



mountainskytravel.com

## ALL COLORS OF TERSKEI ALA-TOO

<b>Location</b>	<i>Kyrgyzstan, Tian-Shan, Terskei Ala-Too Range</i>
<b>Starting and ending points</b>	<i>Bishkek city</i>
<b>Duration</b>	<i>11 days, 10 nights</i>
<b>Season</b>	<i>July-September</i>
<b>Altitude</b>	<i>2500-4000 meters</i>
<b>Walking</b>	<i>about 70 km</i>
<b>Automobile</b>	<i>about 1000 km</i>

Issyk Kul Lake - the pearl of the Kyrgyzstan situates at Northeastern part country. Terskei Ala-Too Range extends along whole South Coast of the lake. There is the highest part around Karakol city. There is Karakol peak - 5216 m, Djiqit - 5020 m, Oguz-Bashi - 5020 m. The humid climate promotes lush vegetation. It is a huge area of coniferous and deciduous forests, there is wide variety of mushrooms and berries. Alpine meadows with abundant grasses stretch above the forest. There you can meet herds of horses, cows, goats and sheep. Climbing even higher, you get into the realm of rock and eternal snows.

The route is designed to go through all climatic zones of the northern Tien-Shan. The contrasts of these areas are breathtaking even for tourists with a long hiking experience. You can wait out the rain under the mighty Tien-Shan spruce, go on alpine meadows through waist-deep grass, take photos of the sunset on the mountain lake and see Glacier Rivers origin with your own eyes. If you have never used crampons, do not panic. This is an excellent time to take the first steps on the ice, under the direction of experienced guides. After the track you will find relaxation in the natural thermal waters. At last there is an option: holiday at one of the cleanest and uncrowned beaches of Issyk-Kul Lake at an altitude of 1600 meters.

## PROGRAM

### Day 1. Airport «"Manas" » (Bishkek) – Karakol city

*Automobile 430 km, 6 hours  
Altitude 600-1700 m*

Pick up at the airport "Manas" in Bishkek. Transfer to Karakol through Boom canyon and further along the northern shore of Issyk-Kul Lake. Lunch on the way at one of the roadside restaurants. Accommodation in the guest house.

### Day 2. City tour in Karakol. Karakol – Jety-Oguz Gorge

*Walking 50 km, 2 hours  
Altitude 1700-2600 m*

Sightseeing tour around Karakol: visiting the wooden church, the Dungan mosque and monument-museum of Przhhevsky. Lunch in national cafe. Transfer to Jety-Oguz gorge on 4wd car. On the way you can take pictures of natural monuments «Broken Heart» и «Seven bulls». Overnight in a tent camp.

### Day 3. Trek to Telety pass

*Walking 12 km, 6-8 hours  
Altitude 2600-3400 m*

After the breakfast we go up to the narrow gorge, overgrown with spruce forest. Gradually, the forest is replaced by vast alpine meadows. For lunch there are sandwiches. Overnight in a tent camp on moraines, which is far from the traditional camps and a large number of tourists.

### Day 4. Trek through the pass Telety in Karakol

*Walking 15 km, 7-9 hours  
Altitude 3400-3800-2600-3000 m*

In the morning we leave camp for Telety pass (3800 m). Then there is a long descent to the valley of the river Karakol (2600 m). Stone screes are replaced by alpine meadows the trail descends into the forest zone. In the afternoon, go up along the On-Tor river. Overnight in the camp with a view of Karakol peak (5216 m).

### Day 5. Trek to the On-Tor pass

*Walking 10 km, 7-9 hours  
Altitude 3000-3800 m*

Moving to the upper part of the Tor river. Today we need crampons and ropes for the ascent at the glacier. The path does not present any technical difficulties, everything you need is to be careful and hold by the guide. We will pass in close proximity to the slopes of Karakol peak and Slonenok (Elephant calf). Overnight on the lateral moraine under the On-Tor pass, where snow could be even in summer. There is a magnificent view of the surrounding peaks from that site.

### Day 6. Trek through the pass to the valley Hontoria Kol-Tor

*Walking 14 km, 7-9 hours  
Altitude 3800-4050-2800 m*

We continue to move with the use of crampons on boots and safety rope. Ascent to On-Tor pass (4050 m) upon the loose scree. You should wear a helmet and keep extreme attention. The descent from the pass is held under the ice-rock wall of Djigit peak (5020 m). At the end of the glacier you can take crampons and helmet off. Then the track descends along the Kol-Tor river. Overnight in the forest zone, near to the spring with the cleanest water.

### **Day 7. Trek through Panoramic pass to Ala-Kol lake**

*Walking 7 km, 5-7 hours  
Altitude 2800-3800-3500 m*

We cross the river upon the old wooden bridge. Right after it, a steep hike begins upon the barely visible path. You can enjoy beautiful views on the mountain gorges and snowy peaks along the ascent. The difference in height changes very quickly, and soon we find ourselves on the Panorama Pass (3800 m). The name speaks for itself. We can see the Telety pass, several five thousandth peaks on the one side and mountain lake Ala-Kol, which stretches out beneath us, on the other side. Descent of the scree slope, there is less than an hour before the comfortable overnight at the lake shore.

### **Day 8. Trek through Ala-Kel Pass in Arashan gorge**

*Walking 13 km, 6-8 hours  
Altitude 3500-3900-2600 m*

The ascent is going upon "cup's" slope, where is a lake in the centre. It stretches for almost three kilometers. Depending on the light, water in the lake changes its color from emerald green to dark blue. There is a great view on the main ridge of Terskey-Alatoo with peaks of Ak-Su, Djigit, Karakol and Oguz-Bashi. After the non-long scree slope our path lies through the picturesque meadows where herds of cows and horses pasture. Then the trail enters the forest and quickly descends into Arashan gorge. Overnight in a tent camp on the territory of Altyn Arashan resort. Here we will have dinner - national dishes, and swimming in the hot springs as the logical conclusion of a strenuous six-day trekking.

### **Day 9. Transfer Altyn Arashan – Karakol – Tamga village**

*Automobile 120 km, 4-5 hours  
Altitude 2600-1600 m*

Early breakfast and descent on 4WD car on a mountain road to Karakol town. There we change vehicle to a comfortable minibus and drive along the southern shore of Issyk-Kul Lake to Tamga village. Accommodation in the guest house, lunch. After mealtime, there would be a trip to the beach, swimming in the Issyk-Kul lake. Dinner and overnight at the guest house.

### **Day 10. Transfer Tamga village – Bishkek**

*Automobile 320 km, 6 hours  
Altitude 1600-800 m*

After breakfast in the guest house transfer to Bishkek city. On the way for a short time we'll stop in the red canyons "Fairy Tale". Accommodation and overnight on the hotel. If you buy small package, than accommodation in the hostel.

### **Day 11. Departure from Bishkek city**

*Automobile 30 km, 1hour*

Transfer to the Airport.

**Necessary equipment:**

- sleeping bag 3-4 seasons;
- sleeping pad;
- trekking shoes;
- waterproof jacket and pants;
- warm jacket and pants;
- warm gloves and hats;
- sunglasses;
- flashlight;
- sunscreen;
- backpack 40-80 liters;
- harness;
- crampons;
- helmet.

**When choosing Small Package you should add the following equipment:**

- tent;
- cookers;
- products for trek (you can buy in the supermarket in Bishkek city);
- gas cartridge or gasoline for cooking.

**It is recommended to bring:**

- sandals;
- down jacket;
- trekking poles.

**Important:**

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

## Full Package

## Small Package

### Price Includes:

- **All necessary permits**, environmental fees, the permits and entrance fees according to the program;
- **Pick-up** at the airport;
- **All transfers** according to the program;
- **Accommodation** - Hotel in Bishkek 1 night, guest house in Karakol and Tamga 2 nights, Tent Camp (twin based) during the trek 7 nights;
- **Meals** - Full Board during whole tour;
- **Mountain guide** during the whole program;
- **Porter's service** - only camp equipment (tents, food, gas, etc.).

### Price Excludes:

- International flights;
- Change program;
- Personal expenses;
- Insurance;
- **personal porters** extra \$15/kg the whole program;
- **Single supplement** extra \$ 150 the whole program.

- **All necessary permits**, environmental fees, the permits and entrance fees according to the program;
- **Pick-up** at the airport;
- **All transfers** according to the program;
- **Accommodation** - Hostel in Bishkek 1 night, guest house in Karakol and Tamga 2 nights;
- **Meals** - in guest houses and transfers;
- **Mountain guide** during the whole program.

- International flights;
- Change program;
- Personal expenses;
- Insurance;
- Accommodation in the field camp;
- Meals in the trekking;
- Porter's service;
- Insurance