BIKING KYRGYZSTAN!

New Biking Trails in #DiscoverKyrgyzstan

Find your favorite trail's location on the map!

BACKGROUND

In late summer of 2017, the US Agency for International Development (USAID) Business Growth Initiative partnered with local sports company Gergert Sport to identify, test and promote select biking treks located across various destinations throughout Kyrgyzstan.

The intent of this initiative was to reveal viable bike trekking and tour opportunities which would be of likely interest to incoming travelers and outdoor adventure enthusiasts. And as importantly, to diversify and complement existing tour products located within the Naryn and lssyk Kul oblasts.

These 18 highlighted bike treks represent 505 kilometers of day rides across scenic vista views of mountain tops, alpine meadows and lakes, and historical sights in/around city areas. All rides portrayed here, are also digitally mapped and marked on widely known mountain biking trail database and management system and smartphone application Trailforks (www.trailforks.com).

To plan your next exciting bike tour, contact respective organizations listed here, or alternately visit Trailforks to locate additional information.

JYRGALAN

Tulpar Tash	. 4
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BOKONBAYEVO

Salt Lake	Karakol City Ride
Boz Salkyn – Tosor – Skazka 14	Kashka-Suu Gorge
Eki-Naryn Gorge16	-
Boz Salkyn – Kadji Sai	Karakol Ski Base Tour
Kolbel – Beltam	

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KARAKOL

JUMGAL

lduu-Suu Mountain Lake... ma Channel.



PERSONAL PROPERTY.

• TULPAR TASH •

TO BOOK DESTINATION JYRGALAN VALLEY'S TOUR PRODUCTS PLEASE CONTACT:

- O Destination Jyrgalan Valley Office, Jyrgalan Valley, Ak-Suu District
- WhatsApp/Phone (English and Russian): +996 551 916 924
- E-mail: destination.jyrgalan@gmail.com
- Facebook: facebook.com/destinationjyrgalan/ Instagram: @destinationjyrgalanvalley
- www.ivrgalan.com
- G Sign-ups are available at participating Jyrgalan guest houses and hotels



JYRGALAN

A half-day leisurely ride serving as a perfect opportunity to explore outside the village of Jyrgalan itself. Depart Jyrgalan and cross the river to ascend the hillside, following the marked dirt road on the way to Eki Chat. As a local landmark, Tulpar Tash allows for fantastic photo opportunities, and take time for panoramic views over Jyrgalan Valley and the village itself.

KEY DETAILS

Difficulty:

Season: June – September

Route: Jyrgalan Village along the road to Tulpar Tash -Tulpar Tash – Jyrgalan Village

Duration: 3 hours

Distance: 7.3 km

Starting/ finishing point: Jyrgalan Village, 2270 m



1.5 km 3 km 4.5 km 6 km Graph: Min, Avg, Max; Elevation: 2258, 2334, 2445 m; Distance: 7.1 km; Elev. Gain/Loss: 228 m, -227 m; Max Slope: 20.9% - 25.5%; Avg Slope: 6.1%, -6.2%

ELEVATION CHART

2445 m

2350 m

2260 m

TULPAR

TASH

JYRGALAN VILLAGE

• **BIRCH GROVE** LOOP •

JYRGALAN

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- Facebook: facebook.com/destinationjyrgalan/
- Instagram: @destinationjyrgalanvalley
- www.ivrgalan.com
- G Sign-ups are available at participating Jyrgalan guest houses and hotels



A day-long, moderate 16 km loop which allows riders to exit Jyrgalan village and follow the valley until a turnoff (5.5 km) and the old road to Tulpar Tash. Riders ascend through a breathtaking birch grove forest until reaching this famous landmark at the base of the Chunkur Tor mountain range. Take time to reflect upon local legend surrounding the rock, and the various imagery that depicts such, before ending the day ride back in the village.

ELEVATION CHART

2265 m 2110 m

5 km 7.5 km 10 km 12.5 km 16.1 km Graph: Min, Avg, Max; Elevation: 2110, 2265, 2448 m; Distance: 16.1 km; Elev. Gain/Loss: 447 m, -447 m; Max Slope: 22.4% -24.6%; Avg Slope: 5.3%, -5.0%

TULPAR

KEY DETAILS

Difficulty:

Season: June – September

Route: Jyrgalan Village down by the main road -Birch Grove - Tulpar Tash -Jyrgalan Village

Duration: 5 hours

Distance: 16 km

Starting/ finishing point: Jyrgalan Village, 2270 m

SEE ALSO ON **TRAILFORKS**





JYRGALAN VILLAGE

• TEMIRLAN STONES •

JYRGALAN

TO BOOK DESTINATION JYRGALAN VALLEY'S TOUR PRODUCTS PLEASE CONTACT

- O Destination Jyrgalan Valley Office, Jyrgalan Valley, Ak-Suu District
- WhatsApp/Phone (English and Russian): +996 551 916 924
- E-mail: destination.jyrgalan@gmail.com
- Facebook: facebook.com/destinationjyrgalan/
- www.ivrgalan.com
- Gign-ups are available at participating Jyrgalan guest houses and hotels



Expect considerable challenge along this 1-day, 30 km route originating in Jyrgalan village and heading northeast up the valley, past various former mine sites, and toward local attraction Kok Bel Waterfall. Ascending the valley and crossing paths of various herds and flocks of local horses and sheep, enjoy an exhilarating descent all the way to Temirlan Stones, relax and take pictures of this local landmark and learn of tales behind its past, before being picked up and returned by car transport back to Jyrgalan village. **ELEVATION CHART**

TYUP

RIVER

2248 m 1996 m 7.5 km 15 km

 7.5 km
 15 km
 22.5 km
 28.9 km

 Graph: Min, Avg, Max; Elevation: 1996, 2248, 2602 m;
 Distance: 28.9 km;
 Elev. Gain/Loss: 450 m, -722 m;
 Max Slope: 15.7% -18.7%;
 Avg Slope: 4.6%, -3.5%

CHYMYNDY SAI

KEY DETAILS

Difficulty:

Season: June – September

Route: Jyrgalan Village – Kok Bel Pass – down to Tyup River – Chymyndy Sai – Temirlan Stone

Duration: 6 hours

Distance: 30 km - 1 way (return transport required)

Starting point: Jyrgalan Village, 2270 m

Finishing point: Temirlan Stone, 2000 m



KOK BEL PASS

JYRGALAN

VILLAGE





• KOK-BEL WATERFALL LOOP

JYRGALAN

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- O Destination Jyrgalan Valley Office, Jyrgalan Valley, Ak-Suu District
- WhatsApp/Phone (English and Russian): +996 551 916 924
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- Facebook: facebook.com/destinationjyrgalan/ Instagram: @destinationjyrgalanvalley
- www.jyrgalan.com
- Sign-ups are available at participating Jyrgalan guest houses and hotels



ELEVATION CHART



Distance: 12.9 km; Elev. Gain/Loss: 557 m, -557 m; Max Slope: 38.5%, -37.8%; Avg Slope: 7.6%, -8.7%

COAL

MINE



An easily identifiable and enjoyable half day trek, the Kok Bel waterfall route is a perfect loop eastward from the village, heading directly past several coal mines which served as the primary economic driver for Jyrgalan in years past. There is slight challenge with a near 200 m ascent over 4 km yet maximum rewards wait for any rider with an optional walk/hike to the falls themselves. The return portion of the loop (8 km) is a highlight as riders enjoy a downhill ride all the way back to Jyrgalan village.

KEY DETAILS

Difficulty:

Season: June – September

Route: Jyrgalan Village -Coalmine – Waterfall - Coalmine -Jyrgalan Village

Duration: 4 hours

Distance: 13 km

Starting/ finishing point: Jyrgalan Village, 2270 m

12.9 km

WATERFALL





• SALT LAKE •

BOKONBAYEVO

TO BOOK DESTINATION SOUTH SHORE ISSYK KUL'S TOUR PRODUCTS PLEASE CONTACT:

- O Destination South Shore Issyk-Kul Office, 37 B.Mambetov Street, Bokonbayevo
- WhatsApp/Phone (English and Russian): +996 703 927 086
- 😣 E-mail: southshoreik@gmail.com
- Facebook: facebook.com/destinationsouthshore/
- lnstagram: @southshoredmo
- www.southshorekg.com
- **(**) Sign-ups are available at participating South Shore Issyk-Kul guest houses and hotels

Requiring car transport and support, this easy 20 km trek originates from Ak-Sai village, approximately 12 km west of Bokonbayevo. Upon drop-off, enjoy a brief 2 km ascent before then enjoying a near 8 km descent down little known yet picturesque canyons to gorgeous Lake Issyk Kul. It's a straight shot along the shores to local hot spot 'Salt Lake'. Enjoy time before your pickup and return to Bokonbayevo. ELEVATION CHART

1899 m 1800 m 1725 m 1650 m 1603 m

 5 km
 10 km
 15 km
 20.8 km

 Graph: Min, Avg, Max; Elevation: 1603, 1696, 1899 m;
 Distance: 20.8 km;
 Elev. Gain/Loss: 425 m, -202 m;

 Max Slope: 12.9%, -17.4%; Avg Slope: 3.0%, -2.1%
 Distance: 20.8 km;
 Elev. Gain/Loss: 425 m, -202 m;

CANYONS

KEY DETAILS

Difficulty:

Season: April – October

Route: Ak Sai Village – through the canyons to Issyk Kul Lake – along the shore to Salt Lake

Duration: 4 hours (+1.5 hours transport)

Distance: 21 km

Starting point: Ak Sai Village, 1880 m

Finishing point: Salt Lake, 1600 m



• BOZ SALKYN – BOKONBAYEVO TOSOR – SKAZKAO

and the second second

TO BOOK DESTINATION SOUTH SHORE ISSYK KUL'S TOUR PRODUCTS PLEASE CONTACT:

- O Destination South Shore Issyk-Kul Office, 37 B.Mambetov Street, Bokonbayevo
- WhatsApp/Phone (English and Russian): +996 703 927 086
- 🖂 E-mail: southshoreik@gmail.com
- Facebook: facebook.com/destinationsouthshore/
- Instagram: @southshoredmo
- www.southshorekg.com
- **()** Sign-ups are available at participating South Shore Issyk-Kul guest houses and hotels

Consistently heralded as a favorite 1-day ride along the South Shore, riders are transported from Bokonbaevo city center to nearby Boz Salkyn jailoo (2,500m). This moderate trek allows riders to enjoy sweeping panoramic views to distant lake Issyk Kul, while passing local jailoo pastures filled with local Kyrgyz nomads, traditional yurt dwellings and livestock. Add to this a thrilling descent through Tosor gorge and on to one of the region's most famous local attractions – Skazka (Fairytale) Canyon – in addition to local favorite 'Great Wall of China' and its easy to see why people rave about this trek! ELEVATION CHART 2584 m 2112 m 1612 m 10 km 20 km 30 km

Graph: Min, Avg, Max; **Elevation:** 1612, 2112, 2584 m, **Distance:** 34 km; **Elev. Gain/Loss:** 423 m, -1237 m; **Max Slope:** 11.5% - 20.4%; **Avg Slope:** 3.6%, -4.5%

TOSOR

GORGE

KEY DETAILS

Difficulty:

Season: April – October

Route: Tosor Gorge – A363 Highway – Skazka Canyon

Duration: 5 hours (+1.5 hours transport)

Distance: 34 km

Starting point: Boz Salkyn Jailoo, 2500 m

Finishing point: Skazka Canyon, 1750 m





30'km 34'km 2112, 2584 m;







• EKI-NARYN GORGE •

BOKONBAYEVO

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- O Destination South Shore Issyk-Kul Office, 37 B.Mambetov Street, Bokonbayevo
- WhatsApp/Phone (English and Russian): +996 703 927 086
- 😣 E-mail: southshoreik@gmail.com
- Facebook: facebook.com/destinationsouthshore/
- Instagram: @southshoredmo
- www.southshorekg.com
- () Sign-ups are available at participating South Shore Issyk-Kul guest houses and hotels



One day not enough on two wheels during your stay in South Shore? Opt to check out this 4-day trek starting outside Bokonbaevo on famous Tosor pass (3,900 m), where riders experience exhilarating 200 degree views including Lake Issyk Kul, mountain peaks including glaciers all around, and wonderful Uch Emcheck Valley. If that isn't enough to peak your interest, what about a traditional yurt stay on the jailoo pastures, sleeping and interacting amongst local nomads (optional)? Cap off the last days riding thru Eki-Naryn Gorge, considered as one of the most spectacular of gorges in the country.

* Note: A support vehicle will support the group during the 4-day ride, carrying all gear, spare parts, food, etc. This support vehicle will provide return transport to Bokonbaevo, OR alternatively onward travel to Naryn. ELEVATION CHART

2853 m -----

3889 n

25'km 50'km 75'km Graph: Min, Avg, Max: Elevation: 2347, 2853, 3889 m

Distance: 111 km; Elev. Gain/Loss: 815 m, -2285 m Max Slope: 10.5% - 14.7%; Avg Slope: 1.4%, -2.1%

AMP

EKI-NARYN

KEY DETAILS

Difficulty:

Season: May – September

Route: Tosor Pass – Djyluu-Suu – Oruk Tam – Eki-Naryn

Duration: 4 days

Distance: 111 km

Starting point: Tosor Pass, 3900 m

Finishing point: Eki-Naryn, 2400 m





CAMP

75'km 110'km 2853, 3889 m; 5 m, -2285 m; • 14% - 21%



• BOZ SALKYN - BOKONBAYEVO KADJI SAI •

TO BOOK DESTINATION SOUTH SHORE ISSYK KUL'S TOUR PRODUCTS PLEASE CONTACT:

- O Destination South Shore Issyk-Kul Office, 37 B.Mambetov Street, Bokonbayevo
- WhatsApp/Phone (English and Russian): +996 703 927 086
- E-mail: southshoreik@gmail.com
- Facebook: facebook.com/destinationsouthshore/
- Instagram: @southshoredmo
- www.southshoreka.com
- G Sign-ups are available at participating South Shore Issyk-Kul uest houses and hotels



Considered the easiest but as well most scenic of 1-day bike treks on offer in South Shore, transport to Boz Salkyn jailoo (summer pasture) serves as the starting point for riders. Set amidst a countryside of Kyrgyz nomads and traditional yurt dwellings, grazing livestock and packs of horses, the jailoo at Boz Salkyn serves as a cultural highlight before starting the ride. A multi-hour descent from the pasture, following the beautiful Kadji Sai river and Kapchigai Gorge leads riders eventually to the shores of lake Issyk Kul, a favorite leisure spot for lunch and a quick dip before being transported back to Bokonbayevo.

ELEVATION CHART 2126 m

9^{km}

13.5 km 17.7 km Graph: Min, Avg, Max; Elevation: 1607, 2126, 2549 m; Distance: 17 km; Elev. Gain/Loss: 74.9 m, -992 m; Max Slope: 7.0% -25.5%; Avg Slope: 2.1%, -6.4%

> BOZ SALKYN

KEY DETAILS

Difficulty:

Season: May - September

Route: Boz Salkyn -Kadji Saz – Kadji Sai – Bokonbayevo

Duration: 3 hours (+1 hour transport)

Distance: 17 km

Starting point: Boz Salkyn, 2545 m

Finishing point: Kadji Sai, 1610 m





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• KOLBEL --BELTAM •

BOKONBAYEVO

TO BOOK DESTINATION SOUTH SHORE ISSYK KUL'S TOUR PRODUCTS PLEASE CONTACT:

- O Destination South Shore Issyk-Kul Office, 37 B.Mambetov Street, Bokonbayevo
- WhatsApp/Phone (English and Russian): +996 703 927 086
- E-mail: southshoreik@gmail.com
- Facebook: facebook.com/destinationsouthshore/
- Instagram: @southshoredmo
- www.southshorekg.com
- () Sign-ups are available at participating South Shore Issyk-Kul guest houses and hotels



A one-day easy trek for beginners with highlights including the Tashtar-Ata mountain range (3,000 m), considered sacred by locals and used in summer months by Kyrgyz nomads as they tend to grazing cattle and yaks. With a smooth downhill ride allowing for gorgeous views in descending along the Jazuu-Kechu river, photo opportunities abound as you make your way back to Bokonbayevo. Riders end the trek at famous Beltam Yurt Camp, located directly on lake Issyk Kul. Enjoy the cool and relaxing waters before lunch is served and transport returns you to Bokonbaevo city center.

ELEVATION CHART



 8 km
 16 km
 24 km
 32.5 km

 Graph: Min, Avg, Max; Elevation: 1614, 2212, 3340 m;
 Distance: 32.5 km; Elev. Gain/Loss: 61.8 m, -1788 m;
 Max Slope: 6.2% -20.6%; Avg Slope: 1.4%, -5.6%

KEY DETAILS

Difficulty:

Season: May – October

Route: Kolbel – Korundu – Bokonbaevo – Beltam

Duration: 5 hours (+1 hour transport)

Distance: 32.5 km

Starting point: Kolbel, 3340 m

Finishing point: Beltam, 1614 m







KOLBEL

21

• KARAKOL **CITY RIDE**

KARAKOL

TO BOOK DESTINATION KARAKOL'S TOUR PRODUCTS PLEASE CONTACT:

- O Destination Karakol Visitior Center, 22 Gagarin Street, Karakol
- WhatsApp/Phone (English and Russian): +996 778 653 587
- E-mail: bookingdmo1@gmail.com
- Facebook: facebook.com/destinationkarakol/
- Instagram: @destination_karakol
- www.destinationkarakol.com
- Sign-ups are available at participating Karakol guest houses and hotels



Enjoy the day and see the city of Karakol from a unique perspective and vantage point along this planned 7.5 km route, visiting sights such as the Russian Orthodox Church, Dungan mosque, parks and monuments, and more. This easy route poses little challenge and can be enjoyed by riders of all levels, typically over half day duration.

ELEVATION CHART

1790 m 1775 m 1750 1733 1 km 2 km 3 km 4 km 5 km 6 km 7.2 km Graph: Min, Avg, Max; Elevation: 1733, 1758, 1790 m; Distance: 7.2 km; Elev. Gain/Loss: 83 m, -76.4 m;

Max Slope: 5.0%, -4.2%; Avg Slope: 2.2%, -2.1%

DUNGAN MOSQUE

PUSHKIN PARK

KEY DETAILS

Difficulty:

Season: May – October

Route: DMO Karakol Office -Central Square – Dungan Mosque – Holy Trinity Church – Victory Park – Zoo – Pushkin Park – DMO Karakol Office

Duration: 6 hours

Distance: 7 km

CENTRAL

SQUARE

Starting/ finishing point: DMO Karakol Office, 1750 m

VICTORY

PARK

SEE ALSO ON **A TRAILFORKS**

DMO KARAKOL

OFFICE

HOLY TRINITY CHURCH

ZOO



• KASHKA-SUU GORGE •

A - 11-

KARAKOL

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- Instagram: @destination_karakol
- www.destinationkarakol.com
- G Sign-ups are available at participating Karakol guest houses and hotels

ELEVATION CHART

1886 m

A moderate 19 km trek originating from center of Karakol itself, this ride is aimed at ensuring riders get a solid workout while also enjoying magnificent views into surrounding hills and mountains. Exiting the city, follow routes toward the hippodrome and beyond, entering directly into the Kasha-Suu gorge until the beginning of the Karakol gorge. At the 10 km mark, look for bridge crossings as villages appear, traverse to the other side of the river, and return along the river until reaching Karakol itself. A perfect day trek for those wanting to leave the city!

24 🏅

KEY DETAILS

Difficulty:

Season: May – October

Route: Karakol City – National Park – down along Karakol River – Karakol City

Duration: 6 hours

Distance: 19 km

Starting/ finishing point: Karakol City, 1750 m

5 km 10 km 15 km 18.7 km Graph: Min, Avg, Max; Elevation: 1752, 1886, 2019 m; Distance: 18.7 km; Elev. Gain/Loss: 346 m, -304 m; Max Slope: 20.8%, -13.5%; Avg Slope: 3.2%, -3.3%

> KARAKOL NATIONAL PARK

SEE ALSO ON

ATRAILFORKS

副領



• PRZHEVALSKY MUSEUM TOUR •

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- Facebook: facebook.com/destinationkarakol/
- Instagram: @destination_karakol
- www.destinationkarakol.com
- **)** Sign-ups are available at participating Karakol guest houses and hotels



KARAKOL

A 20 km adrenaline rushed ride is an ideal start and precursor to a visit to one of the region's more interesting of museums – the Przhevalsky museum outside of Karakol city. Starting from Karakol itself and passing thru Bir Bash village, panoramic views of Lake Issyk Kul impress during the first half of this trek. After lunch and a visit to the museum, cap off the remaining 12 km of the ride as you ascend a long yet easy grade back into the city. History mixed with sport and adventure! **ELEVATION CHART**

7.5 km 15 km 22.5 km Graph: Min, Avg, Max; Elevation: 1609, 1689, 1796 m; Distance: 32 km; Elev. Gain/Loss: 417 m, -417 m; Max Slope: 12.8%, -20.6%; Avg Slope: 2.3%, -2.6%

KARAKOL

26

KEY DETAILS

Difficulty:

Season: May – October

Route: Karakol City – Bir Bash Village – Pier of Przhevalsky – Asfandiyar Hotel – Memorial Complex – Karakol City

Duration: 6 hours

Distance: 32 km

Starting/ finishing point: Karakol City, 1750 m

22.5 km 32 km 609, 1689, 1796 m; ss: 417 m, -417 m; lope: 2.3%, -2.6% BIR BASH

SEE ALSO ON



VILLAGE



MEMORIAL COMPLEX OF PRZHEVALSKY/1/27

• KARAKOL SKI BASE TOUR •

KAPAKO

KARAKOL

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- O Destination Karakol Visitior Center, 22 Gagarin Street, Karakol
- S WhatsApp/Phone (English and Russian): +996 778 653 587
- E-mail: bookingdmo1@gmail.com
- Facebook: facebook.com/destinationkarakol/
- Instagram: @destination_karakol
- www.destinationkarakol.com
- **(**) Sign-ups are available at participating Karakol guest houses and hotels

Come and view for yourself why Karakol's Kapriz resort continues to be considered Kyrgyzstan's most scenic and popular ski resort in the country. The challenging ride out to Kapriz Ski Resort takes you past the hippodrome, and a circular route in/around the resort itself will highlight some of the preferred winter routes of skiers to the valley. The 32 km day long trek retains sufficient physical challenges, all the while providing opportune views into the mountains as well as back toward Karakol city.

ELEVATION CHART



KARAKOL

RIVER

 7.5 km
 12.5 km
 17.5 km
 22.8 km

 Graph: Min, Avg, Max; Elevation: 1752, 2151, 2548 m;
 Distance: 22.8 km; Elev. Gain/Loss: 1014 m, -601 m;
 Max Slope: 19.9%, -45.0%; Avg Slope: 6.1%, -8.5%
 Image: 19.9%, -45.0%; Avg Slope: 6.1%, -8.5%

KARAKOL

SKI BASE

28

KEY DETAILS

Difficulty:

Season: May – October

Route: Karakol City – National Park – Ski Base – down to Karakol River – Issyk Kul Ridge Peaks – National Park – Karakol City

Duration: 6 hours

Distance: 23 km

Starting/ finishing point: Karakol City, 1750 m

KARAKOL NATIONAL PARK

SEE ALSO ON

ATRAILFORKS



NARYN CITY **PANORAMA RIDE**

NARYN

TO BOOK DESTINATION NARYN'S TOUR PRODUCTS PLEASE CONTACT:

- 📀 CBT Naryn, 8 Lenin Street, apt. 33, Naryn, Kyrgyzstan
- WhatsApp/Phone (English and Russian): +996 559 567 685
- E-mail: info@cbt-narvn.com
- Facebook: facebook.com/CBT-Naryn-702652719770935
- Instagram: @narvndestination
- www.cbt-narvn.com
- G Sign-ups are available at participating Naryn City guest houses and hotels



A perfect option to see the best that Naryn has to offer, this half to full day 32 km trek allows visitors an opportunity to cycle through the city seeing major monuments, landmarks and physical attractions, coupled with memorable panoramic views above the city amongst the Alamyshyk mountains. Take time to explore and enjoy views over the valley, before returning via a fun-filled descent to the valley floor and return ride to the city.

ELEVATION CHART 2087 2032 m 1992 m

22.5 km Graph: Min, Avg, Max: Elevation: 1992, 2032, 2087 m Distance: 31.9 km; Elev. Gain/Loss: 451 m, -452 m; Max Slope: 22.8%, -20.5%; Avg Slope: 2.4%, -2.3%

'CBT NARYN

KEY DETAILS

Difficulty:

Season: May – October

Route: 'Destination Naryn' -University of Central Asia -Ala Myshyk - University of Central Asia -Central Mosque – 'Destination Naryn'

Duration: 4 hours

Distance: 32 km

Starting and finishing point: 'Destination Naryn', 2050 m





UNIVERSIT OF CENTRAL ASIA

CITY PANORAMA

• CHAAR GORGE •

NARYN

TO BOOK DESTINATION NARYN'S TOUR PRODUCTS PLEASE CONTACT:

- 📀 CBT Naryn, 8 Lenin Street, apt. 33, Naryn, Kyrgyzstan
- WhatsApp/Phone (English and Russian): +996 559 567 685
- E-mail: info@cbt-naryn.com
- Facebook: facebook.com/CBT-Naryn-702652719770935
- Instagram: @naryndestination
- www.cbt-naryn.com
- G Sign-ups are available at participating Naryn City guest houses and hotels



Labeled as the easiest ride in/around Naryn city, resulting from fact there is very little ascent to this 22 km one-way trip, car transport ensures riders start their tour from the heart of local and beautiful Chaar gorge. Descending through the gorge, enjoy fresh views down the long valley back to Naryn city. Come across local nomads tending to flocks of sheep in pastures above the city, while continuing down a dirt road down to the primary interchange which will return the group to the city. ELEVATION CHART 2801 m 2461 m 2060 m 5 km 10 km 15 km

 5 km
 10 km
 15 km
 21.8 km

 Graph: Min, Avg, Max; Elevation: 2060, 2461, 2801 m;
 Distance: 21.8 km;
 Elev. Gain/Loss: 194 m, -934 m;
 Amount of the second second

NARYN CITY

KEY DETAILS

Difficulty:

Season: May – October

Route: Chaar Gorge – 'Destination Naryn'

Duration: 4 hours

Distance: 28 km

Starting point: Chaar Gorge, 2800 m

Finishing point: 'Destination Naryn', 2050 m



CHAAR GORGE

• SALKYN TOR •

NARYN

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- 📀 CBT Naryn, 8 Lenin Street, apt. 33, Naryn, Kyrgyzstan
- WhatsApp/Phone (English and Russian): +996 559 567 685
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- Facebook: facebook.com/CBT-Naryn-702652719770935
- Instagram: @naryndestination
- www.cbt-naryn.com
- G Sign-ups are available at participating Naryn City guest houses and hotels

A long day trip from Naryn city, the Salkyn Tor route enables riders to follow the road out of Naryn city, throughout Salkyn Tor village and nearby liri Suu. A highlight could include resting at yurt camp on outskirts of Salkyn Tor, where you might come across local resident eagle hunters whom raise and train these birds of prey. The route itself lacks physical challenge with little in terms of ascents and descents; perhaps this 32 km ride is the perfect opportunity to get out and see vista views of the valley and beyond from Naryn city.

34

KEY DETAILS

Difficulty:

Season: May - October

Route: Naryn City – Salkyn Tor Village – Salkyn Tor Gorge – Salkyn Tor Village – Naryn River – Naryn City

Duration: 5 hours

Distance: 31 km

Starting and finishing point: Naryn City, 2050 m



22.5 km 31.9 km

Graph: Min, Avg, Max; Elevation: 2058, 2112, 2182 m; Distance: 30.9 km; Elev. Gain/Loss: 369 m, -369 m; Max Slope: 24.2%, -25.4%; Avg Slope: 2.0%, -1.9%

ELEVATION CHART

2182 r

2112 m

2058

7.5 km

SALKYN TOR

GORGE

NARYN CITY

35

• KOLDUU-SUU MOUNTAIN LAKE •

TO BOOK JUMGAL'S TOUR PRODUCTS PLEASE CONTACT:

- 📀 Eco Tour Travel, 129 E.Matyeva Street, Chaek village, Jumgal, Kyrgyzstan
- WhatsApp/Phone (English and Russian): +996 551 795 151
- E-mail: ecotour-t@mail.ru
- Facebook: facebook.com/EkoTourTravel
- (iii) www.cbt-naryn.com

JUMGAL



Starting directly from Ai Kol yurt camp, this one day trek challenges riders to nearly 33 km of mountainous terrain and elevation gains well over 500 m. Set amongst dramatic scenery including a small mountain lake at 2,800 m, this route rewards on multiple occasions throughout the day before return to Ai Kol yurt camp in early evening.

ELEVATION CHART

15 km Graph: Min, Avg, Max; Elevation: 2365, 2561, 2807 m; Distance: 28.3 km; Elev. Gain/Loss: 742 m, -925 m; Max Slope: 36.2%, -27.4%; Avg Slope: 5.4%, -5.7%

AIKOL YURT CAMP

2561 n

2365 m

KEY DETAILS

Difficulty:

Season: June – September

Route: Aikol Yurt Camp -Kyzart Bel – Kolduu-Suu – Aikol Yurt Camp

Duration: 6 hours

Distance: 32.5 km

Starting/ finishing point: Aikol Yurt Camp, 2600 m



SEE ALSO ON **A TRAILFORKS**



28.3 km 22.5 km







• LAMA **CHANNEL**

JUMGAL

TO BOOK JUMGAL'S TOUR PRODUCTS PLEASE CONTACT:

- C Eco Tour Travel, 129 E.Matyeva Street, Chaek village, Jumgal, Kyrgyzstan S WhatsApp/Phone (English and Russian): +996 551 795 151
- E-mail: ecotour-t@mail.ru
- Facebook: facebook.com/EkoTourTravel
- (iii) www.cbt-naryn.com



An enjoyable day experience, the Lama Channel route originates in Ai Kol yurt camp (thus requiring transport to Aikol Yurt Camp), with 20 km of riding amongst floral and fauna-filled valleys prior to a steep and exhilarating descent to Lama village and following passage to Kyzart (Jumgal) itself.

ELEVATION CHAR

2771 n

2500 m

2206 m

10'km Graph: Min, Avg, Max; Elevation: 2206, 2488, 2771 m; Distance: 19.5 km; Elev. Gain/Loss: 447 m, -822 m; Max Slope: 25.2%, -31.4%; Avg Slope: 4.9%, -7.2%

VILLAGE

KYZART

LAMA

KEY DETAILS

Difficulty:

Season: June – September

Route: Aikol Yurt Camp -Lama Channel – Lama Village – Kyzart (Jumgal)

Duration: 6 hours

Distance: 19.5 km

Starting point: Aikol Yurt Camp, 2600 m Finishing point: Kyzart, 2200 m

SEE ALSO ON **A TRAILFORKS** 回於潟田

19.5 km 15'km

LAMA **CHANNEL**

> AIKOL YURT CAMP

BOKONBAYEVO

SALBUURUN

In ancient times, nomads gathered in groups and rode with their golden eagles, taigan dogs, and bows and arrows to hunt for many days on end. This represents the roots of Salbuurun, or traditional Kyrgyz hunting. These extended hunting trips helped to distinguish the most courageous and dexterous of hunters, as well as the most agile of golden eagles, the most intelligent of taigan dogs and the sturdiest of horses. Salbuurun is a comprehensive hunting game - and the only one in the world - that combines the teamwork of a golden eagle, a taigan dog and traditional archery while on horseback.

TO WIDEN YOUR TRAVEL EXPERIENCE, PLEASE ALSO CONSIDER:

• EXPERIENCING THE THRILL OF LOCAL HORSE RACING BUILDING A NOMAD YURT WITH LOCAL MASTERS

- EXPERIENCING TRADITIONAL FELT MAKING
- CHILLING OUT WITH MOBILE SAUNA ON ISSYK-KUL SHORE

BESHBARMAK COOKING CLASS

NARYN

Participate in this cooking class to prepare and enjoy one of Naryn's most popular dishes - beshbarmak, otherwise known as "5 Fingers". Beshbarmak is a full dish that consists of meat, noodles and some broth and served with snacks and tea. You can learn to cook beshbarmak in any corner of Kyrgyzstan, but it will never be as authentic and enriched with explanation and historical facts as this special experience on offer here at the Naryn Museum. Ask any Kyrgyz the birthplace of the dish beshbarmaak, and the answer will be immediate - Naryn. Learn not just the history and tradition behind this dish, but learn how to cook it yourself!

Other cooking classes include lagman or boorsok.

 TAKING IN VISTA VIEWS ALONG SEVERAL NEARBY TREKS CATCHING A FAVORITE "FLICK" AT KYRGYZ MOVIE NITE OBSERVING TRADITIONAL EAGLE HUNTING FIRST-HAND

CREATE YOUR OWN "SHYRDAK" SOUVENIR

KARAKOL

SUNSET CRUISE

Take in the beauty of Lake Issyk-Kul, the second largest alpine lake in the world, and the snow-covered Tian Shan Mountains that surround it. The Karakol Sunset Cruise experience offers a great way to relax and unwind after a trek, and an opportunity to immerse yourself in a unique, tranquil lakeside landscape. Enjoy the moment with your friends, your family, or while meeting other travelers.

After the crew invites you aboard with a complimentary welcome drink, you'll set off around Przhevalsk Bay of Lake Issyk-Kul. Take in the picturesque views of the mountains and surroundings in the evening light. Just before sunset, the boat circles around for the best sunset viewing spot.

TO WIDEN YOUR TRAVEL EXPERIENCE. PLEASE ALSO CONSIDER:

• DISCOVERING KARAKOL VIA FREE CITY WALKING TOUR • PARTICIPATING IN CULINARY TOURS – DUNGAN DINNER **OR KARAKOL FOODIE CRAWL** BAKING YOUR OWN "LEPYOSHKA" OR LAGMAN



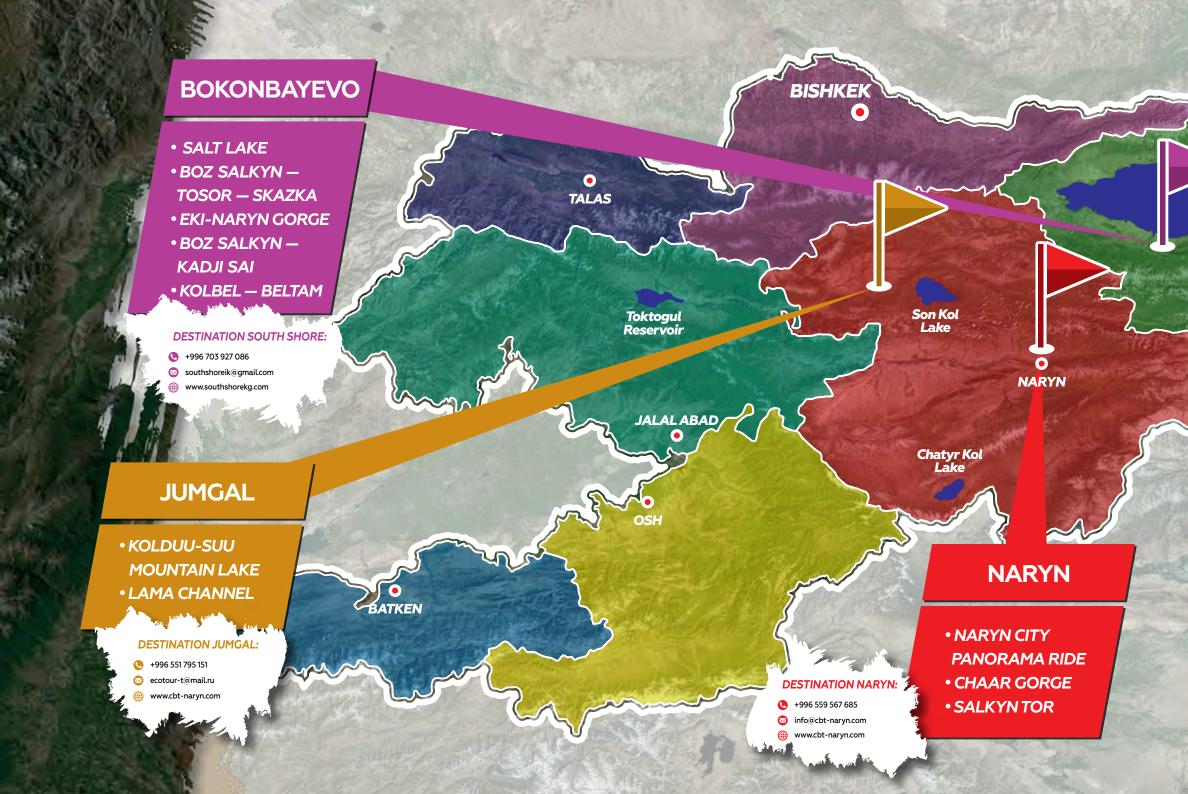
JYRGALAN

OUTDOOR ADVENTURES

According to locals, Jyrgalan Valley is a region blessed by God. And they make a compelling case. Seven nearby peaks surround the valley, offering beautiful views and weather that is perfect for year-round adventure activities. Cool breezes filter down from the glaciers in the warm summer months, allowing for world-class trekking, horseback riding, and mountain biking. And during the winter, those same mountains protect freeride skiers from harsh winter winds, leaving miles of fresh snow for the taking. You could not design a destination whose contours were more suited to adventure tourism.

But as beautiful as it is – the natural lakes, rivers, and waterfalls are among the most stunning in all of Kyrgyzstan – the community of 1,000 local residents have seen their share of hardship. The Jyrgalan Valley's story is one of re-imagining and reinvention.

- PARTICIPATING IN OTHER MEMORABLE ADVENTURES ALONG 5 ACCLAIMED DAY/MULTIDAY HIKES. **OR 4 HORSE TREKS WITH LOCAL GUIDES**
- SLEEPING AS A NOMAD IN YOUR OWN YURT AT POPULAR EKI CHAT JAILOO



JYRGALAN

- TULPAR TASH
- BIRCH GROVE LOOP
- TEMIRLAN STONES
- KOK-BEL WATERFALL LOOP

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- +996 551 916 924
- 😡 destination.jyrgalan@gmail.com
- www.destinationkarakol.com

KARAKOL

- KARAKOL CITY RIDE
- KASHKA-SUU GORGE
- PRZHEVALSKY MUSEUM TOUR
- KARAKOL SKI BASE TOUR

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lssyk Kul Lake

KARAI OL

















catalogue

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