# An electrically assisted cycles track, this means of transport will allow you to discover more of different facets of this magnificent country to dive further as the many pass will be easier to climb.

We will follow auto trails to dwell in the wild vatness, where only wild life (horses, ovine, birds of prey) will accompagny us. The two lakes Song Koul and Issyk Koul will be the highlights of your Kirghiz adventure, but to acces the beauty of the ocher canyons 3 000 meters high pass and mountain valleys will have to be defeated.

We will meet the kirghiz culture, a welcoming population, settled in small villages or yurt camps for the summer with familly and cattle.

Groups limited to 8 participants.

**Program :**

**Day 1 : Flight to Kirghizia.**

**Day 2 : Landing in Bishkek.**

Transfer from airport to guest house, rest, breakfast, visit of kirghiz capital (bazars, parks), cycles adjustement, briefing.

**Day 3 : Departure for Kochkorka.**

We will go trough to the Chuy Valley, to reach the Kara Too village, a few kilometers away from Kochkorka not far from the first peaks of the Tien Shan (transfer 4 to 5 h). Picnic then departure for the first EAC stage wich starts with a small plateau leading progressivily to an ascension in order to reach Camp 1 (alt : 2727 m), we go trough and leave the last villages before entering a large valley wich shelters the first horses and yurts, as we gradually pervade the nomadic lifestyle.

Time : 3-4 h. Distance : 45 kms. Difference of heigh : + 954 meters. / Camp 1 : tent.

**Day 4 : Karakol pass and valley.**

An 18 km ascension, in a narrow gorge with contrats with the verdurous vastness to cross the first high 3445 meters high pass. From there, view on the Karakol valley where flows its river. We make out the winding descent wich spreads like a long snake slowly sinking into the rolling ground liven up by some levees. From a bend, we are faced with an imposed isolated glacier surmonting this peaceful nature … False feeling of solitude in this landscape : the birds of prey haunt the sky, the solitary horses run wild in the valley and herds of sheep in compagny of their sheperd.

Time : 6-7 h. Distance : 68 kms. Difference of heigh : + 1052 meters / Camp 2 : tent.

**Day 5 : Karakol valley - Kekemeren river.**

We progressivily leave Karakol river witch flows into the Kekemeren, and after a short visit at Komjomkul birth place of the « Giant » of the place, we pursue our path along the tulmutuous waters of the « Keke » to cool down and observe the multitudes of rapids that roam the descent, brief halt at Kizil oy, colour oasis, meeting with the inhabitants and night at the foot of the red cliff.

Time : 6-7 h. Distance : 65 kms. Difference of heigh : + 1250 meters Camp 3 : under a tent.

# Day 6 : Kekemeren river at the feet of the Chil- bel pass.

Stage of transition into Djumgal valley: alterning between trails and roads on a west-east axe wich enables to get a better touch of some of the local activities. We travel across villages and cultures upstream a river to come upon the first foot hills surroundig the Song Koul lake.

Time : 6-7 h. Distance : 70 kms. Difference of heigh: + 643 meters. Camp 4 : under a tent.

**Day 7 : Arrival at Song Koul lake.**

Following at ten kilometers ascension into the verdurous gorges (ascension with the highest difference in height of your track), we reach Chil-bel pass (alt : 3287 m), where we come upon a magnificent view of the lake and its surrounding mountains. This high pasture scenery is sprinkled with yurts and shelters both domestic and wild animals. Picnic on the banks of the lake then we take the road by passing the lake from the north to join our yourt camp. For those who are still « up to it », there is a possibility to lengthen the stage north to the Ak-tash mounts, adding 15 kms to the track.

Time : 6 h. Distance : 55 kms. Difference of heigh: + 1354 meters, - 1193 meters. Camp 5 : under a yurt.

# Day 8 : Song Koul lake - Naryn valley.

We make the most of the wanders of the site, following the east of the lake before arriving to today’s first pass (the apty named 33 parrots), then 6 kms descent in 33 turns to dive into an Alpine valley (first conifers). Picnic at the foot pass (the second one), before continuing the descent, going into the last pass of the day. Shuttle transfer (2-3 h) with a halt at Naryn (main city of the south of Kirghizia) to join a second yurt camp on the banks of the Kitchy Naryn.

Time : 5 h 30. Distance : 52 kms. Difference of heigh : + 960 meters, - 1212 meters. Camp 6 : under a yurt.

**Day 9, 10 : Kitchy Naryn – Tosor valley.**

Change of scenery; with these two stages, we are drawing closer and we are near the highest peaks of the Terskey chain. In the vast wilderness we steer between peaceful and impetuous rivers and mountain pastures covered in million of flowers : Irisis, Sage, peony, Edelweiss. In Karakaman area, we go trough the kolkhoz vestiges and auto trails, consequence of a past soviet exploration of the land. Between valleys, rivers, alpine pastures, and under the peaks and the glaciers, these two days will bring us at the bottom of the Tosor pass, where Marco polos and Yacks come together.

Time : 6-7 h. Distance : 63 kms. Difference of heigh : + 1299 meters

Time : 6-7 h. Distance : 65 kms. Difference of heigh : + 832 meters.

Camp 7, 8 : tent.

**Day 11 : Tosor pass - Issyk Koul lake.**

Passage at the highest pass of the of the track (alt : 3893 m), offering us a new setting : stony and arid, then we follow a road of more than 1500 meters difference of level wich overlooks a panorama on the second highest lake on the world : Issyk Koul lake. We continue trough two pass ascensions before joining civilization back in Bokonbaieva. A final liaison willenable us to access to the famous lake, there inland sea, considered by many as the pearl of Kirghizia.

Time : 7 h. Distance : 82 kms. Difference of heigh : + 914 meters, - 2145 meters.

Camp 9 : tent on the beach.

**Day 12 : Issyk Koul lake - Bishkek.**

# Leisure and swimming by the lake, before returning to Bishkek.

**Day 13 : Bishkek - Europe.**

**Général informations:**

**Level :**

This trip requires a good physical condition as we’ll be riding for 6 or 7 hours each day, and it also requires a good technical mastery, since we’ll going down some long and sinuous descents.

**Equipment:**8 electrically assisted cycles (Cube Stereo Hybrid EXC 500) will be provided. Helmets and sun glasses are compulsory. In your backpack, you’ll need to carry: sunscreen, gloves, warm clothes or raincoats, camelback and water flask.

**Logistic and Staff :**A shuttle to come and go from Bishkek. A shuttle when we arrive to Naryn. A driver and his all-terrain vehicle which transports all the camp equipment, luggage, and food. A cook to cook the meals. A local guide who provides information on this wonderful country (history, culture, economy). A mountain bike guide who supervises and advises you on your EAC (clean, maintenance).

**Accomodation :**   
At a guest house for the nights spent in Bishkek. During the trip: tents for two persons. Camps will be set up with: EAC storage, mess tent, toilets, shower, kitchen.

**Climate :**

July and August mainly dry and hot. June and September colder. Heights will vary between 1500 m and 3500 m.

**Formalities :**   
To get in Kyrgyzstan, you must have a passport valid for 6 months after return date. Obligation to have insurance repatriation.

**Heathcare / Pharmaceuticals:**No vaccinations are compulsory, Tetanus vaccination is recommand for any outdoor activity. Ultimate Adventure provides a collective pharmacy. But we recommand you bring an individual pharmacy including: Personal medicine. Sunscreen. A spare pair of glasses for those involved.

A small tour to the dentist for a check is not negligible. Be careful you find yourself between 1 500 and 3 500 meters.

# Price : from 2050 euros

**The price include:**

Organization of the living.

Transportation a support vehicle.

Full bord except meals in Bishkek.

The supervision by a Kirgyz-speaking guide.

Permit ecological zone.

The hiring of EAC

**The prices not include:**

Drinks and extra staff. Meals in Bishkek. Local tips team. All activities not mentioned in the program. Travel Insurance - repatriation.