

<b>ID</b>	<b>TCTR</b>	<b>Days/Km</b>	<b>11/60</b>
<b>Location</b>	<b>Pamir</b>	<b>Grade</b>	<b>Steady</b>
<b>Max altitude</b>	<b>4390 m</b>	<b>Daily gain</b>	<b>800-1000 m</b>

Turkestan Circuit is relaxed, horse assisted 11 day trek in Kyrgyz Pamir mountains with scenic views and breathtaking panoramas. It will take you in some of the most beautiful and remote scenery in South East Kyrgyzstan which is also known as Central Asian Patagonia: rocky cliffs and forested mountain ranges, snow capped peaks, passes and glaciers. The tour begins and ends with the opportunity to visit some of Kyrgyzstan's and Uzbekistan's finest cultural and historical treasures. The route begins with a drive to Izgurush village where we stay in a house of Nurdin - a local shepherd who provide horses and accommodation for trekkers since the Soviet Union break up. Feel free to explore small village and its environs on foot before we start trek next early morning. Here, horses take over and carry personal luggage and camping gear for the trek through stunning mountain scenery. We leave early in the morning to escape summer heat and gain the height. The trekking route, known as the 'Turkestan Trail', goes through cool juniper groves and passes 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 Osh bazaar, and we will gather together for a banquet on the final night in ancient city of Osh.

### **Grade**

The tour is six days trekking on foot. Paths are generally in good shapes. Mountain passes are steep but not technically difficult. The trek is horse-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. Light crampons are recommended for summit days.

### **Trek Crew**

The trek is assisted by guide, cook and horses who carry camping gear for the trek.



#### 1 Day

##### Bishkek - Osh

Arrive Bishkek. After some chance for rest we take domestic flight to Osh. Optional city sightseeing. Accommodation in Uzbek family. Meals: BLD. Overnight in homestay.

#### 2 Day

##### Osh - Batken - Izgurush

Full day drive from Osh to Batken. Visit border control unit in Katran to register our border permits. Arrive Izgurush in the evening. Accommodation in homestay. Meals: BLD. Overnight in homestay.

#### 3 Day

##### Uzgurush - Buljuma - Ak Tash

Trek thru wild apricot and walnut forest to Buljuma pass (2894m). Enjoy magnificent views of Piramidalnyi and Orto Chashma peaks from the top of the pass. Continue gaining the height along Ak-Tash valley. Overnight in tents (2500m). Meals: BLD. Distance: 12 km, 7-8 hrs, Vertical: +1600 / - 40 m.

#### 4 Day

##### Ak Tash - Jalgychy

Half day trek to the upper grounds of Ak-Tash river and then over Jalgychy pass (3774m) to Jalgychy valley with great panorama view over Turkestan range. Half day free. Overnight in tents (2700m). Meals: BLD. Distance: 7 km, 5-6 hrs, Vertical: +920 / - 800 m.



### 5 Day

#### Jalgychy - Orto Chashma - Ak Tubek

Trek over the nameless pass to Orto Chashma valley. Steep descent into the valley. Trek to the upper grounds of Orto Chashma river until it joins with Ak-Tubek river. The next day we follow Ak-Tubek river to Ak Tubek pass (4390 m) and then over to Ak Suu valley. Overnight in tents (2700m). Meals: BLD. Distance: 12 km, Vertical: +1337/-795m.



### 6 Day

#### Ak Tubek - Ak Mechet

Breathtaking panorama opens from the top of the pass over Ak Tubek, Iskander and Admiralteets peaks and Orto Chashma valley. Long descent to Ak-Suu valley along the scree slopes. The trail is sometimes steep but not technically difficult. We continue under the walls of Iskander (5120 m), Petrogradets (5165 m), Admiralteets (5090 m), Aksu (5355 m), A.Block (5229 m) peaks. Overnight in tents. Meals: BLD. Distance: 13 km, Vertical: +1191/-1598m.

### 7 Day

#### Ak Mechet

Its a free day to relax or follow the trail through juniper forest to approach gorgeous north face of Ak-Suu peak (5355 m) which stand at the end of the valley. The north face of Ak Suu peak is nearly 2km long and offers world's most challenging climbing routes to ambitious mountaineers. The other peaks towering up into the sky include Iskander peak, Admiralteets peak, Petrogradets and A.Block. Overnight in tents. Meals: BLD. Distance: 14 km, Vertical: +600/-600m.



### 8 Day

#### Ak Mechet - Izgurush

Trek downstream of Ak-Mechet river. Continue to Uzgurush village along poor jeep track. Overnight in homestay in Uzgurush village. Meals: BLD. Distance: 15 km, 6-8 hrs. Vertical: +111/-1500m.



2017 fixed departures

*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	3955	2240	1695	1468	1297	1167	1130	1049	995	980

**ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY**

**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**

9 Day

Izgurush - Batken - Osh

Meet vehicle in the morning. We suggest to leave early morning to escape summer heat and arrive Osh before evening to have time to see around Osh and go out for dinner. Accommodation in homestay in Osh. If time permits brief sightseeing of Osh. Meals: BLD. Distance: 360 km, 8-9 hrs, Vertical: - 500 m.

10 Day

Osh - Bishkek

Take a flight to Bishkek. Free time in PM. Final dinner in Kyrgyzstan in the evening. Accommodation in hotel. Meals: BLD.

11 day

Departure day

Onward travel - Transfer to airport for your return or onward journey or otherwise we have no activities planned for today and you able to leave the hotel at any time. Pls consider hotel's check out time regulations. Meals: B.

Finally why not to link this trek with other activities in Uzbekistan to wander around Silk Road monuments or Tajikistan to explore Pamir Highway and Wakhan?

## 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
- 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/](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 Osh 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 Osh 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. Please inquire!

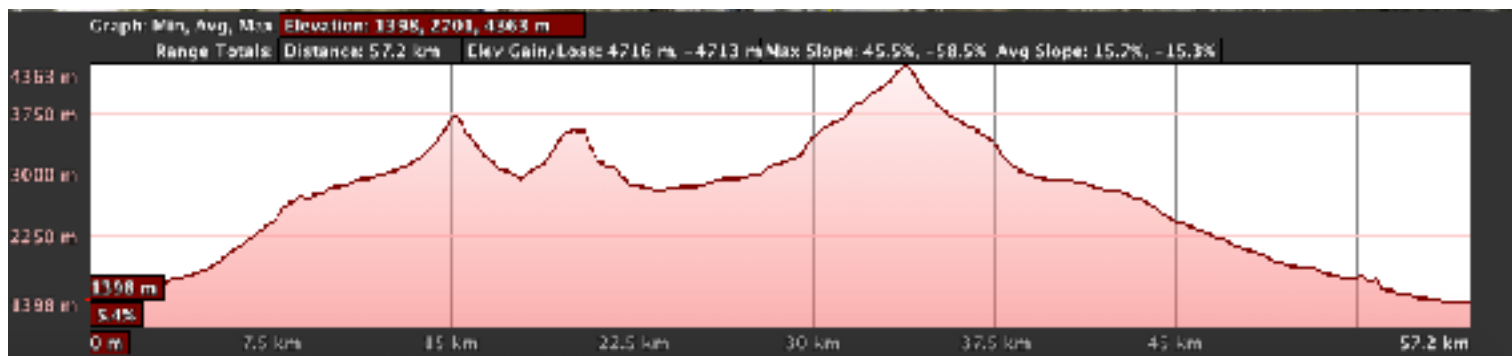
## Weather and average temperatures

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

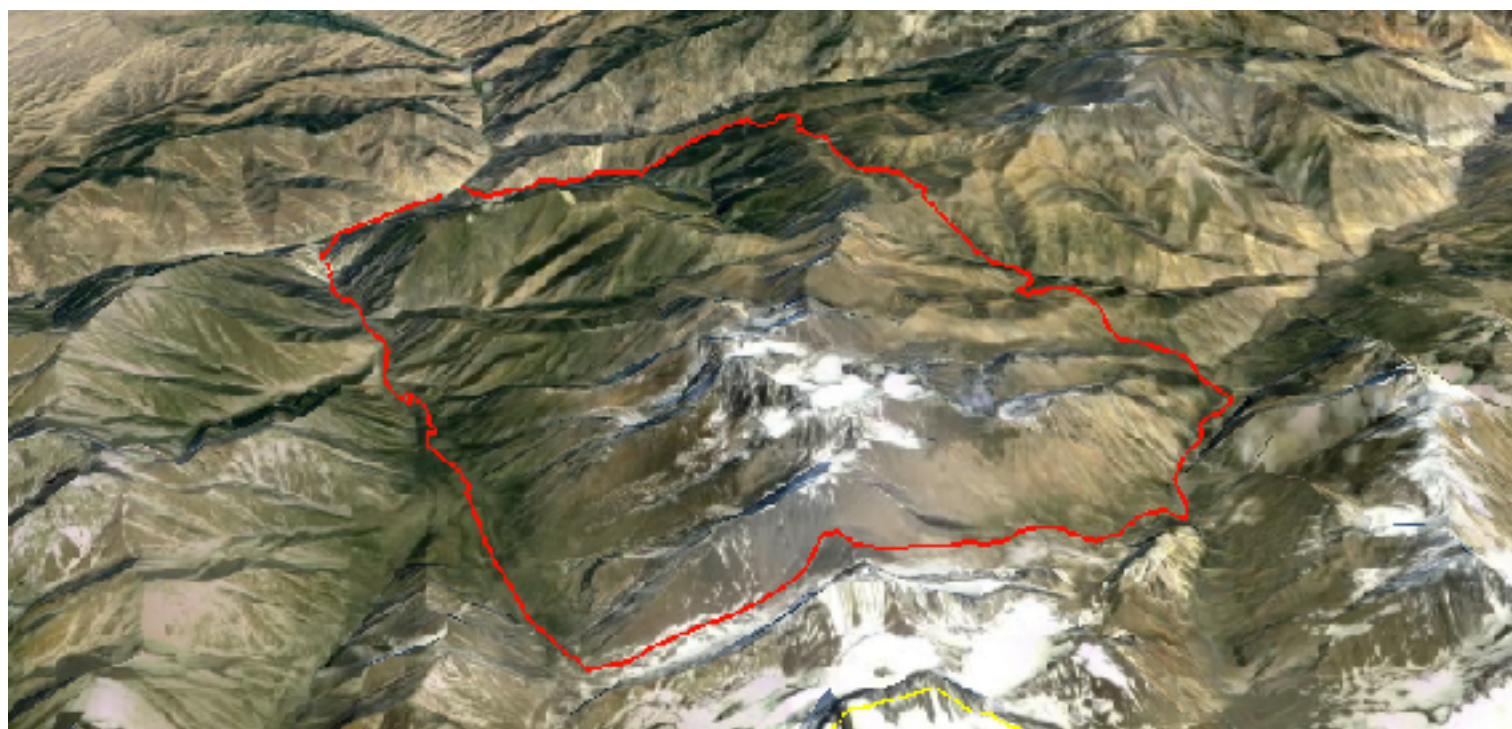
## Elevation profile



## 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](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: TCTR

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