



Kyrgyzstan Nature and Nomad Tour

Kyrgyzstan Trek and Horseback 7 days tour

Experience the very best of Kyrgyzstan on this unforgettable Kyrgyzstan Tour, where dramatic mountain landscapes meet centuries-old nomadic traditions. [Ride horses](#) across the vast alpine meadows of [Song-Kol Lake](#), stay in traditional yurts, and connect with authentic nomad culture in the heart of the jailoo. Travel onward to the sparkling shores of [Issyk-Kul Lake](#), exploring its stunning south coast with the famous [Fairy-Tale Canyons](#) and the scenic [Barskoon Waterfall](#).

Adventure continues with an easy two-day trek into the breathtaking valley of [Altyn-Arashan](#), renowned for its alpine scenery and natural hot springs. Along the way, enjoy panoramic mountain drives, peaceful village life, and the pristine landscapes of Kyrgyzstan's national parks. This journey perfectly blends horseback riding, light trekking, cultural immersion, and spectacular nature into one seamless and enriching experience.

TOUR DETAILS

Season

May to October

Tour length

7 days, 6 nights

Activities

Horse riding – 2 days

Trekking – 2 days

Accommodation

1 night at hotel, 1 night at yurt, 4 nights at guesthouse

Price

\$966 USD per person
(in a group of 4 people)

TOUR ITINERARY

Day 1. Scenic Drive to Kyzyl-Oi Village



- Begin your journey with a scenic drive from Bishkek to the remote village of Kyzyl-Oi. The route passes through roadside villages before climbing toward the breathtaking Too-Ashuu Pass (3,600 m). At the summit, enjoy a short stop to admire panoramic mountain views and capture memorable photos.
- Descend into the vast Suusamyr Valley, where you'll pause for a picnic lunch by the river surrounded by peaceful alpine landscapes. After lunch, continue along the winding Kok-Meren River, following its scenic curves all the way to Kyzyl-Oi Village.
- Upon arrival, settle into a welcoming local guesthouse and enjoy a cup of traditional tea. Later, take a guided walk through the village for an authentic glimpse into rural Kyrgyz life. End the day with dinner and overnight at the guesthouse.

Transfer:

Total distance: 200 km – 4–5 hours

Asphalt: 140 km

Dirt road: 60 km

Meals:

Lunch – picnic

Dinner – at guesthouse

Overnight: Guesthouse

WC: Shared

Internet: Wi-Fi available

Shower: Available

Notes & Recommendations

– The tour can start anytime until 1:00 PM, allowing flexibility for late morning arrivals or relaxed departures from Bishkek.

Day 2. Horse Riding to Song-Kol Lake



- Wake up and continue your journey with a transfer to Kyzart Village. Upon arrival, enjoy lunch at a guesthouse before beginning your horseback riding adventure to the stunning Song-Kol Lake. The first part of the ride takes you through open fields and gradually climbs toward the Uzbek-Ashuu Pass at 3,300 meters. While the ascent can be challenging, the sweeping mountain views make every moment unforgettable.
- From the top of the pass, you'll be rewarded with your first breathtaking view of Song-Kol Lake. After giving the horses a well-deserved rest, continue down to the lakeshore, where you'll settle into a traditional yurt hosted by local nomads.

- Release your horses for the night and take time to explore the peaceful surroundings. If the sky is clear, Song-Kol offers some of the best stargazing in Kyrgyzstan, with endless stars reflecting over the alpine lake.
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Transfer:

Total distance: 90 km – 2 hours

Horse Riding:

16 km – 4–5 hours

Meals:

Breakfast – at guesthouse

Lunch – at guesthouse

Dinner – at yurt

Overnight: Yurt (3,100 m)

WC: Shared

Internet: Mobile phone coverage

Shower: Not available

Notes & Recommendations

– **No prior horse-riding experience is required** – the horses are well-trained, and local guides will provide full assistance.

– You will leave your **large bag at the guesthouse in Kyzart** and take only a small backpack with essential items and clothing for the next two days of horseback riding and overnight at Song-Kol Lake.

– Although daytime temperatures can be warm at Song-Kol Lake, **evenings can get chilly**, so be sure to bring warm clothing, including a jacket and layers for comfort.

Day 3. Horse Riding Back to Kyzart Village & Road Trip to Ysyk-Kol Lake



- Today you'll return to Kyzart Village via the scenic Kara-Kiya Pass. After saying farewell to the nomadic family, you'll set off on horseback, riding up to the pass at 3,300 m. From the top, enjoy your final sweeping views of the stunning Song-Kol Lake before descending toward Kyzart Village.
- Upon arrival, have lunch and take time to rest and refresh after the morning ride. In the afternoon, continue your journey by road to Ysyk-Kol Lake. In the evening, arrive at your guesthouse in Bokonbaev Village

Transfer & Accommodation Details

Transfer:

- Total distance: 200 km – 3–4 hours
- Asphalt: 200 km
- Dirt road: 0 km

Horse Riding:

- Distance: 20 km – 4–5 hours

Meals:

- Breakfast – at yurt
- Lunch – at guesthouse

- Dinner – at guesthouse

Overnight: Guesthouse

- WC: Shared / Private
- Internet: Wi-Fi available
- Shower: Available

Notes & Recommendations:

- Bokonbaev Village is located slightly farther from the lake shore. If you prefer to stay closer to the lake, yurt accommodations by the lake are available—please confirm with your tour manager.

– A visit to the Fairy-Tale Canyon is optional and can be arranged for an additional fee; please confirm with your tour manager.

Day 4. Explore the South Shore of Ysyk-Kol Lake



- Begin your day with a fascinating **eagle hunting demonstration** by a local Kyrgyz eagle hunter, experiencing this unique tradition firsthand. After the demonstration, drive to the **Fairy-Tale Canyons** to explore their dramatic rock formations and vibrant, colorful landscapes.
- Continue to **Tamga Village** for lunch at the home of the famous Soviet-era mountaineer Lyubov Danichkina. Afterward, visit the **Barskoon Waterfalls**, then head to the picturesque **Jety-Oguz Valley**, renowned for its striking red rock formations and scenic beauty.
- In the evening, arrive in **Karakol**. Time permitting, enjoy a short city tour to explore its charming streets and local sights before having dinner at a restaurant.

Transfer:

Total distance: 150 km – 3–4 hours

Asphalt: 120 km

Dirt road: 30 km

Meals:

Breakfast – at guesthouse

Lunch – at guesthouse

Dinner – at restaurant

Overnight: Hotel

WC: Private

Internet: Wi-Fi

Shower: Available

Notes & Recommendations:

– The eagle hunting experience is a demonstration with staged hunting on animal skins; real hunting on horseback is only available in winter.

– The eagle hunting demonstration is optional; you may skip it if preferred.

– Wear comfortable walking shoes for canyon and waterfall exploration, and bring a camera for the spectacular scenery.

Day 5. Trekking to Altyn-Arashan Gorge



- Start your day with a short drive to Ak-Suu Village near Karakol, where your trekking adventure officially begins. Strap on your backpack and follow a scenic trail along a clear mountain river, winding through lush alpine forest. Along the way, enjoy stunning views of surrounding peaks and the calming rhythm of nature.
- Midway, pause for a relaxing riverside picnic, breathing in the crisp mountain air before continuing along a gentle uphill path toward the gorge.
- By early evening, arrive at the breathtaking Altyn-Arashan Gorge and check into a cozy guesthouse. After a day on the trail, unwind in the natural hot springs, letting the warm mineral waters soothe your muscles. Dinner will be served at the guesthouse, followed by a peaceful night under the stars in this serene mountain valley.

Transfer

- **Total:** 30 km – 30 min
- **Asphalt:** 30 km
- **Dirt road:** 0 km

Trekking: 12 km – approx. 5 hours

Meals

- Breakfast at hotel
- Picnic lunch
- Dinner at guesthouse

Overnight

- Guesthouse
- **WC:** Shared / Private
- **Internet:** Wi-Fi
- **Shower:** Natural hot springs

Notes & Recommendations

- Leave your large bag or suitcase at your hotel in Karakol or in the car, taking only a backpack with essentials for the 2-day trek.
- The trek to Altyn-Arashan is rated easy to medium. Alternatively, you can opt for horseback riding or a ride in a classic Soviet 4×4 UAZ for an extra fee.

Day 6. Trek Back to Ak-Suu Village & Road Trip to Chong-Kemin National Park



- After breakfast, begin your trek back to Ak-Suu Village, retracing the scenic trail along the river and through lush alpine forests. Take in the fresh mountain air, soak up the views one last time, and reflect on the breathtaking landscapes you've explored.
- Upon reaching Ak-Suu Village, drive to Karakol for a relaxing lunch after your morning trek. In the afternoon, enjoy a picturesque road trip along the north shore of Ysyk-Kol Lake, passing the charming towns of Cholpon-Ata and Balykchy, before arriving at Chong-Kemin National Park. Nestled in a serene mountain valley, the park offers pristine landscapes and refreshing alpine air.
- Check into a cozy guesthouse within the park, unwind, and relax after a full day of trekking and scenic driving. Dinner will be served at the guesthouse, followed by a peaceful evening surrounded by nature.

Transfer

- **Total:** 300 km – 4–5 h
- **Asphalt:** 300 km
- **Dirt road:** 0 km

Trekking: 12 km – approx. 4 hours

Meals

- Breakfast at guesthouse
- Lunch at restaurant
- Dinner at guesthouse

Overnight

- Guesthouse
- **WC:** Private
- **Internet:** Wi-Fi
- **Shower:** Available

Notes & Recommendations

- This is a long day, so we recommend starting early from Altyn-Arashan.
- Bring a small backpack with essentials for the morning trek and any items you'll need during the drive.

Day 7. Return to Bishkek & City Tour



- Today marks the final day of your Kyrgyzstan adventure. Begin your drive back to Bishkek from Chong-Kemin National Park, stopping along the way to visit the historic Burana Tower, one of the country's most iconic landmarks.
- Upon arrival in Bishkek, enjoy a leisurely lunch before embarking on a guided city tour. Explore the capital's main attractions, including Ala-Too Square, the bustling Osh Bazaar for souvenirs, and other cultural and historical sites that showcase the spirit of Bishkek.
- Conclude your journey with your guide, reflecting on the unforgettable experiences and memories you've made throughout your Kyrgyzstan adventure.

Transfer

- **Total:** 170 km – 3–4 h
- **Asphalt:** 170 km
- **Dirt road:** 0 km

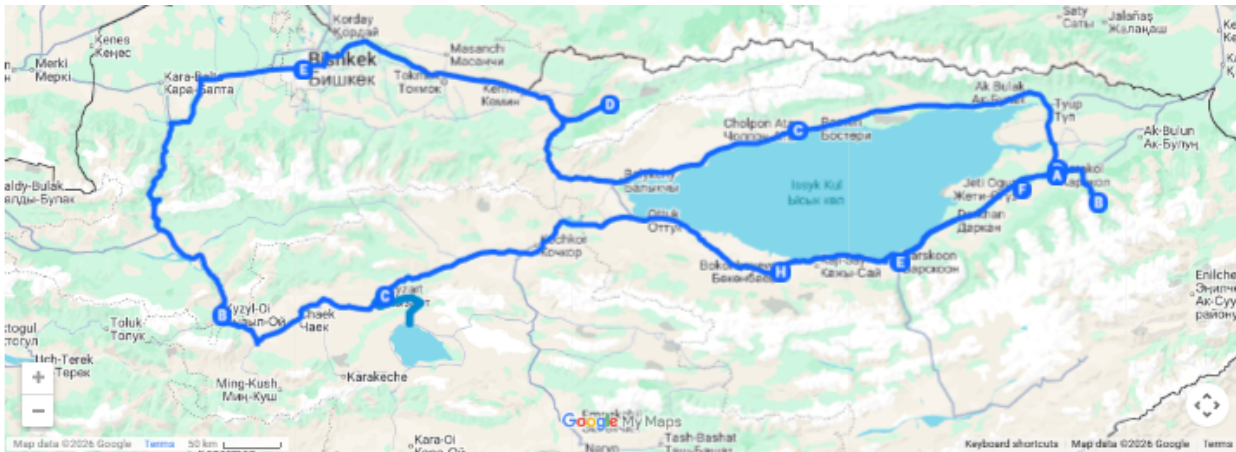
Meals

- Breakfast at guesthouse
- Lunch at restaurant

Overnight On your own in Bishkek hotel

Notes & Recommendations

- If you prefer a nature-focused day instead of a city tour, you can take a relaxing walk in Ala-Archa National Park or opt for a more challenging trek to Kol-Tor Lake along the route.
- Keep your luggage and essentials organized for departure.



Tour Pricing

Number of People	Total Price (USD)	Price Per Person (USD)
1	\$1,978	\$1,978
2	\$2,530	\$1,265
3	\$3,105	\$1,035
4	\$3,864	\$966

Book now

✓ What's Included

- Transfer 4X4 with AC
- English-speaking permanent guide
- Accommodation mentioned in the program
- Full board (set menu)
- Visits mentioned in the program
- Horse riding to Song-Kol Lake
- Entrance fees

✗ What's Not Included

- International flights
- Airport transfer
- Personal expenses
- Single room supplement
- Insurance
- Tips for the guide
- Hotel in Bishkek
- Breakfast on day 1 & dinner on last day
- Water and alcoholic drinks
- Services not mentioned as included

An additional fee applies if you wish to proceed with:

- Airport transfer – 20 USD one way per car for 1-4 people
- Eagle hunting demonstration – 70 USD per group

What to bring?

Clothing:

- Warm layers (fleece or down jacket) for chilly mornings and evenings
- Lightweight clothes for daytime (t-shirts, long-sleeve shirts)
- Waterproof and windproof jacket
- Hat or cap for sun protection
- Gloves and warm socks
- Scarf or buff for wind
- Comfortable trekking boot

Horseback Riding & trekking

- Long pants for riding
- Comfortable trekking pants and shorts
- Riding gloves (optional)
- Comfortable trekking shoes or boots
- Lightweight, breathable clothing

Other Essentials:

- Sunglasses and sunscreen
- Small daypack for essentials
- Reusable water bottle
- Personal toiletries and towel
- Basic first aid kit and any personal medications
- Camera or smartphone for photos
- Power bank and charging cables
- Passport, ID, and copies of travel documents

Optional:

- Binoculars for wildlife spotting
- Light snacks for trekking
- Notebook or travel journal

Notes

Horse Riding & Trekking:

No prior horse-riding experience is needed.

- The 2-day trek to Altyn-Arashan is of easy to moderate difficulty. You can choose to ride a horse or take a ride in the famous Soviet 4×4 UAZ for an extra fee.

Meals:

Meals feature traditional Central Asian cuisine.

Vegetarian options are available; please let your tour manager know about any dietary restrictions or allergies in advance.

Money & Payments:

Credit cards are widely accepted in towns, but it's recommended to carry some Kyrgyz Som for small expenses.

About \$10 per day is typically enough for personal spending.

Avoid exchanging USD at the airport, as banks or official exchange offices in Bishkek offer better rates. Your guide can help with currency exchange.

Communication & Internet:

Internet is usually available in cities and towns, though coverage may be limited or slower in remote mountain areas.

Purchasing a local SIM card, preferably from MEGACOM, is recommended for better connectivity.

Electricity:

Kyrgyzstan uses 220V electricity with Type C and F (European-style round) plugs. Bring the appropriate adapters for your devices.

Languages:

The official languages are Kyrgyz and Russian. Basic English is spoken in urban areas, but knowing a few Russian or Kyrgyz phrases can be helpful in rural regions. Your guide will assist with translation when needed.

Health & Safety:

Travel insurance that covers medical emergencies and adventure activities is highly recommended.

- Wear **comfortable shoes suitable for horseback riding**, and consider gloves for cooler weather at higher altitudes.
 - **Mobile signal may be limited** at Song-Kol; plan accordingly for calls or internet use.
 - Bring **sun protection** such as a hat, sunglasses, and sunscreen, as the high-altitude sun can be strong during the day.
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Check visa policy

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

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.



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