



SKI TOUR IN SUUSAMYR VALLEY

Location	<i>Kyrgyzstan, Tien-Shan, Kyrgyz ridge, Suusamyr-Too</i>
Starting and ending points	<i>Bishkek city</i>
Duration	<i>9 days, 8 nights</i>
Season	<i>December - March</i>
Altitude	<i>2200-3700 meters</i>
Walking	<i>about 150 km</i>
Automobile	<i>about 1300 km</i>

We invite you to visit one of the best areas for off-piste skiing - alpine Suusamyr valley. The valley stretches from east to west on 90 km, forming the southern slopes (Kyrgyz Ridge) and northern (Suusamyr Too Ridge) exposition. The relief is very diverse - from the wide slopes to steep couloirs with falls. There are no forests of firs as in Karakol, or of nuts as in Arslanbob. At first glance, this region looks harsh and lifeless. However, the panorama that opens from the top of these mountains will be in your memory forever. The difference in altitude is up to 1000 meters, the slopes are often 30 degrees or more. Dry, powdery snow forms a cover depth of half to two meters.

Accommodation during the program at the ski resort in warm and comfortable cottages. Cottages provide storage space for ski equipment and clothes drying. The cafe offers a delicious variety of dishes of European and national cuisine.

All transfers occur on a comfortable, all-wheel drive vehicles according to the program. All machines are in excellent service, equipped with winter tires and ski holder.

PROGRAM

Day 1. Airport "Manas" (Bishkek) to Too-Ashu ski resort

*Automobile 160 km, 3-4 hours
Altitude 600-3000 m*

Meeting at the airport in Bishkek. Transfer to the Too-Ashu ski resort through the mountain road on a comfortable car, which takes 3-4 hours (160 km). Accommodation in cottages. Lunch in the cafe of a ski resort. Meeting with guides, a preliminary review of the snow conditions and a short lecture on avalanche safety. Acclimatization ski-tour around Ski resort. Dinner in the cafe.

Day 2-7. Ski tour activities

*Automobile up to 150 km
Walking 10-20 km
Altitude 2200-3700 m*

Breakfast in the cafe. After breakfast transfer to ski-tour spot. Ascents, descents. Training avalanche safety. Return to the base. Dinner at the cafe.

From ski resort Too-Ashu we drive to the ski area by cars. Some of the routes are accessible directly from the base. Wide variety of ski area with varied relief is offered for ascents and descents. There is possibility of small trekking during which skis (snowboard) are carried in a backpack. Lunch boxes: (fruits, sandwiches, hot tea). All treks are for one-day trips with overnight in a hotel.

Upon returning to the ski resort - shower, dinner in the cafe (two main dishes, salad, tea).

During the program one day can be devoted to the rest. At this day, you can ride on the slopes of Suusamyr's ski area, or take advantage of a snow-cat riding or just meditate sitting under mountain sun, and in the evening warm up in the sauna. The day of rest could be replaced by a ski touring by participants' request.

Day 8. Too-Ashu ski resort – Bishkek city

*Automobile 160 km, 3-4 hours
Altitude 3000-800 m*

Breakfast in the cafe. Half day ski tour in the neighboring area. Lunch in the cafe. Transfer to Bishkek city. Accommodation in the hotel of Bishkek. Dinner.

Day 9. Departure from Bishkek city

Automobile 30 km, 1hour

Transfer to the Airport.

Important:

You should have insurance coverage for 30,000 US Dollars. The insurance should cover injured transportation.

Guides decide on the Avalanche risk levels and choose the route of ascent and descent.

Necessary equipment:

- Skis with ski tour bindings and skins / Splitboard;
- avalanche equipment - transceiver, probe, shovel;
- backpack 20-30 liters;
- Warm skiing suit;
- warm gloves and a hat;
- sunglasses;
- ski mask;
- sunscreen SPF 25-50;
- thermos.

Some ski-touring and avalanche equipment is available for rent.

Current price please find on website: <http://mountainskytravel.com>

Included:

- Pick-up at the airport;
- Hotel accommodation in Bishkek 1 night;
- Karakol accommodation in the guesthouse 7 nights;
- Full board;
- Mountain guide during the whole program;
- All transfers according to the program;
- All permits and entrance fees according to the program.

Excluded:

- International flights;
- Rental ski and avalanche equipment;
- Personal expenses;
- Change program;
- Insurance.