

# KYRGYZSTAN TOUR: THE ART OF NOMADS (WITH ALA KUL HIKE)

## 吉尔吉斯斯坦: 天堂草原游牧之旅 (阿拉库湖徒步)

### 14D13N





# OVERVIEW



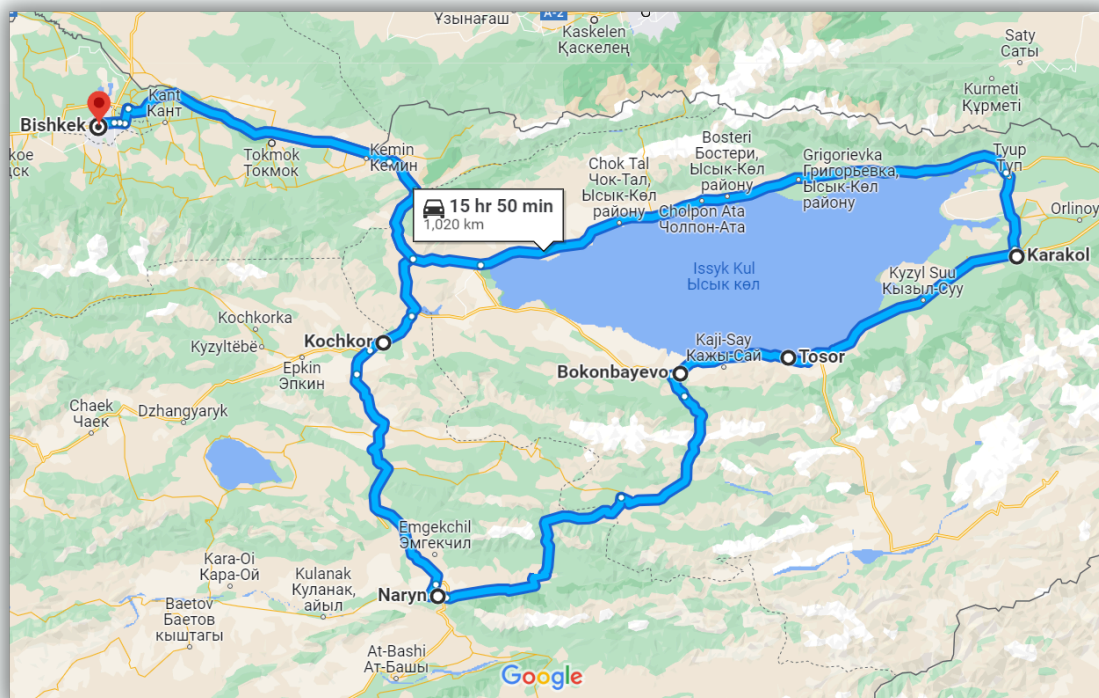
Kyrgyzstan is a landlocked, mountainous country located in Central Asia. It may be a country whose name you are unfamiliar with or have never heard of before, but it is an underrated hidden gem that one must visit before it becomes polluted by overcrowded tourism. So, what makes Kyrgyzstan so special? Well, imagine New Zealand or Switzerland with their unique and striking mountains and alpine lakes, but with far fewer tourists and the entire country being off the beaten path. Even today, the majority of Kyrgyz people still live a nomadic lifestyle, particularly in rural regions. You can find them constructing yurts (homes) around the mountains, Issyk Kul Lake, and the valleys. Therefore, when in Kyrgyzstan, in addition to exploring the Kyrgyz mountains, it is a must to experience and understand the traditional Kyrgyz nomadic cultures by riding horses and spending time with nomadic families in traditional yurts.

## **THIS TOUR IS SUITABLE FOR:**

- Someone who is into off beaten path travel destination
- Someone who is into small group of travel, as our group is from 8 to 14 people
- Someone who is interested to learn more about nomadic culture by learning and staying in an authentic yurt experience.
- Someone who is into horse riding or hiking activities in beautiful valleys and striking mountains
- Someone who is interested to learn more about previous Soviet Union nations.

# ROUGH ITINERARY

**Note:** Itinerary/plan may change last minute in accordance to any unforeseen circumstances. Detailed itinerary will only be sent upon request. Please kindly PM me or text me at **+60168926239** for more info



## ITINERARY:

- D1:** arrive in Bishkek
- D2:** Transfer to Kochkor
- D3:** Horse riding–Kyzart Pass
- D4:** Horse riding– Song Kul Lake
- D5:** Kok Kiya Valley via Naryn
- D6:** Horse riding– Kelsuu Lake
- D7:** Bokonbayevo and Issyk kul
- D8:** Eagle Show–Fairytale Canyon–Jeti Oguz– Karakol
- D9:** Ala Kul Hike Day 1 ( to Sirota Camp)
- D10:** Ala Kul Hike Day 2 (Ala Kul Pass)
- D11:** Hike to Altyn Arashan (hotspring)
- D12:** back to Karakol (by UAZ truck)
- D13:** to Bishkek
- D14:** End of Tour

## HIGHLIGHTS

Nomadic lifestyle, traditional yurt, horse riding, mountains, alpine lakes, valleys, Eagle Hunters and traditional folk music.

# TOUR DETAILS

**PRICE PER HEAD: RM 9200**

**Number of participant: 10- 14 people**

**Travel style:** backpacking (horse riding+ cultural+sightseeing)+ hiking

## ✓ INCLUDED

- Accommodation for 13 nights, 2 persons per room for hotel and local guesthouses with private or shared bathroom. Multiple sharing for traditional yurt with open toilet and no shower facilities. For hiking, it will be 2 nights staying in camp with open bush toilets.
- Daily transport
- 3 days of horse ride to Song Kul Lake and Kelsuu Lake, 1 team 3 persons with 1 local horse guide
- 4D3N Ala Kul Hike including Altyn Arashan Hot Spring dip
- Camping tent and equipment
- Meals as listed in itinerary (except for last day Dinner in Bishkek)
- English speaking guide
- Entrance ticket for all National Park as listed in itinerary

## ✗ NOT INCLUDED

- Roundtrip international flight by Air Arabia from "Kuala Lumpur to Dubai to Bishkek (RM3500) per person roundtrip.
- Driver and guide tips (50USD per head whole trip)
- Personal shopping expenses
- Travel insurance (it will be better to buy one that covers Covid-19)
- Any necessary travel vaccinations (Typhoid, Covid-19, Flushtot etc).
- Mountain porter (count by weight)
- All Covid-19 related expenses (Quarantine fees, PCR tests and all related documentations etc.)
- Any losses suffer or additional cost suffered due to unforeseen calamity (acts of god), uncontrollable events, war, outbreak or any form of local or global pandemic.
- Any service which has not mentioned in the tour details and itinerary.



## ABOUT THE TOUR:

- Participant should read carefully all the terms for this tour to understand and agree everything before joining. This is a semi-backpacking tour, therefore self-independence is very important.
- To signup for the tour, first deposit of RM 500 will be collected to reserve your spot, and another RM1500 once the tour has sufficient number of participants and is confirmed. The rest of the tour fee can be settled by monthly instalment basis. Final balance payment is due 30 days before departure date. Failure to do so will result in cancellation of booking.
- The paid deposit or tour fees are strictly NOT refundable. It can only be refunded if the tour is cancelled by RC Wanderlust. As for cancellation due to unforeseen calamity such as outbreak pandemic, weather, political reasons, riots, war, terrorist attack etc., Rc Wanderlust will not responsible with all the losses suffered, eg: local tour and accommodations cancellation charges, air tickets: cancellation, delay or reschedule losses, difference in currency exchange rates for money transfers, refunds or any form of transactions , non-refundable documentations: visa fees, LOI (Letter of Invitation) etc
- All the payment of the tour fee MUST be fully settled at least 30 days before the departure date. If you are unable to join due to personal issue, you will need to find a replacement in order to get a full refund. Full refund is only available only if I am unable to get enough number of people to run the tour. Strictly no refund if you decided not to go in last minute.
- All participants must be physically fit and capable of walking, running, and jumping without any issues or assistance from mobility aids (e.g., wheelchairs, canes, etc.).
- For participants who are unable to join due to an emergency, an official document is required as evidence of the emergency.
- This tour is not suitable for someone who is only interested in luxury travel. The mountain region is very rural where network coverage is limited to non-existent, electricity supply is pretty much non-existent and accommodation facilities are basic and limited for yurt especially. Participant is fully understand and aware such conditions before joining.

- It is understood that there will be three days of horse riding trip to Song Kul Lake and Kelsuu Lake with 4-6 hours journey per day, we will be having our lunch picnic along the way. It is also understood along the way in rural regions there will NO modern toilets available, participants will have to use bush or open toilet if required to ease themselves.
- For the horse riding activity, one guide typically handles 3-4 participants. If you prefer to hike instead of ride a horse, that is perfectly fine. However, for participants who choose to hike, the guide, tour leader, and shepherds reserve the right to decline this option depending on the circumstances. Hiking is generally slower than horse riding, and if you choose to hike alone or in other specific situations, it may delay the group. Therefore, the decision to hike or ride a horse must be approved by the tour leader, local guide, or shepherd.
- For traditional yurts, we will be staying with the local nomadic family in sharing yurt. It is understood that traditional yurts will be shared by 4 to a maximum of 6 people per yurt. Normally, I will arrange the groups by gender, with separate yurts for males and females. It is understood that a private yurt for one person is not possible due to limited availability. It is also understood that the toilet facilities will be very simple and NO shower facilities are available. Participant can bring wet tissues to clean up themselves as the weather around the mountains is too cold for shower even during summer period.
- For meals, it is understood that it may be difficult for the local family to accommodate individual meal preferences, as meals are typically prepared in large portions and shared among everyone. Therefore, it is understood that, most of the time, local people may not be able to meet or fulfill each person's specific meal preferences. Since beef is a common source of protein in the Central Asia region, participants who do not consume beef should be prepared to provide their own meals. It is also understood that the local family may not be able to prepare a special diet specifically for you.



- Participant should understand that certain part of the itinerary require certain level of physical fitness to complete, eg. Hiking and horse riding. Therefore it is understand that this tour is only suitable for someone with good fitness level and not suitable someone who has limited physical capabilities. It is advised to do some exercises at least few months before the tour date to get yourself mentally and physically prepared. Participant is not necessary to train for Mount Everest level of fitness, but a normal exercises will be a great preparation eg. Squats, agility, HIIT, Running.
- On some days, we will be staying in locations where the altitude will range between 2,500m and 4,000m above sea level. Therefore, it is important to monitor your movements and breathing to avoid altitude sickness. Participants should bring their own medication and consult with their doctors beforehand, as it is understood that oxygen tanks are not available for rent and helicopter rescues are not possible in Kyrgyzstan.
- The weather can be in warm around the cities (27–35 celcius) or cold (15–10 celcius) at the mountains. Therefore, please do bring good jacket to keep yourself warm and lotion, Vaseline or lipbalm to keep your skin moisturized.
- The majority of Kyrgyz people speaks Russian and Kyrgyz, therefore in order to have easier conversation with the locals it is good to learn few basic Russian.
- It is considered rude and haram to take photos of the locals without their permission, it is important to politely ask for photo permission all the time before you pointing your camera at someone.
- For local currency Kyrgyzstani Som, we will change it using USD when we arrived Bishkek, Kyrgyzstan. Credit card is only accepted in certain part of city areas.
- For medicine, it depends on individual. Please kindly bring your own medicines if you think it is necessary. You can bring some common medicines for flu, fever, Diarrhea, motion sickness etc.

## ABOUT ALA KUL HIKE:

- For this tour, it will be a special one as I have included the Ala-Kul hike in the program. Please note that this program is only open to individuals with excellent fitness and prior hiking experience. Ala-Kul is not an easy hike — with an elevation gain of 1,200 meters in a single day and located in a high-altitude region, the trail is steep and definitely not suitable for beginners. Participants must fully understand the challenges involved and be physically and mentally prepared to take part.
- Since there are no facilities along the Ala-Kul trail, camping is required. Meals provided will be simple but sufficient to keep your energy up throughout the hike.
- With the highest point reaching 3,860 meters, participants must be prepared for high-altitude conditions. Please bring your own medication and consult a doctor beforehand if necessary.
- The weather can be extremely cold, especially at night, with temperatures expected to drop below zero. Please prepare accordingly.



## **OTHERS:**

- RC Wanderlust will not be responsible if participants unable to board the plane or enter the country with anything that due to lack of or false travel documents.
- RC Wanderlust will not be responsible if participant is found or caught by local authorities for conducting anything illegal.
- Participants should understand that the itinerary or program will subject to change due to unforeseen circumstances for instance war issue, riots, any form of pandemic outbreak , weather etc.

## **ABOUT COVID-19:**

- After since the hit of covid 19, travel with vaccination document is a must. Please do refer to local covid-19 policy for more details.
- Travel during the epidemic can be different than what it used to before, it is important to understand and agreed with all the up to date latest regulations set by the government for all the countries involved in this tour (including the transit destinations). It is advised to get yourself a travel insurance with covid-19 coverage.

## **CANCELLATION POLICY:**

- Tour is most likely cancelled if we are unable to get sufficient number of participants 30 days before the departure date. All the paid deposits and fees can be refunded or can be kept as credits for any other tours by RC.
- Refund of tour fee and deposit due to change of mind or any other personal problems by customers will not be entertained, however customer can find replacement.
- As for cancellation due to outbreak pandemic eg: Covid-19 or other similar form of outbreak, war and unforeseen calamity, refund minus any cost incurred will be made once official travel restriction is issued. Cost incurred includes cancellation charges and non-refundable refunds by local third party drivers or tour operators, currency exchange rates difference and other losses incurred.



# THANK YOU

If you are interested to join or to know more details, please kindly contact me personally via **whatsapp** at:



 **+60168926239**

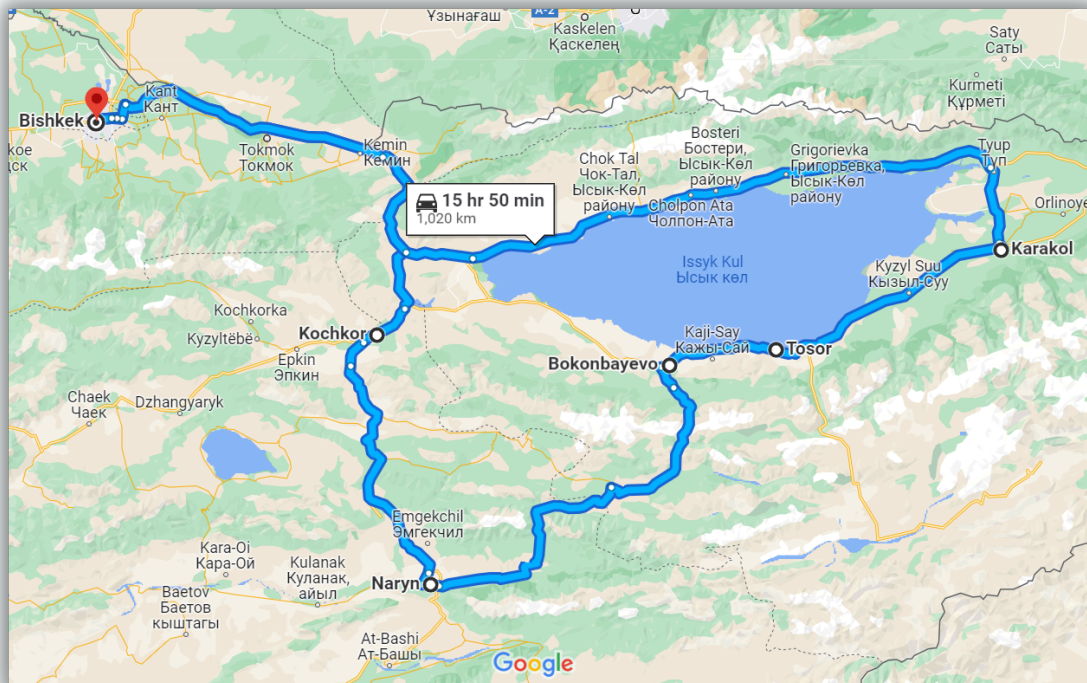
**RC**





# 中文版： 行程概要

**注意：**行程会因为天气或者一些人类无法控制的因素而临时做更改。完整行程或者想了解更多详情可以私下WhatsApp 跟我联系 **+60168926239**



## 行程：

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- D4:** Horse riding- Song Kul Lake
- D5:** Kok Kiya Valley via Naryn
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- D12:** to Karakol City
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## 这团适合：

- 喜欢到一些冷门路线的朋友
- 喜欢小团式旅行，一团8到最多14人
- 对传统游牧民族生活习俗有兴趣的朋友，我们将会入住当地游牧民族传统式蒙古包
- 对野外骑马或者登山徒步和大自然有兴趣的朋友
- 对苏联时代历史有兴趣的朋友

## 行程亮点：

游牧民族生活习俗，蒙古包，野外骑马，山景，高山湖，山谷，苏联 UAZ 重型车，老鹰猎人

# 详情

**团费一人: RM 9,200**

人数: 10 - 14 人

旅游形式: 背包、骑马、徒步（文化和户外观光）

## ✓ 包含

- 每日行程里的住宿：酒店，guesthouse 和四人或多人一间蒙古包，蒙古包是没完善厕所和洗澡设备
- 每日司机和英文导游
- 每日膳食（除了最后一天回到bishkek 的晚餐）
- 3 天Song Kul 湖和Kelsuu 湖骑马活动，一队三个人一位马夫带路
- 4天3夜 阿拉库尔徒步活动+ Altyn Arashan 温泉
- 爬山露营设备
- 行程里景点入门票

## ✗ 不包含

- 亚航国际来回机票。吉隆坡飞往吉尔吉斯来回机票，大约一人RM3500
- 司机和导游小费（50 美元 一人）
- 个人消费
- 个人旅游保险
- 登山背夫（价格以重量来计算）
- 疫苗证书
- 不可预见的灾难（天灾）、无法控制的事件、战争、爆发或任何形式的本或全球流行病而遭受的任何损失或额外费用。
- 详情和行程里没提到过的服务



## 关于团:

- 团友必须在报名前仔细阅读了解和同意所有内容和条款才报名。这是一个半背包旅游团，所以独立心非常的重要。RC是不会对团友提供任何保姆式服务。
- 有兴趣想报名参加的朋友，RC将会收取 RM 500 的订金以报名标准，一旦人数足够后，将会再收取第二笔 RM1500 订金。其余团费可以每个月分期付款方式来付。最终余额必须在出发日期前 30 天前付清。
- 已支付好的订金或团费是不能因为个人因素而退款。除非 RC Wanderlust 亲自宣布团取消才可以得到退款。对于因疫情爆发、天气、政治原因、骚乱、战争、恐怖袭击等不可预见的灾难取消，Rc Wanderlust 将不承担由此造成的一切损失，例如：当地旅游和住宿取消费用，机票：取消、延迟或重新安排的损失、汇款、退款或任何形式的交易的货币汇率差异和其他无法退还的文件申请费用比如说：签证费、LOI（邀请函）等。
- 团费必须在出发日期前 30 天全付清。如果您因个人原因无法参加，您需要寻找替代者才能获得全额退款。如果您在最后一刻（出发30 天内）才决定不去，是肯定没得退款。
- 所有参与者必须具备良好的身体素质，能够在没有任何问题或不需要使用轮椅、拐杖等辅助工具的情况下行走、跑步和跳跃。
- 对于因紧急情况无法参加的参与者，需提供官方文件作为紧急情况的证明。
- 此行程不适合仅对奢华旅行感兴趣的人。山区非常偏远，网络覆盖有限甚至不存在，电力供应几乎不存在，住宿设施尤其是毡房（蒙古包）相对简陋且有限。参与者在加入前应完全理解并知晓这些情况。
- 团友必须知道行程里有三天的野外骑马活动，一天会骑4 到6 小时，我们会提供野外午餐饭盒。团友也必须知道由于地区偏僻，所以一路上是没有厕所，如果想上厕所是可以找个地方解决。
- 骑马活动通常会3-4 人一组，这样会比较容易控制。团友如果不想骑马的话，是可以选择徒步一起到目的地。对于选择徒步的团友，向导、领队和牧羊人有权根据具体情况拒绝这一选择。徒步通常比骑马速度慢，如果您选择独自徒步或在其他特定情况下，可能会拖延整个团队的行程。因此，徒步或骑马的决定必须得到领队、当地向导或牧羊人的批准。
- 关于住宿，团友必须知道尤其是蒙古包，所提供的设备都很简单：没有提供 24 小时电源，也不会有网络。至于洗澡，建议团友们准备小毛巾或者湿纸巾来清理身体，蒙古包通常都没浴室好洗澡，由于蒙古包都在山区所以气温都很低。团友必须对此条件有心里准备。

# 条规 (2/4)

- 对于餐食，我们理解当地家庭可能很难满足个人的饮食偏好，因为餐食通常是以大份量准备并与大家共享。因此，通常情况下，当地人可能无法满足每个人的特定饮食偏好。由于牛肉是中亚地区常见的蛋白质来源，参与者如果不吃牛肉，应该准备自己的餐食。同时，也理解当地家庭可能无法为您特别准备特殊饮食
- 对于传统的蒙古包，我们将与当地游牧家庭共同居住在共享的蒙古包中。传统的蒙古包通常会由4至最多6人共享。通常，我会按性别安排分组，男性和女性分别住在不同的蒙古包中。由于蒙古包的数量有限，无法提供单人私人蒙古包。同时，厕所设施非常简单，没有淋浴设施。由于山区的天气即使在夏季也非常寒冷，参与者可以带湿巾来清洁自己。
- 行程里有骑马或者一些徒步活动，所以建议团友们必须做好一些体力上的准备，也建议至少在出发的前几个月做一些运动练习让自己在心理和体力上做好准备。
- 吉尔吉斯斯坦夏天在城市里温度大约27-35 度，至于山区会比较凉爽15-10度，通常白天和夜晚之间的温度会落差很大，所以建议团友都在穿着上都做好准备，并带上乳液或润唇膏来保持皮肤湿润。
- 吉尔吉斯斯坦当地人比较多以俄罗斯话来沟通，所以建议学一些基本俄罗斯话方便跟当地人交流和杀价。
- 至于当地货币，建议带美金大钞票来城市里兑换。信用卡通常只在城市了用得到。
- 拍照前必须先得到当地人的允许，没先得到当地人的允许就拍照是很没礼貌的行为。
- 对于药物，这取决于个人。如果您认为有必要，请自备药物。您可以携带一些感冒、发烧、腹泻、晕车等常用药物。

## 关于阿拉库尔徒步：

- 这次行程是一趟特别的旅程，我将阿拉库尔徒步路线纳入了整个行程安排中。请注意，此行程仅适合身体素质极佳并具备登山徒步经验的个人。阿拉库尔并不是一条轻松的徒步路线，一天内海拔爬升高达1200米，并且位于高海拔地区，路线陡峭，绝对不适合初学者。参加者必须充分了解相关挑战，并做好身心准备。
- 由于阿拉库尔徒步路线沿途没有任何设施，因此需进行露营。所提供的餐食将以简单但能补充能量为主，以支持你顺利完成整段徒步。
- 该路线的最高点海拔为3860米，参加者必须对高海拔环境有充分的准备。如有需要，请自备相关药物并事先咨询医生。
- 夜间天气会非常寒冷，气温预计会降至零度以下，请务必做好保暖准备。



## 关于疫情:

- 自从新冠病毒爆发以来，团友必须携带疫苗接种证书旅行。请参阅当地的巴基斯坦疫苗政策了解更多详情。建议团友购买一份涵盖 covid-19 的旅行保险。

## 其他:

- 如果团友有因为缺少或伪造旅游证件而导致无法登机，RC Wanderlust 绝对不负责。
- RC Wanderlust 将不负责如果团友被地方当局发现或被捕扣留因为进行任何非法活动。
- 团友应了解行程或计划可能会因不可预见的情况而改变，例如战争问题、骚乱、任何形式的流行病爆发、天气变化等。

## 取消政策:

- 如果在出发日期前的 30 天无法凑足人数，那么这团可能会取消。所有已支付的团费可以用在其他团或其他团日或者也可以选择退还，团费也可以作为 Credit 保留给未来用。
- 如果客户因为个人原因改变主意或因为任何其他个人问题而不参与，所还过的团费和押金都无法退还，但可以找人替代。
- 如果因为任何疫情、战争和无法控制的灾难导致团无法进行，一旦政府发布官方旅行限制后，所有支付过的团费都可以全面退款。退款不包含当地旅行社的取消费、税，货币汇率差异和其他损失。



# 谢谢

如果有兴趣或有其他问题，可以通过 **WhatsApp** 跟我联系



**+60168926239**



**RC**

