



# KYRGYZSTAN GROUP TOUR

8 Days | 7 Nights

## DAY 1. BISHKEK

Arrival in Bishkek.

Your manager from Ayurveda Tour will meet you at the International airport Manas. Transfer 40 minutes to your hotel and check-in.

After short rest start driving to Ala Archa National Park (40km from Bishkek). Time for exploring the area (it's possible to hike up to the waterfall if you keep fit ~ 3.7km by foot).

Lunch at a local café. Return back to Bishkek for sightseeing tour. Time for shopping in ZUM (Central Department store).

Dinner at a local restaurant. Transfer to the hotel for overnight. .



### Day trip to Ala Archa National Park:

*There're lots of options: walking along the river, light hiking to the mountains or hiking up to the waterfall (2-3hrs one way). The program depends on your wishes.*

### Bishkek city tour lasts 3 hrs:

*Monument of Kyrgyz national folk hero Manas, Changing of Guards of Honor, Statue of Kurmanjan Datka, Victory Square, ZUM*

### Accommodation 3\*:

Asian Mountains or Green City



## DAY 2. BISHKEK - SON KUL LAKE

Hotel breakfast.

Start 6-7 hrs drive (360 km) to Son Kul lake through Book gorge, Orto Tokoi Reservoir and over Kalmak Ashuu pass (3,445 m).

Lunch with Kyrgyz family in Kochkor village.

Arrival at Son Kul Yurt camp. Dinner. Accommodation.

### Son Kul Yurt Camp (3,016m above sea level):

*The camp is situated on the shore of Son Kul lake. It's the best place for rest and know better nomad's style of life.*

### Accommodation:

Son Kul Yurt camp. One yurt is for 3-4 persons.



## DAY 3. SON KUL - TASH RABAT

Yurt camp breakfast.

Depart Son Kul lake and commence 5-6 hrs drive to Tash Rabat Caravanserai (280km).

Stop in Naryn town for lunch in local café. Continue driving, stop in Kara Koyun gorge for accommodation in yurt camp. An excursion to Tash Rabat Caravanserai.

### Tash Rabat Caravanserai (3,200m above sea level):

*Tash Rabat is considered to be a Nestorian monastery, others suppose it to be a victualing-house for the trade caravans.*

### Accommodation:

Yurt camp in Kara Koyun gorge. One yurt is for 4-6 persons.

# AYURVEDA TOUR

phone: +99897 343 66 87  
www.ayurvedatour.uz  
email: info@ayurvedatour.uz

## DAY 4. TASH RABAT - NARYN - KOCHKOR

Yurt camp breakfast.

Drive to Kochkor village via Naryn town and Dolon pass (3,000m). The road takes 4-5hrs (230km).

Stop in Naryn town for lunch in local cafe. Short excursion.

P.M. continue driving to Kochkor. Visit women cooperative upon arrival. Dinner with Kyrgyz family. Accommodation.



### Naryn town excursion:

*Central Blue Mosque, Central Square, Historical-ethnographical museum.*

### Kochkor attractions:

*Visit a women cooperative producing felt carpets. It's possible to see how carpets are making and to take part in master class.*

Homestay in Kochkor village



### Djety Oguz gorge excursion:

*Broken Heart Rock, Seven Bull Rocks*

### Accommodation:

guesthouse Green Yard



### Karakol sightseeing tour:

*Dungan mosque, Russian Orthodox Holy Trinity Church, Memorial Museum of N.M. Przhevskiy.*

### Accommodation 4\*:

Karven IK



### Optionally:

*It's possible to visit Osh bazaar in Bishkek upon arrival. The bazaar is closed on Mondays.*

### Accommodation 3\*:

Asian Mountains or Green City

## DAY 5. KOCHKOR - KARAKOL

Breakfast.

Drive to Karakol along southern shore of Issyk Kul Lake. The road takes 5-6hrs (270km). En-route stop at Skazka (Fairy Tale) Canyon. Stop in Tamga village for lunch with local family.

Trekking tour to Djety Oguz gorge. Arrival at Karakol town. Dinner with local Uighur/Dungan family.

## DAY 6. KARAKOL - CHOLPON ATA

Breakfast.

Karakol excursion. 3hrs drive to Cholpon Ata (150km). Lunch at a local café. En-route stop at Open air Petroglyphs Museum.

Accommodation upon arrival. Free time at leisure.

## DAY 7. CHOLPON ATA - BISHKEK

Hotel breakfast.

6hrs drive to Bishkek city (280km). En-route visit Burana Tower.

Lunch with Kazakh family in Tokmok town. Arrival in Bishkek, hotel check-in. Farewell dinner with folklore show.

## DAY 8. BISHKEK

Hotel breakfast.

Transfer to Manas International airport. Departure.

End of the tour.

# AYURVEDA TOUR

phone: +99897 343 66 87  
www.ayurvedatour.uz  
email: info@ayurvedatour.uz

## TOUR PRICE

Double basis: **970 USD** pp

Single supplement: **150 USD** pp

*Even if you are the only ONE on the tour the price will be the same*

### INCLUDED:

- Accommodation based on breakfasts;
- Entrance tickets to the monuments and ecological fees according to the program;
- Transportation service all over the tour;
- English-speaking guide;
- Full board (B-8, L-7, D-7);
- Farewell folklore show;
- Bottled water 1l pppd

### NOT INCLUDED:

- International air ticket;
- Kyrgyzstan visa support (LOI);
- Single supplement;
- Alcohol and soft drinks

### ACCOMMODATION:

Hotels are generally rated as local three to four-star standard, but do please note that there is no international classification system for hotels and differences in facilities and quality do exist. All suggested hotels have good location (in old center of the city). They are small, clean and cozy. All hotels have air conditioning, TV, telephone and free Wi-Fi.

2 nights you will spend in Yurt Camp according to the program. Please note that yurts are pretty simple having 4 or 6 beds inside. The toilet is outside of the construction. There's a special restaurant yurt where all tourists have breakfast, lunch and dinner. Please note that yurt camps don't have wifi.

### EARLY CHECK-IN / LATE CHECK-OUT:

Early check-in is not included into the price. If you wish to add early check-in to your booking, please contact our reservations department who can confirm additional pricing and make this arrangement for you

### MIND THE TEMPERATURE:

The temperature in different parts of the country can vary greatly. For example it can be +40C in Bishkek and only +10C in mountain areas. So please take with you the next clothes:

- ✓ Rain-coat
- ✓ Hat (the sun can be violent)
- ✓ Swimming suit (for Issyk-Kul)
- ✓ Wind-stopper
- ✓ Sun-screen cream (30 or higher)
- ✓ Sunglasses
- ✓ Sweater/fleece
- ✓ Enough t-shirts and underwear (think of taking smth with long sleeves to avoid sunburns)
- ✓ Good trekking boots (for mountains) and walking shoes (for city walks)

# AYURVEDA TOUR

phone: +99897 343 66 87  
www.ayurvedatour.uz  
email: info@ayurvedatour.uz

## MEDICINE:

Please take with you personal first aid kit (most likely problems: blisters, sunburns, allergy, diarrhoea, sore muscles after hikes. Take painkillers, anti-histaminic, antibiotics of general action and anything you need for your usual medical conditions). It will be great if you take also insect repellent (skin + clothes).

## MONEY:

For personal expenses we recommend to take the notes of 50, 100 USD without stamps, inscriptions and other damage (damaged banknotes are not accepted by banks and exchange offices)

## CONTACT OUR MANAGERS:

For any question regarding your trip to Uzbekistan please contact our managers by

email: [info@ayurvedatour.uz](mailto:info@ayurvedatour.uz)  
phone: +99897 343 66 87  
[www: ayurvedatour.uz](http://www.ayurvedatour.uz)