

# Best adventure tours in Kyrgyzstan, 7 nights /8 days



**Type:** active adventure

**Season:** May - October

**Duration:** 8 days, 7 nights

**Itinerary:** Bishkek – Shamschy Gorge - Cholpon-Ata - Karakol- JetyOguz - Bishkek

**Description:** During this tour you will enjoy the beauty of Central Tien-Shan Mountains, see one of the most magnificent mountain lakes, see how nowadays people live in the villages and experience the ancient culture of Kyrgyz nomads. During this trip you will stay close to the nature and local cultural.

Program:

Day	Itinerary:
1	<p><b><u>Dehli – Bishkek</u></b>                      Arrival in Bishkek. Meeting at the airport “Manas”, transfer to the Hotel. Short City tour in Bishkek: visit Ala-Too square, Opera and Ballet Theatre, Fine Art Museum, World National Library and etc. Dinner in Indian restaurant. Accommodation in the hotel *. <i>Meals: breakfast, dinner</i></p>
2	<p><b><u>Bishkek – Ala Archa Nature Park, Paragliding activity</u></b>                      Breakfast. Drive to Ala Arch Nature Park, 30 min. Hiking / excursion along with packed Indian lunch and Barbecue. After lunch as option drive to start point of Paragliding which is 10 minutes driving from Alar Archa Nature Park and instruction, weather forecast and preparation. Paragliding flight in a tandem with pilot (15 min - 1 hours). Dinner in Indian restaurant. Accommodation in the hotel. <i>Meals: breakfast, dinner.</i></p>
3	<p><b><u>Bishkek – Shamschy Gorge – Bishkek</u></b>                      Breakfast. Transfer to Shamschy Gorge (120km, 2,5 hours). On the way visit Burana Tower, a large minaret dated to the 10<sup>th</sup> century, a settlement on the Great Silk Road. Upon arrival walking surround and Packed Indian Lunch in Yurt Inn along with Barbeque. After lunch as an option you can have a <b>horseback riding</b> in the mountains surrounded by fir tree forests. By evening back to Bishkek and dinner in Indian restaurant. <i>Meals: breakfast, dinner</i>  <i>Shamschy Gorge is a unique natural reserve where the natural landscapes are preserved almost in virgin state. The glaciers are neighboring with green coniferous forests and steppe regions where tourists can feel real Kyrgyz dwelling in Yurt Inn as a nomad people. It is situated at the altitude of 3570m. Through the gorge the Shamschy River crashes dramatically from rock to rock. Shamschy Pass, located at the altitude of 3573 m, connects the Kochkorskiy and Chuy valleys. Nowadays, many horse trips pass through our gorge enroute over Shamschy Pass in the direction of Son-Kul Lake.</i></p>
4	<p><b><u>Bishkek – Issyk-Kul Lake, north side</u></b>                      Breakfast. Transfer to Issyk-Kul Lake by northern shore of Issyk-Kul lake (280 km, 4 hours). Visiting Cultural Complex “Ruh Ordo” after name of Kyrgyz famous writer Chyngyzyz Aitmatov. Petroglyphs Museum on open air in Cholpon-Ata. Lunch in local restaurant. Rest / walking on the shore of the mountain lake Issyk-Kul. Dinner in the local restaurant / Resort. Accommodation in the Resort Centre. <i>Meals: breakfast, dinner</i></p>

5	<p><b><u>Issyk-Kul Lake – Jety Oguz Gorge, south side</u></b></p> <p>After breakfast transfer to Jety – Oguz Gorge, by nick name “Switzerland” as it has same beauty with Switzerland’s nature (180 km, 4 hrs). On the way excursion to Grigorievskoe Gorge by exiting from Semenovskoe Gorge (50 km, 1 hrs). Lunch in local restaurant in Karakol where you can visit Prejevalskiy Museum. Dungan mosque (built in 1910 years), Cathedral of the Holy Trinity (XVIII cen.). Dinner and accommodation in the well arrange Yurt Camps. <i>Meals: breakfast, dinner.</i></p>
6	<p><b><u>Jety Oguz Gorge – Bishkek</u></b></p> <p>Breakfast. Hiking to the Waterfalls hidden in the mountains. Transfer to Bishkek by southern shore of the Issyk-Kul Lake (380 km, 5 hrs). On the way excursion to visit Skazka Gorge. Visit Yurt makers workshop to see and study manufacture of the Kyrgyz Traditional House YURT made by wood and felt and have a lunch in traditional Yurt makes family. Arrival in Bishkek and have a dinner in Indian restaurant. <i>Meals: breakfast, dinner.</i></p>
7	<p><b><u>Bishkek – Rafting Activity in Chui river</u></b></p> <p>Breakfast. As option for extra cost: Drive to Rafting start point (3 hrs). Lunch in Indian restaurant. Afternoon City tour + shopping. Dinner in the Indian restaurant. Accommodation in the hotel. <i>Meals: breakfast, dinner.</i></p>
8	<p><b><u>Bishkek – Dehli</u></b></p> <p>Transfer to the airport with packed breakfast and flight to Bishkek.</p>

Price in USD per person	2	4	6	8	10	12	Single supplement
Kyrgyzstan tour package 8 days / 7 nights	\$725	\$524	\$534	\$489	\$442	\$419	\$100

**Program price includes:**

1. **Transportation during whole tour with comfortable AC vehicle**
2. **Accommodation:**
  - Bishkek: Garden Hotel 4\* - 4 nights
  - Shamsy Gorge: Mountain Hut – 1 night
  - Issyk-Kul lake: Guest House – 1 nights
  - Jety-Oguz Gorge – Yurt Camp: 1 night
3. English speaking guide during whole tour
4. Meals: Half Board (breakfast and dinner)
5. Excursion + entrance fees according to program as mentioned in the program
6. Horse riding activity in Shamsy Gorge
7. Bottled water during program 1,5 litre per person per day
8. Memorable souvenir
9. All local taxes

**Service does not include:**

1. International air flight
2. Alcohol beverage in restaurants
3. Kyrgyz visa / visa support letter
4. Personal expenses

**EXTRA for activities:**

1. **Tandem Paragliding Activity with pilot**

Paragliding can be done in 2 points which is difference of the flight distance and altitude.

**1 point for beginners:**

250 meters of flight altitude from start point to landing point – **25 USD per person / 1 flight**

It takes 10 – 15 minutes' flight

## **2 point “advanced”:**

800 meters of flight altitude from start point to landing point – **75 USD per person / 1 flight**

It takes 40 – 1,5-hour flight

### **Notes:**

Paragliding fly depends on whether, wind condition and accordingly flight time, sometime we need to wait for better wind condition.

Tourists will be delivered to start point by 4WD Car and pilot will make instruction of paragliding activity. It is recommended to wear cloth which can close legs, hands, cap, sport shoes, sunglasses.

Paragliding activity can be done for 3 persons and more

It is forbidden for pregnant, drunk people, people with leg, back problem. Weight must min 40 kg and max 130 kg, age from 18 - 75 years

## **2. Rafting Activity in Chui River - 60 USD per person for 8 pax group**

Brief plan of rafting:

10:30 Arrival to start point of rafting and instruction, preparation

11:00 Boarding to the board and instruction of rafting on the board

11:20 Start of the rafting

12:40 Reach finish point and dress changing

13:00 Discussion / share impressions.

13:30 Drive to lunch to Indian restaurant.

All needed equipment for rafting, instructors will be provided.

**Notes:** Tourists must wear swimming suites and have a good mood.

### **Recommendation and notes on the program:**

1. It's recommended to have warm closes due to cool weather in mountain area.
2. Accommodation in Yurt Camp is on sharing basis by 5 persons in 1 Yurt of one gender. Bedding might in Kyrgyz Style on the floor warm mattresses in case wooden beds are not available.
3. Offered program can be changed or individualized according to the interests of the tourists

