



Grand trek from North to South Kyrgyzstan

16 days trekking tour

Highlights: Road Osh Bishkek, Toktogul lake, walnut forest, Osh city, Kojokelen and Peak Lenin.

Map



Program >

D1 / Bishkek – Toktogul: Meeting at your lodge in Bishkek. Transfer to Toktogul, on the south of the capital. 280km. On the way, we will walk to the mountain lake at 3400m above sea level. In the end of day, we arrive at our guest house in Toktogul. In the evening, we drive to the beach of the Toktogul lake to see the sunset. Overnight and dinner in the guest house.



D2 / Trekking to Karasu lake: In the morning, we drive to Taktalik village. Start of trekking. Picnic on the top of Taktalik range. Down to Karasu lake. Overnight and dinner in the tent 2064m. 5/6h.



D3 / Trekking Kapka lake: Along the Karasuu lake, we hike to the 2nd lake of the valley. Picnic on the way. The forest landscape during the day. Overnight and dinner in the tent at 2350m. 4/5h.



D4 / Trekking to Otuz Art valley: Early morning, we start our hiking through the Bel-Monchok pass at 3400m. Down to Otuz Art valley. Overnight and dinner in the tent camp, at 2300m. 7/8h.



D5 / Trekking to Kizil-Unkur: Early morning, during this hiking day, we have a lot of small mountains and meeting with local apiculture. In the afternoon, we reach our camping place in the forest

of Kizil Unkur at 1530m. 6h or 7h of hiking.



D6 / Trekking and transfer to Osh: In the morning we meet our driver. Following the road to Osh, second biggest city of Kyrgyzstan. 200km of the road to Osh. Lunch on the way. In the afternoon, we arrive to Osh. Accommodation in the guest house. Rest and shower. Then, we walk to Suleyman-Too to see the panorama of the city. Dinner in the restaurant. Overnight in the guest house.



D7 / Transfer to Kojokelen: In the morning, we drive to Kojokelen village, lost in the heart of the mountains. 100km. This is a beginning of arrival in the local family house. Walking in the beautiful canyon. Meeting with a team of shepherd (porters for the luggage). Overnight and dinner in the local family house at 2270m.



D8 / Trekking to Kosh-Moynok valley: In the morning, we start our trekking to the pass of Sary Bel at 3137m. Through the trees, we hike up to mountains. Lunch on the way. Down to Kosh-Moynok valley. Setting up the camping by the river. Overnight and dinner in the tent at 2851m. 6h or 7h of hiking.



D9 / Trekking to the north Sary - Mogul valley: Early morning, we start our trekking up to Kosh-Moynok pass at 3225m.. We cross small forest. Down to Kichik Alay village. Lunch on the way. In the afternoon, we arrive to our camping in entrance of Sary-Mogul valley at 2800m. Overnight and dinner in the tent. 5h or 6h of hiking.



D10 / Trekking to the foot of Sary-Mogul pass: Hiking along the river. Overnight and dinner in the camping at 4100m. 5h or 6h of hiking.



D11 / Trekking to south Sary - Mogul valley: Crossing the mountain pass at 4303m. Difficult day of hiking. Lunch on the top of the pass. Beautiful view of the glaciers and lakes. Down to camping near the lake. Overnight and dinner in the camping at 4000m. 3h or 4h of hiking.



D12 / Trekking to Sary - Mogul - transfer to base camp of peak Lenin: Early morning, we go down along the river Sary-Mogul south. There is no forest. Landscape of rocks. Lunch on the way. In the afternoon, we meet our driver. Following the road to base camp of Achik-Tash at 3600m. on foot of Lenine Peak. Overnight and dinner in the tent. 5h or 6h of hiking. 1h of driving.



D13 / Trekking to the 1 camp on the glacier: In the morning, we hike up to the 1st camp of alpinist on the glacier. We cross the pass of Puteshestvennikov 4100m. Lunch on the way. In the mid afternoon, we reach our alpinist camp at 4400m above sea level. Dinner and overnight in the alpinist camping. 5h or 6h of hiking.



D14 / Trekking back to base camp at Achik Tash: In the morning, we hike up to the small peak at 4600m. near the camping. Then back to base camp by the same way. Lunch on the way. In the afternoon we reach our camping. Overnight and dinner in the tent at 3600m.



D15 / Transfer to Osh: In the morning, we set off our tent. Drive to Osh. We drive through the Taldik pass at 3616m, with scenic view. Lunch on the way. In the afternoon, we arrive in Osh. Rest, shower in the guest house. Free time before the dinner in the restaurant. Overnight in the guest house.



D16 / Flight to Bishkek: We take flight to Bishkek by local airlines. Arrival in Bishkek. Freetime in city center.

Overnight in the hotel. In the night transfer to airport. Flight to home.

Price per person:

2 pax	3625€/per
3 pax	2755€/per
4 pax	2320€/per
5 pax	2060€/per
6 pax	1885€/per

Price includes:

- ✓ Transport, pick up and drop off at the airport Manas.
- ✓ English speaking guide translator,
- ✓ Meals,
- ✓ Accommodation in the local family house and guest house in Bishkek,
- ✓ Horses for luggage,
- ✓ Internal flight Osh – Bishkek,
- ✓ Border permits.

Price excludes:

- ✗ Travel insurance.
- ✗ Extra price for single room.
- ✗ International air tickets.
- ✗ Horseback riding in the villages.
- ✗ Alcohol and mineral water.
- ✗ Last dinner, disco, bar, karaoke or SPA.
- ✗ Others services non mentioned in the program.

Notes:

➤ Visa-Free Entry:

citizens of the EU, Canada, Japan, Singapore, and some other countries can enter without a visa (up to 60 days).

Passport Validity: Your passport must be valid for at least 6 months from your entry date.

Other Nationalities: Please check <https://evisa.e-gov.kg> for your country.

➤ Tour Difficulty and Requirements

Level: There will be steep climbs and long walking days. Each day you will walk 5–7 hours. You should be in good physical shape.

Altitude: The tour goes through high mountain areas, up to 4300m.

Age Limit: 18 to 70 years old.

➤ Safety

During the trek, there will be local people around who can help evacuate if someone gets seriously hurt.

The guide will have a satellite phone with them during the trek.

Our guides carry a simple first-aid kit.

➤ Medical Information

High Altitude: If you're sensitive to altitude, please talk to your doctor before the trek.

Medication: Bring any personal medicine you need.

Accommodation

Where You'll Stay: Guesthouses, tents, or yurts with shared bathrooms. In remote areas, conditions are simple. Accommodation depends on the route.

➤ Meals and Diets

Food: We serve traditional Kyrgyz meals — meat, rice, noodles, and vegetables.

All meals are Halal.

Breakfast: Tea or coffee, jam, bread, butter, eggs (fried or boiled), vegetables, and fruits.

Lunch: Salad, sandwich, bread, dried fruits, and vegetables.

Dinner: Hot meal, dried fruits, jam, butter, bread, and tea.

Diet Options: Vegetarian meals are available, but in the mountains it's better to bring your own special food if you have strict dietary needs. Gluten-free food is available in big cities. Water is not included.

➤ Weather and Packing Tips

Weather: Temperatures change depending on location and altitude. Check the route weather using Google Weather before your trip.

Clothing:

- wear layers: base layer, warm layer, waterproof jacket.

- bring gloves and a warm hat.
- extra socks and underwear.

Shoes: Trekking boots with ankle support and something to wear at the campsite (slippers we highly recommend Crocs).

Also bring: Headlamp, sunscreen, sunglasses.

➤ **Gear**

KAGAN Provides: Tent, kitchen staff

You Should Bring: Sleeping bag, filter bottle, and mattress

A small backpack (40–50 liters) for your personal items.

Trekking stick (optional).

You will carry your own backpack during the trek. There will be porter horses for luggage.

➤ **Booking and Payment**

Deposit: A €300 deposit is needed to confirm your booking.

Final Payment: Pay the rest in cash when you arrive in Bishkek. Bank transfer is also possible (bank fees not included). You can pay by credit card.

Cancellation: The deposit is non-refundable but can be used for a future trip.

Explore Kyrgyzstan with KAGAN!