



Trekking in Ala-Kol Lake and the Tien Shan Mountains

Ala-Kol Lake and the Tien Shan Mountains in Kyrgyzstan are among the country's most captivating natural wonders, offering stunning landscapes and unforgettable experiences for adventurers and nature enthusiasts.

Ala-Kol Lake, nestled at an elevation of 3,532 meters, is a pristine alpine lake located in the heart of the Terskey Alatau Range, part of the greater Tien Shan Mountains. Its crystal-clear waters shimmer in hues ranging from turquoise to emerald, depending on the sunlight and time of day, creating a mesmerizing sight. Surrounded by rugged peaks, glaciers, and steep cliffs, Ala-Kol's dramatic setting makes it a bucket-list destination for trekkers. The lake stretches about 2.8 kilometers in length and 700 meters in width, offering a peaceful and remote atmosphere that makes the trek to it well worth the effort.

The Tien Shan Mountains—which translate to "Celestial Mountains"—span several Central Asian countries, including Kyrgyzstan, and are known for their towering snow-capped peaks, deep valleys, and diverse ecosystems. These mountains are a paradise for trekkers, climbers, and explorers, featuring a wide range of landscapes, from glaciers and alpine meadows to dense forests and vast grasslands. The Tien Shan also holds cultural significance, as nomadic Kyrgyz shepherds have grazed their flocks in its lush valleys for centuries.

Trekking through the Ala-Kol and Tien Shan region offers breathtaking views of glaciers, high-altitude lakes, and towering mountain ranges. The routes can be challenging due to high altitudes and steep ascents, but the rewards are immense, with unparalleled natural beauty and the chance to immerse yourself in untouched wilderness. The area is also home to a variety of wildlife, including ibex, marmots, eagles, and even snow leopards in more remote areas. In addition to the natural beauty, the trekking experience in the Ala-Kol and Tien Shan region provides a connection to the traditional nomadic culture of Kyrgyzstan, as many routes pass by yurt camps and grazing grounds where local shepherds tend their flocks.

For those seeking an off-the-beaten-path adventure, Ala-Kol and the Tien Shan Mountains promise a journey into one of the most stunning and untouched corners of Central Asia.



Day/Date	ITINERARY	Meals/ Lodging
DAY 01	SINGAPORE – BISHKEK	
	<p>Departure: Singapore to Biskek, on your preferred airline. Arrival: Arrive in Bishkek airport Manas. Transfer to the hotel. Welcoming dinner at restaurant.</p>	Hotel/Resort
DAY 02	BISHKEK -BOKNBAEVO	Overnight at @Yurt Elevation 2000m
	<p>After breakfast, travel to the vilalge Bokonbaevo. Arrive in the place for lunch time. After lunch visit the fairytales canyon Skazka, short hiking and meet the local golden eagle hunters. Eagle show. For sunset short hiking to the panorama Shatyly. For overnight return to the guesthouse with dinner.</p> <p>This day is good for acclimatizing. The level of altitude is 1800-2000m above sea level.</p>	Breakfast Lunch Dinner
DAY 03	JETI -OGUZ	Overnight at @Yurt Elevation 2000m
	<p>07:00 AM – Breakfast, we will begin our journey to the stunning Ara-Bel Plateau, sitting at 4,000 meters above sea level. Explore the breathtaking high-mountain landscapes and breathe in the crisp, fresh air. Along the way, we'll visit the renowned Bars Tears Waterfall in Barskoon Gorge. This natural monument, cascading from 100 meters, roars as it breaks into millions of droplets, and in winter, it transforms into an ice palace, offering a spectacular display of nature's beauty year-round.</p> <p>We'll enjoy a 2–3-hour hike to the waterfall, also known as the "Tear of the Snow Leopard." Afterward, we'll have a picnic lunch in the wilderness, surrounded by the serene beauty of nature. In the late afternoon, we will arrive in Jeti-Oguz and settle into the yurt camp, where you'll enjoy a traditional dinner and sleep in authentic yurts. This day serves as part of your acclimatization, starting at 1,800 meters, reaching up to 4,000 meters, and returning to an overnight stay at 2,000 meters.</p>	Breakfast Lunch Dinner
DAY 04	JETI -OGUZ-GORGE	Overnight at @Camp Elevation 2200m
	<p>After an early breakfast, we begin our hike up to the Valley of Flowers, following the scenic Jety-Ögüz River. The trail meanders alongside the river, offering beautiful views of the surrounding landscapes. This day we will approach Teleti Pass (3759 m), 6 hours walking in Teleti Gorge along Teleti river. You will observe fir forests, stones and Oguz-Bashy peak ("Bull's Head", 5 120 m) Tonight, we'll camp under the stars with an overnight stay in tents.</p> <p>Trekking time: 4-5 hours.</p>	Breakfast Lunch Dinner
DAY 05	KARAKOL GORGE	Overnight at @Camp Elevation 2200m
	<p>Cross the Teleti Pass at 3,759 meters, where you'll be rewarded with stunning panoramic views. The route then descends into the picturesque Karakol Gorge, offering a challenging but rewarding 6-7-hour trek. We'll set up camp for the night amidst the serene Tien Shan fir forest, surrounded by the tranquility of nature. Overnight stay in tents.</p>	Breakfast Lunch Dinner

DAY 06	LAKE ALAKOL	Overnight at @Camp Elevation 3500m Breakfast Lunch Dinner
	Hike to the breathtaking Ala-Köl Mountain Lake , situated at 3,500 meters, passing by two picturesque waterfalls along the route. Upon reaching the top, take a well-deserved 40-minute break to explore the stunning surroundings. After resting, descend to the lakeshore, where we'll set up camp. Enjoy free time to discover the beauty of the area, surrounded by magnificent landscapes. Trekking time: 4-5 hours.	
DAY 07	ALTYN-ARASHAN	Overnight at @Camp Elevation 3500m Breakfast Lunch Dinner
	After breakfast, begin your morning by crossing the Ala-Köl Pass, making your way to the Takyr-Tor Valley. From there, enjoy a scenic downhill trek to the Altyn-Arashan Valley, where you'll have the chance to relax in the natural hot springs of this beautiful nature reserve. In the evening, enjoy a warm welcome and dinner at a local yurt camp. Overnight stay in tents. Trekking time: 5-6 hours	
DAY 08	KARAKOL TOWN	Overnight at @Hotel Elevation Breakfast Lunch Dinner
	After breakfast, we'll begin our easy 16-kilometer downhill walk to Ak-Suu, following a scenic mountain road. Upon arrival, a minibus will be waiting to take you to your hotel in Karakol. We should arrive in time for lunch at the hotel. trekking time: 4 hours, In the afternoon, enjoy some rest or take an optional walking tour of the town. In the evening, we'll gather for dinner at a local restaurant.	
DAY 09	TRAVEL TO BISHKEK	Overnight at @Hotel Elevation Breakfast Lunch Dinner
	Travel to Bishkek , stopping enroute to visit the Burana Tower , a significant historical landmark from the Silk Road era. After exploring the tower, we'll continue to Bishkek, where we'll enjoy lunch at a local café. Upon arrival, check into your hotel and relax. In the afternoon, you'll have the option to visit local markets for some shopping and cultural immersion. In the evening, we'll gather for a farewell dinner at a restaurant, celebrating the end of our journey together.	
DAY 10	BISHKEK- TRAVEL TO SINGAPORE	Breakfast





BROTHERS 兄弟国际旅游私人有限公司
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TRIP COST: S\$4300 Per person (twin triple sharing basis)

COST INCLUDES:

- Air travel Singapore- Biskek Singapore
- Airport pick-up and drop-off
- Fully guided tours throughout the trip
- Accommodation: C a m p i n g during trek
- Hotel accommodation in Biskek
- Meals: Breakfast, lunch, dinner
- Trekking guide, Porters, horse, horse man
- All fuel, camping gear will be provided.
- Service of a licensed and trained guide
- Local transportation as per the itinerary
- National Park/conservation area entry permits
- All necessary permits and documentation (where applicable)
- Coordination and quick rescue service in case of emergency (cost covered by your insurance plan)

Service and cost do NOT include:

- Personal travel insurance, Single room supplement fee, Airport taxes and fuel surcharge S\$180, Personal expenses, Tipping US\$6 Per pax per day





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