

+44 (0) 1905 388977

info@equus-journeys.com

Last updated 05/11/2025

Tien Shan Trail

KYRGYZSTAN

Join an exciting trail ride in Kyrgyzstan with four nights of camping and daily rides through the pristine wilderness – perfect for experienced riders seeking a shorter adventure in the heart of Central Asia. Enjoy beautiful scenery in the foothills of the Tien Shan mountain range, including mountain pastures dotted with yurts, crystal-clear lakes, rivers, valleys and lush forests. Along the way, you will meet local herders and shepherds.







ITINERARY

Highlights

- Enjoy a 4-night camping expedition in a remote part of Kyrgyzstan, with nights spent sleeping under the stars
- Reconnect with nature and soak up the spectacular mountain scenery
- Experience the semi-nomadic traditions of local Kyrgyz herders.
- 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 - No riding

(zz Family Guesthouse

You will fly to Bishkek and likely arrive in the early hours of the morning. Please note that flights are not included but can be booked on request.

You will be met at the airport, have breakfast (optional, to your own account) and then be transferred to the village of Barskoon (c. 4-5 hours, elevation 1790m). Here you will stay overnight in a rustic guesthouse.

Please note that it would be ideal to arrive at the airport around 5-6:00 am. If you arrive earlier, you will need to wait until all of the other riders have arrived

Day 2 - 2: - Approx. 6 hours riding



After breakfast you will take a short drive to the stables (1955m). You will ride out from here to the Ak-Dobo hills, cross the Tarylga River and ride through fir-tree forests and beautiful mountains. You will enjoy views of wide-open pastures in the Kok-Bulak valley, where shepherds herd their

animals in the summer. You will spend the night camping in tents in the Sary-Bulak Valley (2550 m).

Day 3 — 3: - Approx. 6 hours riding



From Sary-Bulak, you will ride along the Kichi-Jargylchak River and pass the Kindik jailoo (meadows). Here you will have a chance to meet shepherds and be introduced to their way of life. On the way down, you will pass through a rich tapestry of flowers and experience breathtaking views of mountain scenery and Lake Issyk-Kul. You will stay overnight in tents in the Kok-Bel Valley (2450 m.)

Day 4 - 4: - Approx. 6 hours riding



From Kok-Bel Valley, your trek takes you to the Juuku Valley. You will meet shepherds and experience their nomadic way of life. You will sleep in tents in the Upper Juuku Valley (2250 m.)

Day 5 - 5: - Approx. 6 hours riding



Today you will ride along the Juuku River and meet more shepherds with their animals. After crossing the Kashka-Suu River, you will see the impressive It-Tish Mountain Peak, which looms overhead at 4808m. You will camp overnight in tents in the Chong-Tash Valley (2900m).

Day 6 - 6: - Approx. 6 hours riding

Your guide will take you through the Juuku Valley to the Juuku Pass (3633m). Along the way, you will see two lakes called Jashyl-Kol, or "The Green Lakes". The trek will continue through the Arabel

Valley and at night you will sleep in tents next to the Arabel-Suu River (3700 m).

Day 7 — 7: BARSKOON - BISHKEK - No riding

After breakfast, you'll be driven down to Bishkek, stopping for lunch. In Bishkek there will be time to visit the bazaar of Osh - a colourful and lively market and worth the detour! Dinner is to your own account before a short night in your hotel.

Day 8 — 8: BISHKEK - EUROPE

You will be transferred to the airport at the time that is most convenient for all of the riders. If your flight is outside the scheduled transfer, then you will need to take a taxi to the airport. Flights are not included.

DATES & PRICES			
DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
03/07/2026	10/07/2026	£1,645	Open

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 7 am (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 (aged 20 - 75) only.

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 kyrgiz expedition leader

LOGISTIC

1 cook

INLAND TRANSPORTS

Airport transfers

ACCOMMODATION

2 person tents

Double or twin room in hotel standard 2*

Yurt, twin or double room in private home

MEALS

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

EXTRA

First aid kit

Price doesn't include

MEALS

Beverages and personal extras

Dinner not included on Day 8

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

Small group supplement if less than 4 riders

Tips to local team

Optional

ACCOMMODATION

Single room supplement (Bishkek)

Extra night in Bishkek (please contact us for rates)

Horses

The Kyrgyz horses are cross-breds 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

You need to be an experienced rider, competent in all paces, who is used to riding outdoors and fit enough for some long hours in the saddle. You are riding in a very remote location across rugged terrain and there is no option to miss a day if you get tired. You may also need to dismount and lead your horse on foot over steep/technical sections.

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

PACE

The ride is not fast because of the altitude and steep terrain, but some flat plateaus and valley bottoms may be conducive to canters on Day 5 - your guide will assess the conditions on the day.

TACKING ABILITY AND PARTICIPATION

You will be asked to help groom, tack and untack your horse but help will be 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

You need to be fit and in good physical condition. You will be riding between 1955m and almost 4000m, with some very rough terrain to cross and significant elevation changes throughout each day. There will be no support vehicle, you will carry your luggage on your horses.

You will also need to be prepared for the conditions of the trip such as altitude, unpredictable and changeable weather, camping and being in a remote location. Please check with us before booking if you have any medical conditions as you will be far from medical help.

Previous experience of riding a trail of several days is a definite advantage but is not required. Riders who do not ride regularly are requested to get riding fit prior to the start of their holiday.

The team has a satellite phone for emergencies.

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.

TRAVEL INFO

COMFORT

During the trail you will sleep in 3-person tents (4 nights).

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 that you are riding at altitude and the weather can be unpredictable, even in the summer, so make sure to pack sensibly, 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 waterproof / plastic bags to put your belongings in (these will go in the saddlebags which the team will give to you).

You can leave your extra luggage at the guesthouse in Barskoon. We 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

- $Lightweight, comfortable\ riding\ trousers\ or\ jodhpurs\ we\ recommend\ riding\ in\ the\ m\ at\ home\ before\ taking\ the\ m\ on\ holiday\ to\ ensure\ they\ don't\ rub$
- Thermals
- Casual trousers for the evenings, such as jeans or tracksuit bottoms
- Waterproof over trousers

Hands and Feet

- Comfortable and waterproof hiking/riding boots. We recommend short boots with half chaps.
- 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.
- Please use a soft sided case / bag which can easily be transported.
- 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.