

Kyrgyzstan Trekking Tour 2025

Price: USD 3,470 per person. Deposit: USD 500. Payment can also be made in other currencies. Single room supplement is USD 440 and required for solo travelers.

Guaranteed departures in 2025:

20 July - 3 August 2025 | 17 August - 31 August 2025

Kyrgyzstan is a country of high mountains and unique natural sites. From ancient times to the present day, nomads have moved from gorge to gorge over high, unspoilt mountain passes to the alpine pastures where they spend the summer enjoying the pure, clean air. Now you have the chance to explore the mountains, green gorges, and turquoise alpine lakes with them. Walk the same roads used by shepherds since ancient times. You will meet locals along the way and learn more about Kyrgyz culture and history.

Highlights

- Explore Kyrgyzstan's green, modern capital, [Bishkek](#)
- Enjoy the quiet charms and warm hospitality of Kyrgyzstan
- Go trekking among wild and unspoilt mountains dotted with turquoise lakes
- Watch traditional Kyrgyz horse games and meet an eagle hunter
- Sleep in a yurt beside the alpine lake of [Song Kul](#)
- Visit the "Pearl of Kyrgyzstan" – [Issyk Kul](#)
- Soak up the hustle and bustle of oriental bazaars



Itinerary Overview

- Day 1: Arrival in Bishkek. City tour.
- Day 2: Day hike at Ala Archa National Park (8 km, c. 4-5h).
- Day 3: Bishkek – Burana Tower – Kyzart Village (300 km, c. 5-6h).
- Day 4: Kyzart – Kilemche (trekking 16 km, c. 5-6h).
- Day 5: Kilemche - Song Kul (trekking, 12 km, c. 5-6h).
- Day 6: Song Kul - Kochkor (150 km, c. 3-4h).
- Day 7: Kochkor – Tamga (180 km, c. 4-5h).
- Day 8: Tamga – Svetlaya Polyana (90 km, c. 2h) – Jety Oguz (trekking, 9 km, c. 4h).
- Day 9: Jety Oguz - Telety Valley (trekking, 15 km, c. 6h).
- Day 10: Telety - Karakol Gorge (trekking, 16 km, c. 6h).
- Day 11: Karakol Gorge - Ala Kul Lake (trekking, 9 km, c. 6h).
- Day 12: Ala Kul - Altyn Arashan (trekking, 13 km, c. 5-6h) – Karakol (2h drive).
- Day 13: Karakol – Chon Kemin (300 km, c. 5-6h).
- Day 14: Chon Kemin – Bishkek (150 km, c. 3h).
- Day 15: Departure from Bishkek.

Map



Itinerary

Day 1: Arrival in Bishkek. City tour.

Welcome to Kyrgyzstan! Most flights arrive very early in the morning. You will transfer to the hotel and check in at the hotel with time to rest after your long flight, take a shower, and have breakfast. At 11:00 am, meet your guide in the hotel lobby for welcome briefing followed by lunch.

[Bishkek](#), the charming capital of Kyrgyzstan, is relatively young. It started as a Russian garrison named "Pishpek" in the late 19th century, and it was only during the Soviet period that it grew into a city. It is a very green place, with tree-lined boulevards and many parks.

In the afternoon, we will set out on an orientation tour of Bishkek. We will start at the National Historical Museum on the main square Ala Too, to get an introduction to the country's history and nomadic culture. We will also explore main sights such as the Ala-Too Square, White House, Old Square, and Victory Square. Welcome dinner will be in a tasty local restaurant.

Hotel Freedom 3, 800m altitude*

Day 2: Day hike at Ala Archa National Park (8 km, c. 4-5h).

After breakfast, we drive one hour (40 km) to Ala Archa National Park in the mountains to the south of the Bishkek. We will have an acclimatization hike to Ak Sai waterfall (4km, from 2200m to 2870m). You can enjoy beautiful views of the valley and the surrounding mountains along the way. After picnic lunch, we walk back down and return to the city.

Hotel Freedom 3, 800m altitude*

Day 3: Bishkek – Burana Tower – Kyzart Village (300 km, c. 5-6h).

After breakfast, we will depart for the mountain village of Kyzart. Our first stop is [Burana Tower](#) near the town of Tokmok, 60km east of Bishkek. Burana's 11th-century minaret is the only remaining building from the ancient city of Balasagun, once the capital of the mighty Karakhanid empire. You can walk up the winding staircase and enjoy a wide view of the scenic Chuy Valley. There is also a small open-air museum of balbals, carved stone figures often found around ancient burial mounds. We will then continue driving further into the mountains, crossing two small mountain passes (Kubaky – 2100m, Kyzart – 2660m) to reach our small hotel in the mountain village of Kyzart. We will have lunch on the way and dinner in the hotel.

Kyzart Hotel, c. 1800m altitude

Day 4: Kyzart – Kilemche (trekking 16 km, c. 5-6h).

Today we ditch our wheels for walking boots and start our two-day walk to the mountain lake of Song Kul. We will meet our local support crew after breakfast and set off on our hike to Kilemche. The first part of the walk crosses the Kyzyl-Kiya Jailoo, an enormous sea of flat grass which Kyrgyz shepherds take advantage of for summer grazing. We will continue on into the Chaar-Archa Valley where we will break for lunch beside the river. The holy Baba-Ata Mountain (4,450 m) will be our lunchtime backdrop. After lunch, we will cross the river at a natural ford and follow the trail over the verdant hills to Kilemche Jailoo ("jailoo" means summer pasture in Kyrgyz), where we will spend the night in a traditional Kyrgyz yurt. Each yurt has room for two people in twin beds, and all bedding and pillows will be provided. A basic long-drop toilet is located a short distance from the yurts.

Yurt camp, c. 2,600m altitude

Day 5: Kilemche - Song Kul (trekking, 12 km, c. 5-6h).

After a cosy night under traditional felt, we will continue our walk this morning, ascending and crossing the Jaldyz Karagai Pass (around 700 m of ascent) which takes us up and over the Song Kul Range and into the lake's basin. The morning's climb affords wonderful views over the Kilemche Jailoo in one direction, whilst in the other we get our first glimpses of Song Kul. As we descend the mountain slopes the lake looms larger and larger until we reach its shores and our campsite for the night. The yurt camp here is a more permanent affair, with the same twin-yurt set up but with fixed, western-style toilets. This afternoon has been left free to relax in the atmospheric surroundings; alternatively, further walking is available or you can try out some horse riding. The shore of Song Kul is about 3 km from the yurt camp.

Yurt camp, c. 3,000 m altitude

Day 6: Song Kul - Kochkor (150 km, c. 3-4h).

After breakfast we will have some more free time at Song Kul. Lunch at the yurt camp. After lunch, we will continue on to Kochkor, a village which is now synonymous with handmade felt carpets. Kochkor's inhabitants have pledged to keep alive their regional traditions, and before dinner we will visit a woman's cooperative which specialises in making *shyrdak*, a colorful, hand-woven felt carpet which is ubiquitous in the homes and yurts of Central Asia. We will spend the night in a small hotel.

Hotel Nomad Lodge, c. 1,800 m altitude

Day 7: Kochkor – Tamga (180 km, c. 4-5h).

After breakfast we will continue our journey to iconic [Issyk Kul](#), the lake quite-rightly dubbed “The Pearl of Kyrgyzstan”. We will trace our way alongside its southern shores to the village of Kyzyl Tuu, one of the centers for yurt production. Here we will learn more about this traditional nomadic dwelling. Further along, we will meet an eagle hunter, who will give a demonstration for us. Our next stop is Skazka or “Fairytale Canyon”, so-called due to its bizarre landscape of intriguing rock formations, where we will have a walk. In the late afternoon we arrive at the yurt camp in Tamga, near the shore of lake Issyk Kul. If you like, you may go for a swim before dinner.

Dinner and overnight in the yurt camp.

Yurt camp, c. 1,700 m altitude

Day 8: Tamga – Svetlaya Polyana (90 km, c. 2h) – Jety Oguz (trekking, 9 km, c. 4h).

After breakfast, transfer to the start point of the hiking. Today we start our 5-day hike to Ala Kul lake and further to the gorge of Altyn Arashan, where we will be eventually rewarded with a dip in hot springs. Today's first hiking day from Svetlaya Polyana to Jety Oguz gorge is quite easy. We hike gradually up from 2340m to the pass at 2800m altitude. From the pass, we will then walk down to the gorge of Jety Oguz on 2200m altitude. We meet our driver and transfer to the yurt camp.

Dinner and overnight in the yurt camp in Jety Oguz.

Yurt camp, c. 2,300 m altitude

Day 9: Jety Oguz - Telety Valley (trekking, 15 km, c. 6h).

After breakfast, we will set off for the Telety Valley. Our path will go along the river bank in a very narrow wooded gorge called Aiu Tor which will lead us to the alpine meadows. Here, on a carpet of flowers with beautiful views, we will have our picnic lunch. In the afternoon we will continue the trek to the foot of the Telety Pass. We will enjoy dinner together and spend the night in a tent camp.

Tent camp, c. 3,000 m altitude

Day 10: Telety - Karakol Gorge (trekking, 16 km, c. 6h).

After breakfast we will trek over the Telety Pass (3,770 m). It will be not very difficult and the trail leads through a narrow path with a slight ascent. There are only two rather steep sections which require some effort. From the top of the pass we will enjoy a breathtaking panoramic view. The descent is fairly simple. We will go along a wide slope covered with talus, across alpine meadows with various herbs and flowers, and along the East Telety River. Later, we will hike through the forest along a trail covered with roots. We will have dinner and overnight in a tent camp in Karakol Gorge.

Tent camp, c. 2,600 m altitude

Day 11: Karakol Gorge - Ala Kul Lake (trekking, 9 km, c. 6h).

After a hearty breakfast, we will start our hike to Ala Kul. This lake is not far away in distance, but most of the route is a quite steep ascent. We will be in no hurry today, though, and will take plenty of breaks, capturing beautiful photos and catching our breath. Ala Kul is mountain lake more than 70 m deep, and it is of incomparable beauty. From the shore of the lake, you can see the glacier which is its source. Dinner will be served and we will overnight in a tent camp near the lake.

Tent camp, c. 3,600 m altitude

Day 12: Ala Kul - Altyn Arashan (trekking, 13 km, c. 5-6h) – Karakol (2h drive).

This morning after breakfast we will climb further up to the Ala Kul Pass (3,860 m) (about 4 km, 2-2.5 hours) and enjoy breathtaking views of Ala Kul Lake. Ala Kul means “Colorful Lake” in the Kyrgyz language, and from here you will understand why. Depending on the light, the water changes its color: it can be emerald green, turquoise with white clouds reflected in it, light green, dark grey, or even black. We will descend from the pass along a talus slope and then cross the picturesque Keldike Valley with its stunning landscapes and herds of cattle and flocks of sheep grazing. Going through a forest we will end up in the Altyn Arashan Valley. This place is famous for its hot springs, the temperature of which is 50 Celsius. You can enjoy the naturally heated thermal baths in old-fashioned Russian houses. After some rest, we will meet Russian Military trucks for the bumpy road that brings us to Karakol in about 2 hours. Dinner at the local restaurant and check-in at the hotel.

Hotel 78 or similar, c. 1,700m altitude

Day 13: Karakol – Chon Kemin (300 km, c. 5-6h).

[Karakol](#) was founded as a Russian military outpost in 1869. It grew in the 19th century after explorers came to map the peaks and valleys separating Kyrgyzstan from China. In the 1880s Karakol's population surged with an influx of Dungans, Chinese Muslims fleeing warfare in China. After breakfast, we will have a short tour of the town's most interesting sights. The tour includes the Dungan Mosque, built in 1904; and the wooden Russian Orthodox Church, which has been standing since 1869. Afterwards, we depart from Karakol and drive along the northern shore of lake Issyk Kul back in the direction of Bishkek. About half an hour after leaving Issyk Kul, we drive into the mountain valley of Chon Kemin, where we spend the night in a comfortable guesthouse.

Kemin Guesthouse, c. 1,600 m altitude

Day 14: Chon Kemin – Bishkek (150 km, c. 3h).

Today morning, we spend some more time in Chon Kemin. You may go on a short hike or try out horse riding. We will also watch a performance of traditional Kyrgyz horse games. After lunch, we depart from Chon Kemin and drive back to Bishkek, where we arrive in the late afternoon. You will have a chance to do some shopping if you like or get packed. Farewell dinner in a local restaurant.

Hotel Freedom 3 or similar, 800 m altitude*

Day 15: Departure from Bishkek.

Today it is time to say a fond farewell to Kyrgyzstan. Early in the morning you will transfer to Bishkek International Airport. We sincerely hope you will have enjoyed your trip and will return soon to explore more of Central Asia.

Important notes:

- Travel insurance is required for this tour. You are free to choose any insurance company.
- All listed departures are guaranteed.
- The maximum group size is 12 people
- The single supplement only covers nights in hotels. Tents, and guesthouses: there is no single occupancy option in yurts.
- Trekking experience is required, and you must be sure-footed: the average duration of trekking is 5-7 hours per day on this tour.
- A USD 500 per person deposit is required at the time of booking, and the balance is due 15 days before departure. Terms and conditions: <https://kalpak-travel.com/terms-and-conditions/>
- One tour leader will accompany the group for the whole trip.
- You can opt to book the whole itinerary as a private tour. We can also arrange extra nights before or after the trip, and suggest private tour extensions in Kyrgyzstan or neighboring countries.
- Citizens of western countries can visit Kyrgyzstan visa-free for up to 60 days.
- We are happy to suggest flights to get to Kyrgyzstan and back home: please contact us.

Price includes

- All accommodation during the trip, based on two people sharing double/ twin rooms.
- All local transportation during the trip.
- English speaking trekking tour guide, as well as an assistant guide for groups with 6+ people.
- Trekking support staff (guide, cook, and stableman).
- Horses for luggage.
- Porters on second trek (to Ala Kul).
- Trekking equipment (tents, kitchen, etc.).
- All meals (breakfasts, lunches, dinners, and mineral water/ soft drinks)
- All permits, taxes, and entry fees.
- Individual airport transfers.

Price does not include

- International airfares.
- Personal kit and equipment (e.g. sleeping bag, mat).
- Alcoholic beverages.
- Travel insurance.
- Tips to porters, guides, and drivers (optional).