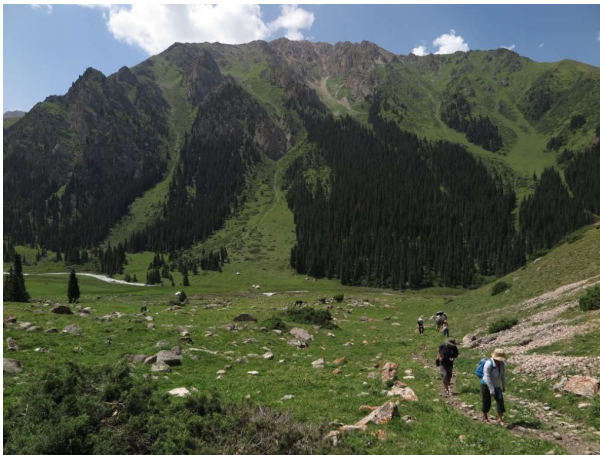


30 June to 12 July 2024 (15-days) Kyrgyzstan Culture, Nature & Adventure Hike + Horse-riding**Estimate Ground Cost Rm 8,300 (per pax for group of 12-19pax)****Based on USD1.00 = Rm4.70 Cost will be adjusted accordingly depending on rate in May 2024**

Update 13 Oct 2023 Estimate ground cost will include most meals and entrance fees, subject to changes shall 2024 transport prices increase significantly. Not included is return Emirates flight ticket - online fare is about Rm4,000 today. Do take note that Kyrgyzstan is a mountainous country and we will be passing through some high passes with max at **3,500m above sea level**. This trip will also feature accommodation in basic home-stays and yurt camps where **toilets & showers are on sharing basis**.

IMPORTANT NOTICE: This is meant to be a "free and easy" adventure trip. Participants should be relatively fit, with a good sense of humor, and above all, have the right attitude for close travel with others through possibly some trying times. Most definitely, this is not a trip for prudes, whiners, fussy-pots, and other similarly assorted types! We had a couple of those before and it wasn't pleasant for us or them. Although every effort will be made to stick to the given itinerary, ground conditions may change and cause some disruption and/or deviation from the norm. Otherwise, have fun !



Hiking inside Altyn Arashan valley / Yurt camps at Song Kul lake

A Central Asian country located along the Great Silk Road, **Kyrgyzstan** is a melting pot of cultures with 40 ethnic groups – with many still practising their nomadic lifestyles. Having 95% of the country covered by mountains, the country also offers travellers plenty of beautiful landscape that includes snow-capped mountains, lakes and rivers. Come and experience the untouched country as it slowly emerges from its past Soviet governance as part of USSR. July is wonderful month to visit as it is the start of summer and welcomes visitors with variety of wild flowers and seasonal fruits.

Highlights of this trip :

- Two days going in and out of **Altyn Arashan** to enjoy walking and why Kyrgyzstan is also well-known as Switzerland of Central Asia
- Horse-ride towards **Song Kul** and learning more about the nomadic lifestyle
- Discover the local culture with 2 cooking demonstrations, enjoy local food & hospitality during our homestays and experience the bustling bazaar scene.

Please take note that we have several nights staying in **homestays with shared toilets** and **yurts** - traditional homes by the nomadic people with **outdoor shared toilets and showers** facilities where available. **Shared toilets 9 nights out of total 13 nights.**

B = Breakfast, L= Lunch, D=Dinner

Day 1 Airport/Plane: Assemble in KLIA by **7:00AM SUN 30 Jun 2024** for **Emirates** morning flight EK345 departing 10:15AM. Fly 7hr before arriving in Dubai 1:10PM. Long transit for 9.5hr. Reconnect on Emirates/Flydubai flight 4hr **EK2418** leaving Dubai **10:45PM** arriving Bishkek **4:40AM** next morning

Day 2 Bishkek: Arrive early morning 4:40AM. Meet our local guide at airport. We have walking tour around Bishkek to visit some of the places of interests around this capital city with about 1million inhabitants. O/N Bishkek hotel with own

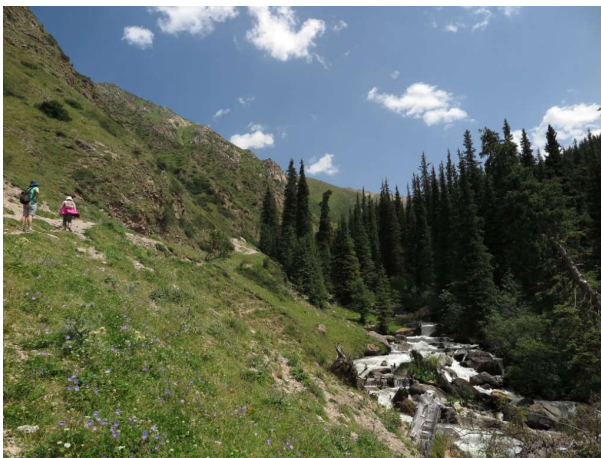
meals today

Day 3 Chon Kemin (B/L/D): After breakfast, our chartered transport then brings us east towards national nature reserve of Chon Kemin valley. Along journey, visit Burana Tower (minaret of 11th century). Arrive Chon Kemin for lunch. Free time afternoon to explore around this quiet valley. O/N in homestay **shared toilets** with dinner provided

Day 4 Karakol (B/D): After breakfast, our chartered transport drives us eastwards towards Karakol 140km away.. Along the way, we stop at Cholpon-Ata to view an open air petro-glyphs (rock painting) gallery. Our journey towards Karakol brings us pass the northern shore of **Issyk-Kul Lake**. It is the 2nd largest alpine lake in the world, after Lake Titicaca in South America.. Own lunch in cafe enroute included. When we arrive at Karakol, we proceed to visit the Dungan mosque - built in Chinese style without using a single metal nail and a wooden Orthodox Church. Dinner with Dungan family, who are Chinese Muslim. O/N in local guesthouse.

Day 5 Altyn Arashan (B/L/D): Morning transfer to **Altyn Arashan** gorge by Russian military 4WD vehicle. Altyn Arashan ("Golden Spa") gorge is one of the most famous gorges in Karakol. Here one will see wonderful fir tree forests and thermal springs along the whole gorge. Picnic lunch provided. After arriving at Altyn Arashan camp, members can enjoy walking around valley and soak in thermal waters in the evening. Members have option to walk the last section of the trail towards our overnight stay. O/N in **yurt camp or mountain hut** with **basic shared toilets**.

Day 6 Trek down & Karakol (B/L/D): After breakfast, trek 4-5hr back downhill to Ak-Suu village to meet our transport with picnic lunch included. Enjoy the panoramic mountainscape around us. O/N guesthouse with dinner provided. *Walking distance = 15km one way. Elevation drop 700m*



Hiking inside Altyn Arashan / Russian 4WD military ride into Altyn Arashan

Day 7 Bokonbaevo (B/L/D): After breakfast, we drive to **Jeti-Oguz** Gorge. Its name in Kyrgyz language means "Seven bulls". The name is symbolic, because there is a 35 km long wall of seven huge red-brown cliffs resembling furious bulls standing together. We also visit Kök-Jaik area (Valley of Flowers). Lunch included with local Kryrgyz family. Another stop at Skazka canyons (Fairy Tale canyons), before our transport takes us towards Bokonbaevo for our overnight yurt stay. Bokonbaevo town is located along the southern shore of Issyk-Kul lake, where members can enjoy swim and dip inside the lake. Dinner accompanied by folklore concert included. O/N **yurt camp** with **shared toilets & showers** available.

Day 8 Kyzart Village (B/L/D): Afternoon, transfer westwards towards Kochkor. Along the way, we have a stop to watch eagle-hunting, one of the ancient traditions of Kyrgyz people. Drive further towards Kyzyl-Tuu village famed for their yurt-making residents. Experience how the Kyrgyz members set up yurts and lunch provided here. Afternoon, we continue on towards Kyzart Village. O/N homestay with **shared toilets**, dinner provided. Tonight members need to repack your personal belongings for full day horse-riding tomorrow. Big luggage will be transported to Song-kul and members only carry daypack with necessary provisions.

Day 9 Horse-riding to Song Kul (B/L/D): After breakfast, we get on our horses for uphill journey via Tuz-Ashuu pass towards second largest lake in Kyrgyzstan - **Song Kul**. Picnic lunch included. Expect to arrive at Song Kul located at **3,013m** above sea level by late afternoon. Song Kul is the best place to experience the nomadic lifestyle of the Kryrgyz people who bring their herds here during summer time. This is also wonderful place to gaze at the stars because of minimal light pollution. O/N **Yurt Camp** with **outdoor shared toilets & showers** for next 2 nights. Dinner at yurt camp.

Day 10 Song Kul (B/L/D): Today is our chill out day to experience the shepherd lifestyle. If opportunity arise, we can watch and participate in the everyday life of the shepherds which include milking mares, making traditional Kryrgyz milk products such as *kymyz* (fermented mare's milk) or *airan* (a sour, dense milk product). O/N **Yurt Camp** with **outdoor shared toilets & showers** with lunch & dinner provided.



Horses at Song kul lake / Horse riding to Song Kul

Day 11 Kazarman (B/L/D): After breakfast, we drive south west towards Kazarman. Today is a long drive, but we will have few photo stops to enjoy the scenic views along the journey. Upon arrival in Kazarman, we can explore this tough mining town which used to be a bustling from its gold mining activity. O/N Kazarman in guesthouse with **shared toilets**, dinner provided.

Day 12 Jalalabad (B/L/D): We continue our drive southwest towards Jalalabad 150km away. Along the way, stop at Kara-Alma village for lunch. Experience how the locals make their bread. Short rest after arriving in Jalalabad. Early evening, short drive towards a local Uzbek family where we learn how to make plov - rice with meat and carrots and enjoy the dinner included. O/N guesthouse with **shared toilets**.

Day 13 Osh (B): After breakfast, we travel southwards towards **Osh**. Upon arrival in the afternoon, we go for sightseeing tour around Osh, which is the 2nd largest city in Kyrgyzstan. Legends said Osh was founded by King Solomon ages ago and had an important position on trading routes of the Great Silk Road. We walk up sacred Sulaiman Too Mountain, its Museum and Osh Bazaar. This is one of Central Asia's largest open air market where members can buy honey, dried fruits and nuts. O/N in hotel. Today meals on our own to enjoy the local food.

Day 14 Bishkek (B): After breakfast, free time until our domestic flight from Osh to Bishkek (final details only available about 1-2 months prior to departure). After arriving in Bishkek, members have rest of the day free & easy for final shopping or local bath/spa experience. Own meals today.

Day 15 PLANE (B): Transfer to Bishkek airport for early morning flight out on Emirates/Flydubai flight 4hr 20min **EK2419** departing **5:50AM**, arriving Dubai **8:10AM**. Short transit 2hr 15min. Reconnect on Emirates **EK342** leaving Dubai **10:25AM** arriving KLIA at **9:50PM 13 JULY 2024 SATURDAY**.



Plov demonstration / One of the many vendors inside Osh Bazaar

TERMS AND CONDITIONS

1. Estimate Ground Cost includes accommodation, entrance fees, meals and travelling to sites mentioned above.
2. Accommodations will be in twins/doubles for hotels and some guesthouses where possible. For yurts stay, accommodation is shared accommodation ranging from 4pax to 6pax with outdoor toilets with showers available, except at Altyn-Arashan where members can use the hot springs to wash up.
3. Not covered are **Emirates** return flights on individual ticket about Rm4,000, meals not included (USD15 x 7 meals = USD105), personal shopping etc

4. Cost is subject to change depending on fluctuations in exchange rates and/or airfares. Ground costs calculated based on USD1.00 = MYR4.7 rate as at 13 Oct 2023.
5. A non-refundable deposit of **Rm3,000** will be payable to confirm your place.
6. We may quickly call in more deposits to buy lower PROMO fares either online or through ticketing agent.

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