



GREET THE SUNRISE WITH US !



TRIP TO THE LENIN PEAK

- ✓ **Duration of the tour: 6 days;**
- ✓ **Best time: July - August;**
- ✓ **Type of tour: combined - auto, tracks.**

The tour runs along the famous "Pamir Route"

- On the way we will stop in the valley Ayu-Tapan, which is located near the town of Gulcha. There we will get acquainted with the manufacture of the national felt carpet - shirdak. It is made by mosaic technique, and one of the most important qualities of shirdak is its durability and environmental friendliness. The average lifespan of a shirdak is about 100 years.
- Then we move on to the Alpine Dome Hotel with its 3,450 meters above sea level. It is one of the highest altitude hotels in the world. The unique architecture of the two connecting domes with a diameter of 14 m each will make your stay unforgettable!
- And finally we will stop at Tulpar-Kul Lake, which is located under Lenin Peak (7134m.) at an altitude of 3500m. On clear days the water surface of the lake reflects the panorama of the highest peaks of the Pamir-Alai Mountains. The hills around the lake are made of red soil, and together with green grass and white caps of the peaks of Zaalay range it forms a wonderful combination of colors.
- From there we will make a trek to Achik-Tash international alp. camp. This is an opportunity to be in the distant and beautiful world of high mountains, being in safety and comfort.

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

Pamir is unbelievably beautiful and definitely worth visiting. We undertook all domestic duties - don't let anything distract you from the magnificence of the Roof of the World. Come to us for the unique impressions which hover only in the high mountains!

HIGHLIGHTS OF THE TOUR:




- ✓ A sacred mountain with 3,000 years of history;
- ✓ Weekdays of Nomads;
- ✓ Unforgettable nights in yurts;
- ✓ Fascinating nature;
- ✓ The Incredible Pamir.

TOUR ROUTE:

Osh city - Uzgen - Ayu-Tapan valley (yurt camp) - Taldyk pass (Dome Alpine hotel) - Tulpar-Kul lake (yurt camp) - Achik-Tash International Alpine Camp – Osh city

TOUR PROGRAM:

<p>1 day</p>	<p>Meeting at Osh airport, transfer to hotel, breakfast. Transfer to Uzgen city. Visit to historical-cultural and architectural-archeological complex of XII c. (minaret and mausoleums of Karakhanids' ages). Visit to water rice farm. Lunch at local family - tasting Uzgen Rice Pilaf. Return to Osh. Dinner at local cafe (not included into the tour price). Overnight at hotel.</p>	<p>110 km.</p>
		
<p>2 day</p>	<p> Breakfast, city tour around the sacred mountain Suleiman-Too, visit to the museum of "Spiritual Culture", which is located in a cave. Lunch at a local café (not included in the tour price), transfer to the Ayu-Tapan valley (stop at the Chyirchik pass - 2402 m.), master class on making a national felt carpet - shirdak, dinner, overnight in yurts</p>	<p>110 km.</p>
		
<p>3 day</p>	<p>breakfast, free time, lunch, transfer to the domed alp. hotel (3450 m.), free time, dinner, overnight at the hotel</p>	<p>120 km.</p>
		

<p>4 day</p> 	<p><i>Breakfast, transfer to lake Tulpar-Kul (Taldyk pass 3615 m.), walk to the lake, lunch, free time, dinner, overnight in yurts. Possible (for extra charge) kalyak-show - national clothes of Pamir Kyrgyz and yak-show - weaving ropes (which are used for yurt installation) from yak wool.</i></p>	<p>75 km.</p>
		
<p>5 day</p>	<p><i>breakfast, trek or transfer to the international alp-camp Achik-Tash (3600 m) under Lenin Peak, lunch, walk to the onion glade, free time, dinner, overnight in tents. Possible (extra charge) culinary master class on making national dishes.</i></p>	<p>70 km.</p>
		
<p>6 day</p>	<p><i>Breakfast, transfer to Osh, overnight at the hotel</i></p>	<p>280 km.</p>
		

LEVEL OF DIFFICULTY:

Requires an average level of fitness. The longest track is 4 km. Altitudes during the tour range from 1000 to 3600 meters above sea level.

THE TOUR INCLUDES THE FOLLOWING ACCOMMODATIONS:

OSH	hotel «SUNRISE» 3*, (certification: «Safe», « Travel life Partner»), https://www.sunrise-osh.kg
Ayu-Tapan	Yurt Camp «BARCHYN YURT CAMP»
Taldyk	The Alp Hotel Dome (certification «Safe»), https://pamiralpinehotel.com/
Tulpar-Kul	Yurt Camp « Kyrgyz Alay Camp»
Achik-Tash	International alpine camp ACHIK-TASH, https://www.centralasia-travel.com/

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.

THE FOOD MENU FOR THE ENTIRE TOUR:

Examples of meals to be provided during the tour:

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

Lagman(noodle with vegetables);
Pilav (Uzgen, Batken) (rice with meat and carrot);
Kuurdak (Fried beef (lamb, yak meat)with potatoes);
Dymdama (vegetables and meat)

Fresh Vegetable Salads;

Deserts:

Fresh Vegetables;

Drinks:

Black tea;
Green Tea;
Instant Coffee.



THE TOUR INCLUDES THE FOLLOWING VEHICLES:

Jeep Toyota Land Cruiser 100, 200.

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



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

Mileage credit: 765 km, Fuel: Gasoline

Amount of CO 2 - 0,622 t

PRICE INCLUDES:

- transfer in a Toyota Land Cruiser 100 jeep for the entire tour;
- accommodation according to the program (2-bedded accommodation in Osh, in the dome hotel and on Achik-Tash; 4-bedded accommodation in the yurt camps);
- food according to the program, except highlighted in red (i.e. in Osh food is not included, here you can eat yourself in a local cafe);
- water 1 liter per person per day;
- guide on city tour in Osh;
- entrance tickets (city tour).

NOT INCLUDED IN THE PRICE:

- ✓ Visa support;
- ✓ health insurance and costs;
- ✓ border zone pass

TOUR PRICE:

Quantity, per person.	1	2	3	4	5	6	7	8	9	10
Price, per person \$	1494	840	675	552	510	456	448	416	409	386
%, remaining in local communities	50	49	48	47,5	46,5	46	46	46	45,5	45

FOR AN ADDITIONAL CHARGE:

- ✓ Kalyak Show - national clothing of the Pamir Kyrgyz - \$100/group
- ✓ Yak Show - weaving ropes (which are used to set up the yurt) from yak wool - \$100/group
- ✓ Cooking master class on making national dishes in Achik-Tash international alp-camp
- ✓ Single accommodation in Osh \$15/person

You will be accompanied on the tour by a certified experienced guide (although in our country the 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 exercise 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 take a PCR test if they show symptoms, and in case of positive results, guests will be asked to undergo quarantine.

PHONE NUMBERS of the company in charge of the tour and accommodation for the program:

Tour Company SunriseOsh	+996 555 60 50 48 Tatyana Manager + 996 558 79 79 67 Zumurat CEO
Yurt Camp «BARCHYN YURT CAMP»	+996 777 009 877 Gulbarchyn director
Dome ALP HOTEL	+996 770 90 00 50 Administrator
Yurt Camp « Кыргыз Алай КЕМП»	+996 773 26 26 85 Zurra director

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.



Implemented by:
giz
German Development Cooperation



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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