



## Kyrgyzstan Tian-Shan trekking Group tour

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### HIGHLIGHTS

This 9-day adventure through Kyrgyzstan blends cultural exploration, scenic drives, and unforgettable trekking experiences. Beginning in [Bishkek](#) with a vibrant city tour and the bustling Osh Bazaar, the journey continues through the dramatic landscapes of [Jeti-Oguz Gorge](#), alpine meadows, and remote yurt camps. Highlights include trekking to the foot of [Karakol](#) Peak, crossing the Telety Pass, and [discovering the stunning Ala-Kul Lake](#) with its ever-changing colors. Along the way, travelers will enjoy authentic local meals, relaxing hot springs in [Altyn-Arashan](#), and warm hospitality in both guesthouses and traditional tent camps. The itinerary balances active hiking with comfortable transfers and cultural immersion, offering an unforgettable experience of Kyrgyzstan's natural beauty and nomadic traditions.

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## Tien-Shan Trek Tour Schedule dates in 2026

Start Date	End Date	Status
Sat 20 Jun	Sun 28 Jun	<a href="#">Available</a>
Sat 27 Jun	Sun 5 Jul	<a href="#">Available</a>
Sat 4 Jul	Sun 12 Jul	<a href="#">Available</a>
Sat 11 Jul	Sun 19 Jul	<a href="#">Available</a>
Sat 18 Jul	Sun 26 Jul	<a href="#">Available</a>
Sat 25 Jul	Sun 2 Aug	<a href="#">Available</a>
Sat 1 Aug	Sun 9 Aug	<a href="#">Available</a>
Sat 8 Aug	Sun 16 Aug	<a href="#">Available</a>
Sat 15 Aug	Sun 23 Aug	<a href="#">Available</a>
Sat 22 Aug	Sun 30 Aug	<a href="#">Available</a>

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### Route:

Route: Bishkek - Karakol - Djety Oguz gorge - Foot of Telety pass- Karakol gorge - Ala-Kul Lake - Altyn Arashan gorge - Cholpon Ata - Bishkek

*This tour is a good choice for trekkers with initial hiking experience at the altitudes above 3,000 m, and with good physical condition and health.*

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## TOUR ITINERARY

### Day 1. Airport – Bishkek city tour (driving 30 km / around 45 min)

Upon arrival at Manas International Airport, a guide and driver will meet you. You will then be transferred to Bishkek, where you can check in to your hotel early and rest after your journey.

Your introduction to the city begins with a visit to the Osh Bazaar, one of the most colorful markets in Central Asia. There, you can stroll among stalls selling aromatic spices, fresh and dried fruits, and handmade crafts that reflect the region's culture and traditions.

Next, you will take a walking tour of Bishkek's city center. At Ala-Too Square, you will see the Manas Monument and the State Flag, where the Changing of the Guard Ceremony takes place. Nearby are the 2010 Revolution Monument and the White House building. Then, you will arrive at the old Ala-Too Square, which features a statue of Lenin and buildings from the Soviet era.

Next, you will walk through Oak Park, home to a unique open-air gallery and a monument to Kurmanzhan Datka, a legendary female military leader. The tour will conclude at Victory Square, which is dedicated to those who died during the Great Patriotic War.

During the day, enjoy lunch and dinner at one of the cozy local cafés. Spend the night at a hotel in Bishkek

**Meal:** Breakfast / Lunch / Dinner

**Altitude:** Overnight in Bishkek – 800 m above sea level

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### Day 2. Bishkek – Jeti-Oguz Gorge (driving: 410 km / around 7–8 hours)

In the morning departure from Bishkek to the picturesque [Jeti-Oguz gorge](#). On the way we stop at the [Burana tower](#), an ancient minaret from the 11th century near Tokmok. This was once the site of the city of Balasagun, the capital of the Karakhanid state. You will explore the tower and the nearby balbals, stone sculptures of ancient nomads.

After the tour, the journey continues through the Issyk-Kul region. On the way we will stop for lunch at a cafe serving local cuisine. Upon arrival at the Jeti-Oguz gorge,

you will see the majestic red rocks – “Broken Heart” and “Seven Bulls”, which have become the symbols of this place. The gorge is famous for its landscapes of Tien-Shan blue spruce forests, alpine meadows, and clean mountain air.

The route takes you deep into the gorge, along a winding road with wooden bridges, past picturesque valleys and forests. The final destination is the Kok-Dzhayik (“Flower Meadow”) area, where a yurt camp is located. Here you will have dinner and spend the night in authentic yurts, surrounded by mountain peaks and serene nature.

**Meal:** Breakfast / Lunch / Dinner

**Overnight altitude:** Yurt camp – 2,600 m above sea level

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**Day 3. Jety-Oguz Gorge – the foot of Telety Pass** (hiking distance: 16 km / around 6–8 hours)

Meet porters in the morning. We leave the yurt camp after breakfast and start trekking along the riverbank in a very narrow wooded gorge Bay Tor; it leads to the alpine meadows. Here, on a flower carpet, in the mountains, the air is sweet and clear, the views are amazing, and one forgets all his troubles and gets closer to the nature.

After some rest, continue trekking to the tent camp at the foot of Telety pass. Getting closer to the tent camp cross quite big river with bridge. Few hundred meters and we are at the tent camp. Dinner and overnight at the tent camp.

*PLEASE NOTE: Put all stuff (extra payment for more than 12 kg per person) into a special rucksack provided by us and give it to the porters in the morning. Porters carry the luggage from one tent camp to another, and upon arrival to a tent camp after trekking day, one will take the luggage back.*

**Meal:** Breakfast / Lunch-box / Dinner

**Overnight altitude:** Tent camp – 3,050 m above sea level

**Elevation gain:** +450 m

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**Day 4. Foot of Telety Pass – Karakol Gorge** (hiking distance: 18 km / around 6–8 hours)

After breakfast, we leave the campsite and begin the ascent to the Telety Pass. The first few kilometers of the trail run through juniper thickets, then narrow and gradually gain

altitude. From the top of the pass (3800 m), there is an impressive panorama of mountains and valleys.

The descent is not difficult: along a wide slope with scree, through alpine meadows covered with various grasses and flowers. The route runs along the east side of Telety River, which you will have to wade across at one point – sandals are recommended, as there is no bridge.

The trail then winds through the forest along a path intertwined with roots and descends into the Karakol gorge. The final kilometer follows an old dirt road leading to a tent camp, comfortably located in the shade of the forest.

*In the evening – dinner and overnight stay in a tent camp.*

**Meal:** Breakfast / Lunch-box / Dinner

**Overnight altitude:** Tent camp – 2,500 m above sea level

**Elevation gain/loss:** +750 m / -1,300 m

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#### **Day 5. Radial hike to the foot of Karakol Peak (5,216 m / hiking distance: 16 km / around 6–7 hours)**

Today, we have radial hike to the foot of Karakol peak. We go along Uyun Tor river, the part of the way is old dirt-truck road that ends after a small river. After we crossed the river the trail is going through Tien-Shan blue spruce forest (starting from May there are flowers blooming on the meadows – snowdrops, tulips, primrose, white anemone, alpine Aster, edelweiss (really big ones), etc.

After forest zone we go up to the stone hill and reach the point with a view at the highest peak of Terskei Ala Too – Karakol peak. Here is a nice place to have lunch with a wonderful view. Later, we walk back to the tent camp with the same route. Dinner and overnight at the tent camp.

**Meal:** Breakfast / Lunch-box / Dinner

**Overnight altitude:** Tent camp – 2,500 m above sea level

**Elevation gain/loss:** +700 m / -700 m

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#### **Day 6. Karakol Gorge – Ala-Kul Lake (hiking distance: 10 km / around 6–7 hours)**

After breakfast we descent along the gorge about 1 km and later cross the river over a bridge and the trail leads us into a forest.

Rather long ascent finishes at a steep slope covered with grass, the trail turns into a serpentine, passes by a river overflow, and arrive to an unusual place, which is called "Sirota" mountain

log hut. There is a table, benches, fireplace inside. We can find a number of sculptures of animals and idols carved in wood around the hut. It looks like a fairy tale place. It is a nice place to sit down, rest, have a snack. Later, the trail goes up higher, leaving the forest behind we hike along the river and reach a beautiful waterfall, flowing down from [Ala-Kul Lake](#). We pass the waterfall and ascent on a natural dam, from where we can see Ala-Kul lake. The last kilometre till the tent camp goes along the lake. Dinner and overnight at the tent camp.

**Meal:** Breakfast / Lunch-box / Dinner

**Overnight altitude:** Tent camp – 3,600 m above sea level

**Elevation gain:** +1,100 m

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## **Day 7. Ala-Kul Lake – Altyn Arashan Gorge** (hiking distance: 18 km / around 6–7 hours)

Moraine Lake of Ala-Kul stretches from east to west for 2.8 km, its width is 500 m and depth 70 m. Ala- Kul means Colorful Lake in Kyrgyz language. Depending on the light the water might change its color. It can be emerald green, turquoise with white clouds reflected, light green or dark grey, or even black.

After breakfast we start the ascent to Ala-Kul pass. During the ascent, we enjoy wonderful views of the lake. Arriving closer to the lake we see the main range of Terskei Ala-Too with a number of peaks – Ak-Suu, Djigit, Karakol, Oguz Bashi, etc.

From the lake edge, it will take us another hour and half to the pass. Descent from the pass along a talus slope, and later across a wide valley of Keldike with picturesque landscapes, herds of cattle and flocks of sheep grazing. Upon arrival to the tent camp you may use an opportunity to relax in the hot springs. There are thermal baths (up to +50C) in the valley. Dinner and overnight at the Guest house.

**Meal:** Breakfast / Lunch-box / Dinner

**Overnight altitude:** Guest house – 2,600 m above sea level

**Elevation gain/loss:** +200 m / -1,200 m

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**Day 8. Altyn Arashan Gorge – Bishkek via Cholpon-Ata** (driving distance: 330–380 km / around 8–10 hours)

In the morning, we will begin our journey from [Altyn-Arashan](#) back to Bishkek. Along the way, you will enjoy a picturesque descent from the mountains and continue along the shores of Issyk Kul Lake.

We will stop for lunch at a local café serving national cuisine.

In the evening, you will arrive in Bishkek and check into your hotel. In the evening, there will be a farewell dinner at one of the city's cozy cafes, where you can reflect on your trip and enjoy the atmosphere of Kyrgyz hospitality.

**Meal:** Breakfast / Lunch / Dinner

**Overnight altitude:** Hotel – 1,600 m above sea level

**Elevation loss:** -1,000 m

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**Day 9. Bishkek – Airport** (driving distance: 30 km / around 45 min)

Early in the morning, transfer to the airport. Departure back home.

**Meal:** Breakfast / - / -

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## Tour Pricing

**Tour price:** 1,300 USD per person

**Group size:** minimum 1 pax / maximum 12 pax

**Single supplement in hotels:** 170 USD

**Single supplement in tent camps:** 130 USD

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### ✓ What's Include

- Accommodation in TWIN/DBL hotels and tents – 8 nights

- Accommodation in a yurt camp – 4 people per yurt
- Meals: full board, including chef services on trekking days
- Transportation services from arrival to departure
- Porter services during the trekking part
- Bottled water during the trekking part – 1 liter per person per day
- Boiled water during the trekking part
- Entrance and environmental fees throughout the tour

Important note:

During the hike, the weight of a packed backpack should not exceed 12 kg of personal belongings. If the weight exceeds 12 kg, an extra charge of 20 USD per additional kg will apply.

Please bring your own flask or water bottle.

### **✗ What's Not Included**

- Single accommodation in tents
  - Meals not included in the program
  - Alcoholic beverages
  - Special military vehicle for ascending/descending into/from the Karakol Gorge / Altyn-Arashan Gorge
  - Entrance fee to hot springs in Altyn-Arashan
  - Insurance
  - Sleeping bags
  - All airfare rates
  - Fee for photography/video recording in museums
  - Personal expenses
  - Tips
  - Porterage at hotels
  - Visa fee and visa support fee, if applicable
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## Accommodation

Location	Type of Accommodation	Nights
Bishkek	My Hotel / B Hotel 3* or similar	3
Djety Oguz gorge	Yurt camp (4 pax in one yurt)	1
Telety pass	Fixed tent camp	1
Karakol gorge	Fixed tent camp	2
Ala-Kul lake	Fixed tent camp	1
Altyn Arashan gorge	Guest house	1
<b>TOTAL</b>		9

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### Obligatory to have during the trek

- Waterproof trekking boots with ankle support
- Waterproof jacket or rain cape
- Sunhat or Cap with Ear and Neck Flap Cover
- Daypack 30 to 40 liters with rain cover
- Warm hat
- Sleeping bag (comfort rated -5°C, please ask about temperature)
- Trekking poles (highly recommended during stream crossings, steep incline or decline)
- Basic First Aid Kit including: antiseptic and antihistamine cream, throat lozenges, diarrhea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts
- Sun protection (including total bloc for ears, nose etc.)
- Fleece jacket or warm jumper
- Good quality sunglasses
- Warm gloves
- Trekking trousers
- Water bottles 1 liter (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Selection of dry bags (to keep trek bag contents, laptops, phones dry during trek)
- Lipsticks

- Headtorch and spare batteries
  - Thermal underwear
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## **Optionally to have during the trek**

- 1 pair of tennis shoes or shoes for city walking
  - Trainers / sandals for river crossings
  - Socks (1 pair for 2 -3 days of trekking)
  - 1 waterproof overtrousers
  - 1 scarf to cover your hair (during the visits of mosques and churches)
  - Shorts and/or swimwear (camps near lakes, hot springs or rivers)
  - Buff/scarf (to protect against dust and cold)
  - Washbag and toiletries
  - Antibacterial handwash
  - Small towel (fast dry material)
  - Thermarest or similar sleeping mat (please note that 5 cm sleeping mats with thin sleeping pads are provided during classic trekking tours).
  - Pen-knife (remember to pack sharp objects in hold baggage)
  - Repair kit – (eg. needle, thread, duct tape)
  - Ear plugs against river noises, neighbor snoring
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## **Check visa policy**

Find your country from the list and check possible visa requirements for [Kyrgyzstan](#)

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## **Important to know:**

- Hotels may change due to the availability. In case of providing another accommodation, the category will stay the same.
- RED FOX FAMILY tents (four people capacity, but accommodation provided for two persons)
- Some trekking days are subject to change due to the security/weather reasons.
- Escorting English-speaking guide.
- Transfer time is approximate, depending on the road/weather conditions.
- Trekking time is approximate, 5 – 7 hours (10-18 kilometers) per day, depending on the weather and physical condition of a participant.
- The maximum height can go up to 3800 m.

- Lunch boxes will be packed by each participant for lunch after every breakfast during the trekking part of the tour. Variety of ingredients will be provided by the staff of the camp.
- Availability of the personal flask highly recommended, as we provide boiled water during the trekking in term to reduce an impact of the plastic.
- In trekking areas, nights are spent in tents; comfort is rudimentary (no internet access, no air conditioning) and you will have to share the tent with another participant.

### **Each fixed tent camp provides:**

- RED FOX FAMILY tents (four people capacity, but accommodation provided for two persons)
- Some trekking days are subject to change due to the security/weather reasons.
- Escorting English-speaking guide.
- Transfer time is approximate, depending on the road/weather conditions.
- Trekking time is approximate, 5 – 7 hours (10-18 kilometers) per day, depending on the weather and physical condition of a participant.
- The maximum height can go up to 3800 m.
- Lunch boxes will be packed by each participant for lunch after every breakfast during the trekking part of the tour. Variety of ingredients will be provided by the staff of the camp.
- Availability of the personal flask highly recommended, as we provide boiled water during the trekking in term to reduce an impact of the plastic.
- In trekking areas, nights are spent in tents; comfort is rudimentary (no internet access, no air conditioning) and you will have to share the tent with another participant.
- TEAM FOX tent: capacity (persons): 10-20 (dining tent).
- 5-centimeter mattresses and sleeping pads in each Red Fox Family tent.
- Electricity (generator) runs from 19:00 until 23:00 to charge your phones, tablets and other batteries.
- Toilet tent and shower tent (for shower we provide small basin and ladle + warm water. Please note that during the bad weather conditions it would be difficult to provide warm water).
- Tea, coffee, sweets, biscuits etc.
- Bar for supplement (vodka, wine, cognac, juices etc.).
- Kitchenware, table, chairs.

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*We may occasionally adjust the order of visits and activities (museums and sites) if required due to weather conditions or other unforeseen circumstances. Any changes will be made with your comfort and overall experience in mind.*



Central-asia.guide

Email: [info@central-asia.guide](mailto:info@central-asia.guide)

Contact: +358 40 812 4448 (WhatsApp & Telegram available)