Equus Journeys
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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Tien Shan Trail

KYRGYZSTAN

Join an exciting mini-expedition in Kyrgyzstan with four nights of camping and five days of riding through the pristine wilderness – perfect for experienced riders seeking a shorter adventure in the heart of Central Asia. In the foothills of the Tien Shan mountain range, you'll venture over rugged terrain to high passes and enjoy good riding hours. You'll also be rewarded with beautiful scenery, including mountain pastures dotted with yurts, mountain lakes, flowing rivers, valleys and forests. Along the way, you'll meet local herders and shepherds, and taste delicious food.

Pack Trip	**8 days / 5 days riding**	**From £1,754**	


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ITINERARY

Highlights

- Enjoy a 4-night camping expedition in a remote part of Kyrgyzstan, carrying your belongings on horseback and 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

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 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 – STABLES - TASH-KECHUU (2850m) - 5-6 hours riding

This morning, you will take a short drive to the stables where you will meet the horses (1955m). You'll be assigned to your horse and then head out on your first day of riding.

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 meetlocal shepherds along the way as you pass through their pasture-lands. Each day you will ride for around 5-6 hours until you reach your camp site.

Each night you will sleep in tents with enough space for your
belongings. The team will cook your meals for you.

Your ride today will go through Sasyk-Bulak Valley (2450m), Kok-Dobo Valley (3000m) and the Tash-Kechuu River (2850m).

Dinner and overnight camping.

Day 3 — 3: TASH-KECHUU – ALTYN-KUNGOI PASS (3350m) – TOSOR RIVER (3300m) - 5-6 hours riding

After breakfast, you will begin your second day of riding, starting at Tash-Kechuu and heading up to the Altyn-Kungoi Pass at 3350m.

You'll then ride to Tosor River and camp near the small mountain lake (3300m), sleeping in tents under the stars.

Dinner and overnight camping.

Day 4 — 4: MOUNTAIN LAKE – TOSOR PASS (3900m) – UCH-EMCHEK VALLEY (3400m) - 5-6 hours riding

This morning you'll continue riding on the trail, gradually heading up to Tosor Pass at 3900m and then down to Uch-Emchek Valley (3400m).

You'll set up camp near the river and enjoy delicious home-cooked food.

Dinner and overnight camping.

Day 5 — 5: UCH-EMCHEK RIVER (3400m) – WATERFALL – RETURN TO CAMP (3400m) - 5-6 hours riding

The ride today is a little easier than other days. You'll ride to a valley where there is a small waterfall, then it's along the mountain river and back down to the same camp site.

As you'll be riding without saddle bags today, there may be some opportunities for trots and canters.

Dinner and overnight camping.

Day 6 — 6: CAMP (3400m) – KEREGE–TASH PASS (3650m) – SARY-MOINOK VALLEY - 5-6 hours riding

Today is your last day of riding. After breakfast, you'll head to Chunkur-Kol Lake and Kerege-Tash Pass at 3650m. Then you'll ride down to Sary-Moinok Valley along the river, enjoying some last scenic views.

From here, you will say goodbye to the horses and a vehicle will transfer you from Sary-Moinok down to Barskoon village.

Dinner and overnight at the guesthouse.

Day 7 — 7: BARSKOON - BISHKEK - No riding

To end your time in Kyrgyzstan, you'll be driven back to the capital Bishkek, stopping for lunch.

In the city 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

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

Please note: 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).

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
18/07/2027	25/07/2027	£1,754	Open
01/08/2027	08/08/2027	£1,754	Open
15/08/2027	22/08/2027	£1,754	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 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.
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 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 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

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)

EQUESTRIAN INFO

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 and mostly at a walk because of the altitude and steep terrain, but there may be some opportunities for trots and canters in the valley on Day 5 - your guide will assess the conditions.

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.
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.
Vegetarian, pescatarian and lactose-free diets can be catered for on this ride, but unfortunately it is not possible to accommodate strict vegan and gluten-free diets.
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.
- Sunglasses - with a cord attached so they don't fly off when riding.
- Warm hat for cold nights.
- Sun hat for when not riding (optional).
- Buff or bandana.

Body
- T-shirts and long-sleeved tops for during the day (long-sleeves provide protection from the sun and are an extra layer if it's cold. You may also consider bringing thermals in case of cold weather).
- Warm fleece or jumper.
- Comfortable riding trousers or jodhpurs.
- Down jacket - the evenings can be particularly cold.
- Waterproofs (jacket and trousers, which should have opening on the outside/bottom of the leg so you can take them off without removing your boots).

Hands and Feet
- Waterproof riding/hiking boots.
- Half chaps.
- Warm socks.
- Gloves - your hands are particularly exposed to the sun, cold or rain whilst riding. We recommend waterproof gloves.
- Lightweight trainers (optional, for moving around camp in the evenings).

Night time - please remember it can get very cold at night (it may drop below 0°C or there may be wind and rain, so please pack accordingly.
- Thermals for sleeping in.
- Sleeping bag. We highly recommend a comfort rating of -15°C to -20°C. Alternatively, you can bring a lighter sleeping bag and a sleeping bag liner (silk, cotton or fleece) to add an extra layer.
- Sleeping mattress. We recommend Therm-A- Rest mats, which are inflatable and light.

Other essential items
- Water-purification tablets.
- Head-torch.
- Water bottle.
- Sun cream and lip balm with high SPF.
- Medical kit.
- Personal toiletries.

Other optional items
- Bumbag for accessing small items whilst riding.
- Small plastic bags for rubbish.
- Ear plugs and eye mask (for light sleepers).
- Solar charger/power bank.
- Swiss army knife.
- Swimwear and camping towel, (there may be a chance to wild swim on the way to/from Barskoon).

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 .