



Celestial Mountains Tour Company

TREKKING

From Seven Bulls to Golden Springs

DAY 1 Upon arrival group will be met by a guide at Manas International Airport. Usually international flights arrive in early morning and leave enough time for a long transfer to Karakol town 400 km from the airport. After lunch in a café the road goes along the shore of Issyk-Kul lake, called the pearl of Tien-Shan. This is the second largest alpine lake in the world surrounded by snow capped peaks of 5000 meters high. Upon arrival in Karakol you will be accommodated in a private guesthouse or small hotel and offered a delicious home made dinner.

DAY 2 After breakfast a short drive to the picturesque Jety Oguz valley. The Jety Oguz valley is famous with its natural tourist spots such as "Broken heart of the young beauty"- a clay cliff which has the appearance of broken heart and the "seven bulls" cliffs. The Next stage is a trek up the Telety valley through fir tree forests. Lunch on the bank of the mountain river. After lunch continue the trek by the valley floor to the foothills of the Telety pass. Dinner. Overnight in tents.

DAY 3 Breakfast. Trek over Telety pass (3800 m) with a fascinating view of some of the highest peaks of the Terskey Ala-Too mountain range. Lunch upon descent from the pass. Trek down to the Karakol valley through fir tree forests. The valley is a wooded canyon ending with Karakol peak (5218 m). Dinner around a campfire. Overnight in tents near the Karakol river.

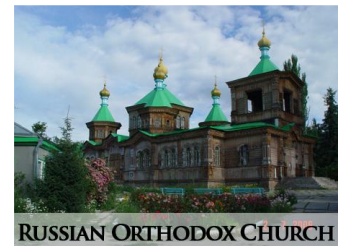
DAY 4 Breakfast. Hike to the upper grounds of the Karakol valley where you will see a small lake, with Karakol peak in the background. Hike back to the camp and have lunch. Trek down the Karakol valley floor to the beginning of Alakol valley. Trek up the Alakol valley to the "Sirota" camping site. Dinner around a campfire. Overnight in tents.

DAY 5 Breakfast. Trek up to the Alakol lake passing a cascade of small waterfalls. Alakol lake lies at an altitude of 3532 meters above the sea level. Free time. Dinner. Overnight in tents.

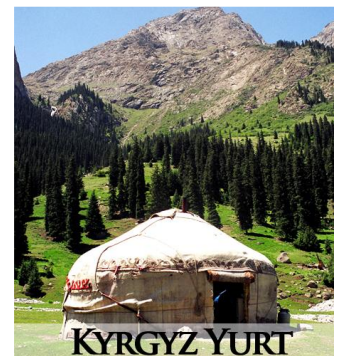
DAY 6 Breakfast. Trek over the Alakol pass (3860 m) with a great panoramic view of the snow capped peaks of Tien-Shan mountains. Lunch after the pass. Continue trekking to Altyn-Arashan valley. "Altyn Arashan" is Kyrgyz for "golden springs" and famous for its natural curative sulphur hot springs. Final dinner with trek crew around a campfire. Overnight in tents.

DAY 7 Breakfast. Meet the vehicle. Drive to Karakol. Switching vehicle to comfortable air-conditioned bus. There follows a long day's drive to Bishkek with a possible stop for swimming in lake Issyk-Kul. Lunch in a roadside cafe on the way. Upon arrival in Bishkek, accommodation in hotel or guest house. Dinner.

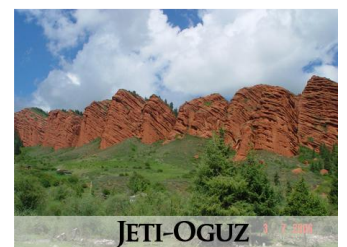
DAY 8 Early breakfast. Transfer to airport. Departure.



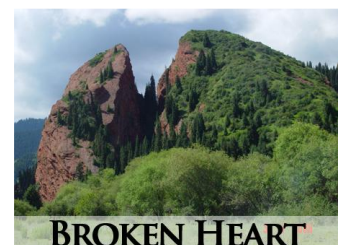
RUSSIAN ORTHODOX CHURCH



KYRGYZ YURT



JETI-OGUZ



BROKEN HEART