



# Issyk Ata trek

Trip dossier

ID	IAAL	Days/Km	5/50
Location	Central Tien Shan	Grade	Steady
Max altitude	4240 m	Daily vertical gain	1100 m

This five days-long trek takes you thru the valleys of Kyrgyz range which rises up just 40 km from Bishkek - capital city of Kyrgyzstan. The trek provides the travellers with some of the most beautiful and picturesque scenery of Northern Kyrgyzstan: snow capped peaks and mountain ranges, passes, fir tree forests and juniper groves, hot springs of Issyk-Ata and Alamedin valleys and also many mountain lakes which change the colour depending on the weather from blue to dark green and turquoise. The tour begins and ends with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

The route begins with drive to Issyk-Ata valley located on the northern slopes of Kyrgyz range. At the end of the motor road there is a health resort "Issyk-Ata" - a well known week end destination of local folks. Here, porters take over and carry camping gear for the trek through stunning mountain scenery. The trekking route, known as the 'Issyk Ata trek', goes through cool juniper groves and passes crystal clear Issyk Ata and Ashuu Tor lakes, many tempestuous rivers, high glaciated summits and a wide variety of colourful panoramas. The alpine meadows are extremely beautiful with a profusion of flowers and lush grass pastures. Several Golden Eagles have their home here along with other colourful bird-life. There will be time at the end of the trek for sightseeing and shopping in Bishkek's bazaars, and we will gather together for a banquet on the last night.



## **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 porter-assisted, so you need to carry only a backpack with your belongings. 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, cook and porters to carry camping gear and kitchenware for the trek.



1 Day

Bishkek - Issyk Ata - Min Jilki

Meet agent in the morning. Drive 80 km to Issyk Ata valley to start our day to Min Jilki. Overnight in tents. Meals: LD. Distance: 10 km, Vertical: +1000m

2 Day

Min Jilki

Trek to the upper grounds of Min Jilki valley. On the way we pass several alpine lakes with turquoise waters and camp above them. Overnight in tents. Distance: 10 km, Vertical: +500m

3 Day

Min Jilki - Pervomaiskiy pass - Ashu Tor

Trek over Pervomaiskiy pass (4200 m) with an amazing panoramic and breathtaking view of highest peaks of Kyrgyz range. Trek down the scree slope to Ashuu Tor valley to camp by Ashuu Tor lakes. The lakes are fed from a mountain river which is hidden under moraine and change the colour depending on the weather from blue to dark-green and turquoise. Meals: BLD. Distance: 11 km, Vertical: +1060m/-1517m

4 Day

Ashu Tor - Alamedin

Trek down Ashuu Tor valley to Alamedin valley. Continue trek down valley to Djindy Suu camp site. Meals: BLD. Distance: 10 km. Vertical: -307m



5 Day

Alamedin - Bishkek

Trek down Alamedin valley along rushing Alamedin river on the way seeing small waterfall. Continue downstream to Alamedin hot springs complex. Meet vehicle and drive to Bishkek. End of services at drop off point. Meals: BL. Distance: 8 km, Vertical: -428m

### 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	1043	715	630	569	548	527	517	501	497	487

**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	- Sunny weather=)
- Tents	- Porters/Cook/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	- Tips for guides/porters/drivers
- Air fare to Kyrgyzstan	- Certain meal whilst not on trek or tour
- Hotel accommodation	- All personal expenses, equipment, clothing
- Travel insurance + Medevac charges	- Visa and passport cost

Kyrgyzstan visa regulations: [http://www.trekking.kg/travel/visa\\_and\\_formalities/](http://www.trekking.kg/travel/visa_and_formalities/)



## Guests are required to have:

- Sense of Adventure	- Medical and Accident insurance
- Reasonable fitness	- Porterage weight limit 10 kg/person
- Personal travelers' first aid kit	- All appropriate clothing and equipment

## Options

You might like an idea to add 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

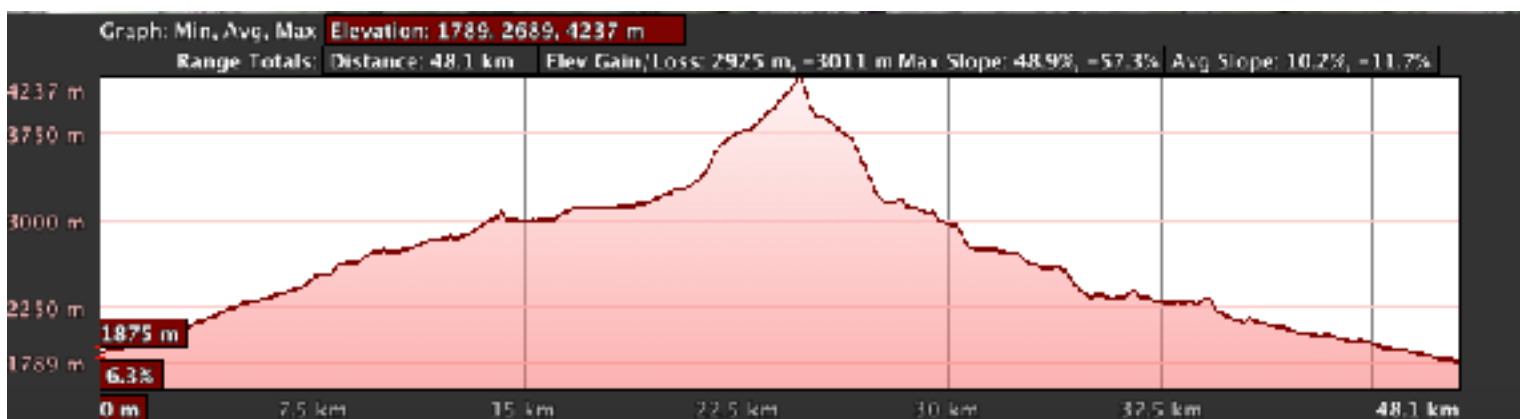
Kyrgyzstan has acutely continental climate with cold winters and hot summers. It averages 247 sunny days a year. Situated in a mountainous region Kyrgyzstan has all year round snows in the high lands. The one can expect sub-zero temperatures while in the mountains at any time. Summer time the mornings 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
- 7 C / 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

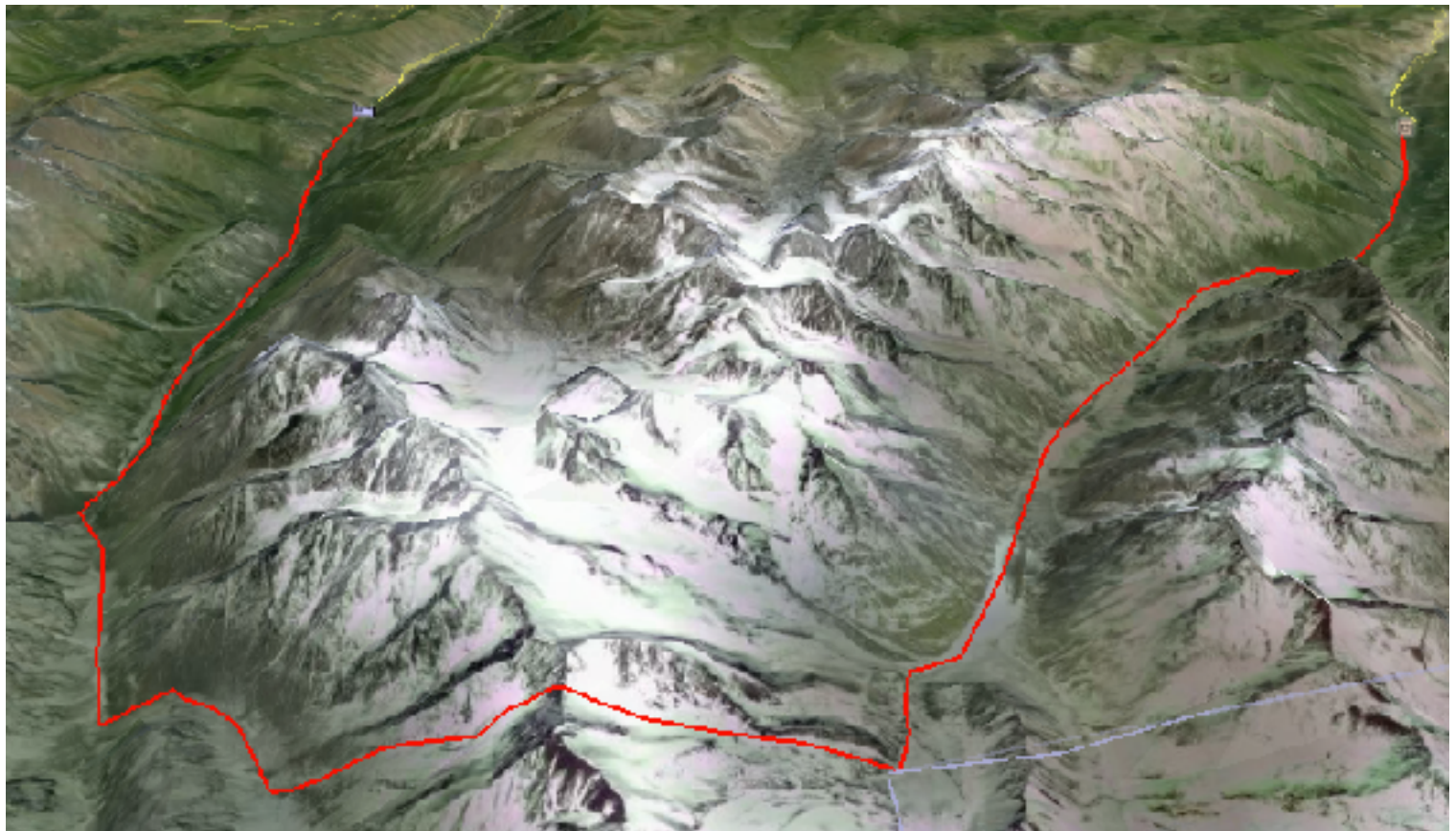




## Trekking area on the map of Kyrgyzstan



## 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](mailto: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: **IAAL**

### CONTACT DETAILS

Call us: +996 555 303025

Skype: Fantastic-Asia

WEB: [www.trekking.kg](http://www.trekking.kg)

Email: [info@fantasticasiatravel.com](mailto:info@fantasticasiatravel.com)

Alternatively write to us: **Fantastic Asia Ltd. 8 Ogorodnyi pereulok. Bishkek. 720014. Kyrgyzstan**

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