



GREET THE SUNRISE WITH US!

FROM LAKES TO MOUNTAIN PEAKS



- ✓ **Tour Duration: 11 days;**
- ✓ **Best time: July-August;**
- ✓ **Type of tour: combined - auto, tracks.**

The tour in the south of our country is along the famous “Pamir Road”

- *Bishkek is the capital of Kyrgyzstan, located at the foot of the Tien Shan Mountains in Central Asia.*
- *Issyk-Kul, with its crystal clear water, mineral springs, magnificent sandy beaches, and a combination of sea and mountain climate, is a wonderful resort area.*
- *Chichkan Gorge, where the unique pristine nature, over which neither man nor time has power, is still preserved.*
- *The mountains of the Western Tien Shan hide in their heights a number of very beautiful lakes, the most beautiful of which is Sary-Chelek.*
- *Uzgen is the capital of the Karakhanid Dynasty (20th century).*
- *Archeological finds take you back to the foundation of Osh city 3 thousand years ago.*
- *And finally we will travel to the Pamirs to Lake Tulpar-Kul, which is located under Lenin Peak (7134m), 3,500m above sea level.*

***Pamir** is a huge and unfamiliar mountain world. Everything is different here: breathtaking panoramas, scales, heights, expanses. Different air, weather, nature and people. People come here for refreshment, inspiration and relaxation for the soul. To slow down and soak in the pristine energy of the majestic mountains.*

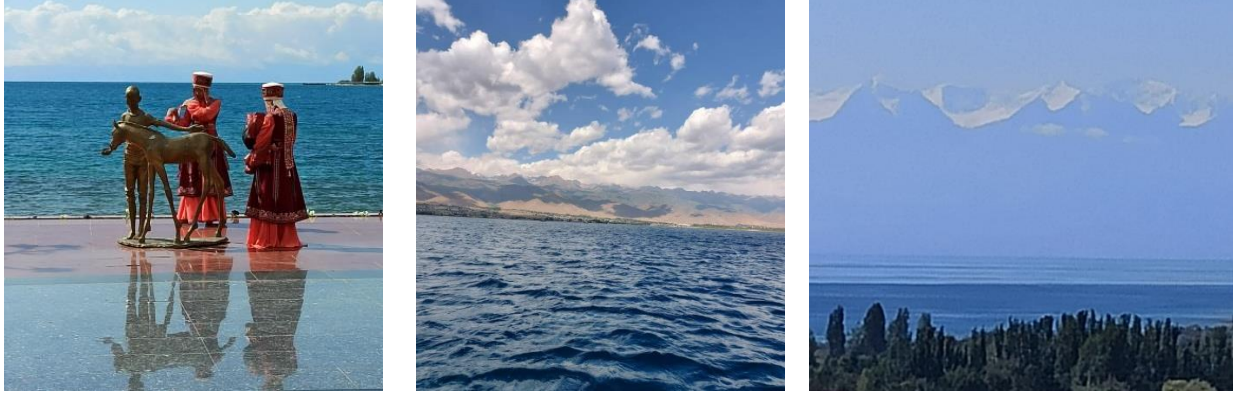


HIGHLIGHTS OF THE TOUR:

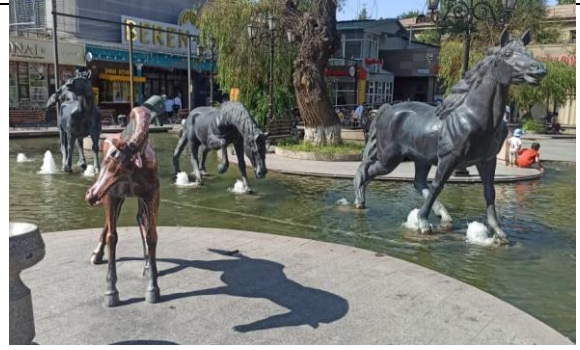
- ✓ *The Capital of Kyrgyzstan;*
- ✓ *High Mountain Lake Sary-Chelek;*
- ✓ *The Chichkan Gorge;*
- ✓ *The Pearl of Kyrgyzstan - Issyk-Kul Lake;*
- ✓ *Ancient Uzgen;*
- ✓ *City on the Great Silk Road - Osh;*
- ✓ *Nomad Culture;*
- ✓ *Memorable Nights in Yurts;*
- ✓ *Fascinating nature;*
- ✓ *The Incredible Pamir.*

TOUR ROUTE:

Bishkek city - Cholpon-Ata - Bishkek city - Chichkan gorge - Sary-Chelek lake - Uzgen - Osh city - yurt camp on Tulpar-Kul lake - Achik-Tash (international camp under Lenin peak) - Osh city

PROGRAM OF THE TOUR:

1 Day	Meeting at the Internatinal Manas airport, transfer to the Lake Issyk-Kul (1610 m) in the city of Cholpon-Ata. Breakfast in a cafe on the way. Check-in at resort. Free time. Rest on the beach.	265 km.
		
2 day	After breakfast, transfer to the museum of petroglyphs, which is located under the open sky and which is also called the "Stone Garden". Rest on the beach. Boat trip for an extra fee.	15+15 km.
		
3 day	Breakfast, a tour in the Grigoriev Gorge. The sweet smell of pine trees, green mountain slopes, the noise of the mountain river, high mountain lakes attract tourists vacationing in Issyk-Kul. Lunch in yurts.	60+60 km.
		
4 day	Breakfast, transfer to the city of Bishkek. Stop at Burana Tower of Karakhanid's age. (XII c.) Stop to taste kattama - national puff pastry. City tour in Bishkek city. Night in hotel.	290+50 (city-tour) km.



5 day

Breakfast, transfer to Chichkan Gorge (2200 m). The slopes of Chichkan Gorge are covered with Tien-Shan firs, juniper, wild barberry and blackberry bushes. Along the bottom of the Chichkan Gorge there is a rough mountain river of the same name overhanging two ridges: Talas and Suusamyr. After lunch we take a walk in the area. Stay overnight in the guest house "Chichkan".

250 km.



6 day

Breakfast, transfer to the Sary-Chelek Nature Reserve. Sary-Chelek Biosphere Reserve is a specially protected area, a huge natural park. Lunch at Toktogul reservoir. Overnight in guest house in Arkit village.

290 km.

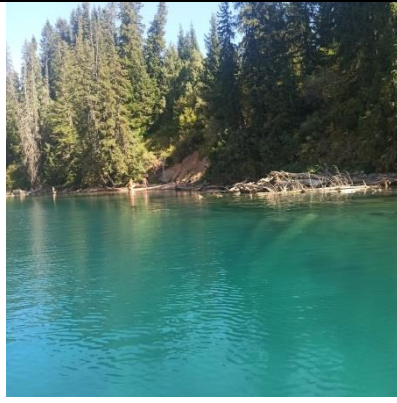


7 day



Breakfast. Rest on the Sary-Chelek Lake (1874 m.). Trek to the lakes. Picnic. Here you can find large areas of rich walnut and juniper forests, colorful meadows, and all this, as in a mirror, is reflected in the sky-blue water surface of the amazing alpine Sary-Chelek Lake. Overnight in a guest house in the village of Arkit.

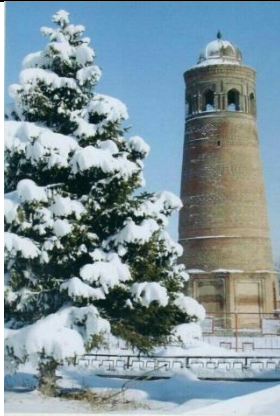
20+20km.



8 day

Breakfast. Transfer to Uzgen. Lunch in Jalal-Abad town. Visit to the historical, cultural, architectural & archeological complex of XII c. (Minaret and mausoleums of the Karakhanids ages). Transfer to Osh. Dinner at local cafe (not included into the cost of the tour). Overnight in hotel "Sunrise".

330 km.



9 day

Breakfast, City-tour around sacred mountain Suleiman-Too, visit to "Spiritual Culture" museum, which is located in a cave, visit to the Oriental bazaar. Lunch in Ayu-Tapan Gorge in a yurt. Master class on making tortillas in a cauldron. Transfer to lake Tulpar-Kul to yurt camp. Overnight in yurts (accommodation - 4 people/yurt). Extra charge: Shirdak show - making national carpet. (Ayu-Tapan); Yak show and Kalyak show (Tulpar-Kul).

30 km.

110+190 km.



10 day

Breakfast, trek to the base camp Achyk-Tash (3600m) - the foot of Lenin Peak. Lenin Peak (7134.3m) is one of the most famous, accessible and most visited. 7,000m high peaks of the Pamirs and is located on the border between Kyrgyzstan and Tajikistan. Lunch at the international camp. Transfer to Osh. Overnight in hotel "Sunrise".

355 km.



11 day	Breakfast. Transfer to the airport or Duslik border crossing.	15 km.
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LEVEL OF DIFFICULTY:

Requires an average level of fitness. The longest track is 4 km.
 Altitudes during the tour range from 700 to 3600 meters above sea level.

THE TOUR INCLUDES THE FOLLOWING ACCOMMODATIONS:

Osh city	SUNRISE Hotel 3*, (certification: "Safe", "Travel life Partner"), https://www.sunrise-osh .
Cholpon-Ata city	Resort "Rainbow" or similar resort
Bishkek city	"V Hotel" or similar hotel
Chichkan	"Chichkan" guest house
Sary-Chelek	"Edelweiss" or similar guest house
Tulpar-Kul	"Kyrgyz Alai Camp" Yurt Camp

To visit the international mountaineering camp Achik-Tash, you must obtain a pass. To do this you must provide a copy of your passport two weeks in advance.

Examples of meals to be provided during the tour:

Shorpo (boiled potato and meat soup);
 Chicken soup;
 Vegetable soup;
 Ozgocho (bean soup);

Plov (Uzgen, Batken) (rice with meat and carrots);
 Kuurdak (fried beef (lamb, yak meat) with potatoes);
 Dymdama (vegetables with meat)
 Manty (steamed meat in a dough)
 Samsy (meat in a dough in tandoor)
 Fried fish



Fresh vegetable salads;

Dessert:

Fresh fruit;

Drinks:

Black tea;

Green tea;

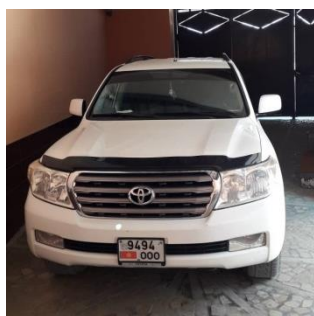
Instant Coffee.



TOUR INCLUDES THE FOLLOWING CARS :

Jeep Toyota Land Cruiser 200.

The vehicle is in good condition with air conditioning, the driver has extensive driving experience.



CALCULATION OF CO2 OUTPUT (<https://www.myclimate.org>)

Mileage credit: 2350 km, Fuel: Gasoline

Amount of CO 2 - 1,9 t

THE PRICE INCLUDES:

- *transfer in a Toyota Land Cruiser 200 jeep for the entire tour;*
- *Accommodation according to the program (2-bed accommodation in Bishkek, Cholpon-Ata, Chichkan, Arkit, Osh, 4-bed accommodation in a yurt camp);*
- *meals on the program, except as highlighted in red (ie, in Osh food is not included, here you can eat at a local cafe);*
- *water 1 liter per person per day;*
- *tour guide;*
- *entrance tickets.*

IS NOT INCLUDED:

- ✓ *visa support;*
- ✓ *health insurance and costs;*
- ✓ *border zone pass*

TOUR PRICE:

Quantity, per person.	2	3	4	5	6	7	8	9	10
Price per person in USD dollars.	1985	1560	1265	1155	1026	1030	950	925	870
% remaining in local communities	54	53	52	51	51	50	50	49	49

FOR AN ADDITIONAL CHARGE:

- ✓ Boat trip on Lake Issyk-Kul
- ✓ Shirdak Show - making a national felt carpet \$50/group
- ✓ Kayak Show - national dress of the Pamir Kyrgyz - \$100/group
- ✓ Yak Show - weaving ropes (which are used to set up the yurt) from yak wool - \$100/group
- ✓ Single accommodation in Osh + \$15 per person

You will be accompanied on the tour by a certified experienced guide (although in our country certification of guides is not obligatory).

Our guides regularly undergo trainings and training courses to improve the level of our services.

VISA REGIME IN KYRGYZSTAN:

Kyrgyzstan is one of the easiest countries to visit in Central Asia. Visa-free travel for up to 60 days is available to citizens of more than 50 countries. For more information on visas to Kyrgyzstan, please visit:

https://evisa.e-gov.kg/get_information.php?lng=en

SAFETY RULES IN KYRGYZSTAN:

Kyrgyzstan is generally a safe country to visit, although travelers should still take extra caution in border areas. Although violent quarrels have occurred in these areas, they are rare.

Beware of petty thefts, especially late at night and in crowded or touristy places such as bazaars. Violent crime is rare, but travelers should be especially vigilant at night or when traveling alone.

If you are planning a hike in the mountains, be aware of the possibility of altitude sickness and take the necessary precautions by gathering the necessary supplies and warm clothing.

POST-COVID REQUIREMENTS:

For citizens of the Kyrgyz Republic and foreign nationals crossing the state border of the Republic, the mandatory presence of a negative PCR test result or a certificate of vaccination against COVID-19 has been eliminated as of May 1, 2022. Nevertheless, passengers will undergo a physical examination upon arrival and may be required to submit to a PCR test if they show symptoms, and in case of positive results, guests will be asked to undergo quarantine.

Phone numbers of the ones who is in charge of the tour in the company :

SunriseOsh Tour Company	+996 555 60 50 48 Tatyana Manager + 996 558 79 79 67 CEO Zumurat
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If you are in an emergency situation or witness an accident, fire or burglary, you can **call 112 to report the problem.**

112 is a single emergency number.

The 112 number is available free of charge from both fixed and cell phones.

Section for crimes committed against foreign nationals

POLICE DEPARTMENT: +996 312 26-62-61

Offices of the Ministry of Internal Affairs on duty: +996 312 22-97-78, 102

Visitor Police +996 500 17 07 93

101 - Fire service

102 police

103 - ambulance service

104 - Gas emergency service

TOURIST QUESTIONNAIRE

Our website has a tourist questionnaire for monitoring guest satisfaction during a tour, which you can fill out at your convenience. Below is a link to our website page with the questionnaire form:

<http://www.sunrise-osh.kg/>

REQUIRED EQUIPMENT FOR THE TOURIST:

- * Comfortable shoes
- * Sunscreen, headgear
- * Personal first-aid kit
- * Water bottle
- * Warm clothes
- * Sunglasses
- * Personal hygiene products
- * Comfortable backpack

HOW TO BE A RESPONSIBLE TOURIST:

One of the goals of our company is to develop sustainable tourism in Kyrgyzstan.

- Try not to harm the nature and places where you travel. Do not leave behind trash and be respectful of the nature and architecture of the places you visit. If possible, take other people's trash with you.

Use individual, reusable water bottles.

- Try to use the services of locals and buy local products and souvenirs. By investing in the local economy, you support people's livelihood, culture, and self-sufficiency.

- Respect the culture and traditions of local people.

WHERE YOU CAN BUY USEFUL LOCAL PRODUCTS

Yurt Camp in Ayu-Tapan Valley - The local village of Zhosholu is famous for making national felt carpets - shirdak. You can also buy a variety of seats, slippers, bags, souvenirs made of felt.

Dome ALP HOTEL - You can buy koumiss (national drink made of mare's milk), kurut (salted dried curd).

Yurt Camp at TULPAR KUL Lake - You can buy medicinal herbs, woven mats, bags.

All these things are made by local people, buying these locally produced products, you improve the welfare of the local population.

MEASURES TAKEN TO POSITIVELY INFLUENCE THE LOCAL PEOPLE:

We included in our tour a visit to two yurt camps that were opened by women living in remote areas.

- In yurt camp in the Ayu-Tapan Valley, the owner of the yurt camp, Gulbarchyn, is raising five children by herself. In winter, together with women from her village (Zhosholu) she makes national felt carpets - shirdak. In the summer of 2021, together with her, we put up 4 yurts near her village in the Ayu-Tapan valley. We included her yurt camp in the programs of info-tours for local and foreign tour operators. This year we helped with equipment for the yurt camp (beds, bedding, runners, etc.) so that tourists could stay overnight in the yurt camp . Gulbarchyn started hosting tourists, inviting other women from her village to show master classes, to work in the yurt camp. All of this helped improve the wellbeing of the local population by attracting tourists.

- In the yurt camp at Tulpar-Kul Lake, Zuura is the hostess. Her yurt camp is located at an altitude of 3,500 meters above sea level, near Lenin Peak, so the tourist season there is short - only two months. In 2018 we put 4 yurts together with her, in 2019 5 yurts. We helped her with equipment: beds, bedding, stoves for the yurts, etc. This year she put up 5 yurts on her own. We helped her to purchase a large yurt. She also takes tourists and attracts local women for master classes, which affects their well-being.

FOR WASTE MANAGEMENT:

We offer tourists on our tours to bring their own reusable water bottles (we take water on tour in large bottles), we refuse plastic in lunchboxes if possible.

On our website you can read about our other tours in Kyrgyzstan: <http://www.sunrise-osh.kg/>

1. The tour "From Lakes to Mountain Peaks" begins in Bishkek and continues to our high-mountain lake Issyk-Kul in Cholpon-Ata. Then we drive to the south of our country through the most beautiful places of our Kyrgyzstan: Chichkan Gorge, Sary-Chelek Lake, Toktogul Reservoir. Then from Osh we drive to Lenin Peak (7134 m.) along the famous Pamir Road.

2. The Pearl of Southern Kyrgyzstan - Sary Chelek High Mountain Lake" tour. This lake is deservedly considered one of the most beautiful places of Kyrgyzstan. The Sary-Chelek Reserve is a place of eternal bliss and delight. Pristine nature, mountain air and remoteness from civilization will give you a feeling of joy and pacification.

3. Tour "Relict walnut forests of Arslanbob". Arslanbob is a unique creation of nature, a blooming oasis at an altitude of 1600 m. There is a version that Alexander the Great took the walnuts from Arslanbob and spread them to Greece.

4. Tour "One day of nomadic life". On this day you will get acquainted with Kyrgyz folklore, have lunch in a national yurt, take part in national games and see Kyrgyz horse-racing game Kok-Boru.

TOURIST GUIDE

On our website there is a Tourist Information Guide with useful information. Below is a link to our website page with a Tourist Information Booklet:

<http://www.sunrise-osh.kg/>

LINK TO VIDEO FOR MORE INFORMATION:

Information about Kyrgyzstan:

https://www.youtube.com/watch?v=uK_73MAkLH8

The National game «Kok-Boru»

<https://www.youtube.com/watch?v=Dc8bbFDX6pU>

Folk Show :

<https://www.youtube.com/watch?v=IPXhwTb9WU>

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