



# DISCOVER KYRGYZSTAN

The Best Sustainable Tours Catalogue



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**switchasia**  
GRANTS PROGRAMME



**HELVETAS**



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The catalog lists:

- 10 winning tours of the Responsible Tour Contest held by the Kyrgyz Association of Tour Operators (KATO) with support of the Kyrgyz-German-Swiss Programme on the Green Economy and Sustainable Private Sector Development (co-funded by BMZ and the Government of Switzerland through the Swiss Agency for Development and Cooperation) and GreenTour Project;
- Tours of the companies that were supported by GreenTour Project in achieving a Travelife Partner status – the GSTC-recognized certification system for their commitment to sustainable practices in operations and services.
- Unique foodie tours and handicraft-making experiences developed with support of the GreenTour Project to local artisan and farmer families.

Special thanks to:



# Green Bike Tour

Tour Type: Soft mountain bike tour

Best season: June – September

Tour Duration: 10 days

Cycling distance: 265 km

Tour Operator: Novinomad



Bishkek



Kochkor



Kara-Talaa



Kyzyl-Tuu



Kok-Sai



Ton



Boz-Salkyn



Tamga

## Highlights

- Witness the ancient culture of the modern nomads
- Beautiful mountain views
- High mountain passes
- Unforgettable sleepovers in yurts
- Cycling along ancient nomads' trails
- Breathtaking lakes of Kyrgyzstan
- Enjoy Kyrgyz folk songs on traditional folk instruments

## Level of difficulty

This tour is recommended for people with cycling experience. It requires an average-level physical fitness. Cycling distance is 35-60 km per day. Cycling time is approximately 3-6 hours per day.

## About tour

Explore Kyrgyzstan's breathtaking beauty and ancient culture with the 'Green Bike Tour'! Hop onto your mountain bike and cycle along the ancient nomad trails, experience unforgettable overnight stays in yurts, and enjoy the incredible views of high-altitude mountain passes and beautiful lakes.

Our 10-day tour offers a unique combination of adventure, nature, local culture, and fitness. Get ready for an unforgettable quest to unlock the secrets of Kyrgyzstan's nomadic culture – participate in an eagle hunting show, observe yurt-making process, and much more.



# GREEN BIKE TOUR



# Following Tracks Of Nomads

Tour Type: Cultural

Best season: June - October

Tour Duration: 10 days/9 nights

Tour Operator: Ulush Travel



Bishkek



Kochkol



Song-Kol



Bokorbaevo



Jeli-Oguz



Kahkol



Cholod-Khann

## Highlights

- Shyrdak show (production of felt carpets)
- Kok-Boru (traditional horse games)
- Eagle hunting
- Folklore show
- Food show (master-class on cooking national dishes)
- Yurt show (showing the production of yurts and a master-class on building yurts)
- Boorsok show (cooking of national breads)
- Horse riding

## Level of difficulty

The route does not require special physical training, it is recommended to take water and comfortable clothes with you

## About tour

Ready to explore the stunning beauty of Kyrgyzstan? Immerse yourself in its culture, meet its friendly people and get closer to nature?

With 'Following the Tracks of Nomads', you will embark on a captivating journey - from snow-capped mountains to crystal-clear lakes, from lively bazaars to quaint villages, and much more! Try your hand at traditional crafts and needlework, sample the delicious local cuisine, and explore the country's most breathtaking roads. An unforgettable experience awaits you!



# TRAILS OF NOBLES



# Eco Active Tour Nomadic Heritage

Tour Type: Soft adventure activities

Best season: May – October

Duration: 4 days/3 nights

Tour Operator: Ecotrek



Karakol



Svetlaya Polyana



Jetti-Oguz



Ak-Suu



Jergalan

## Highlights

- Horseback riding along shepherd trails
- Wilderness trails left by past generations
- Unforgettable overnight stays in a yurt
- Exposure to the traditions and customs of multinational Kyrgyzstan
- Kayaking on the unique Issyk-Kul lake
- Pools with thermal water
- Jetti Oguz and Jergalan gorges

## Level of difficulty

An average level of fitness is required. Daily hiking distance – 10-12km.



## About tour

Climb your way up to extraordinary experiences and uncover the rich heritage of Kyrgyzstan on this once-in-a-lifetime Nomadic Heritage Tour. Enjoy horseback riding on shepherd trails with stunning views, explore nature trails left by older generations, and spend unforgettable nights in a traditional yurt. Get acquainted with the customs and traditions of multicultural Kyrgyzstan while kayaking on the magnificent Issyk-Kul lake.

With an elevation range of 2805m to 1750m, this journey is sure to leave an unforgettable impression!





# Winter Song-Kol (Winter journey to the Song-Kol Lake)

Tour Type: Hiking, skiing, culture, horse-riding

Best season: November – February

Duration: 5 days/4 nights

Tour operator: Nomad's Land



Bishkek



Kyzart



Kilemche Jailoo



Tuz Ashuu

## Highlights

- Visit Burana Tower
- Handicraft show
- Rafting
- Horseback riding
- Snowshoeing
- Snow tubes
- Night in shepherd's yurt

## About tour

Experience the majestic beauty of Kyrgyzstan's Song-Kol Lake this winter with an adventure you'll never forget! Nomad's Land Asia is offering a unique experience full of snowshoeing, ski-touring, hiking, horseback riding and more. Spend a night in a cozy yurt camp surrounded by snow and get ready to be amazed at the wonders of nature. Get ready to be enthralled by the beauty of Song-Kol Lake and join us on this amazing winter adventure!

Travelife  
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NOMAD'S LAND





**AK KALPAK**



**AIGUL**

# Ak Kalpak

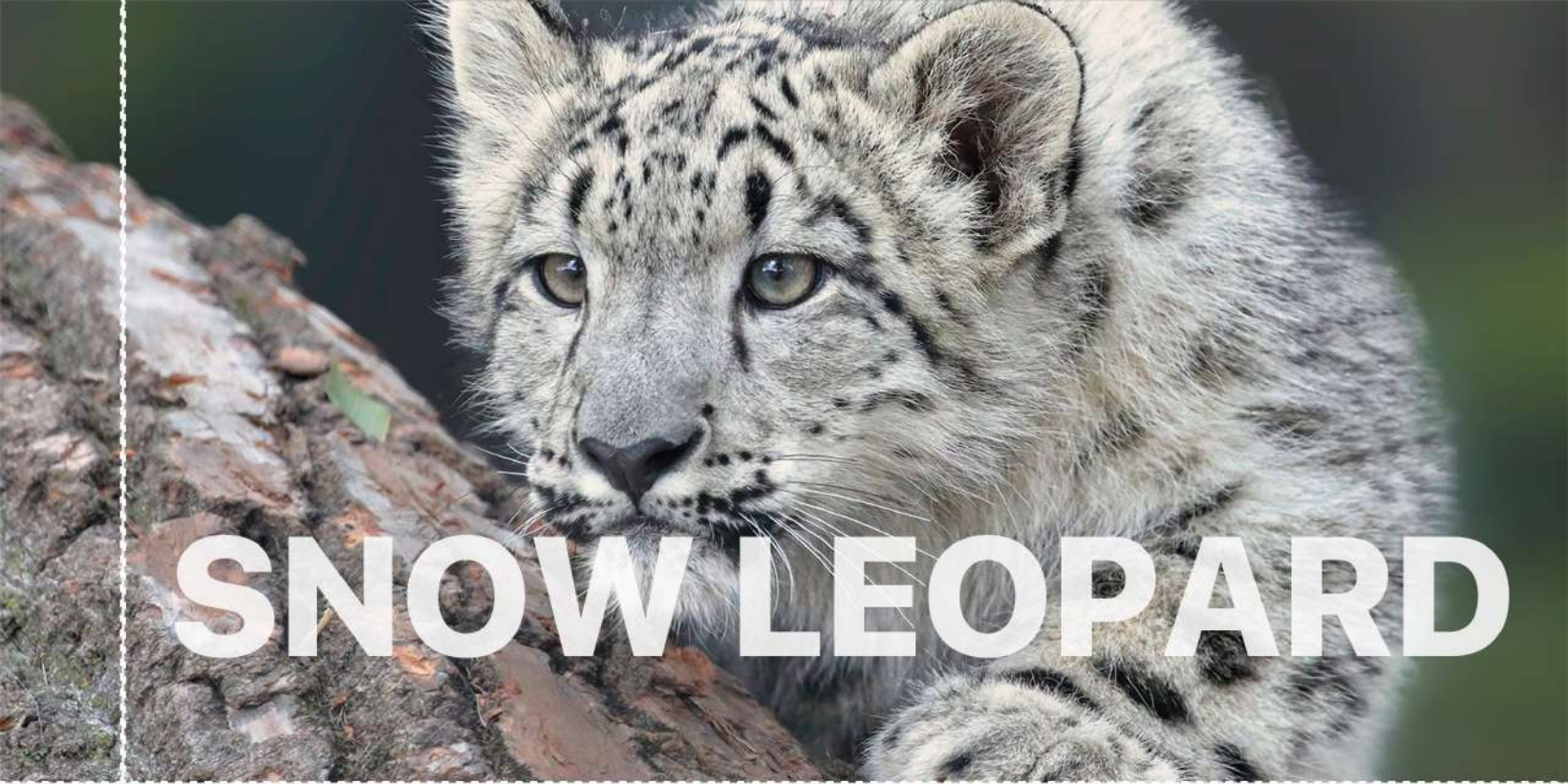
The Ak (white) Kalpak is much more than just a national hat for men - it is a symbol of Kyrgyz culture. Its unique shape and color represent Kyrgyzstan's snow-capped mountains and its four panels symbolize the four cardinal directions and, some say, the four natural elements. The Kalpak's symmetry in form and decoration represents harmony and balance, two values highly esteemed in Kyrgyz culture. Wearing a Kalpak is not only a fashion statement, but an honor and tribute to one's roots and the values of their culture.

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# Aigul

The Aigul flower is one of the most intriguing mysteries in Kyrgyzstan. Once a year, the Aigul blooms atop the small hill of Aigultash, and it is the only place in the world where this rare and endemic flower grows. Every April, travelers from all over the world journey to Karabulak village in the hope of witnessing this majestic flower.

The Aigul blooms for two weeks after a full moon, and those who are lucky enough to see it are promised eternal happiness according to local legend.



# SNOW LEOPARD



# FALCONRY

# Snow Leopard

Kyrgyzstan is home to one of the world's most elusive and majestic creatures - the snow leopard. An integral part of the country's history and traditions, this animal symbolizes freedom and independence. Unfortunately, snow leopards are threatened by poaching and habitat destruction. However, Kyrgyzstan is setting an example for conservation efforts, offering hope for the future of the snow leopard.

On October 23, 2013, the Bishkek Declaration on the Conservation of the Snow Leopard was adopted, in which 12 countries committed to ensuring the well-being of snow leopards in healthy ecosystems. Living near snowy peaks, the snow leopard acts as an indicator of the "health" of mountain ecosystems. By protecting these majestic cats, we safeguard the future of Kyrgyzstan's unique culture and environment.

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# Falconry

Since ancient times, hunting has been a deeply embedded part of Kyrgyz culture and heritage. From hunting with birds of prey and greyhounds (taigans) to training and treating falcons, eagles, and hawks with reverence, the Kyrgyz have long reached a high level of skill in the art of falconry.

In the Kyrgyz national culture, the falcon is more than just a bird of prey - it is a totem and an object of reverence, as evidenced by presence of the white falcon (Ak Shumkar) as the constant companion of the epic hero Manas, and on the National emblem of the Kyrgyz Republic. This reverence for the falcon has been recognized and honored by UNESCO, which included falconry in its list of intangible cultural heritage of mankind.

# Tash Rabat to Chatyr-Kol

Tour Type: Hiking

Best season: July – September

Duration: 2 days/1 night

Hiking Distance: 19.5 km

Tour Operator: CBT Naryn



Naryn



Tash Rabat



Panda Pass



Chatyr-Kol

## Highlights

- A well preserved medieval caravanserai Tash Rabat also believed to have been built as a Nestorian monastery in the 10th century
- Lifestyle and culture of nomads
- Panda Pass
- The highest lake in the Tien-Shan Chatyr-Kol Lake

## About tour

Discover Tash Rabat, a majestic building soaring at 2,985 m high, believed to have been built as a Nestorian monastery in the 10th century. Hike up to the stunning Lake Chatyr-Kol, at an altitude of 3500 m. Be surrounded by the spectacular landscape and take in the breathtaking views of the blue water of the lake, reflecting the snow-capped mountains in the distance. Explore the diverse flora and fauna on foot or horseback, and end your journey with a night's stay at a traditional yurt camp. Take home memories of a lifetime!

\* A border zone permit for accessing destinations nearby the Chinese border is absolutely necessary. Permit is issued by the Kyrgyz authorities.

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# The Heart of Kyrgyzstan

Tour Type: Cultural

Best season: May - October

Duration: 10 days/9 nights

Tour Operator: Travel Land



## Highlights

- Sightseeing tour in Bishkek
- Burana Tower
- Petroglyph Museum
- Grigorievskoe and Semienovskoe gorges
- Boat trip on Issyk-Kul Lake
- Jeti-Oguz and Fairy Tale canyon
- Eagle hunting show
- Tash Rabat and Song-Kol Lake

## Level of difficulty

The route does not require special physical training, it is recommended to take water and comfortable clothes with you

## About tour

Experience the soul of Kyrgyzstan with an unforgettable journey that takes you to historic lands, untouched wild nature, and to meet modern nomads. With our exclusive Heart of Kyrgyzstan tour, you'll have the chance to explore the unique beauty of yurts, immerse yourself in the culture and customs of Kyrgyz people, and create lasting memories. Don't miss out on this incredible opportunity - join us now and uncover your true self in the heart of Kyrgyzstan!





**Travel Land**  
Tours in Kyrgyzstan and  
Central Asia



# On The Way To Arslanbob!

Tour Type: Cultural

Best season: September - October

Tour Duration: 2 days/1 night

Tour Operator: Osh Travel



Osh



Uzgen



Arslanbob



Jalal-Abad

## Highlights

- Historical sightseeing excursion
- Excursion to rice fields and bazaar
- The famous delicious pilaf for lunch
- Visit to the oil mill
- Master-class on Arslanbob's peculiar delicacy - halmanda
- Ride on vintage cars from 1964
- Visit to the Small Waterfall
- City Panorama
- Excursion to the walnut grove

## Level of difficulty

The route does not require special physical training, it is recommended to take water and comfortable clothes with you

## About tour

Experience Kyrgyzstan like you have never had before! Join our 'On the Way to Arslanbob!' tour and explore the rich history, beautiful sights, and delicious food of this fascinating country. From historical sightseeing tours and rides on vintage cars from 1964 to trying the famous delicious pilaf and learning how to make the unique halmanda delicacy, you'll get to experience it all in a unique way. This tour will take you on a journey with plenty of delicious food and activities along the way!

# ARSLANROB



Osh Travel  
Excursion and Travel Agency



# Natural Treasures of Padysh-Ata

Tour Type: Trekking

Best season: May - October

Duration: 4 days/3 nights

Trekking Distance: 27 km

Tour Operator: Adamountain

## Highlights

- The only complex in Central Asia where traces of an ancient phallic cult were found
- Excursion around the surroundings and picturesque iris meadows
- Master-class on making round bread in a cauldron
- 7 km trekking towards Lake Padysh-Ata (located at the altitude of 2970 m) through the valley of 7 bridges along the most picturesque gorge

## Level of difficulty

An average level of fitness is required.

## About tour

Ready for the adventure of a lifetime?

Join Padysh-Ata Natural Treasures to explore the spectacular Central Asian landscape. Discover the Shah-Fazil architectural complex, the only complex in Central Asia where the traces of an ancient phallic cult were found. Take an excursion around the surrounding area and witness breathtaking views of iris meadows. Explore the Padysh-Ata State Reserve where you can spot Siberian goats, snow leopards, wild boars, marmots, and more than 30 species of mammals and 50 species of feathered birds.

Start your journey and experience the awe-inspiring beauty of Padysh-Ata!

# PEYSH-ATA



# Baibol: Where Cuisine Blends With Art

Tour Type: Food/Cultural

Best season: May-September

Duration: 1 Day

Tour Operator: Too.kg or direct inquiry @handmade.kyrgyz



Bishkek

## Highlights

- National beverages and food
- Felt production workshop



Too.kg  
Туу  
no Кыргызстан



## About tour

Baibol is the ideal destination for travelers seeking an immersive cultural experience in the heart of Bishkek. Step inside and be welcomed into the traditional teahouse and workshop, where you can get a firsthand look at the art of felt production and Kyrgyz symbols and patterns. Sample traditional Kyrgyz snacks and drinks, and savor the flavors of traditional Kyrgyz cuisine. Learn about Kyrgyz culture and history, and enjoy the unique sights and sounds of the Kyrgyz yurt. At Baibol, you'll get a comprehensive introduction to the best of Kyrgyz culture in a short span of time.





# ISSYK-KUL



# TASH RABAT

# Issyk-Kul

Issyk-Kul is a breathtakingly beautiful mountain lake, with its crystalline blue and green waters set against a backdrop of majestic mountains, making it a truly one-of-a-kind sight to behold. Translated as "warm lake" from the Kyrgyz language, Issyk-Kul is indeed a remarkable feat, as it never freezes, even at its lofty 1,607 meters above sea level.

Adding to its uniqueness, the lake is fed from 118 rivers and streams, receiving no outflow, leading to its waters having a healing salinity of 0.6%. With its unparalleled beauty and serenity, Issyk-Kul is truly a sight to behold.

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# Tash Rabat

Tash Rabat is an enchanting, well-preserved caravanserai of the Silk Road, situated in a secluded valley between Mountains. As an important waypoint for traders, it served as a marketplace, educational institution and inn for travelers along the route.

The awe-inspiring beauty of the area is further enhanced by its seclusion, with some of the most spectacular views being from the surrounding hills overlooking the area. For those looking to explore the area further, there are a few hiking trails leading to Chatyr-Kul, an immense lake and nature reserve.





**MANAS**



**SARY-CHELEK**

# Manas

The Kyrgyz epic trilogy of Manas, Semetey and Seytek is an important part of Kyrgyz culture and history, passed down from generation to generation by a community of storytellers. Through special forms of narration, rhythm, tone and gestures, the epic is used to teach young people about their heritage, the natural environment and the peoples of the world, reinforcing values of tolerance and multiculturalism.

The Manas Epic has been officially included in the UNESCO List of Intangible Cultural Heritage of Humanity and the Guinness Book of Records as the world's longest epic, with over 5000 lines.

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## Sary-Chelek

Sary-Chelek is a stunning natural gem nestled in the Western Tian Shan Mountains of Kyrgyzstan. Carved by a landslide around 10,000 years ago, the alpine lake is the largest one within the Sary-Chelek Nature Reserve and is one of seven lakes in the area.

Declared a UNESCO Biosphere Reserve in 1978, the nature reserve is home to rare species of plants, birds, and mammals. For those who love the wilderness, Sary-Chelek is the perfect destination for a multi-day hike or a tour on a horse. The reserve provides stunning views and an opportunity to explore the stunning flora and fauna of the area.

# Wood Atelier Visit

Tour Type: Cultural

Best season: March-November

Duration: 1 Day

Tour Operator: Best of Osh or direct inquiry @fn.woodatelier

Osh

Kashgar village

## About tour

Experience the traditional culture of Osh with a unique woodworking atelier. Immerse yourself in the atmosphere of a home-based workshop surrounded by a traditional courtyard, orchard, and home attributes. The host will greet you with the local flare of hospitality, serving you with bread, sweets, and hot tea around a khan-takhta (low-placed table) and tapchan (traditional outdoor bench). You will be guided through the process of woodworking, applying the newly obtained ideas to carve them into your own wooden bowl - a lifelong memory of Osh and Kyrgyzstan. Take part in restoring the once-lost woodcraft traditions of Osh and be a part of this unique experience.

BEST OF OSH



# The Blue Sapphire of Tian-Shan Mountains

Tour Type: Trekking tour  
Best season: June – September  
Tour Duration: 12 days  
Trekking distance: 82 km  
Tour Operator: Novinomad

Bishkek   Kochkor   Kyz Art   Kilemche   Song-Kul Lake   Kochkor   Kol Ukok Lake   Mazar Ukok   Tura Suu   Tamga

## Highlights

- Witness the lifestyle and culture of nomads
- Magnificent nature and beautiful mountain views
- Unforgettable overnight stays in yurts
- Trekking along the ancient nomads' trails
- Breathtaking mountain lakes of Kyrgyzstan
- Kyrgyz folk songs on traditional Kyrgyz instruments

## Level of difficulty

This tour is recommended for people with hiking experience (hiking time approximately 5-6 hours per day).

## About tour

Get ready to be mesmerized by the beauty of Central Asia!

Join us on an unforgettable journey through the country's majestic landscapes and revel in the views of its stunning snow-capped mountains, shining lakes, lush meadows, and vibrant culture. Our skilled guides will take you to the hidden gems of Kyrgyzstan, where you can enjoy the peaceful environment, fresh air, and beautiful scenery. Further, explore the ancient petroglyphs, and sleep under the stars in yurts while being serenaded with Kyrgyz folk songs.

Come explore Tien-Shan's Sapphire and create memories to last a lifetime!

# THE BLUE SAPPHIRE OF TIAN-SHAN MOUNTAINS



# Journey To The Lenin Peak

Tour Type: Combined – auto + trekking

Best season: July-August

Duration: 6 days/5 nights

Tour Operator: Sun Rise



Osh



Uzgen



Ayu-Tapan  
Valley



Taldyk Pass



Tulpar-Kul  
Lake



Achik-Tash

## Highlights

- Making a folk carpet from felt – “shyrdak”
- One of the highest hotels in the world “Alpine Dome” – 3450 m above sea level
- Lake Tulpar-Kul, which is located under the Lenin Peak (7134 m) at the altitude of 3500 m above sea level
- Trek to the international alpine camp Achik-Tash
- Sacred mountain Sulaiman-Too with 3000 years of history
- Daily life of nomads
- Unforgettable sleepovers in yurts
- Fascinating nature

## Level of difficulty

Requires an average level of fitness. The longest trek is 4 km.

## About tour

Are you ready to explore the untouched beauty of Pamir Mountains and experience its pristine energy? Join us on a journey to Lenin Peak and embark on an unforgettable adventure!

We'll explore the mesmerizing mountain world and bask in its majestic views while enjoying the clean air. Let us take your breath away and stay in your heart forever! This will be a once-in-a-lifetime journey that will revive your soul and fill you with inspiration.

# LENIN PEAK



# Gallop like a Nomad! Horseback Riding Tour

Tour Type: Horseback riding/Cultural

Best season: July – September

Duration: 11 days/10 nights

Tour Operator: Kyrgyz Tourism



## Highlights

- You will make your own horsewhip
- Gallop through open fields
- Learn to play traditional Kyrgyz horse games
- Stay with local shepherd families, and truly get a taste of nomadic life

## Level of difficulty

This trek is excellent for those with little to no horse-riding experience. As well as outdoor enthusiasts looking for a unique adventure, and has options up to 11 days to fit into any schedule!

## About tour

Experience Kyrgyz culture and the best of scenic Central Asia in the most exciting way imaginable. Embark on an adventure of a lifetime with a horse trekking journey through Kyrgyzstan's breathtaking valleys and sweeping vistas. Whether you're a pro or a novice, you can learn the basics of horseback riding and practice your new skills amidst the majestic mountains of the Tian Shan Range. Journey through rural villages and feast on traditional Kyrgyz cuisine.

You're sure to come away with an unforgettable experience!





KYRGYZ  
TOURISM



# A Day With The Farmer's Family

Tour Type: Cultural

Best season: May-October

Duration: 1 day

Tour operator: Osh Travel



Osh



Chek-Abad  
Village

## About tour

Experience the culture, history, and hard work of Kyrgyzstan's farming families by joining a one-day tour at Chek-Abad village near Osh. You'll stay with a local farming family and get to experience their hospitality and sample the delicious treats they prepare. During the tour, you'll learn century-old tips for planting, nurturing, and harvesting seasonal crops, as well as understand their values of hard work, family unity, and communal interactions. You'll also engage in a mild activity of gathering produce, followed by a symbolic selling of the gathered products, and a delicious dinner with stories and traditions at the table. This tour is an excellent opportunity to get an insight into the life of Kyrgyzstan's farmers and the fruits of their hard labor.





**SHYRDAK**



**YURT**

# Shyrdak

Shyrdak is a traditional Kyrgyz thick felt carpet renowned for its intricate mosaic technique, passed down for generations. It can be laid out in a yurt or on the grass, and is typically handmade with bright and contrasting colors.

Symbolic motifs such as the triangle (tumar) and the black and white 'suu' -water border motif are often featured, said to protect from evil. In 2012, the art of making shyrdaks and ala-kiyiz felt carpets was officially recognized by UNESCO and added to the List of Intangible Cultural Heritage.

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# Yurt

The Kyrgyz Republic is a home to a unique form of portable dwelling. Yurts are circular structures made from a wooden frame and covered in felt or other fabric. These lightweight structures can be set up and taken down quickly, making them ideal for nomadic lifestyles.

Traditional yurts have a white exterior with a red door and a gently sloping roof. Kyrgyz yurts are often adorned with patterns of wood, reeds, or fabric that are passed down for generations. Yurts are a symbol of nomadic life and are deeply embedded in Kyrgyz culture, art, and rituals. In the majestic mountain landscapes of the Kyrgyz Republic, yurts are a reminder of the importance of community and a meaningful connection to nature.



# BURANA



# SULAIMAN-TOO

# Burana

The Burana Tower is a majestic reminder of Kyrgyzstan's rich history, which was built between the 10th and 11th centuries and served as a symbol of the ancient city of Balasagun, constructed by the Karakhanids in the 9th century.

Despite having survived several earthquakes, the tower was in danger of collapsing until it was restored in the 1970s. Today, it is a protected Unesco World Heritage site and a popular attraction in Central Asia, attracting visitors to marvel at its breathtaking beauty.

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# Sulaiman-Too

Sulaiman-Too Sacred Mountain is a site of immense cultural and spiritual significance. The mountain has five peaks, each with its own petroglyphs and places of worship. Over the centuries, the mountain has been venerated as a sacred site, blending pre-Islamic and Islamic beliefs.

From its peak, Sulaiman Too provides a stunning view of the productive Fergana Valley and the ancient city of Osh, a major crossroads during the Middle Ages. This holy mountain is an example of the cultural and spiritual blending that is so common in Central Asia, and continues to be a beacon for travelers today. Sulaiman-Too was designated as a UNESCO World Heritage Site in 2009.

# Kyrgyz Baking With Zhibek

Tour Type: Cultural  
Best season: April-October  
Duration: 1 day  
Tour Operator: Osh Travel

  
Daroot-Korgon  
Village

## About tour

Embark on an exciting one-day culinary adventure in Kyrgyzstan and discover the unique flavors of its culture with experienced local chef! From kneading, rolling, and layering dough for traditional Kyrgyz pastry to cooking in a cauldron in the rural Alay region, you'll learn to prepare classic dishes such as kattama, chagaty, and talkan and pick up fascinating stories about Kyrgyz tradition and culture along the way. When the tour is over, you'll be rewarded with an abundant Kyrgyz table of homemade jams, honey, and your own culinary masterpieces. Come on an unforgettable journey and taste the ancient and rich flavors of Kyrgyzstan's culture!

  
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Osh Travel  
Essential part Travel Agency



# Kyrgyzstan Highlights (Kel-Suu)

Tour Type: Trekking, Cultural

Best season: June – September

Duration: 10 days/9 nights

Trekking Distance: ~44 km

Tour Operator: KyrgyzGuides



Bishkek



Ala-Archa  
National Park



Cholpon-Ata



Karakol



Bokonbaevo



Song-Kol



Naryn



Kel-Suu  
Lake



Kochkor

## Highlights

- Ala-Archa National Park
- Issyk-Kul Lake
- Grigorevskoe and Semenovskoe gorges
- Arashan hot spring thermal bath valley
- Jeti-Oguz valley and Fairy Tale Canyon
- Song-Kol Lake
- Felt Carpet making workshop
- Horseback riding
- Kel-Suu Lake

## Level of difficulty

An average level of fitness is required.

## About tour

Embark on an unforgettable journey through Kyrgyzstan's stunning landscapes and explore its unique cultural heritage with our Kyrgyzstan Highlights Tour. Follow the historic Issyk Kul Lake's southern and northern coasts and marvel at its age-old monuments and breathtaking gorges. Participate in a master-class on the traditional preparation of felt carpets and meet an eagle hunter to learn about this ancient Kyrgyz custom. Plus, enjoy the thrill of horseback riding and trekking, be mesmerized by the stunning Song Kol lake, and experience a nomadic lifestyle as you spend a night in a traditional yurt.

This Kyrgyzstan Highlights Tour will provide you with an unforgettable experience and the opportunity to discover the beauty and culture of this amazing country.



# KYRGYZSTAN HIGHLIGHTS



KYRGYZ GUIDES



# Women-Led Adventures

Tour Type: Cultural/Hiking

Best season: June – September

Tour Duration: 10 days/9 nights

Tour Operator: Novinomad



Bishkek



Tamga



Karakol



Kochkor



Son-Kul

## Highlights

- The stunning hospitality of the Kyrgyz people
- Visiting families where women are the leading sustenance providers
- Unforgettable sleepovers in yurts
- Colorful green bazaars
- Hiking in mountainous areas
- Master classes on felting, wax candle casting , making yurt wooden parts , and much more
- The inspiring beauty of the Fairy Tale Canyon, Jeti-Oguz Gorge and Song-Kol Lake

## Level of difficulty

There are no difficulties on the route, but tourists need to have an average level of physical fitness, as sometimes there will be long journeys of 4-7 hours on mountain roads.

## About tour

Unlock the secrets of Kyrgyzstan and make lifelong memories with the Women-Led Adventures Tour!

Experience Kyrgyzstan's stunning mountain scenery, lush valleys and natural beauty. Learn about the country's rich history, culture and traditional nomadic lifestyle. Enjoy the warm hospitality of local Kyrgyz communities and get to know the inspiring women who are developing their own small businesses in rural areas.

Travel in comfort with accommodations available in yurt camps, guesthouses and hotels owned by women and enjoy a safe and welcoming experience throughout your journey. Explore the vibrant green bazaars and go hiking in stunning mountainous areas. Embrace the beauty of Kyrgyzstan and meet inspiring women along the way!



# WINGS & TAILS

## Birding Tour

Type: Cultural

Best season: June – August

Duration: 11 days / 10 nights

Tour Operator: Edelweiss



Bishkek



Ala-Archa  
National park



Chong-Kemin



Balykchi



Ottuk



Song-Kol  
Lake



Suusamyр



Toktogul  
Reservoir

### Highlights

- Wonderful opportunity to see and observe rare species of birds
- Ala-Archa Nature Park
- Sightseeing tour in Bishkek
- The National Nature Park of Chong-Kemin
- Practical exposure to Kyrgyz local village life and experience of nomadic lifestyle at Song-Kol lake
- Excursion to Song-Kol lake
- Natural scenery and landscapes for taking pictures
- Demonstration of Kyrgyz traditional horse games
- Master class on traditional bakery
- Folk Music show

### Level of difficulty

Medium level of difficulty. No special physical training needed, though this tour is recommended for people with hiking experience (hiking time approximately 4-6 hours per day). You need to be in good health to endure the altitude difference and long hiking trips.

### About tour

Embark on an unforgettable bird-watching journey with our exclusive 'WINGS & TAILS' Birding Tour!

Explore the stunning beauty of Kyrgyzstan's National Nature Parks and observe and photograph over 335 species of birds, including rare and endangered species. Get a chance to witness the majestic Saker Falcon, White Stork, and Black Stork in their natural habitat. Bring your binoculars and take in nature's breathtaking views – it's time to embark on a bird watching tour you won't forget! With us, you can be sure to have a memorable and once-in-a-lifetime experience.

# WINGS AND TAILS



**Edelweiss**  
Travel Company



# A Day With A Local Urban Family

Tour Type: Cultural  
Best season: May-October  
Duration: 1 Day  
Tour Operator: Best of Osh

Osh

## About tour

Get ready to explore Osh like a true local!

Start your journey in the morning where you'll have breakfast at a tapchan with family members. Enjoy hot flatbread, fresh sour cream, and green tea while hearing stories of local legends and beliefs. After that, you'll be guided by an expert in different activities, such as urban gardening, visiting the neighborhood bazaar, and learning the art of bargaining. As you explore the neighborhood with a distinguished storyteller, you'll learn more about local culture and communal interactions. To get a better understanding of daily life a century ago, you'll watch an old movie by local production. Finally, you'll master plov cooking skills in a traditional atmosphere. While savoring the delicious farewell dinner, you'll be surrounded by the authentic atmosphere of the orchard. You may even get a chance to fall asleep right there, for a truly unique and unforgettable experience!

BEST OF OSH



10

REMARKS

11

REMARKS





# KOK-BORU



# NOORUZ

# Kok-Boru

Kok-Boru is a centuries-old traditional horse game originating from Central Asia, in which two teams on horseback compete to maneuver a goat's carcass, or 'ulak', and score by putting it into the opponents' goal. The game has a rich history and is deeply entwined with the cultural and spiritual identity of its practitioners. The game is thought to have been used to train the men and horses to be fearless and courageous.

Today, the game is mostly performed during festive and social events, and knowledge is primarily passed on through demonstration. In 2017, Kok-Boru was recognised by UNESCO and placed on the Representative List of the Intangible Cultural Heritage of Humanity.

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# Nooruz

The Nooruz holiday in Kyrgyzstan marks the coming of spring every year on the day of the Spring Equinox on March 21. This ancient holiday has been passed down through generations and is especially connected with the Zoroastrian religion. An important tradition during this holiday is the gathering around the 'Table' with relatives, adorned with items that symbolize purity, brightness, livelihood, and wealth.

There are also activities such as street performances of music and dance and public rituals involving water and fire, which are aimed to support cultural diversity and tolerance and help build community solidarity and peace. In 2016 the holiday was inscribed on the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.



# Have You Felt Felt? Master Class On Felting

Tour Type: Cultural  
Best season: May–September  
Duration: 1 Day  
Tour Operator: Too.kg

 Bokonbaevo/Kochkor

## About tour

If you're looking to experience Kyrgyzstan's rich folk history and culture, then there's no better way than to make a felt rug. Join our team of craft ladies in Bokonbaevo or Kochkor and learn the traditional art of creating a felt rug. Our experienced craftswomen will guide you through the entire process, from processing the wool into felt and dyeing it, to laying out the patterns, rolling, kicking, and even trampling on it. As you work, the chief master will explain the symbolism behind the patterns, as well as tell you some ancient legends attached to the craft. After just a few hours of learning and practice, you will have your very own handmade felt rug to take home and cherish as a reminder of your time in Kyrgyzstan.

Travelife  
PARTNER   
Committed to sustainability

Too.kg  
Type: No Kagamastory



# Backcountry Skiing in Kyrgyzstan

Tour Type: Combined backcountry skiing

Best season: December – March

Duration: 8 days/7 nights

Tour Operator: CBT Karakol



Bishkek



Karakol



Buz Uchuk  
Valley



Karakol



Bokonbaevo

## Highlights

- Visit Burana Tower
- See petroglyphs in Cholpon-Ata
- Sightseeing in Karakol: Dungan Mosque, Orthodox Church, Historical Museum
- Folklore show
- Sauna
- Eagle hunting and BBQ in a shepherd's house
- Visit Jeti-Oguz valley and Fairy Tale Canyon

## Level of difficulty

Backcountry skiing is an inherently dangerous activity that requires experience and knowledge to travel safely. Any of the routes on this site may be dangerous depending on conditions.

## About tour

Ready to explore Kyrgyzstan's wildest backcountry and experience a one-of-a-kind ski tour?

Join us on an unforgettable journey in Karakol! Immerse yourself in the traditional Kyrgyz culture, slash untouched powder slopes, stay in cozy yurts, enjoy hot springs tours and a folk music show - all within the comfort of a guided tour. Discover why everyone is talking about Backcountry Skiing Tour and book your spot now to become part of the adventure! Experience the beauty of the Kyrgyz mountains, discover its culture, and enjoy a unique ski tour that you won't forget!



# Majestic Lakes Trek

Tour Type: Trekking

Best season: June – September

Duration: 7 days/ 6 nights

Tour Operator: TravelStan



## Highlights

- Drive through 3 passes, Too Ashuu - 3200m, Ala Bel - 3100m above sea level, and Kok-Bel
- Dinners around campfire and overnights in tents with a great lakeview
- Untouched nature and a number of beautiful lakes
- Panoramic views to the lakes

## Level of difficulty

An average level of fitness is required.

## About tour

Explore Kyrgyzstan like never before! Embark on an unforgettable trekking journey through breathtaking landscapes and discover Kyrgyzstan's most stunning lakes. Start your journey in Bishkek and drive through diverse, staggering terrains. Wake up to picturesque lakeside views, and go camping with locals to get a real nomadic experience. Feel the untouched beauty of nature around you, and immerse yourself in the local culture. With this majestic trekking trail, you can explore Kyrgyzstan's untouched and unexplored lands and have an unforgettable travel experience.

# MAJESTIC LAKES



# Discover Kyrgyzstan! Tour

Tour Type: Cultural

Best season: June – September

Duration: 17 days/16 nights

Tour Operator: EcoNomad



## Highlights

- Discover the Kyrgyz culture
- Observe the exceptional fauna and flora in the mountain ranges of the Tian Shan
- Practice hiking and horseback riding
- Combine culture and relaxation in exceptional settings
- Relive the great moments of the Silk Road

## Level of difficulty

An average level of fitness is required.

## About tour

Embark on an unforgettable journey through Kyrgyzstan and experience the traditional culture and breathtaking scenery of this ancient land. Discover the bustling markets, explore the Silk Road, and experience the wild and beautiful Tian Shan Mountains. With this complete route, you'll be able to appreciate the unique and disappearing way of life of the Kyrgyz nomads and get a glimpse into their ancient customs. From the shores of lake Issyk-Kul to the wild valleys of the Tian Shan, you'll be able to explore the enchanting and preserved nature of Kyrgyzstan. Furthermore, you'll have the opportunity to meet local Kyrgyz people and other ethnic groups, and savor their delicious cuisines. This journey will be an experience unlike any other, making it a once-in-a-lifetime adventure.

# DISCOVERY TOUR OF KYRGYZSTAN



# Nomadic Kyrgyzstan

Tour Type: Cultural

Best season: June - September

Duration: 6 days/5 nights

Tour Operator: Travel Experts



Bishkek



Ala-Archa



Burana



Song-Kol



Kochkor



Jeti Oguz



Karakol



Issyk-Kul  
Lake



Chong-Kemin

## Activities

- City tours in Bishkek and Karakol
- Ala-Archa National Park, Burana Tower, Balbals
- Song-Kol and Issyk-Kul lakes
- Jeti-Oguz Gorge
- Photo stops at altitudes of 3400 and 3201 meters above sea level
- Trip on transparent boats and horseback riding
- Workshops and masterclasses on eagle hunting and felt carpet making
- Historical, crafts and ethnographic museums

## Level of difficulty

An average level of fitness is required.

## Tour highlights

Experience Kyrgyzstan's captivating culture, awe-inspiring landscapes, and renowned history on the Nomadic Kyrgyzstan Tour. Discover attractions like Ala-Archa National Park at the foot of the majestic Tien Shan Mountain range, the 11th-century Burana Tower, and the enigmatic Balbals (stone warriors). Climb to the summit of Son-Kul, the second largest lake in Kyrgyzstan at an altitude of 3,013 meters above sea level. Then, journey to Issyk-Kul, the world's second largest alpine lake, and immerse yourself in the locals' ancient traditions surrounding the lake. Finally, explore your inner nomad with activities like felt carpet making, eagle hunting, and horseback riding.



# NOMADIC KYRGYZSTAN



TRAVEL  
EXPERTS  
[www.travel-experts.kg](http://www.travel-experts.kg)



# Mystery of Sary-Chelek

Tour Type: Trekking

Best season: June - September

Duration: 11 days/6 nights

Tour Operator: Baibol Travel



Bishkek



Talas



Chiim-Tash



Kara-Kuldja



Kashka-Suu



Kara-Kamysh  
Lake



Iiri-Kel  
Lake



Sary Chelek  
Lake

## Activities

- Traditional games: Kyz-Kuumai, Kok-Boru
- Archery and hunting with golden eagles, falcons and the Kyrgyz greyhound (Taigan)
- Petroglyphs
- Seven beautiful lakes including stunning Sary-Chelek Lake

## Level of difficulty

This tour is recommended for people with hiking experience.

## Tour highlights

Experience the stunning beauty of Kyrgyzstan's majestic Sary-Chelek lake with a nomad trekking tour! Our tour begins at the "Manas - Ordo" complex, home of the world-renowned epic "Manas", declared a UNESCO masterpiece in 2013. As you reach the lake's pristine and unique beauty, you'll be taken away by its captivating views. Sary-Chelek lake is a protected area in the international biosphere reserves of UNESCO, and its surrounding areas are full of vibrant coniferous forests, slender birch trees, and thick raspberry bushes. You'll have the opportunity to hunt with golden eagles, falcons, and taigans and even experience traditional nomad games. Immerse yourself in the beauty of Sary-Chelek lake and discover the unique culture of the Kyrgyz nomadic lifestyle.

# SARY-CHELEK



# The Land of Nomads

Tour Type: Cultural

Best season: May - September

Duration: 9 days

Tour Operator: Discover Central Asia Tours (DCAT)

Bishkek · Chon-Kemin · Cholpon-Ata · Karakol · Jety-Oguz · Kochkor · Son-Kul · Jalal-Abad · Uzgen · Osh

## About tour

Embark on an unforgettable journey to Kyrgyzstan and explore its ancient and rich culture with the "Land of Nomads" tour! Visit the 12th century Burana minaret, explore the stunning Issyk-Kul Lake, the second largest mountain lake in the world, surrounded by snow-capped peaks and lush greenery. Journey to Jety-Oguz Gorge to discover its dramatic rock formations, including the iconic "7 Bulls" and "Broken Heart" rocks.

At Son-Kul Lake, the largest freshwater lake in Kyrgyzstan, you can go horseback riding, go for a short hike, and taste local cuisine. Visit Uzgen's Rice Bazaar, explore the Silk Road, get to know Osh - the oldest city in Kyrgyzstan, and climb Suleiman Mountain, which is part of the UNESCO World Heritage List. As the tour ends, take part in a cooking class to learn how to make Pilaf - an Uzbek delicacy - and explore Ala-Archa National Park to marvel at its beauty.

Join the "Land of Nomads" tour and create a lifetime of unforgettable memories!

# THE LAND OF NOMADS



DISCOVER  
CENTRAL  
ASIA  
TOURS



# Best of Alay Mountains

Tour Type: Trekking / Cultural  
Best season: June – September  
Duration: 8 Days/7 Nights  
Tour Operator: Visit Alay



Osh



Pamir Alay  
Mountains

## About tour

Discover one of the most stunning and unexplored mountain regions in the world! This off-the-beaten-track tour has it all - from turquoise alpine lakes and lush green valleys to high desert moonscapes and the red rock formations of "Three Dragons Gorge".

Plus, trekking and nomadic cultural experiences with incredible mountain vistas and passes that look like another planet. And don't forget about the majestic Lenin Peak (7,134 m). Sleep in a traditional yurt and meet Kyrgyz shepherds, learn about their traditional nomadic culture, and enjoy home-cooked meals. Moreover, you'll be contributing to local communities as this tour is Community-Based. Seize this once-in-a-lifetime opportunity and discover Kyrgyzstan's majestic beauty!



  
**VISIT ALAY**  
*make your spirit fly*



# Pearls of Kyrgyzstan

Tour Type: Cultural tour with soft adventure

Best season: June – September

Duration: 9 days

Tour Operator: Visit Kyrgyzstan



## Highlights

- Burana Tower
- Amazing nature
- Ala-Archa National Park
- Bishkek sightseeing tour
- Petroglyphs in Cholpon-Ata
- Dungan Mosque and Orthodox Church
- Hot springs
- Horseback riding
- Issyk-Kul and Song-Kul lakes
- Hunting with an eagle

## Level of difficulty

An average level of fitness is required.

## About tour

Get ready to explore Kyrgyzstan's breathtaking landscapes, cultural heritage and ancient secrets on our 10-day "Pearls of Kyrgyzstan" tour! Step into the wild at Ala-Archa National Park and explore the archaic Burana Tower complex, located on the Great Silk Road, as well as numerous petroglyphs near Issyk-Kul lake.

Immerse yourself in different cultures by visiting the Dungan Mosque and Orthodox Church, and spend some time in the healing hot springs. Learn how to hunt with an eagle like a nomad and stay overnight in a yurt. Marvel at the stunning views while horseback riding in the gorges of the majestic Song-Kul lake, and gain a unique insight into the life of Kyrgyzstan's shepherds.

Join us to experience the unparalleled beauty of Kyrgyzstan on this special tour!





Visit Kyrgyzstan



# Dungan Cultural Dinner Hogo

Tour Type: Cultural  
Best season: year-round  
Duration: 2.5 hours  
Tour operator: Destination Karakol



Bishkek

Travelife  
PARTNER  
Committed to sustainability

Destination  
KARAKOL



## About tour

Immerse yourself in the captivating culture of the Dungan people through a traditional dinner of Hogo. On this tour activity, you will have the opportunity to partake in the fascinating HuaTsa tea ceremony, participate in fortune telling, cook your own Hogo, dress in traditional wedding attire, and explore a cozy family museum filled with antique props - some of which are more than 100 years old!

As the evening comes to a close, don't miss the chance to take amazing photos wearing national Dungan costumes.



# The Beauty of Kyrgyz-Ata

Tour Type: Camping

Best season: June – September

Tour Duration: 3 days/2 nights

Tour Operator: Destination Osh

Osh Kyrgyz-Ata  
National Park

## Highlights

- Majestic places of the Kyrgyz-Ata National Park
- Warm hospitality of local residents
- Radial hiking and overnight in tents
- Horseback riding

## About tour

Explore the magical beauty of Kyrgyzstan with a three-day journey to Kyrgyz-Ata National Park. Located 57 km from Osh City and 90 minutes away by car, this park is a treasure of the Osh Region. Immerse yourself in the stunning local nature and get to know the traditional nomadic Kyrgyz culture. Enjoy the peaceful atmosphere and the breathtaking views of Kyrgyzstan's natural beauty. Experience the true spirit of Kyrgyzstan and take home unforgettable memories.



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