you over a pass of about 3,600 m to the Boz-Salkyn pastures, and a final 2-day hike from Kyzart crosses the flower-covered Kilemche valley and the Tuz Ashuu pass to Son-Kul lake, where you stay in a yurt camp and get to know the life of the nomads. The group has up to 12 travelers, and nights are spent in hotels, guesthouses, tents and yurts.

Difficulty: Challenging. Eight trekking days of 10–17 km (4–7 hours) with climbs of up to 1,695 m a day and passes of 3,347 m, about 3,400 m and about 3,600 m; four nights in tents and two in shared yurts with outdoor toilets. Horses carry the luggage on the first two treks. Drives of up to 315 km (5–6 hours).



Trekking Tour to the celestial mountains of Kyrgyzstan



Trekking tour in Kyrgyzstan

Where you'll stay

Night 1	Bishkek	My Hotel or similar
Night 2	Chon Kemin	Kemin Guesthouse or similar
Night 3	Toru Aigyr pastures	Tent at Toru Aigyr
Night 4	Kol Kogur Lake	Tent at Kol Kogur Lake
Night 6	Cholpon Ata	Caprice Lakeside Resort or similar
Night 7	Karakol	My Hotel Karakol or similar
Night 8	Bokonbaevo	Emily Guesthouse or similar
Night 10	Kochkor	Mira Guesthouse or similar
Night 11	Kilemche	Yurt camp in Kilemche
Night 12	Song Kul	Yurt camp at Song Kol
Night 13	Bishkek	My Hotel or similar

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY

1

Arrival in Bishkek – city tour

Arrive in Bishkek at any time and enjoy some free time on your own. At 11:00 we meet the guide and the rest of the group for a short briefing about the itinerary and travel plan.

Then we discover the city center: the central Ala-Too Square with its monuments, Victory Square, Oak Park and the Central Mosque. After lunch at a local restaurant, we visit the famous Osh Bazaar. As soon as you step into the market, you plunge into a colorful oriental atmosphere: an endless stream of people and a huge variety of goods.

Welcome dinner at a traditional restaurant, where you can taste the national Kyrgyz cuisine.

Note: hotel check-in is after 14:00. We highly recommend booking an extra night at the hotel, as most flights to Bishkek arrive late at night or early in the morning.

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

2

Bishkek – Burana – Iskra village – Chon Kemin (ca. 200 km, 3 h)

Breakfast at the hotel.

Our journey begins with a visit to the Burana Tower, an ancient minaret in the Chuy Valley in northern Kyrgyzstan. The tower, the funerary monuments, earthworks, the remains of a castle and three mausoleums are all that is left of the ancient town of Balasagyn, founded by the Karakhanids at the end of the 9th century.

Lunch in Iskra village with a Dungan family – Chinese Muslims who once had to flee China – where you taste their national cuisine.

Then we head to Tar Suu village in the Chon Kemin Valley, known for its beauty and its rich diversity of animals and plants. A walk through the village lets you explore the lifestyle of the local people.

Dinner at the guesthouse.

Overnight	Chon Kemin · Kemin Guesthouse or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Bishkek – Chon Kemin (200 km)
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DAY

3

Chon Kemin – Toru Aigyr (trek)

After breakfast, transfer to the starting point near the Chon Kemin River. From here we start our 4-day trek to the north shore of Issyk-Kul Lake.

Horses carry the luggage – you only take the things you need for the 4 days of the trek and leave the rest of your luggage in the vehicle with the driver.

The mountain slopes are covered with fir trees. After a picnic on the way, we continue through the forest to the pastures of Toru Aigyr, where we set up our tents. Dinner and overnight in a tent.

Trek: 10 km, +750 m, 4 h

Overnight	Toru Aigyr pastures · Tent at Toru Aigyr
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Meals	Breakfast, Lunch, Dinner
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Travel	Chon Kemin – Toru Aigyr pastures (trek, 10 km)
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DAY

4

Toru Aigyr – Kol Kogur Lake (trek)

After breakfast, we hike towards Kol Kogur Lake at 2,500 meters. The lake lies on the northern slope of the Kungey Ala-Too mountains in a picturesque wooded area and is considered one of the most beautiful mountain lakes of the Northern Tien Shan. It has a trapezoidal shape.

We set up our tents on the shore of the lake and enjoy the magnificent landscapes around us. Dinner and overnight in a tent.

Trek: 11 km, +300 m, -320 m, 5 h

Overnight	Kol Kogur Lake · Tent at Kol Kogur Lake
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Meals	Breakfast, Lunch, Dinner
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Travel	Toru Aigyr pastures – Kol Kogur Lake (trek, 11 km)
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DAY

5

Kol Kogur Lake – Kyzyl Aska (trek)

After breakfast, we head towards the pastures of Kyzyl Aska and cross a pass at 3,347 meters. Coming down from the pass, we set up our tents not far from the river.

Dinner and overnight in tents.

Trek: 14 km, +880 m, -800 m, 5–6 h

Meals	Breakfast, Lunch, Dinner
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DAY

6

Kyzyl Aska – Cholpon-Ata, Issyk-Kul (trek)

Today is the last day of the trek. From Kyzyl Aska we walk to Achyk Tash, where our driver picks us up and brings us to the north shore of Issyk-Kul Lake, the pearl of the Kyrgyz land. Issyk-Kul is the second largest alpine lake in the world after Titicaca; its name means "hot lake" in Kyrgyz.

At the hotel you can take a shower and rest. If you like, you can swim in the lake and relax on the beach.

Dinner at the restaurant.

Trek: 11 km, -500 m, 3–4 h

Overnight	Cholpon Ata · Caprice Lakeside Resort or similar
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Meals	Breakfast, Lunch, Dinner
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DAY

7

Cholpon-Ata – Grigoriev and Semenov gorges – Karakol (ca. 160 km, 3 h)

After breakfast, we visit the Grigoriev and Semenov gorges, two of the most famous attractions of the Issyk-Kul region. You can go for a walk, enjoy the wild nature around you and spend some pleasant time in these beautiful places.

Picnic in the gorge or lunch at a café on the road.

In Karakol we visit its famous sights, the Orthodox Holy Trinity Cathedral and the Dungan Mosque.

Dinner at a local restaurant, then rest at the hotel.

Overnight	Karakol · My Hotel Karakol or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Cholpon Ata – Karakol (160 km)
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DAY

8

Karakol – Jeti-Oguz – Skazka – Bokonbaevo (ca. 150 km, 3–4 h)

After breakfast, we drive to the Jeti-Oguz gorge. The red rock "Broken Heart" at the entrance of the gorge creates a romantic atmosphere, and you have time to walk and enjoy the marvelous views of the Jeti-Oguz rocks.

Lunch at a local café or guesthouse on the way.

Then we continue to the Skazka canyon, whose name means "fairy tale" in Russian. Here you find rocks of surprising shapes and sizes – a skyscraper or an animal can suddenly appear in front of you. Walk in the canyon (1–2 h).

In Bokonbaevo we meet an eagle hunter with his bird and see the alertness and speed of the eagle during the hunt – one of the oldest traditions of the Kyrgyz nomads.

Dinner and overnight at the guesthouse.

Overnight	Bokonbaevo · Emily Guesthouse or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Karakol – Bokonbaevo (150 km)
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DAY

9

Bokonbaevo – Kara Tumshuk – Ashuu-Tor – Kyzyl-Kiya (3,300 m) – Jazuu-Kechuu (trek)

After breakfast at the guesthouse, transfer by car to the village of Kara Tumshuk (30 min) to start our 2-day hike towards the Ashuu-Tor pastures (jailoo).

Picnic lunch along the way.

In the afternoon, enjoy stunning sunset views of Issyk-Kul Lake. Then we continue to the Jazuu-Kechuu pastures, where we spend the night in tents.

Trek: 15 km, 7 h, +1,695 m, -580 m

Meals	Breakfast, Lunch, Dinner
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DAY

10

Jazuu-Kechuu – Boz-Salkyn (trek) – Kochkor (ca. 120 km, 2 h)

After breakfast, we set off on an exhilarating hike to Tash-Tar Ata mountain at around 3,600 meters. As we cross the pass, we enjoy stunning views of Issyk-Kul Lake over a leisurely lunch.

In the afternoon, we descend to the beautiful Boz-Salkyn pastures, where a driver picks us up. Transfer by car to Kochkor village (2 hours). On arrival you can rest and take a shower.

Dinner and overnight at the guesthouse.

Trek: 10 km, 7 h, +390 m, -915 m

Overnight	Kochkor · Mira Guesthouse or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Boz-Salkyn – Kochkor (120 km)
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DAY
11

Kochkor – Kyzart (ca. 70 km, 1 h) – Kilemche (trek)

After breakfast at the guesthouse, transfer by car to the starting point, Kyzart village (1 hour).

The 2-day hike to Son-Kul Lake begins. We cross the Kilemche valley – "carpet" in Kyrgyz – where a wide variety of mountain grasses and alpine flowers cover the slopes like a colorful carpet. Picnic during the hike.

We arrive at the shepherds' yurt camp, where we spend the night. Dinner in a yurt.

Trek: 17 km, 4–5 h, ±200 m

Note: 4–6 people per yurt. The toilets are outside; there is no shower in the camp.

Overnight	Kilemche · Yurt camp in Kilemche
Meals	Breakfast, Lunch, Dinner
Travel	Kochkor – Kyzart starting point for Song Kul Tours (70 km) Kyzart starting point for Song Kul Tours – Kilemche (trek, 17 km)

DAY
12

Kilemche – Son-Kul (trek)

After breakfast, we continue our trek through this beautiful landscape and cross the Tuz Ashuu pass (3,400 m).

From the pass, Son-Kul Lake looks very small, but as we descend and approach it, the lake appears in front of us in all its grandeur and beauty.

At the yurt camp you enjoy the hospitality of the nomads and discover their lifestyle. Dinner and overnight in yurts.

Trek: 14 km, 5–6 h, +800 m, -400 m

Note: 4–6 people per yurt. Toilets and shower are outside.

Overnight	Song Kul · Yurt camp at Song Kul
Meals	Breakfast, Lunch, Dinner
Travel	Kilemche – Song Kul (trek, 14 km)

DAY
13

Son-Kul – Bishkek (ca. 315 km, 5–6 h)

After breakfast in the yurt, we return to the capital. We descend from the Kalmak Ashuu pass at 3,400 meters and pass through the Boom Gorge.

Lunch at a restaurant or guesthouse in Kochkor.

In Bishkek there is time to visit the Osh Bazaar to buy gifts or souvenirs. Farewell dinner at a traditional restaurant.

Overnight	Bishkek · My Hotel or similar
Meals	Breakfast, Lunch, Dinner
Travel	Song Kul – Bishkek (315 km)

DAY
14

Bishkek – departure

Breakfast at the hotel. Check-out is before 12:00; departure at any time.

Airport transfers are not included in the tour price and can be booked as an extra.

Overnight	Departure day, no overnight
Meals	Breakfast

What's included

Included

- Group transfers in a comfortable air-conditioned vehicle
- Experienced driver
- English-speaking guide for the whole tour
- Accommodation as mentioned in the program
- Full board (set menu: salad, soup, main course, bread, tea and water), except breakfast on day 1
- Visits mentioned in the program
- Tents during the treks (2 people per tent)
- Horses carrying the luggage during the treks on days 3, 4, 5, 6, 9 and 10
- Eagle hunting demonstration

Not included

- International flights
- Airport transfers: 25 USD (1–2 travelers), 45 USD (3–4 travelers) or 70 USD (5–10 travelers) one way per car
- Single room supplement (optional): 312 USD per person
- Extra night in Bishkek before or after the tour: 90 USD per double/twin room, 70 USD per single room
- Early check-in and late check-out (check-in at hotels is after 14:00, check-out before 12:00)
- Breakfast on day 1
- Porters for the luggage during the 2-day trek to Son-Kul Lake (days 11 and 12)
- Porters for baggage at hotels and the airport
- Sleeping bags and mats
- Insurance
- Alcohol
- Tips for the guide, driver etc.
- Optional activities
- Personal expenses

Prices and dates

Valid for 2027 departures

Group tour, per person

Tour	Double / twin room	Single supplement
14 days	\$2,330	+ \$312

Same price on all departures. 20% deposit, balance 45 days before tour starting date.

Optional extras

- Extra night in Bishkek before or after the tour: double/twin room \$90, single room \$70
- Airport transfer one way, 1–2 travelers (per car): \$25 per room
- Airport transfer one way, 3–4 travelers (per car): \$45 per room
- Airport transfer one way, 5–10 travelers (per car): \$70 per room

Guaranteed group departures

2027

Start	End	Weekdays	Status
6 Jun 2027	19 Jun 2027	Sun – Sat	Available
11 Jul 2027	24 Jul 2027	Sun – Sat	Available

Availability as of 13 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.

Tour page	central-asia.guide/kyrgyzstan/kyrgyzstan-tours/mountain-trekking-tour-kyrgyzstan
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