



**GREET THE SUNRISE WITH US!**

**MAGICAL LAKE KARA-KAMYSH**

- **Duration of the tour: 3 days;**
- **Best time: June-August;**
- **Tour type: combined - auto, track.**



**The lake is incredibly beautiful and located in a very picturesque gorge. One of the many highlights of the lake is the stunning view from the shores of the lake over the Min-Teke mountain range.**

- Lake Kara-Kamysh (Kara-Suu) is fed by the waters of the Kara-Suu river.
- The length of Kara-Kamysh lake is 2 km and its width is 800 m., the depth 60 m.
- In summer the water in the lake heated up to 17-19 degrees.
- Here you can see emerald green Semenov firs and blue Tien Shan firs.
- Under the water you can see rock walls and shoals of fish (pelad, marinka)


**TOUR HIGHLIGHTS:**


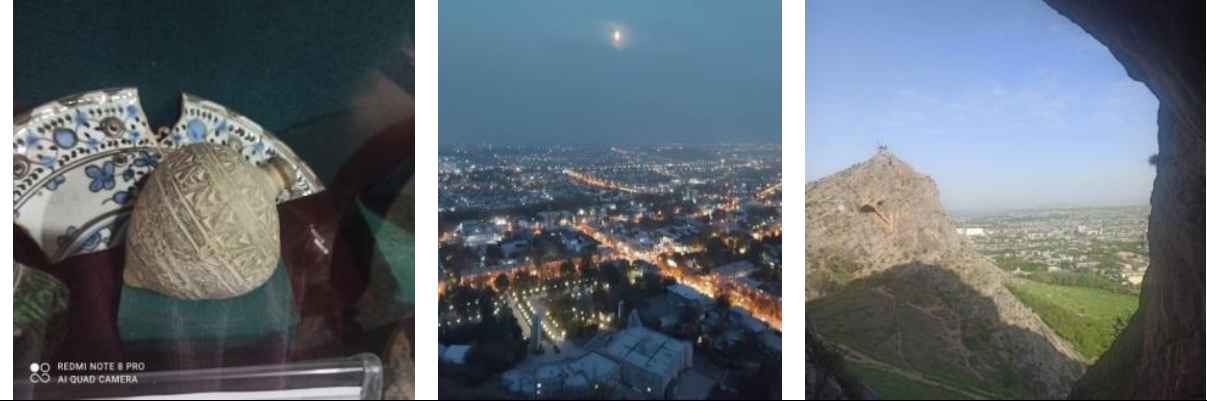
- The sacred mountain with a 3,000-year history;
- The capital of plov - Uzgen;
- Unforgettable nights in yurts;
- Fascinating nature;

**TOUR ROUTE:**

Osh - Uzgen - Kara-Su village - Kara-Kamysh lake - Osh

**TOUR PROGRAM:**

1 day	Meeting at the Osh international airport, transfer to the hotel, breakfast. Transfer to Uzgen city. Visit to historical-cultural and architectural-archeological complex of XII c. (minaret and mausoleums of Karakhanids' epoch). Lunch at local family - tasting Uzgen Rice Plov. Transfer to Kara-Suu village. Dinner. Overnight in guest house.	315 km.
		
2 day	Breakfast, transfer to the lake Kara-Kamysh. Lunch. Free time. Boating (extra charge). Dinner. Overnight in yurts.	15 km.

	<p><i>3 day</i> Breakfast, transfer to Osh. Lunch at hotel. Rest at the swimming pool. Closer to the evening - city tour (including sacred mountain Sulaiman-Too). Overnight at hotel.</p>	<p>325 km.</p>
	<p><i>4 day</i> Breakfast, transfer to the airport or to the border crossing with Uzbekistan.</p>	<p>15 km.</p>

**DIFFICULTY LEVEL:**

Requires an average level of fitness.  
Altitudes during the tour are from 900 to 1800 meters above sea level.

**THE TOUR INCLUDES THE FOLLOWING ACCOMMODATIONS:**

<p>OSH</p>	<p>SUNRISE Hotel 3*, (certification: "Safe", "Travelife Partner"), <a href="https://www.sunrise-osh.kg">https://www.sunrise-osh.kg</a></p>
<p>Kara-Su village</p>	<p>Guest house</p>
<p>Lake Kara-Kamysh</p>	<p>Yurts</p>

## **THE FOOD MENU FOR THE ENTIRE TOUR:**

### **Examples of meals that will 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);  
Kurdak (fried beef (lamb, yak meat) with potatoes);  
Dymdama (vegetables and meat)  
Fish*

*Fresh Vegetable Salads;*

#### **Dessert:**

*Fresh fruit;*

#### **Drinks:**

*Black tea;  
Green tea;  
Instant coffee.*



## **THE TOUR INCLUDES THE FOLLOWING TRANSPORTATION:**

*Toyota Land Cruiser 80, 100 or 200 Jeep*

*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: 670 km, Fuel: Petrol  
Quantity of CO 2 - 0.541 t*

**THE PRICE INCLUDES:**

- ✓ transfer by Toyota Land Cruiser jeep for the whole tour;
- ✓ Accommodation according to the program (2-bedded accommodation in Osh, 4-bedded accommodation in a guest house and in yurts);
- ✓ food according to the program;  
water 1 liter per person per day;
- ✓ guide on city tour in Osh;
- ✓ entrance tickets (Uzgen, Osh);
- ✓ Guide-companion for the whole tour

**IS NOT INCLUDED:**

- ✓ visa support;
- ✓ health insurance and costs;

**COST OF THE TOUR:**

Number of people.	2	3	4	5	6	7
Cost, \$ per person	560	420	450	390	345	315
% remaining in local communities	53	54	54	55	56	57

**FOR AN ADDITIONAL CHARGE:**

- ✓ Riding on an inflatable boat;
- ✓ Horseback riding in Kara-Suu village;
- ✓ 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.  
A visa-free regime of up to 60 days is valid for 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](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 from May 1, 2022, the mandatory presence of a negative PCR test result or a certificate of vaccination against COVID-19 has been abolished. 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 once who is in charge of the tour and the accommodations in the program:**

SunriseOsh Tour Company	+996 555 60 50 48 Tatiana 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
- \* Personal first-aid kit
- \* Warm clothes
- \* Personal hygiene products
- \* Sunscreen, headgear
- \* Water bottle
- \* Sunglasses
- \* 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**

In the hotel "SunriseOsh" you can buy a variety of seats, slippers, bags, souvenirs made of felt, which were made in the village of Zhosholu by local artisans.

In Uzgen you can buy the famous Uzgen rice, which grows only in this region of Kyrgyzstan, from the locals.

**All these things and products 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 POPULATION:**

We have included in our tour a visit to the water rice-picker in Uzgen. Risorushka is an ancient device for cleaning rice grains. The rice press has been run by the same family for several generations. And this is where you can buy authentic Uzgen rice.

## **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 (7134m) along the famous Pamir Road.
2. Tour "Pearl of southern Kyrgyzstan - the high-mountain lake Sary-Chelek. This lake is rightfully considered one of the most beautiful places in Kyrgyzstan. The Sary-Chelek Reserve is a place of eternal bliss and pleasure. Pristine nature, mountain air and remoteness from civilization will give you a sense of joy and peace.
3. Tour "Relict nut forests of Arslanbob". Arslanbob is a unique creation of nature, a blooming oasis at an altitude of 1600 meters. There is a theory that Alexander the Great took the walnuts from Arslanbob and spread them to Greece.
4. Tour "One Day in the Life of Nomads". On this day you will learn about Kyrgyz folklore, have lunch in a national yurt, participate in national games and see the Kyrgyz horse game Kok-Boru.

## **TOURIST HANDBOOK**

On our website we have a Tourist Information Guide with useful information. Below is a link to our website page with the Tourist Information Booklet:  
<http://www.sunrise-osh.kg/>

## **VIDEO LINK FOR MORE INFORMATION:**

Information about Kyrgyzstan:

[https://www.youtube.com/watch?v=uK\\_73MAkLH8](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>

## **CONTACT US:**

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