

Kyrgyzstan Mountain & Lake Tour

Bishkek – Ala Archa – Burana Tower – Shamshy Gorge – Issyk-Kul Lake – Cholpon-Ata – Karakol – Jetty-Oguz – Skazka Gorge – Bishkek

DURATION

7 Days

DESTINATIONS

Kyrgyzstan

TRAVEL STYLE

Active Adventure

SUPPORT

Mountain scenery, adventure activities, nomad culture & local guides

Overview

This 7-day Kyrgyzstan Mountain & Lake Tour is designed for travelers who want an active introduction to the country's alpine landscapes, local culture and outdoor experiences. The route combines Bishkek, Ala Archa National Park, Burana Tower, Shamshy Gorge, Issyk-Kul Lake, Karakol, Jetty-Oguz and Skazka Gorge.

The journey includes a balance of city sightseeing, mountain walks, horse riding, rafting, paragliding, yurt culture, nomad-style hospitality and time along the shores of Issyk-Kul, one of Central Asia's most famous mountain lakes.

This tour is suitable for active travelers who enjoy nature, changing landscapes and light adventure activities. Some activities depend on weather, season and local conditions, especially paragliding and rafting.

Tour Highlights



Prices

TRAVELERS	PRICE PER PERSON
2 travelers	\$1,605
4 travelers	\$1,156
6 travelers	\$990
8 travelers	\$927
10 travelers	\$831
12 travelers	\$791
Single supplement	\$112

Reference 2026 prices are based on group size. Final quotation is confirmed after inquiry.

Itinerary

DAY 01

Arrival in Bishkek

Arrive at Manas International Airport and meet your local team for the transfer to Bishkek. After hotel check-in, begin a short introduction to the capital with places such as Ala-Too Square, the Opera and Ballet Theatre, the Fine Arts Museum, the National Library and nearby central landmarks. Overnight in Bishkek. Meals: no meals.

DAY 02**Bishkek – Ala Archa Nature Park – Paragliding Activity**

After breakfast, drive to Ala Archa Nature Park, a beautiful mountain area located close to Bishkek. Spend time walking or hiking in the gorge and enjoy a packed lunch or outdoor barbecue-style meal. Later, weather permitting, continue to the paragliding area near Ala Archa for briefing, preparation and a tandem flight with a pilot. Return to Bishkek for dinner and overnight at the hotel. Meals: breakfast, lunch box.

DAY 03**Bishkek – Burana Tower – Shamschy Gorge – Horse Riding**

Leave Bishkek and drive toward Shamschy Gorge. On the way, visit Burana Tower, a 10th-century minaret connected with the ancient Silk Road settlement of Balasagun. Continue into the mountain area, where lunch is served in a yurt-style setting. In the afternoon, enjoy horse riding surrounded by mountain scenery and fir-tree forests. Dinner and overnight at a mountain guest house. Meals: full board.

DAY 04**Shamschy Gorge – Boom Gorge Rafting – Issyk-Kul Lake**

After breakfast, drive toward the Boom Gorge area for a rafting activity on the river, with instruction and equipment provided by the local team. In the afternoon, continue along the northern shore of Issyk-Kul Lake toward Cholpon-Ata. Visit the Ruh Ordo Cultural Complex and the open-air petroglyph museum, then enjoy time near the lake shore. Overnight at a guest house. Meals: breakfast.

DAY 05**Issyk-Kul Lake – Karakol – Jety-Oguz Gorge**

Travel along the Issyk-Kul region toward Jety-Oguz Gorge, known for its dramatic red rock formations and mountain landscapes. Depending on local conditions, visit Grigorievskoe and Semenovskoe gorges, where nomad-style villages and horse games may be arranged. Continue to Karakol for sightseeing, including the Przhevalsky Museum, Dungan Mosque and Holy Trinity Cathedral. Later, arrive in Jety-Oguz for dinner and overnight in a yurt camp. Meals: breakfast, dinner.

DAY 06**Jety-Oguz Gorge – Skazka Gorge – Yurt Workshop – Bishkek**

Start the day with breakfast and a mountain walk toward waterfalls hidden in the Jety-Oguz area. Then drive back toward Bishkek along the southern shore of Issyk-Kul Lake. On the way, visit Skazka Gorge, famous for its colorful rock formations, and stop at a yurt maker's workshop to learn how the traditional Kyrgyz yurt is made from wood and felt. Enjoy lunch with a local family before continuing to Bishkek. Dinner in the city. Meals: breakfast, lunch.

DAY 07**Bishkek Departure**

Transfer to Manas International Airport for your departure flight. A packed breakfast can be arranged for early departures. This concludes your Kyrgyzstan Mountain & Lake Tour.

What is Included

- Transport throughout the 7-day program from airport arrival to airport departure

- SUV transport for 1–4 travelers with English-speaking guide-driver, or Mercedes Sprinter-style vehicle for 5–12 travelers
- Accommodation according to the program, based on twin-sharing rooms where applicable
- Early check-in on Day 1
- English-speaking guide service during the 7-day route
- Meals mentioned in the program, including daily breakfast, selected lunches and selected dinners
- Rafting activity in Boom Gorge area, subject to season and local operating conditions
- Horse riding activity in Shamsky Gorge
- Excursions and entrance fees according to the itinerary
- Natural park permits where required by the program
- Nomad games or nomad culture show when included in the confirmed departure program
- Yurt-making or yurt culture demonstration
- Beginner tandem paragliding activity in the Ala Archa area, weather permitting
- Bottled spring water, 1.5 liters per person per day
- Local taxes and small memorable souvenir

Not Included

- International flights before and after the tour
- Meals not clearly mentioned in the confirmed program
- Alcoholic beverages in restaurants
- Personal expenses and optional purchases
- Travel medical insurance
- Advanced paragliding route or longer flight option, if requested and available
- Tips for guides, drivers and service staff
- Any services not listed as included in the final confirmed itinerary

FAQ

Is this tour active or easy?

This is an active adventure-style tour. It includes walks, mountain areas, horse riding, rafting, paragliding and several road transfers. It can be adjusted for private travelers depending on comfort level and interests.

When is the best season for this Kyrgyzstan tour?

The reference season is May to October, while the full mountain and yurt-camp experience is usually best in the warmer months. Some activities may depend on weather and local operating conditions.

Is paragliding included?

The beginner tandem paragliding activity near Ala Archa is included in the reference program, but it depends on weather, wind and safety conditions. Longer or advanced flight options may require an extra charge.

Is rafting always available?

Rafting in the Boom Gorge area is seasonal and normally depends on operating days, water level and weather. The final confirmation should be checked before departure.

What kind of accommodation is used?

The route uses a mix of city hotel, mountain guest house, family guest house and yurt camp. Yurt accommodation may be shared depending on the camp layout and group composition.

Can this tour be customized?

Yes. The itinerary can be adjusted for private travelers, different hotel levels, extra nights, more relaxed pacing or special interests such as photography, horse riding or nomad culture.



KYRGYZSTAN MOUNTAIN & LAKE TOUR

Plan Your Central Asia Journey

Contact us for updated availability, final price confirmation, visa guidance and custom travel planning.

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