



SPRING SKI-TOUR ON THE GLACIERS

Location	<i>Kyrgyzstan, Kirgizski Range, Arabel valley</i>
Starting and ending points	<i>Bishkek city</i>
Duration	<i>11 days, 10 nights</i>
Season	<i>March - May</i>
Altitude	<i>1700-4600 meters</i>
Walking	<i>about 150 km</i>
Automobile	<i>about 1300 km</i>

National Park Ala-Archa - is one of the most beautiful places in Kyrgyzstan. It is located 40 km from the capital of Kyrgyzstan - Bishkek city. Here, on a small area you can see many interesting natural sites - forests, grasslands, rivers, waterfalls, glaciers, rock walls, as well as not frightened wild animals. Also Ala-Archa is one of the best climbing areas. There are hundreds of routes of varying difficulty for everyone. There are many glaciers and a great opportunity to ski mountaineering. One of the best there's Top Ala-Archa area. This includes glaciers Big and Small Ala-Archa, Toktogul and Manas. Absolute height of the peaks to 4300 meters. Accommodation is available in a mountain hut - abandoned a ski base (3400 m). The path from the car takes a full day. It is about 17 km.

High Mountain Valley Arabel is located between the ridges Jetymbel and Terskei Ala-Too about 3800 meters above sea level. It is 350 km east of Bishkek city, near the southern coast of Issyk-Kul lake. There is harsh climate with low temperatures and strong winds. So skiing becomes possible only in the spring. There are dozens of glaciers with a height difference from 3900 meters at the foot of 4500 on the tops and up to 3 km in length. It is possible tents camp accommodation. But we offer a guest house near the Issyk-Kul Lake. Way from the guest house to the ski areas takes 1-1.5 hours. Then 2-5 km by skis to the glacier.

PROGRAM

Day 1. Airport "Manas" (Bishkek) – Tamga village

*Automobile 350 km, 5 hours
Altitude 600-1700 m*

Meeting at the airport "Manas" in Bishkek. Transfer to Tamga village by car. Lunch in cafe on the way. On the way we will stop in the canyon "Fairy Tale" near Issyk-Kul Lake. Upon arrival - accommodation in guesthouse. Meeting with guides, review of the snow conditions and a short lecture on avalanche safety. Dinner.

Day 2-4. Ski tour on the glaciers in Arabel valley

*Automobile 150 km, 2.5 hours
Walking 10-20 km
Altitude 1700-3800-4600 m*

Breakfast in the guesthouse. After breakfast departure to the ski area, the trip takes about 1-1.5 hours (70 km). Distance to the glacier 2-5 km by ski. Then you can have one or more ups and downs. It is 500-800 vertical meters once. Lunch on the slopes (fruit, sandwiches, hot tea) taken from the guesthouse. After coming back at the guesthouse - shower, dinner.

Day 5. Tamga village – Bishkek city – Ala-Archa canyon

*Automobile 400 km, 7 hours
Altitude 1700-800-2100 m*

Breakfast in the guesthouse. After the breakfast drive to Bishkek city (5 hours). Lunch in the cafe. We continue driving to the Ala-Archa National Park (2100 m). Accommodation in the hotel. Dinner.

Day 6. Ala-Archa camp – Top Ala-Archa mountain hut

*Walking 17 km, 8-10 hours
Altitude 1700-3400 m*

Hike or ski-touring to the Top Ala-Archa hut (3400 m) takes a full day. You need to carry your own personal belongings, such as a sleeping bag and changeable shoes. The beginning of the way follows through the beautiful forest along the mountain river. There are two river crossings on the bridges but sometimes it is broken and it is necessary to cross into the water. Lunch on the way. Overnight in a mountain hut. Previously, it was a ski base.

Day 7-9. Ski-alpinism on glaciers

*Walking 7-20 km
Altitude 3400-4300 m*

Breakfast. The ski routes start right from the hut. You can have one or more the ups and downs. It is 500-800 vertical meters once. There are different kinds of routes, from easy to the steep couloirs and ice-falls. It is necessary to use ropes and harness. At the end of the day will be dinner at the hut.

Day 10. Top Ala-Archa hat – Bishkek city

*Walking 17 km, 4-6 hours
Automobile 50 km, 1 hour
Altitude 3400-2100-800 m*

Breakfast. Hike or skiing down to the Ala-Archa camp and then drive to Bishkek city. Accommodation in the hotel. Dinner.

Day 11. Departure from Bishkek city

Automobile 30 km, 1 hour

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;
- Ski crampons;
- avalanche equipment - transceiver, probe, shovel;
- sleeping bag 3-4 seasons;
- sleeping mat;
- backpack 60-80 liters;
- harness;
- Tracking boots;
- 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>

Price Included:

- Pick-up at the airport;
- Hotel accommodation in Bishkek 1 night;
- Accommodation in the Tamga guesthouse 5 nights;
- Accommodation in the Ala-Archa National Park 1 night;
- Accommodation in the Mountain hut;
- Full board;
- Mountain guide during the whole program;
- All transfers according to the program;
- All permits and entrance fees according to the program.

Price Excluded:

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