



# Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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## Wild Kyrgyzstan

### KYRGYZSTAN

Embark on a beginner-friendly pack trip through Kyrgyzstan's lush landscapes, riding in foothills of the Tien Shan mountain range. Spend your days marvelling at the stunning natural scenery, from mountains and lakes to valleys and rivers, and from forests to open meadows, as you move from camp to camp, carrying your belongings on horseback and travelling off the beaten path. This mini-adventure and horseback retreat promises delicious and traditional meals, majestic views and a warm welcome from the locals. Leave feeling peaceful and nourished, with wonderful memories.

<b>Pack Trip</b>	 <b>8 days / 5 days riding</b>	 <b>From £1,645</b>	   
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Wild Kyrgyzstan - Beginner Trail



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### ITINERARY

## Highlights

- Marvel at the stunning and varied natural scenery of wild Kyrgyzstan
- Enjoy a gentle camping expedition suitable for beginners and low intermediate riders
- Ride off-the-beaten track, switch off and connect with nature
- Experience the semi-nomadic traditions of local Kyrgyz herders and be welcomed into their yurts
- A 100% Kyrgyz team who have invested in local development initiatives and ecotourism projects
- See the varied and exceptionally rich flora of the Tien Shan mountain pastures

## Day 1 — 1: BISHKEK - BARSKOON (1790m) - No riding

 Family Guesthouse

International flight to Bishkek. You are likely to arrive in the early hours of the morning. Please aim to arrive at the airport around 5am - 6am. If you arrive earlier, you will need to wait until all of the other riders have arrived.

You will be met at the airport by a member of the local team. Here you can exchange money and have breakfast (optional, to your own account) before being transferred to the village of Barskoon (approx. a 6-7 hour drive, elevation 1790m).

Dinner and overnight at the guesthouse.

## Day 2 — 2: BARSKOON VILLAGE – STABLES – KOK-BULAK VALLEY (2270m) - 4 hours riding

After breakfast, you will take a short drive to the stables (1955m). In the coming days, you will ride in foothills of the Tien Shan mountain range, heading

through open hills and pastures, through forests and valleys, crossing small mountain rivers and with views of mountain scenery and Lake Issyk-Kul. You will likely meet local shepherds along the way as you pass through their pasture-lands. Each day you will ride for around 4-5 hours until you reach your campsite (varying between 2500m and 2950m in elevation).

The exact itinerary may vary according to the group's needs and riding level. However, each night you will sleep in tents with enough space for your belongings. The team will cook your meals for you.

Today you will ride to the Ak-Dobo hills, cross the Tarylga River and then the Cheji and Chalai Valleys. You will enjoy views of wide-open pastures in the Kok-Bulak valley.

Dinner and overnight camping.

## Day 3 — 3: KOK-BULAK – SARY-BULAK – KICHI-JARGYLCHAK VALLEY (2600m) - 4-5 hours riding

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Each day you will continue your ride in foothills of the Tien Shan mountain range, heading through open hills and pastures, through forests and valleys, crossing small mountain rivers and with views of mountain scenery. Today, you ride from Kok-Bulak up to Sary-Bulak Valley (2580m.) and over the hills to Kichi-Jargylchak Valley/River (2600m.)

Dinner and overnight camping.

## Day 4 — 4: KICHI-JARGYLCHAK VALLEY – LAKE CAMP - 4-5 hours riding

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You will continue your ride in the foothills of the Tien Shan mountain range, heading through open hills and pastures, through forests and valleys, crossing small mountain rivers and with views of mountain scenery. Today, your ride goes from Kichi-Jargylchak Valley up to a small mountain lake at 2960m, where you will set up camp.

Dinner and overnight camping.

## Day 5 — 5: LAKE CAMP – AK-TEREK BASHY – LAKE CAMP - 4-5 hours riding

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Today you will enjoy a ride without your luggage on horses, heading to Ak-Terek Bashy Valley (3250m) close to the mountain peaks. You will have lunch up there and then ride down back to the same camp at the lake.

Dinner and overnight camping.

## Day 6 — 6: JUUKU VALLEY - GUESTHOUSE - 4-5 hours riding

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Today is your last ride, starting at the mountain lake and heading down towards Ak-Terek village through the hills, pastures and meadows. You will be met near the village and driven back to the guest house in Barskoon where you can have a hot shower and a rest.

Dinner and overnight at the guesthouse.

## Day 7 — 7: BARSKOON – BISHKEK - No riding

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To end your time in Kyrgyzstan, you'll be driven down to Bishkek, stopping for lunch. In Bishkek there will be time to visit the bazaar of Osh - a colorful and lively market and worth the detour! Dinner is to your own account this evening.

Overnight at the hotel.

## Day 8 — 8: BISHKEK – EUROPE - No riding

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After breakfast, you will be transferred to the airport for your flight home.

There will be a group transfer to the airport at a time that is convenient for most of the riders. If your flight is very different from the rest of the group, then you will need to take a taxi to the airport (additional fee €30).

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
21/06/2026	28/06/2026	£1,645	Guaranteed departure
05/07/2026	12/07/2026	£1,645	Guaranteed departure

## Price details

- Flights to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.
  - Rates are per person, based on two riders sharing a twin room or tent during the ride.
  - Groups are composed of a minimum of 5 riders and a maximum of 6 riders, plus guides.
  - The ride will confirm for 3-4 riders on payment of a small group supplement of €65 per person.
  - Airport transfers are included if arriving before 7am (riders arriving early may have to wait). On departure, a fee of €30 is payable for the airport transfer if your flights are very different from the rest of the group.
  - There is no single supplement and you must be prepared to share. The only exception is in Bishkek when it is possible to request a single room in the hotel (please contact us for rates). In exceptional circumstances and depending on the group size, it may be possible to request a private tent at an extra cost.
  - This ride is for adult riders only.
- Please Note
- The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.
- The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

### SUPPORT TEAM

- 1 English speaking tour leader
- 1 kyrgyz expedition leader

### LOGISTIC

- 1 cook

### INLAND TRANSPORTS

- Airport transfers

### ACCOMMODATION

- 2 person tents
- Double or twin room in 2\* hotel in Bishkek
- Twin or double room in guest house in Barskoon

### MEALS

- Full board from lunch on Day 1 to breakfast on Day 8 (excluding dinner in Bishkek)

## Price doesn't include

### MEALS

- Beverages and personal extras
- Dinner is not included on day 7 in Bishkek

### INSURANCE

Cancellation and travel insurances are not included. Please note that insurance is mandatory. We recommend to take out an insurance policy as soon as your travel is booked in case of cancellation.

Visa fees

International flights

**EXTRA**

Tips to local team

Optional

**ACCOMMODATION**

Single room (Bishkek)

EQUESTRIAN INFO

Horses

The Kyrgyz horses are cross-bred between the "heavenly horses" of Russia (Orlov and Don Valley) which are discussed in ancient texts, and the English Thoroughbred. The resulting breed is sturdy, well balanced, rustic, tough and ideally suited for the rough terrain. They live freely in herds in the mountains and are c. 14.2 - 15.1hh.

Guide & local team

Your hosts and guides for the trail will be members of the Obolbekov team or family. They all speak excellent English.

Minimum riding ability

**MINIMUM RIDING ABILITY**

This trip can accommodate beginner and low intermediate riders, however, it is a requirement of this trip that all participants have had at least 6 riding lessons in the weeks/months prior to departure and have a basic understanding of how to ride a horse.

Rider weight limit is 85 kg / 187 lbs / 13 st 5 lbs.

**PACE**

The ride will be walking only due to the terrain and conditions. You will stay in a line behind your guide, and will ride approximately 15-20 km per day (around 4 - 5 hours in the saddle).

**TACKING ABILITY AND PARTICIPATION**

You will be asked to groom, tack and untack your own horse although help is on hand. You may also assist with feeding and watering the horses if you wish. You will also be expected to help pitch and dismantle your tents.

**TRIP CONDITIONS AND REQUESTED EXPERIENCE**

The ride will not be overly technical, but you should be prepared for riding up and downhill, some steep sections and some rocky areas. On this type of trail, you should always be prepared to dismount and lead your horse downhill if your guide asks.

Each day you will ride to a new camp site, where you will sleep that night. There will be no support vehicle, so you will carry all of your personal belongings on your horses, except for one day when you will ride without luggage and return to the same camp site.

You will need to be physically fit and prepared for the conditions of the trip, such as altitude, unpredictable and extremely changeable weather, camping and being in a remote location. Previous experience of riding a trail of several days is a definite advantage but is not required. Please check with us before booking if you have any medical conditions as you will be far from medical help.

Visiting a new country offers the opportunity to meet other cultures with different mentalities, therefore it is important to accept these differences and respect the local way of life.

**EQUESTRIAN EQUIPMENT**

Saddles are local and consist of a basic frame over which is thrown sheepskins for comfort.

Helmets are mandatory. Please bring your own to ensure a proper fit.

You should wear hiking/riding boots as there may be some sections where you will need to dismount and lead your horse. Please ensure these are suitable for riding.

The local team will provide saddlebags for your belongings, but you should bring plastic or waterproof bags to protect them.

## TRAVEL INFO

### COMFORT

During the trail you will sleep in 3-person tents (4 nights). You will need to bring your own sleeping bag, liner, mat and camping pillow.

You will spend two nights in a twin/double room at the guesthouse in Barskoon.

You will stay for one night in a twin/double/triple room in a 3\* hotel in Bishkek.

### MEALS

The food is simple and abundant, using as many fresh ingredients as possible. Breakfast consists of eggs, bread, cheese and dried fruits. Lunch is a picnic and consists of bread, cheese, meat, dried fruit and chocolate. Dinner often starts with a hot soup followed by a main of meat, salad, pasta, rice and followed by cheese, dried fruits or chocolate.

### WATER

The guides will carry a water filter and some water purification tablets for the trek. We recommend that riders bring their own smaller, personal water-filters, and water purification tablets.

### CLIMATE

The weather is likely to be changeable.

In Bishkek and at low altitudes it can be hot and dry, but in the mountains and at altitude you can experience many variations. It can be warm during the day but the temperature will drop to around zero or below at night. You could experience rain, hail or even snow as well as wind but the bad weather rarely lasts long. The area actually reports low rainfall throughout the year but you should be prepared with many warm layers and waterproof clothing.

### TIPS

It is customary to tip but this is entirely at your discretion. We recommend a tip of around US\$60 per rider to be shared between the team.

### PACKING LIST

Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring. Please note: you will be riding at altitude and the weather can be unpredictable, even in the summer, so make sure to bring layers and enough warm clothing, waterproof gear and gloves – these are a must throughout the season. Your luggage for the ride should weigh a maximum of 10kg, including your sleeping bag and mat. Please bring a soft-sided bag which is more easily transported, as well as waterproof / plastic bags to put your belongings in during the ride (these will go in the saddlebags which the team will give to you). You can leave extra luggage not needed for the trail at the guesthouse in Barskoon.

We also recommend bringing waterproof hiking/riding ankle boots that you can wear with half chaps, as there may be some sections where you will need to dismount and lead your horse downhill (and normal riding boots won't provide enough grip). Please ensure these are suitable for riding, with ankle support and a small heel.

#### Head

- Riding helmet -- it is mandatory that you wear a riding helmet on this ride and that you bring your own to ensure a correct fit
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana
- Warm hat for cold nights

#### Upper body

- Thermals (long or short sleeved)
- Long sleeved shirts provide protection from the sun and are an extra layer and T-shirts
- Lightweight fleece
- Warm fleece or jumper (and a spare in case one gets wet)
- Warm and waterproof jacket - it can rain at any time of year and the evenings can be particularly cold. No ponchos or anything that can flap around!

#### Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub

- Thermals
- Casual trousers for the evenings, such as jeans or tracksuit bottoms
- Waterproof over trousers

#### Hands and Feet

- Comfortable and waterproof riding/hiking boots. We recommend short boots with half chaps, as above.
- Trainers or equivalent light shoes for moving around in the evenings
- Warm, thick socks
- Gloves - your hands are particularly exposed to the sun, cold or rain whilst riding. Waterproof gloves can be particularly useful.

#### Nightwear

- Sleeping bag. You need at least a comfort factor down to minus 5°C, but would recommend at least minus 8 or 10°C (especially outside of July/August). It is possible to request a sleeping bag from the local team (limited availability)
- Sleeping bag liner - silk, cotton or fleece - adds an extra layer
- Sleeping mattress (Therm-A-Rest mats are inflatable, warm and light)
- Pyjamas or tracksuits or thermals for sleeping in. Please remember it can get very cold at night, especially if you are travelling in June/September: pack accordingly.

#### Other useful items

- Water-purification tablets
- Swimwear
- Towel - camping one will both dry and pack more easily
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Headtorch or small torch for moving around camp at night - bring spare batteries and bulbs
- Water bottle (2 litres or 2 x 1 litre)
- Wet Wipes or equivalent (for when washing facilities aren't available)
- Small plastic bags for rubbish
- Ear plugs (for light sleepers)
- Solar charger/power bank

#### Medical kit

- Micropur tabs
- Sunscreen and lip balm - should be high factor
- Insect repellent, preferably containing DEET
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Water purification tablets
- Antiseptic wipes
- Handwash gel

#### Other recommendations

- We recommend travelling in your riding boots and carrying your hat and some riding clothes / any essentials and valuables in your hand luggage - then if your luggage goes astray you are still able to ride!
- Please print copies of your passport and insurance documents and take them with you.
- Backpacks should not be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lipbalm etc).
- Please take your rubbish home with you and try to leave excess packaging material at home before travelling.

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never

get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.

4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .