

Kyrgyzstan Horseback Riding 2022

Kyrgyzstan is an amazing and unique in its beauty country. This small oasis in the heart of Central Asia impresses with its huge variety of landscapes and unique Son Kul Lake plays considerable role.

Only in Kyrgyzstan during summer period you will see yurts – nomadic portable dwellings, decorated with felt carpets. Meet nomads, who will welcome you and invite to their yurt to try traditional Kyrgyz drink kymyz.



HIGHLIGHTS:

- The magnificent endless horizons of the and Son Kul lake (Tien Shan mountain range)
- Experience the semi-nomadic traditions of local Kyrgyz herders and be welcomed into their yurts
- Working with local communities and using their products
- The varied and exceptionally rich flora of the Tien Shan mountain pastures

Fixed dates:

15/05-21/05 2022

29/05-4/06 2022

12/06 – 18/06 2022

3/07-9/07 2022

21/08-27/08 2022

Minimum group size: 4 pax



Travelling with Ak Sai Travel you help:

- To support local people. We provide 40498 working days for locals every year.
 - To support ecological campaigns. For the past 2 years we have transported 15678 of waste from glaciers and mountain gorges of Kyrgyzstan.
 - To find their way for the 849 kids and teenagers from orphanages and boarding schools with the help of Travel Discover Help project.
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Detailed tour program:

DAY 1. (SUN) BISHKEK CITY. (30 KM/45 MIN)

Arrival in Bishkek early in the morning. Upon arrival at the International Airport Manas you will be met by our tourist guide at arrival gates. Transfer to the hotel **for early check-in**.

Breakfast and rest till midday. Lunch in a local café. Afternoon city tour.

We visit Manas Monument, the main national hero of the Kyrgyz people. Walking tour around main **Ala Too Square** to watch ceremony of changing of the Guard of Honor, Kurmanzhan Datka Monument, main governmental buildings, and finish at the Old Square with Government House. Transfer to the **Victory Square** to finish the city tour by short excursion there. Visit of Osh market (closed on Monday). Return to the hotel. Dinner is not included.



DAY 2. (MON) BISHKEK CITY – BURANA TOWER - KYZART VILLAGE (280 KM/ 6-7 HOURS)



Instructions and preparation for horse riding.
Dinner and overnight at the local homestay.

Drive to the village of Kyzart.

On the way visit **Burana Tower** (old minaret) near Tokmok town. That minaret was constructed in Balasagyn town; one of the capitals of Karakhanid State existed in 11-12 centuries AD. Explore ruins of that important trading point at the Great Silk Road and visit a little local museum telling about that civilization. Also watch a collection of Balbals, Turkic ancient tombs.

Lunch on the way.

Upon arrival you will be accommodated in the house of local people.

You can have a walk in this typically Kyrgyz village.

DAY 3. (TUE) KYZART VILLAGE– CHAAR ARCHA PASTURE– TUZ ASHUU PASTURE (16 KM ON HORSEBACK/APPROX 4-5 HOURS)

Today, after breakfast transfer by vehicle to the bridge (14 km) starting point of horse riding till Tuz Ashuu pasture. During the horse riding, we discover magnificent views of the pastures of Chaar Archa.

Picnic lunch with lunch boxes.

We take the height and arrive at Tuz Ashuu pass (3228m). We'll stop there and enjoy beautiful Son Kul lake. Descent to the pastures of Tuz Ashuu (3050m), crossing on our passages several herds of cattle and sheep with their shepherds. Upon arrival, meeting with the family of shepherds who welcomes us for dinner in the yurt camp (4-6 person in a yurt).

Distance by car from village to starting point: 14 km

Horse riding distance: 16 km, including 1,100m uphill and 200m downhill



DAY 4. (WED) TUZ ASHUU PASTURE – TULPAR TASH PASTURE (14 KM ON HORSEBACK / APPROX. 3-4 HOURS)

After breakfast, we take the west direction of the lake and horse riding along the shore of the lake. Small climbs and descents (max 100 m) await you before arriving at Tulpar Tash yurt camp.



Lunch in a yurt camp.

The shore of the lake is beautiful with the herds of horses, cows, sheep and goats. Possibility to go to the shepherds and taste fermented mare's milk, kurut -cheese balls, and simply tea with cow's milk ...

Dinner and overnight at yurt camp (4-6 person in a yurt).

Horse riding distance: 14 km, including 100m uphill and 100m downhill

DAY 5. (THU) TULPAR TASH PASTURE – KAMBAR ATA PASTURE – TUULGA TASH PASTURE (18 KM ON HORSEBACK / APPROX. 5 HOURS)

This day, we walk 18 km the landscape is beautiful with the yurts of shepherds. Although, there are no trees or even bushes around the Lake, the altitude and climatic variations allow watching an exceptional flora and fauna.

Lunch at Kambar Ata Yurt Camp.

Fields of edeilweiss and forgetenots will be present during the hike. Possibility to observe different species of birds, such as: ducks, cranes, storks, mergansers, coots, plovers, golden eagles, carmorans, and thousands of seagulls.

Continue horse riding till Tuulga Tash pasture.

Dinner and overnight at yurt camp (2 persons in a yurt).



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Horse riding distance: 18 km, including 0m uphill and 0m downhill



DAY 6. (FRI) TUULGA TASH – BISHKEK (350 KM / 6-7 HOURS)

After breakfast we will take another beautiful drive to Bishkek city. We leave Song Kul Lake and will take the road in the morning through one of the most spectacular areas of Tien Shan, Kalmak Ashu Pass (3446m), towards Bishkek city. Lunch – en route.



Arrival in Bishkek, check-in.

If time permits, you may go shopping in the largest department store in the city – ZUM.

Farewell dinner in fine restaurant.

Optionally (for supplement) : Folklore show at a local restaurant.

Especially for you musicians will play national melodies of Kyrgyz people and show you musical instruments. You will listen to a singing and enjoy the charming melodies of our ancestors.

Folklore show is possible if whole group participates.

DAY 7. (SAT) BISHKEK CITY – AIRPORT “MANAS”. (30 KM/45 MIN)

Breakfast. Morning transfer to the airport to catch your flight back home. End of tour

END OF OUR SERVICE:

The trip cost for 2022 per person in USD:

Cost per person on double/twin base – 995 US dollars

Cost per person on single base only in hotels – 1045 US dollars



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The cost includes:	
* Accommodation based on double/twin room sharing in hotel and homestay and 4-6 people sharing in yurts (except Tuulga Tash yurt camp, in this yurt camp accommodation is 2 pax in a yurt) – 7 nights (with early check-in)	* local english speaking guide
*meals : as per program (B- 7, L- 6, D- 5)	* entrance and ecological fee according to the program
* transport services during all tour	* drinking water (1 liter per person a day, please take your flask which you'll use during horse riding part) boiled water
* rent of horses for riding, horseman services and his assistant (s) on days 3, 4, and 5	* horses for portering on days 3,4,5
The cost does not include:	
* single supplement	* folklore show
* personal expenses	* tips for driver and guide
* international and domestic flights	* alcohol and soft drinks

LOCATION	ACCOMODATION	NIGHTS
Bishkek	B Hotel /Bridges 3*o similar	3
Kyzart village	Homestay (2 persons in one room)	1
Tuz Ashuu pasture	Yurt camp (4-6 person in one yurt)	1
Tulpar Tash pasture	Yurt camp (4-6 person in one yurt)	1
Tuulga Tash pasture	Yurt camp (2 persons in one yurt)	1
Total:		7

GENERAL TRIP INFORMATION, CONDITIONS AND REQUESTED EXPERIENCE:

- You need to be a capable rider who is used to riding outdoors and fit enough for some long hours in the saddle. You are riding in a very remote location across rugged terrain and there is no option to miss a day if you get tired.
- There are some difficulties on the route, tourists should have an average level of fitness for horse riding, and take into account that sometimes they have long transfers up to 4 hours by mountain roads and more than 4 hours of horse riding (1 day only)
- You will be asked to groom, tack and untack your own horse although help is on hand. You may also assist with feeding and watering the horses if you wish
- The ride is not fast because of the altitude and steep terrain, but the flat plateaus and valley bottoms are conducive to some long canters - although some sections which look inviting may have too many marmot burrows and your guide will assess the conditions on the day.
- You need to be fit and in good physical condition. You will be riding at altitude - between 2,200 and 3,200m. There are some sections where you will need to dismount and lead your horse downhill. Please check with us if you have any medical conditions as you will be a long way from medical help
- Previous experience of riding a trail of several days is a definite advantage but is not required. Riders who do not ride regularly are requested to get riding fit prior to the start of their holiday.
- Your luggage will be transported by horses during the trip.
- Be ready that yurt camps at Song Kul Lake (Tulpar Tash and Tuz Ashuu) have basic facilities with no shower at all. Accommodation in Kyzart village home stay – shared shower and toilets
- Some horseback riding days can be modified for security and / or weather reasons



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- During trekking part lunches are at yurt camps of local semi-nomads. It may be that you will have to wait for the preparation of dinner, since there is no connection there.
- Transfer times are given approximately by average speed. They depend on climate and road conditions
- horseback time is given approximately by average speed. Depending on the level of the physical conditions of all participants, the weather and / or the state of the terrain, horseback trekking time can vary.
- The hotels may change depending on availability. In case of providing another hotel, the category will be similar
- Please take your flasks for the trip. During the trekking part we provide boiled water for all participants. We wish to limit the use of plastic bottles. Also we recommend you to take a 1,5 liter water flask.

RESPONSIBILITIES OF CLIENTS:

- You will spend the nights at the yurt camps of local semi – nomads. Visiting a new country offers the opportunity to meet other cultures with different mentalities, therefore it is important to accept these differences and respect the local way of life.
- Clients should recognize and accept the risk that circumstances may arise which would cause some activities to be shortened or eliminated altogether without reimbursement or refund. Such circumstance includes weather conditions, earthquakes and other acts of nature, injuries or other medical problems, which they may experience. Each tourist should have medical insurance that should be organized him/herself in home country.
- Please take your rubbish home with you. There are no recycling facilities in Kyrgyzstan, so take your used batteries, aerosols etc back home and dispose of them appropriately. Try to leave excess packaging material at home before travelling

MONEY EXCHANGE:

If you plan to exchange dollars /euros/ to KG Soms, we recommend to take the notes of 50, 100 USD/ EUROS without stamps, inscriptions and other any damage, because damaged and small banknotes are not accepted by banks and some exchange offices. ATMs are available in Bishkek. Visa card is preferable than Master card or Maestro.

TIPS AND GRATITUDE:

In Kyrgyzstan tips are not obligatory, however, are welcomed by the serving staff. Tips are usually not included into the prices in Kyrgyzstan.

In the cafes/restaurants on the bills you can see Service 10% or 15%, but this is not tipping. This is their salary, what they will get paid. It is not bad to tip guides and drivers as well.

Tipping is an excellent way to show your appreciation of their services. To give you an idea average tip is about 7-10 USD per day per person for all staff (drivers, guides, porters). Anyway, it is up to you, your level of satisfaction of their work and your possibilities.

CLOTHES AND EQUIPMENT:

The weather is likely to be changeable. Please note that in summer the temperature in Bishkek can reach 40°C, while in the mountains the temperature can be as low as 10°C. You should be prepared for extremely changeable weather and the mountains could show you rain, hail, snow, wind and sun all within 24 hours.



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The lowest temperature during the trek is on the lakeshore of Song Kul lake, in the night temperature can go down till -2-4

Saddles are local and consist of a basic frame over which is thrown sheep or goat skins for comfort. We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit. Helmets and boots with heel are mandatory

LIST OF REQUIRED EQUIPMENT FOR HORSEBACK RIDING TOURS (CHECK LIST):

OBLIGATORY:

No	CLOTHING AND FOOTWEAR
1	LIGHTWEIGHT COMFORTABLE RIDING PANTS
2	HORSE RIDING WATERPROOF BOOTS WITH HEEL. HEELS ARE MANDATORY
3	WATERPROOF JACKET OR RAIN CAPE
4	SUNHAT OR CAP WITH EAR AND NECK FLAP COVER
5	WARM HAT
6	FLEECE JACKET OR WARM JUMPER
7	THERMAL UNDERWEAR
8	GLOVES - YOUR HANDS ARE PARTICULARLY EXPOSED TO THE SUN, COLD OR RAIN WHILST RIDING. WATERPROOF GLOVES CAN BE PARTICULARLY USEFUL
9	SOCKS (1 PAIR FOR 1 -2 DAYS OF TREKKING)
10	LONG SLEEVED SHIRTS PROVIDE PROTECTION FROM THE SUN AND ARE AN EXTRA LAYER

No	EQUIPEMENT'S AND ACCESSORIES
1	HELMETS ARE MANDATORY ON THE RIDE. WE RECOMMEND THAT YOU TAKE YOUR OWN TO ENSURE A CORRECT FIT. THERE ARE MANY LIGHTWEIGHT OPTIONS AVAILABLE NOWADAYS.
2	SLEEPING BAG (COMFORT RATED -5°C, PLEASE ASK BEFORE ABOUT TEMPERATURE)
3	SUN PROTECTION (INCLUDING TOTAL BLOC FOR EARS, NOSE ETC.) SPF 50 OR ABOVE RECOMMENDED
4	GOOD QUALITY SUNGLASSES
5	LIP BALM
6	DAYPACK 30 TO 40 LITRES WITH RAIN COVER
7	HEADTORCH AND SPARE BATTERIES
8	WATER BOTTLES 1 LITRE (X2) (WE ENCOURAGE RE-FILLING WATER BOTTLES RATHER THAN SINGLE USE PLASTIC)
9	WASHBAG AND TOILETRIES + ANTIBACTERIAL HANDWASH
10	BASIC FIRST AID KIT INCLUDING: ANTISEPTIC AND ANTIHISTAMINE CREAM, THROAT LOZENGES, DIARRHOEA TREATMENT (IMODIUM), PAINKILLERS, PLASTERS AND BLISTER TREATMENT, INSECT REPELLENT, AND RE-HYDRATION SALTS
11	SELECTION OF DRY BAGS (TO KEEP TREK BAG CONTENTS, LAPTOPS, PHONES DRY DURING TREK)
12	WATER PURIFICATION TABLETS

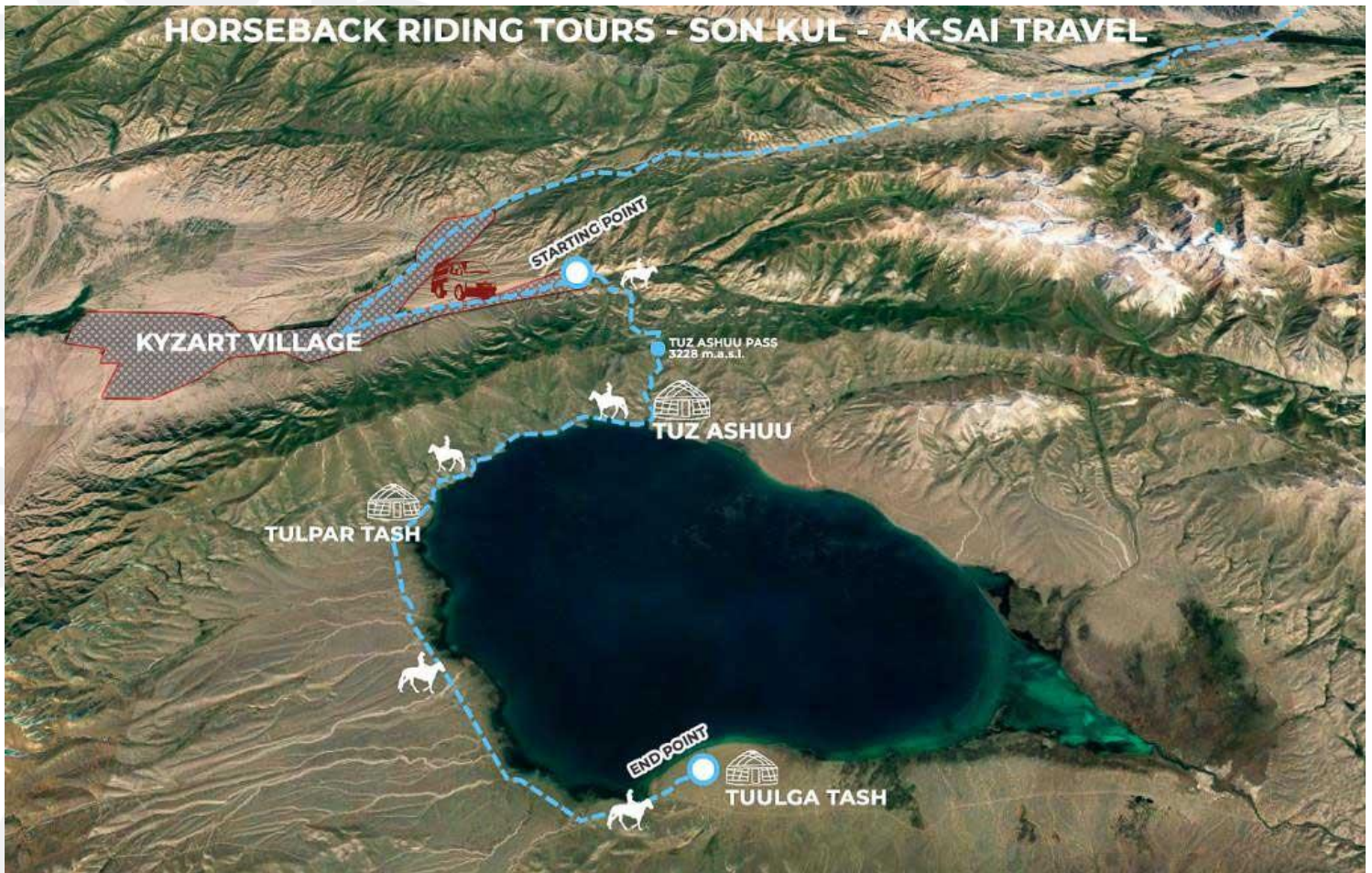
OPTIONALLY:

No	CLOTHING AND FOOTWEAR
1	TRAINERS OR EQUIVALENT LIGHT SHOES FOR MOVING AROUND THE CAMP IN THE EVENINGS OR FOR CITY WALKING
2	WATERPROOF OVERTROUSERS
3	1 SCARF TO COVER YOUR HAIR (DURING THE VISITS OF MOSQUES AND CHURCHES)
4	THERMAL BASELAYER SHIRTS (2 SHORT SLEEVE, 2 LONG SLEEVE)
5	SHORTS AND/OR SWIMWEAR (CAMPS NEAR LAKES, HOT SPRINGS OR RIVERS)

6	BUFF/SCARF (TO PROTECT AGAINST DUST AND COLD)
7	1 PAIR OF CHAPS (OPTIONAL, PLEASE ASK YOUR TOUR OPERATOR BEFORE TREKKING)

No	EQUIPEMENT'S AND ACCESSORIES
1	GOOD QUALITY INSECT REPELLENT OR LOTION (ASK BEFORE TREK ABOUT MOSQUITOS)
2	PEN-KNIFE (REMEMBER TO PACK SHARP OBJECTS IN HOLD BAGGAGE)
3	REPAIR KIT – (EG. NEEDLE, THREAD, DUCT TAPE)
4	REUSABLE CLOTH BAG FOR SHOPPING (TO AVOID PLASTIC BAGS)
5	EAR PLUGS AGAINST RIVER NOISES, NEIGHBOR SNORING (OPTIONAL)
6	TOILET PAPER + LIGHTER TO POSSIBLY BURN IT
7	SMALL TOWEL (FAST DRY MATERIAL)
8	THERMAREST OR SIMILAR SLEEPING MAT (PLEASE ASK BEFORE)
9	SLEEPING BAG LINER (OPTIONAL)

Map of horse riding part:



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