

ID	ALAR	Days/Km	5/30
Location	Central Tien Shan	Grade	Steady
Max altitude	3900 m	Daily vertical gain	1100 m

Ak Sai valley in Ala Archa National park is well known destination among the local climbers and hikers, lots of technical lines to a number of peaks within a short distance from Bishkek makes it popular destination for a week end or longer. This five day - long trek takes you thru the colourful and picturesque valleys of Kyrgyz range in North Kyrgyzstan. You will have a chance to hike across Ak sai and Uchitel glaciers, mountain ranges and approach snow capped peaks: Korona, Semenov, Free Korea and other peaks that surround the glaciers. The tour begins and ends up with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

The route begins with drive to Ala Archa national park 40 km south of Bishkek. Here, porters take over and carry camping gear for the trek through stunning mountain scenery. Ala Archa trekking route, goes through cool juniper groves and passes many tempestuous rivers, high glaciated summits and a wide variety of colourful panoramas with breathtaking landscapes as far as Ak Sai glacier surrounded by magnificent icy peaks. The alpine meadows are extremely beautiful with a profusion of flowers and lush grass pastures. Several Golden Eagles and mountain goats have their home here along with other colourful bird and wild-life and often stay very close to camp site.

Grade

The tour is five days trekking on foot. Paths are generally in good shapes. Mountain passes are steep but not technically difficult. The trek is not porter-assisted, group members perform all carries. Porterage is possible at 180 USD/porter/20 kg. Average walking time is around 7-8 hours per day. Daily altitude gain is between 800-1000 m or about. You must be reasonably fit to attempt this trek. Trekking/hiking and camping background advisable but not essential.

Trek Crew

The trek is assisted by guide.



1 Day

Bishkek - Ala Archa - Ak Sai

Meet agent in the morning. Drive 40 km to Ala Archa valley to start our 6 km hike to Ratzek hut. PM free time for rest. Overnight in hut. Meals: LD. Distance: 6 km, Vertical: +1100m

2 Day

Ratzek hut - Ak Sai Glacier - Ratzek hut

Full day hike to Korona hut in the foothills of Korona peak. Enjoy magnificent views of icy walls of Free Korea, Ak Too and Teke Tor peaks that surround the glacier. Return to Ratzek hut. Overnight in hut. Distance: 5 km, Vertical: +1000m/-1000m

3 Day

Ratzek hut - Uchitel glacier - Rutzek hut

Trek up towards Uchitel glacier with a fascinating view of stunning Korona peak in front of us. Little shelter called Nauka or Science in Russian is hidden below the walls of Semenov peak - the highest peak of Kyrgyz range. Return to Ratzek hut. Meals: BLD Distance: 5 km, Vertical: +300m/-300m

4 Day

Ratzek hut - Uchitel peak - Rutzek hut

Summit day: We head to the top of Uchitel peak 4540 m. Magnificent panorama opens from the top of the peak over Bishkek and Chui valley. Overnight in hut. Meals: BLD. Distance: 5 km. Vertical: +1240m/-1240m.



5 Day

Ak Sai - Bishkek

Pack up in the morning. Trek down valley to Ala Archa national park. Meet vehicle and drive to Bishkek (40 km). End of services at drop off point. Meals: B. Distance: 6 km, Vertical: -1100m

Price per person 2017

Price per person	1 pax	2 pax	3 pax	4 pax	5 pax	6 pax	7 pax	8 pax	9 pax	10 pax
Price in USD	790	490	390	352	336	312	290	278	272	268

ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY ACTUAL RESERVATION

Tour price **includes**:

- Full board meals whilst on trek	- National and state park fees
- Sleeping bag+liner+mattress	- Hut accommodation
- 4 Season tents	- Guide services
- Kitchenware+camping gas	- All relevant transportation

*Price is based on double occupancy in hotels and

Tour price **does not include**:

- Excess baggage costs	- Porters for personal gear and equipment
- Air fare to Kyrgyzstan	- Certain meal whilst not on trek or tour
- Accommodation in Bishkek	- All personal expenses, equipment, clothing
- Travel insurance + Medevac charges	- Visa and passport cost

Kyrgyzstan visa regulations: www.trekking.kg/travel/visa_and_formalities/

Guests are required to have:

- Sense of Adventure	- Medical and Accident insurance
- Reasonable fitness	- All appropriate clothing
- Personal travelers' first aid kit	- All appropriate equipment

Options

Let us book your accommodation in Bishkek for a supplementary fee as well as if you travel in a group and do not want to share the room or tent with another person, a small fee will be collected for single supplement. Also you might want to see all around Bishkek and build-in a few days in the itinerary or even link this trek with other activities in Central Asia. We are able to customise any of our tours.

Weather and average temperatures

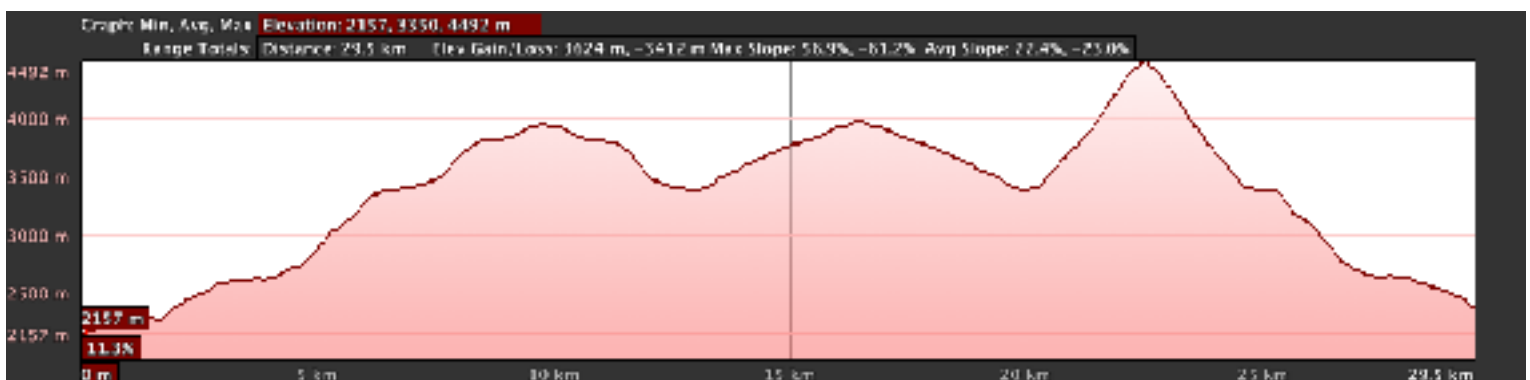
Kyrgyzstan has acutely continental climate with cold winters and hot summers. It averages 247 sunny days a year. Situated in a mountainous region Kyrgyzstan has all year round snows in the high lands. The one can expect sub-zero temperatures while in the mountains at any time. Summer time the mornings are generally fine and the afternoons sometimes hazy with occasional rain. Mountain passes over 3500 meters above sea level may have all the year round snow fields on the northern slopes.

At the lower altitudes by tree line or a little above, the temperature ranges between -4°/-6°C (21-24°F) in January to 16-24°C (61-75°F) in July. In the highlands, the temperatures range from -14°/-20°C (6.8°/-4°F) in January to 8-12°C (46-54°F) in July. There are occasional snowfalls during the summer above 3000 metres and winter. The best period for trekking in Tien Shan and Pamir mountains is thru July to October.

Annual temperatures

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-7C/ 19.4F	-6.5 C/ 21.2F	0.5 C/ 32.9F	6.5 C/ 43.7F	11.5 C/ 52.7F	14 C/ 57.2F	16.5 C/ 61.7 F	15.5 C/ 59.9F	12 C/ 53.6F	6 C/ 42.8F	0.5 C/ 32.9F	-4.5 C/ 32.9F

Elevation profile



Trekking area on the map of Kyrgyzstan



3D Google Earth visualisation





For more detailed information
tours&prices etc

If you are interested in this tour and/or would like to combine this tour with other activities in Kyrgyzstan, or build-in this section in a longer tour of Central Asia please do not hesitate to contact us at info@fantasticasiatravel.com for details. We will be happy to answer all your questions and send you most updated prices. Please mention ID of this tour: **ALAR**

CONTACT DETAILES

Call us: +996 555 303025

Skype: Fantastic-Asia

WEB: www.trekking.kg

Email: info@fantasticasiatravel.com

Alternatively write to us: Fantastic Asia Ltd. 8 Ogorodnyi pereulok. Bishkek. Kyrgyzstan

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Heli Ski In Kyrgyzstan: <http://www.heli-ski.kg>

Travel Tajikistan: www.TravelTajikistan.net

Fantastic Asia: www.FantasticAsiaTravel.com