

## Explore the Heart of Kyrgyzstan

Cultural Tour Duration: 8 Days Season: Middle of June – August



You will travel through Kyrgyzstan from the North to the South in the Naryn oblast and cross 6 passes on the way. It will be possible to see a lot of landscapes of different climatic zones: green valleys, fir forests, alpine meadows, snow, fast rivers and lakes of pure water. As a part of this wonderful wild nature you will get a chance to live in a yurta and watch a traditional nomad's life.

All accommodation during the tour is in a comfortable hotel, bed and breakfast or yurtas (Kyrgyz nomadic felt tent).

## Itinerary

**Day 1** Arrive in Bishkek. City Tour. Overnight in a hotel.

- **Day 2** Travel to Naryn (380 km). You will visit the Burana Tower (11<sup>th</sup> C) historical monument on the way. The road runs through picturesque mountain gorges and en route you will cross 3 passes. You will have dinner in Kochkor on the way to Naryn. There, you will visit a workshop that makes traditional felt carpets. Overnight in family run accommodation.
- **Day 3** Trip to Tash-Rabat (120 km). There are beautiful, high, mountain valleys along the route. In one of them you will watch falcon hunting and participate in erecting a yurta and then be a guest there. In the afternoon you will come to a historical resting place on the Great Silk Road the Tash-Rabat Caravan-Sarai(12<sup>th</sup> C). Overnight in the yurta camp there.
- **Day 4** Trip to Son-Kul Lake (150 km). Part of the trip will be by car (105 km) and in the afternoon, like a real nomad, you will go horse riding (5 hours) along a mountain track through the Moldo-Ashu Pass (3900 m) to Son-Kul Lake (3018 m, size 40 to 20 km). Overnight in a yurta camp.
- **Days 5-6** Horseback riding and hiking around the lake, watching the shepherds way of life: making bread and kumyz (the national Kyrgyz drink from mares' milk). Overnight in yurtas.
- **Day 7** Depart for Bishkek by car (400 km). Descend from the Son-Kul plateau on the opposite side. Overnight in the hotel in Bishkek.
- Day 8 Fly home.

Level of difficulty: This tour is suitable for both children and adults.

<u>Conditions:</u> If you have some specific sicknesses you need to bring own first aid kit with necessary medicaments.

*Tour combination:* This tour can be combined with the other tours in Kyrgyzstan offered by NoviNomad.





Cultural tours in Kyrgyzstan