



# SPIRIT OF KYRGYZSTAN

## **Day 1: Arrival in Bishkek**

Arrive in Bishkek, where a warm welcome ushers you into the heart of Kyrgyzstan. Nestled in the Chui Valley at the foot of the Kyrgyz Ala-Too range, Bishkek is a lively capital surrounded by soaring peaks. Settle into your hotel, soak in the mountain air, and let the excitement of your journey unfold.

## **Day 2: Ala Archa National Park**

Today, venture into the alpine splendor of Ala Archa National Park. Towering snow-capped peaks, crystal-clear streams, and dense pine forests create a serene backdrop for walking and reflection. Hike to the famed “Broken Heart” stone, where sweeping views of the gorge inspire awe and a deep connection to nature.

## **Day 3: Bishkek – Burana Tower – Kochkor**

Begin your journey through history with a visit to the ancient Burana Tower, part of the lost Silk Road city of Balasagyn. In the village of Iskra, share a traditional lunch with a Dungan family, discovering their rich culinary heritage and warm hospitality. Continue to Kochkor, the center of Kyrgyz handicrafts, where your cozy lodge awaits amid the peaceful mountain scenery.

#### **Day 4: Kochkor & Kok Moinok Canyons**

Explore the Kok Moinok canyons, their wind-carved cliffs and dramatic rock formations telling stories shaped over millennia. Return to Kochkor to immerse yourself in traditional crafts: join a master class in felt-making and savor freshly prepared boorsok, a symbol of Kyrgyz festive life. The afternoon offers a gentle pause to wander the village or simply breathe in the mountain air.

#### **Day 5: Kochkor – Naryn**

Travel south along winding mountain roads to Naryn, a town perched along the river that shares its name. En route, marvel at the rugged landscapes and meet nomadic families who keep centuries-old traditions alive, offering glimpses into a lifestyle both resilient and inspiring.

#### **Day 6: Tash Rabat Caravanserai**

Venture to Tash Rabat, a 15th-century stone caravanserai that once sheltered Silk Road travelers. Wander its shadowed chambers and feel the echoes of history reverberate in this remote mountain setting, imagining the countless journeys that passed through here long ago.

#### **Day 7: Naryn – Son Kul Lake**

Cross the twisting “33 Parrots Pass” to reach the high-altitude expanse of Son Kul Lake. Here, the rolling pastures are dotted with nomadic herders and their flocks. Spend the night in a traditional yurt, ride horses across the open hills, and share hearty meals with your hosts—a truly immersive encounter with Kyrgyz nomadic life.

#### **Day 8: Son Kul – Jeti-Oguz – Karakol**

Descend toward the red cliffs of Jeti-Oguz gorge, where legends of the “Seven Bulls” meet breathtaking scenery. Visit Barskoon Gorge, home to thundering waterfalls. Along the way, experience a highlight of Kyrgyz tradition: an eagle hunting demonstration, witnessing the skill, power, and partnership between hunter and golden eagle—a glimpse into an ancient art that continues to awe visitors. Continue to Karakol, the vibrant cultural hub on the eastern shores of Issyk-Kul Lake.

#### **Day 9: Karakol & Surroundings**

Hike Karakol Gorge for sweeping views of alpine valleys, then explore the city’s rich cultural heritage. Visit the wooden Russian Orthodox Cathedral and the ornate Dungan mosque, each reflecting the city’s diverse history and architectural charm.

### **Day 10: Karakol – Issyk-Kul Lake Cholpon Ata**

Trace the northern shores of the stunning Issyk-Kul Lake, stopping at the open-air Petroglyph Museum and hiking through Semenov and Grigoriev gorges. Arrive at your lakeside hotel in Cholpon Ata, where crystal waters invite you to swim, unwind, or simply breathe in the serenity of this “Pearl of the Tien Shan.”

### **Day 11: Issyk-Kul – Bishkek Cultural Tour**

After a leisurely morning by the lake, return to Bishkek via the dramatic Boom Gorge. Spend the afternoon exploring the city’s cultural heartbeat: visit a local museum, stroll leafy boulevards, and browse lively markets brimming with crafts and souvenirs. In the evening, gather for a farewell dinner, celebrating the landscapes, people, and memories of your Kyrgyz adventure.

### **Day 12: Departure from Bishkek**

Transfer to the airport for your international flight, carrying with you the beauty, history, and spirit of Kyrgyzstan.