



Karakol Trek

Trek dossier

ID	KLTR	Days/Km	10/60
Location	Central Tien Shan	Grade	Steady
Max altitude	3860 m	Daily gain	800-1000 m

This 10 days-long trek is a classic choice for trekking in Tien Shan. It takes you in some of the most beautiful scenery in Eastern Kyrgyzstan - the world's second largest alpine lake Issyk-Kul, forested mountain ranges and snow capped peaks, passes, hot springs of Altyn-Arashan valley and truly amazing Ala-Kul lake located high in the mountains at the altitude of 3532 metres above sea level. The tour begins and ends with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

The route begins with a drive to Karakol town located on the eastern end of Issyk-Kul lake. There will be time to swim and explore the lake and its environs on foot or by boat before continue to Karakol, once a Russian fortress. Next day we will drive up into Chon Kyzyl Suu valley. Here, porters take over and carry personal luggage and camping gear for the trek through stunning mountain scenery. The trekking route, known as the 'Karakol Trek', goes through cool juniper groves and passes crystal clear Ala-Kol lake, many tempestuous rivers, high glaciated summits and a wide variety of colourful panoramas with breathtaking landscapes. 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 and wild-life. There will be time at the end of the trek for sightseeing and shopping in Karakol's and Bishkek's bazaars, and we will gather together for a banquet on the final night.

Grade

The tour is seven 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 will need to carry only a day pack with some of your belongings. Average walking time is around 6-7 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 who carry camping gear for the trek.



1 Day

Bishkek - Karakol

Arrive Bishkek. Meet agent and drive 400 km to Karakol town based on the eastern end of Issyk Kul lake – the second largest alpine lake in the world after lake Titicaca in South America. If time permits possible stop for swimming. Short sightseeing around the town. Final preparations. Overnight in hotel.

2 Day

Karakol - Chon Kyzyl Suu valley

Meet old school army truck. 2 hours drive to picturesque Chon-Kyzyl-Suu valley by exciting mountain road winding through fir tree forest and between rocks along rushing waters of Chon Kyzyl Suu river. 2 hrs trek up to Kara-Batkak valley. After lunch free time to explore the environs or rest. Overnight in tents. Distance: 4km, Vertical: +263m

3 Day

Chon Kyzyl Suu valley - Asan valley

Trek up the Archa-Tor valley. Lunch in the foothills of Archa-Tor pass (3800 m) on the bank of mountain stream. Trek over the pass with a great view of Jety-Oguz peak north face and other snow capped peaks of Terskei mountains. Camp in lower grounds of Asan valley. Overnight in tents. Distance: 7km,



4 Day

Asan valley - Telety valley

Trek down Asan valley to Djety-Oguz enjoying views on Djety-Oguz wall - a chain of snowy peaks with a beautiful Oguz-Bashi peak (5181 m) dominated over the area. Oguz-Bashi is Kyrgyz for "Ox head" and with a portion of imagination you can clearly see it at the end of the valley. Here we cross the river to trek down Djety-Oguz valley before we turn right to Telety valley. From here we trek upstream Telety river thru the fur tree forest. Camp in juniper grooves. Overnight in tents. Distance: 16km, Vertical: +453m



5 Day

Telety valley - Karakol valley

Trek up and over Telety pass (3800 m). For the rest of the day we trek down through alpine glades, fur tree forest and juniper groves to lower grounds of Karakol valley. Overnight in tents. Distance: 10km, Vertical: +814m

6 Day

Karakol valley

Optional hike (2-3 hrs) to the upper grounds of Karakol valley. Enjoy a view over a little lake with amazing Karakol peak (5218 m) on the background before we return to camp. Free time after lunch to explore the environs or read the book. Overnight in tents. Distance: 3.5km, Vertical: +400m



7 Day

Karakol valley - Ala Kol lake

Short trek down Karakol valley to cross the river and then 2 hours up again through the forest along Ala-Kol river. Trek up the Ala-Kol valley along the cascade of small waterfalls to Ala-Kol lake, which sits at the altitude of 3532 m. Camp on the rocky cliff overlooking the lake. Overnight in tents with a great panoramic view out of tents. Distance: 8km, Vertical: +983m



Guaranteed departures 2017

8 Day

Ala Kol lake - Altyn Arashan valley

Trek up the scree slope along the shore of the lake and then over Ala-Kol pass (3860 m) to Kel-Dike valley. Trek downstream to Altyn-Arashan valley. "Altyn Arashan" is kyrgyz for "golden springs", and known for it's sulphur and radon thermal activity. Soak in baths before dinner. Overnight in tents. Distance: 12km, Vertical: +300m

9 Day

Altyn Arashan valley - Karakol - Bishkek

Meet vehicle in the morning. Drive to Karakol town (40 km) along very spectacular mountain road. Switch ex army truck for comfortable aircon vehicle. Continue to Bishkek with a possible stop by the shore of Issyk-Kul lake for swim. If time permits short sightseeing before dinner around Bishkek. Overnight in hotel.

10 Day

Bishkek - Airport

Onward travel - Transfer to airport for your return or onward journey.

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	3,118	1,895	1,537	1,321	1,223	1,140	1,095	1,042	1,019	985

ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY ACTUAL RESERVATION

Tour price includes:

- Full board whilst on trek	- National and state park fees
- Sleeping bag+liner+mattress	- Hotel accommodation (**/***)
- 4 Season tents	- Porters/Cook/Guide services
- Kitchenware+camping gas	- All relevant transportation

*Price is based on double occupancy in hotels and tents.

THERE ARE NO OTHER HIDDEN FEES

- Excess baggage costs	- Tips for guides/porters/drivers
- Air fare to Kyrgyzstan	- Certain meal whilst not on trek or tour
- Single accommodations	- All personal expenses, equipment, clothing
- Travel insurance + Medevac charges	- Visa and passport cost

Kyrgyzstan visa regulations: 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 upgrade your accommodation in Bishkek and Karakol 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.

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: KLTR

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