

Kyrgyzstan

The Kingdom of Nomads

Let's venture into the Kyrgyz mountains and meet modern-day nomads! Experience nights in yurts and felt houses lovingly decorated with colourful rugs. Immerse yourself in a way of life unchanged for centuries, and delight in an extraordinary kind of disconnection!



From the moment we arrive, we are charmed by the hospitality of the Kyrgyz people. We feel at ease and ready to embark on the true adventure of discovering this faraway land. Sheltered by majestic mountains, the local population warmly shares a part of their daily life and deeply rooted traditions.

The nomads lead us on a path to an unshakable sense of freedom! We embrace a pace of life we had long forgotten and finally reconnect with what truly matters. Let's immerse ourselves in an age-old way of life,

deeply connected to unspoiled nature!

You will like

- 👉 Closeness with the Kyrgyz people
- 👉 Nights in a shepherd's yurt
- 👉 Encounters with local families
- 👉 Taking part in daily tasks
- 👉 Breathtaking landscapes
- 👉 Digital detox in the heart of nature

Barometer

Encounter



Spirituality



Culture



Walk



Driving time



Adventure



Comfort



Immersion



Nature





Practical information

- 🕒 **Age & public** : For solo travellers, small groups or families with children from 8 years old
- 🕒 **Duration** : 14 days on site
- 🕒 **Dates & travel periods** : best period from April to November, on the date of your choice
- 🕒 **Number of travellers** : 2 to 6/8 travellers (solo or groups from 9+ travellers: on request)
- 🕒 **Travel package** : people, nature and culture ("Discovery" package)
- 🕒 **Regions & landscapes** : mountains
- 🕒 **Accommodation** : yurts, felt houses, homestays, guesthouses or small hotels (3*)
- 🕒 **Transport** : Private vehicle
- 🕒 **Luggage handling** : None (luggage transported by vehicle)

Program

Legend: B L D = meals included in the price of the trip (**B**reakfast, **L**unch and **D**inner)

Note : the outline of this program (steps, activities, etc.) is given for information purposes only.

It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.

little note :

Tout voyage qui sort des sentiers battus comporte parfois des événements imprévus (grève, route coupée, fête locale...) ; votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.

Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.

Nous vous souhaitons un très beau et riche voyage .

Day 1: Bishkek (Meals: — ; transport: 40')

Arrival in Bishkek: Welcome at the airport and transfer to our hotel. Depending on our arrival time, a city tour may be possible. Free time at the end of the day. We will visit attractions such as Ala Too Central Square, the Historical Museum, the city's green parks, and other well-known landmarks. After a free lunch at a local restaurant, we will explore the famous Osh Bazaar, a true immersion in an oriental atmosphere with its vibrant colors and aromas. Dinner (on your own) at a traditional restaurant where you can taste local cuisine.

*Walk at Bishkek Ata: 3h

Day 2: Kyzyl Oy (Meals: BLD ; transport: 5h)

Leaving the Chuy Valley, we pass through the stunning Too Ashuu Pass and enter the Suusamyr Valley. As we cross the pass, we leave behind the more developed part of Kyrgyzstan and arrive in the untouched lands of the nomads. Lunch on the road at a café or a picnic. At the bottom of the valley, we follow a trail alongside the Kokomeran River. We stop in the village of Kyzyl-Oy for the night. Dinner and overnight stay in a guesthouse.

*Guesthouses in the village of Kyzyl-Oy are more rustic and simple. The sauna and toilets are located outside.

*Walk in Kysyl Ol: 2h - Maximum altitude 3,300 m

Day 3: Son Kol (Meals: BLD; transport: 4h)

After breakfast, the road from the village of Kyzyl-Oy leads us towards Son Kol Lake. The goal of the day is to reach Son Kol Lake, and to do so, we cross a mountain pass near the Kara Ketché coal mine. Lunch is taken on the road, either at a café or as a picnic. Upon arrival on the south or north shore of Son Kol Lake, it's time to get to know the way of life of the Kyrgyz nomadic shepherds. We enjoy traditional Kyrgyz cuisine and spend the night in a traditional yurt.

**(6/8 people per yurt – on the floor, no beds – Outdoor toilets – No shower nor sauna).*

**Walk at Son Kul Lake : 2h – Maximum altitude 3,400 m*

**Optional on request: Horse ride – demonstration of equestrian games (€175–200 per group)*

Day 4: Son Kol (Meals: BLD ; transport: /)

We enjoy a free day around the lake, taking part in the family's daily tasks. We help care for the livestock, go milk the cows, and try our hand at making "boorsoks," Kyrgyz doughnuts, or preparing "kaymak," a thick cream. The more adventurous can also hike in the mountains. Take the time to enjoy the peaceful atmosphere of the lake and the pastures. Overnight stay in a yurt with a local family.

**(6/8 people per yurt – on the floor, no beds – Outdoor toilets – No shower nor sauna).*

**Walk at Son Kul Lake: 4h – Maximum altitude 3,000 m*

**Optional on request: Horse ride – demonstration of equestrian games (€175–200 per group)*

Day 5: Naryn (Meals: BLD ; transport: 3h)

Today, after crossing the Moldo Ashuu Pass (3,300 m), we reach the town of Naryn. This stop is perfect for a refreshing shower and a little rest from our adventures. We take a leisurely stroll to explore this charming little town. Overnight stay in a guesthouse.

**Please note: outdoor and shared toilets and shower.*

**Walk in Naryn: 2h – Maximum altitude 3,400 m*

Jour 6 : Kyzyl Tuu (Meals: BLD ; transport: 3h)

Issyk Kol Lake, the pearl of the country, reveals some of its secrets. In the village of Kyzyk Tou, we spend two days immersed in the life of a local family specializing in yurt production. This unique craft, passed down from generation to generation, will be gradually unveiled to us! We share meals and overnight with the family.

**Outdorr toilets – sauna available for your use*

**Walk at your own pace – Maximum altitude 3,000 m*

Day 7: Kyzyl Tou – Ak Say – Kyzyl Tou (Meals: BLD ; transport: 1h)

We learn more about yurt construction and the role of each family member. The women work with felt and create the carpets and blankets needed for this nomadic dwelling. The men prepare the yurt structures. In the afternoon, we hike to the Ak Say canyons, enjoying the beauty of the landscapes and taking a swim in the lake. Dinner and overnight stay with the family.

**Outdoor toilets – sauna available for your use*

**Ak Sai Canyon walk: 3 hours – Maximum altitude 1,800 m*

Day 8: Kyzyl Tou – Tachtarata – Bokonbaevo (Meals: BLD ; walk at your own pace ; transport: 40')

It's time to say goodbye to our host family and head towards the village of Bokonbaevo to begin our trek. We start a day of hiking in the Tachtarata Mountains. Along the way, we meet a real eagle hunter and are amazed by this incredible skill. Overnight stay in a guesthouse.

**Toilets and shower: shared & outdoor*

** Hike 5 or 6h – Maximum altitude 2,500 m*

Day 9: Bokonbaevo - Skazka - Jety Oguz - Jyrgalan (Meals: BLD ; transport: 4h)

The Skazka Canyon, translated as "Fairy Tale," is a truly surprising place. We take a stroll and enjoy this immersion in nature. We then head towards the Jety Oguz Gorge. The ochre cliff of the "Broken Heart" gives this magical place a romantic touch. We continue our walk before spending the night with a local family.

**Outdoor toilets – sauna available for your use*

**Skazka canyon walk 2h – Gorges Djati walk 2h – Maximum altitude 2,000 m*

Day 10: Jyrgalan (Meals: BLD ; walk at your own pace ; transport: /)

This morning, we set off on a hike around Trounalou Kol Lake. Along the way, we enjoy beautiful panoramic views and a delicious picnic in nature. In the afternoon, we return to the village and have some free time to wander through the alleys and interact with the locals. Overnight stay with a local family.

**Outdoor toilets – sauna available for your use*

**Hike to Tournalou Lake: 5 hours, 13 km, +600 m / -600 m – Maximum altitude 2,600 m*

Day 11: Karakol (Meals: B- ; transport: 1h)

We visit the city of Karakol, its Orthodox church, and its mosque. We explore the city and stop at the Prjevalski Museum. We also have the opportunity to taste the most popular dish in traditional Dungan cuisine, "achlyan fou." Overnight stay in a guesthouse.

**Karakol walk: 2h – Maximum altitude 2,000 m*

Day 12: Karakol - Grigorievskoe and Semienovskoe gorges - Tchon Kemin (Meals: BLD ; transport: 5h)

On our way to the Grigorievskoe and Semienovskoe gorges located on the northern shore of Issyk Kol Lake. We take our time there, enjoying a pleasant moment in this unique place and fully immersing ourselves in the wild nature. In the late afternoon, we head to Tchon Kemin, the only national park in Kyrgyzstan. These incredible landscapes stir our curiosity and imagination. Overnight stay with a local family in the village of Tar Sou.

**Shared toilets and shower*

Gorge walk: 3 hours – Maximum altitude 2,300 m

Day 13: Tchon Kemin - Bourana - Bishkek (Meals: B- ; transport: 3h)

We head towards Bishkek, and on the way, we take the opportunity to visit the Burana Tower, a grand minaret in the Chuy Valley. Our afternoon is free, and we have the chance to get lost in the winding alleys of the local market.

**Bishkek walk: 2 hours – Maximum altitude 2,000 m*

Day 14: Bishkek (Meals: B- ; transport: 40')

Free time before our transfer to the airport to catch our return flight.

Prices and conditions

Price per person (varies depending on the number of travellers, including adults and children)

- 8 travellers: €1,995 **DISCOUNT €1,895**
- 6 to 7 travellers: €2,295 **DISCOUNT €2,095**
- 4 to 5 travellers: €2,795 **DISCOUNT €2,495**
- 3 travellers: €3,095 **DISCOUNT €2,995**
- 2 travellers: €3,595 **DISCOUNT €3,395**
- Solo traveller: [on request](#)

Supplements

- Single room: €295
- Transfer for arrivals/departures at a different time than the first registered: from €50/transfer/person.

Options

- Groups from 9+ travellers: [on request](#)
- Horse ride and demonstration of equestrian games: [on request](#)
- Extension: [on request](#)
- Combined trip with Uzbekistan: [on request](#)

Flights

- Price depending on the date of booking, the airline, and the travel dates.

Included in the Price

- Trip organisation – travel booklet and itinerary booklet
- Airport transfers (round trip)
- Transport throughout the journey
- English-speaking tour guide and/or local guides, mountain leader
- Accommodation with breakfast in homestays, hotels, guesthouses, and yurts
- Entrance fees to monuments as per the programme
- Meals as mentioned in the programme
- Complete “Emotion Planet” activity programme
- Invitation to take part in relationship-based activities, a journey to the heart of oneself
- Pharmacy (*first aid*)
- Hotel and tourist taxes

Not Included

- Everything not included in the above paragraph and any changes throughout the journey
- Transport to destination: domestic and/or international flight, round-trip train...
- Carbon offsetting of your flight and travel (*on a voluntary basis*)
- Travel insurance (*highly recommended*)
- Meals not included (*Budget: +/- €5-10 / pers / meal*)
- *You can enter Kyrgyzstan as a visitor for stays of up to 60 days without a visa.*
- Photography fees in monuments to be paid on site
- Beverages
- Tips (*Budget : from €3 per day per traveller*)
- Personal expenses

Contact

Discover these colorful countries, the heart & values that drive us and comments from former travelers.

Contact person for your trip :



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« **Emotion Planet**, the world is never far away when its men are not strangers to us. »