



“Asia Mountains” Trekking and Travels

The following tours cover the mysterious and little-known Great Silk Road regions of the wide open spaces of Kyrgyzstan but may involve a certain amount of easy unaccompanied (guides with local knowledge can usually be provided) or accompanied walking to reach many beautiful places rarely visited by western people.

Contrasts of Southern Kyrgyzstan

- Day 1** Arrival in Bishkek, transfer to Osh, hotel accommodation.
- Day 2-3** Excursion to the mountain lakes Kok-Su and Ak-Su, Shahimardan town: visiting mountains and glaciers.
- Day 4** Transfer to Kojo-Kelen valley via the Abshir waterfall, tents.
- Day 5-6** Walk to the Kojo-Kelenskaya cave and the Djiptik Pass (4175 m).
- Day 7** Drive to Osh, hotel.
- Day 8-10** Sightsee in and around Osh; visit the Davohon-Unkun cave; excursion to historical Uzgen and Kara-Shoro Park.
- Day 11** Transport to the Arslan-Bob valley via Dzhalal Abad, hotel.
- Day 12-13** Excursions to waterfalls, lakes and the Royal Woods.
- Day 14** Drive to Bishkek, Guest House Asia Mountains.
- Day 15** Return home.



Kyrgyzstan Land of Tien-Shan

- Day 1** Arrival in Bishkek, sightseeing and museum, Guest House Asia Mountains.
- Day 2** Trip to Ala-Archa National Park, mountain walking.
- Day 3** Transfer to Karakol via the Burana Tower and the petroglyphs of Cholpon-Ata, hostel.
- Day 4** Sightseeing: Russian Church, Dungan Mosque, historical museum, Przhevalsky Museum, Issyk Kul shore and bazaar.
- Day 5** Transfer to Altyn-Arashan, horse riding, swimming in hot spring, camp at 2200 m.
- Day 6** Excursion to some lakes, animal and bird watching.
- Day 7** Transport to Djety-Oguz, hot thermal bath, sanatorium or tent accommodation.
- Day 8** Mountain and glacier excursion, observing the hunt with birds of prey.
- Day 9** Transfer to Son-Kul Lake, camp.
- Day 10-11** Bird watching, horse riding.
- Day 12** Drive to the Susamyr valley, river camp.
- Day 13** Excursion around the Susamyr valley, mountain walk.
- Day 14** Return to Bishkek, Guest House Asia Mountains.
- Day 15** Depart.



All of Kyrgyzstan

- Day 1** Arrival in Bishkek, sightseeing, Guest House Asia Mountains.
- Day 2** Excursion to Ala-Archa National Park, mountain forest walk.
- Day 3** Transfer to Karakol visiting the Burana Tower and the petro-glyphs of Cholpon-Ata, hostel.
- Day 4** Sightseeing: Russian Church, Dungan Mosque, Przhevalsky Museum, Issyk Kul Lake shore, bazaar.
- Day 5** Drive to Altyn-Arashan, horse riding, hot spring, picturesque camp at 2200m.
- Day 6** Excursion to a lake, bird and animal watching.
- Day 7** Transport to Djety-Oguz, hot thermal bath, mountain forest walk, tent accommodation.
- Day 8** Trip to a glacier, fauna and flora, observing hunt with birds of prey.
- Day 9** Drive to Son-Kul Lake, camp.
- Day 10** Bird watching, fishing, horse riding, excursion around Son-Kul Lake.
- Day 11** Transfer to Chichkan valley, camp.
- Day 12** Drive to the Arslan-Bob nut forests, accommodation in resort.
- Day 13** Trip to mountain waterfalls and lakes.
- Day 14** Travel to Osh visiting historical site from the 11th century, hotel.
- Day 15** Transfer to Kojo-Kelen valley, visit the exotic Rock Valley, camp.
- Day 16** Trip to the mountains of the Djiptik Pass (4175 m) with a wonderful view over the Alai valley.
- Day 17** Drive to Osh, bazaar, hotel.
- Day 18** Flight to Bishkek, Guest House Asia Mountains.
- Day 19** Flight home.



Asian “Patagonia”

Simple trekking through the stunningly beautiful Pamir Alai region in the Turkestan mountains where the peaks resemble those of Patagonia in South America. The mild and sunny climate, the clear creeks, fine alpine meadows and glaciers surrounded by 5000 metre summits and the sheer rock faces attract many tourists and the best climbers from all over the world.

- Day 1** Arrival in Bishkek, flight to Osh, hotel.
- Day 2** Transfer to Katran, along the Ak-Mechet river to the Coors and the Ak-Su rivers, camp.
- Day 3-4** Daywalks amongst sheer rock faces of the Ak-Su area.
- Day 5** Crossing the Ak-Tubek Pass (4390 m) to the Orto-Chashma valley, camp.
- Day 6** Over the Kara-Su Pass (3720 m) to the Kara-Su valley and its spectacular gorge, camp.
- Day 7** Walk through the scenic Kara-Su Canyon with all its contrasts and Peak Pyramida (5509 m) beyond.
- Day 8** Excursion into the Ak-Su Canyon dominated by ice-clad summits, camp.
- Day 9** Crossing to the Karavshin river: meeting locals to study their traditions, tents.
- Day 10** Transfer to Osh, sightseeing, hotel.
- Day 11** Flight to Bishkek, city excursion, Guest House Asia Mountains.
- Day 12** Return home.



Kyrgyzstan Caves

Kyrgyzstan is rich in spectacular caves scattered all over the country. In the south, close to the Uzbekistan border near the village of Aravan 20 km west of Osh, there are dozens of karst caves in the limestone hills which are part of the Alai system.

- Day 1** Arrival in Bishkek, sightseeing, Guest House Asia Mountains.
- Day 2** Excursion to the Ala-Archa National Park.
- Day 3** Flight to Osh, excursion, hotel.
- Day 4** Trip into the Osh Hills karst region.
- Day 5** Transfer to the karst region, hotel.
- Day 6** Caves of Chil-Majramis mountain, hotel.
- Day 7** The Chil-Ustun caves, hotel.
- Day 8-9** Caves on the Tuya-Muyun mountain, hotel.
- Day 10** Travel to the Kojo-Kelen valley, camp.
- Day 11-12** Trip to cave, waterfall and Djiptik Pass (4175 m), camp.
- Day 13** Transport to Osh, hotel.
- Day 14** Return to Bishkek, flight home.



Merzbacher Lake The Heart of Tien-Shan

The majestic Tien-Shan mountain range stands dressed in huge glaciers as far as the eye can see: mountains glow in orange, gold and red with Khan Tengri etched into a turquoise sky above and a glacier-dammed lake that drains rapidly once a year: a spectacle that intrigues mountaineers and glaciologists alike.

- Day 1** Arrival in Bishkek, Guest House Asia Mountains.
- Day 2** Transfer to Karakol, hostel accommodation.
- Day 3** Trip over the Chon-Ashu Pass (3822 m) to Maida-Adyr in the great Inylchek valley, sauna, large tents.
- Day 4-5** Moving to the big rock at Chontash near the snout of the Inylchek Glacier, camp.
- Day 6** A hard trek to the lovely Merzbacher Glade, camp.
- Day 7** Walk across the third largest valley glacier outside the polar region to the famous Merzbacher Lake dammed behind the glacier.
- Day 8** Back down to Chontash, camp.
- Day 9** Moving towards Tuz Pass, camp.
- Day 10** Over the Tuz Pass (4001 m) down into the gentle Tuz valley, camp.
- Day 11** Trek to Echkilitash in the Saryjaz valley, camp.
- Day 12** Transport to Karakol, accommodation in hostel.
- Day 13** Transfer to Bishkek, Guest House Asia Mountains.
- Day 14** Return home.



Land at the Foot of the Sun

A fantastic “1001 Night” fairy tale country south of the ancient and busy city of Osh on the Silk Road: the Kichi-Alai valleys and sky-high mountains in a symphony of colours and the almost unapproachable peaks of the high Pamir under incredibly clear stars combined in one unforgettable trek.

- Day 1** Arrival in Bishkek, excursion around town, hotel accommodation.
- Day 2** Trip to the Ala-Archa National Park 40km south of the town.
- Day 3** Flight to Osh, walk over the Sulemanka hill, hotel.
- Day 4** Drive to Kojo-Kelen; visit a holy grotto and a waterfall, camp in forest at 2000m
- Day 5** Trek towards a camp near the Djiptik pass.
- Day 6** Walk through the pass (4175 m) with its fantastic panorama of the Pamir peaks, camp in Say-Mogol.
- Day 7** By motor vehicle westwards to the Sendan Cave (60m deep with underground lake) and to the camp in the Tash-Kungei valley at 3600m.
- Day 8** Walk towards camp near Red Pass.
- Day 9** Trek over Red Pass (4540 m) on the outlying ridges of Peak Lenin, descent to camp at 4200m (the advance base camp for P. Lenin).
- Day 10** Descent Lenin Glacier to Ashiktash at 3400m (the base camp for P. Lenin).
- Day 11** Rest day with the possibility of an ascent of Peak Petrovskovo (4803 m) nearby.
- Day 12** Transfer to Osh, accommodation in hotel.
- Day 13** Visit bazaar and flight to Bishkek, Guest House Asia Mountains.
- Day 14** Depart.



Kokshal A Lost World

This very ambitious mountain trek in one of the least known corners of Kyrgyzstan will take experienced mountaineers into a rarely visited glacier wilderness. Success on Molodezhnyi can not be guaranteed and the route may have to be adjusted considerably because of weather and snow conditions.

- Day 1** Arrival in Bishkek, transfer to Barskon at Issyk-Kul Lake, tents.
- Day 2** Over various high passes to the Chon-Turasu valley, base camp.
- Day 3** Trek to camp 1 at the River Chonuzenguish.
- Day 4** Walk to Palgova Glacier, camp 2.
- Day 5** Climb a peak north of Krylja Sovyetov Peak.
- Day 6** Over the Bezymjannyi Pass to Gregoreva Glacier, camp 3.
- Day 7** Via Moldezhnyi Pass to Glacier Korzhinevskova, camp 4.
- Day 8** Attempt on Peak Moldezhnyi (5330), camp 4.
- Day 9** Rest day.
- Day 10** Down Chon-Tura Glacier, camp 5.
- Day 11** Return to base camp.
- Day 12** Transfer to Barskon, tents.
- Day 13** Return to Bishkek, Guest House Asia Mountains.
- Day 14** Depart.



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