



Kyrgyzstan & Kazakhstan: Colourful Canyons & Nomadic Living

12 days, Bishkek to Almaty

Trip code AYBC

What's included

- Your G for Good Moment: Yurt Building Demonstration, Barskoon
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Almaty, Almaty
- Free Time in Bishkek
- Bishkek Orientation Walk
- Burana Tower Visit
- Iskra Village Dungan Family Lunch
- Shatyly View Point Hike
- Free Time in Tamga, Skazka "Fairytale" Canyon
- Barskoon Waterfall
- Yurt Building Demonstration
- Karakol Orientation Walk
- Free Time in Karakol
- Kaindy Lake Hike Visit
- Saty Village Stay
- Charyn Canyon Visit
- Singing Dunes
- Almaty Orientation Walk
- Free Time in Almaty
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing May 15th, 2025 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Bishkek

Arrive at any time. Join your new crew this evening at a welcome moment before heading out for your first night out! Grab a bubbly (water or beer) if you choose and get to know your new travel friends in Kyrgyzstan!



Accommodation

Cozy Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2

Bishkek

Today is yours for adventure through Bishkek, the capital city of Kyrgyzstan. After an orientation walk to get your bearings, spend the rest of the day seeing the city how you'd like. Opt to join a guided tour of the city or learn to make local Kyrgyz dumplings called manti.



Meals included

Dinner



Accommodation

Cozy Hotel (or similar)

Hotel



Today's Activities

Bishkek Orientation Walk

Bishkek

Join your CEO to get to know the city of Bishkek. Visit notable spots like Osh Market and see the neighborhood. Your CEO will point out restaurants, bars, coffee shops and supermarkets while teaching you how to navigate the city.

Free Time

Bishkek

The rest of the day is yours to explore Bishkek.



Optional Activities - Day 2

Bishkek City Tour

Bishkek

3h30m-4h

Get to know the capital of Kyrgyzstan better on a guided tour. See the highlights of the city like Ala-Too Square, the Paramount Kyrgyz Republic Flag, the Manas Statue of the hero of Kyrgyzstan and the Eternal Flame in Victory Square.

Kyrgyz Dumpling Making

Bishkek

Learn to make the delicious Kyrgyz steamed dumplings known as manti. Filled with a variety of meats and veggies, knead some dough and make some of these flavorful Kyrgyz snack.

Day 3

Bishkek/Chon Kemin

Visit the historic Burana Tower on the way to Iskra Village where we will enjoy a yummy lunch with a Dungan family, a group of Muslim-Chinese heritage. After spending time with the family and digging into the yummy food, drive to Chom Kemin for the night.



Meals included

Lunch | Dinner



Accommodation

Jekshen Guest House Chon Kemin (or similar)

Guesthouse



Today's Activities

Private Vehicle

Bishkek - Burana

1h30m

65km

Settle in and scan the scenery from the convenience of a private vehicle.

Private Vehicle

Iskra - Chon Kemin

1h30m

90km

Settle in and scan the scenery from the convenience of a private vehicle.

Iskra Village Dungan Family Lunch

Iskra

Enjoy an intimate and delicious local lunch in the family home of a local Dungan family, of Chinese-Hui Muslim minority group. Learn about the history of their migration, their tradition, and then try a traditional Dungan Chinese meal.

Burana Tower Visit

Burana

Visit the historical site of Burana and climb the stairs to check out the view from the top. A large minaret, along with some grave markers and remnants of a castle and mausoleums, are all that remain of the 9th century city of Balasagun.

Day 4

Chon Kemin/Tamga

Start today with an easy hike up to the Shatyly view point. Take in the view from above before hiking back down for some free time at camp. Take a dip if you wish in Issyk Kul Lake, meaning "Warm Lake" in Kyrgyz. In the afternoon, visit the famous Fairytale Canyon, Skazka. Walk through the wild rock formations that resemble castles and gnome homes. Then enjoy a relaxing evening on the shores of Issyk Kul Lake.



Meals included

Breakfast | Dinner



Accommodation

YurtCamp tosor Tonya (or similar)

Yurt



Today's Activities

Shatyly View Point Hike

Tamga

2h

4km

Hike through the gradual hills of Kyrgyzstan up to the incredible panoramic view of Shatyly. On this easy hike, admire the spectacular views all around you, especially of the lake spanning in the distance.

Free Time

Tamga

Enjoy some free time on the shores of Issyk Kul Lake.

Skazka "Fairytale" Canyon

Issyk Kul

On the Southern Shore of Lake Issyk Kul, visit the breathtaking Skazka Canyon, also known as the Fairytale Canyon. It's nickname speaks for itself, with natural rock formations that tower like princess castles in faraway lands.

Day 5

Tamga

After breakfast at camp, hike to the beautiful Barskoon Waterfall. I mean, who doesn't love a little waterfall adventure? Then head to Ak Orgo, a G Adventures-supported project that helps bring much-needed job opportunities to the Barskoon region. We'll dig into some lunch then learn how to build a yurt (like the one we're staying in here in Tamga!) Then head back to camp and take a dip in the lake.



Meals included

Breakfast | Lunch | Dinner



Accommodation

YurtCamp tosor Tonya (or similar)

Yurt



Today's Activities

Barskoon Waterfall

Tamga

1h30m-2h

Hike to the frothy Barskoon Waterfall and watch as the rushing water cascades down the cliff. In addition to the waterfall, we'll see bright red rocks and interesting rock carvings on display for us!

Free Time

Tamga

Enjoy some free time for leisure and to swim in Issyk Kul Lake.

ACTIVITY

Visit the Ak-Orgo workshop, a G Adventures-supported project working to preserve Kyrgyz traditions and create employment opportunities in Barskoon. Observe how traditional yurts are built.

Day 6

Tamga/Karakol

Drive to Karakol this morning and join your CEO on an orientation walk, the perfect way to start your time in Karakol and get to know this city a bit better. Then the day is yours for adventure! Opt to visit the colorful Dungan Mosque, Karakol Market or the impressive Russian Orthodox Church.



Meals included

Breakfast



Accommodation

Madanur Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Tamga - Karakol

1h30m-2h

100km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Karakol

Spend today free time wander through Karakol!

Karakol Orientation Walk

Karakol

Get your bearings in the great city of Karakol on this CEO-guided orientation walk.



Optional Activities - Day 6

Russian Orthodox Holy Trinity Cathedral Visit

Karakol

Free

Stop by Karakol's cathedral to admire the unique architecture. This beautiful wooden church was built in 1895, after the old structure was destroyed by an earthquake and is still used for services on Sundays.

Dungan Mosque

Karakol

Free

Visit this colourful mosque originally built in 1910 that almost resembles a Buddhist temple. This is the only mosque in the area and definitely worth checking out. The word Dungan in the temple name is a term from the Soviet-era referring to the ethnic group of Muslims of Chinese descent. The people themselves, however, call themselves Hui.

Day 7

Karakol

Fill up on breakfast before heading out for a free day in Karakol. How about a tour of the city? Or maybe get back out into nature with visits to the spectacular Jety Oguz or Aksu Kench hot springs!



Meals included

Breakfast



Accommodation

Madanur Hotel (or similar)

Hotel



Today's Activities

Free Time

Karakol

A full day free in Karakol means a day full of adventure!



Optional Activities - Day 7

Jety Oguz & the Seven Bulls

Jety-Oguz

Visit the stunning Seven Bulls in the Jety Oguz mountain area. Watch as the bright red sandstone seemingly changes color hues as the sun reflects off the unique rock formations. We'll have a picturesque picnic lunch in the valley that is blanketed in colorful flowers in the spring. Then hike to the Jety Oguz view point on a 1.5 hour roundtrip moderate hike.

Ak-Suu Kench Hot Springs

Karakol

Take a dip in the warm hot springs of Ak-Suu.

Day 8

Karakol/Saty Village

Cross the border into Kazakhstan, stopping for a scenic picnic lunch along the way. Then climb into a 4x4 vehicle to visit the stunning Kaindy Lake. Grab your camera and get ready for some jaw-dropping views. This evening, connect with local Kazakh culture at our Saty Village homestay.



Meals included

Breakfast | Dinner



Accommodation

Zhuldyz Guest House (or similar)

Guesthouse



Today's Activities

4x4

Saty Village - Kaindy

1h

15km

Jump in a 4x4 vehicle to get off-road in Kazakhstan.

Private Vehicle

Karakol - Saty Village

4h30m

230km

Settle in and scan the scenery from the convenience of a private vehicle.

Border Crossing (Kyrgyzstan - Kazakhstan)

Kegen

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Saty Village Stay

Saty Village

Be immersed in Kazakh culture during a homestay near the Kolsay Lakes National Park. Eat a traditional dinner and marvel at the mountain range and forests surrounding the village.

Kaindy Lake Hike Visit

Saty

Visit the perfectly turquoise colored Kaindy Lake. In this unique lake, you can see spruce trees sticking out of the crystal water. This sunken forest will leave you in awe of its beauty.

Day 9

Saty Village/Altyn Emel National Park

Get ready to see red... red rocks and canyons we mean! Our first stop of the day is to Charyn Canyon. Full of different shades of reds, oranges, and browns, the beautiful Charyn Canyon is often compared to the Grand Canyon. Then continue on to Altyn Emel National Park where more red and orange rocks make up this beautiful landscape.



Meals included

Breakfast | Dinner



Accommodation

Algai Quinn Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Saty Village - Altyn Emel National Park

5h30m

265km

Settle in and scan the scenery from the convenience of a private vehicle.

Charyn Canyon Visit

Charyn Canyon National Park

Enjoy the views of the beautiful Charyn Canyon. Breathe the fresh air and snap a few photos of this stunning landscape.

Day 10

Altyn Emel National Park/Almaty

Right on the bank of the Ili river sits the beautiful golden Singing Sand Dunes. On a windy day, when the sand moves across the dunes, it produces a low-pitched humming sound, giving it its name. Get your body moving as you trek through the sand. Return to the guest house for a well-deserved lunch before driving to Almaty. Then join your crew and CEO for an orientation walk.



Meals included

Breakfast | Lunch



Accommodation

Mildom Express Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Altyn Emel National Park - Almaty

4h

257km

Settle in and scan the scenery from the convenience of a private vehicle.

Almaty Orientation Walk

Almaty

Enjoy the chance to see Almaty on this orientation walk led by your CEO.

Singing Dunes

Altyn Emel National Park

Wander across the drifting sand at the seemingly unending Singing sand dunes. Hike through the dunes and take in the breathtaking views of snow capped mountains in the distance.

Day 11

Almaty

Almaty is on full display as you get to choose your own adventure through the city. We recommend a city tour to connect with Kazakhstani culture. Then see the city come to life at night on your Big Night Out!



Accommodation

Mildom Express Hotel (or similar)

Hotel



Today's Activities

Free Time

Almaty

A full free day in Almaty is on the docket for today!

ACTIVITY

See the beautiful city of Almaty light up with lights when we head out for a Big Night Out with the crew. Grab a drink of choice and enjoy the Kazakhstani night life!



Optional Activities - Day 11

Almaty City Tour

Almaty

Get to know Almaty on a city tour, visiting the most stunning sights. Stop by the colourful Ascension Cathedral, constructed entirely of wood without the use of any nails. It survived an earthquake in 1911 and continues to stand today. Walk through Panfilov's Park and the historical part of the city. Visit the new part of Almaty known as Independence Square, and stop by the WWII Memorial.

Day 12

Almaty

Depart at any time.

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What are the main highlights of this trip?

Marvel at the colourful rock formations of Skazka Canyon and Charyn Canyon, Feel the desert hum beneath your feet at Kazakhstan's Singing Dunes, Stay with local families in Saty and enjoy a home-cooked Dungan lunch in Iskra Village, Learn to build a traditional yurt alongside nomadic experts, Soak up the local energy in the cultural hubs of Bishkek and Almaty

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Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

CULTURE

Central Asia is a region which may be very different to anything you have experienced before. Mixture of Soviet heritage and Islam, summer heat and winter cold, religious conservatism, traffic and crowds can result in initial culture shock but should be seen as an exciting new challenge.

DRESS CODE

Though you can see lots of people in traditional clothes, Central Asia has adopted western style clothing as well. Don't hesitate to pack your usual travel clothes: in summer it can be shorts and t-shirts, sandals etc. We recommend not to bring tank tops/singlets and any types of clothes with bare shoulders and backs - it is unacceptable in most areas, even in bigger cities. Our tour takes us to many religious sights, where dress code is very strict. We recommend women to have a headscarf in their day bags to cover up when going inside mosques (it's also a great help in the heat in summer). Best things to pack for the hot Central Asian climate is loose, long clothing - long trousers and sarongs or long skirts for women. In colder months (from the end of October through the end of April) it can rain and snow - bring warm clothes, jackets and comfortable warm shoes for walking.

ALTITUDE CONSIDERATIONS

This trip operates at altitudes over 800m (max altitude 3016m at Song Kul). Whilst we travel slowly allowing plenty of time to acclimatize you may experience headaches, nausea, lethargy, especially when visiting Song Kul & Iskanderkul. It is important to be aware of the affects of altitude on one's tolerance especially on long driving days.

MONEY

Due to the restrictions on changing money in Central Asia region, only notes/bills printed after 1996 and in good condition will be accepted for exchange. Usually 50 and 100 USD/EUR notes get better exchange rate. We recommend to bring smaller denominations as well - many vendors accept them if you don't have local currency.

RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 28th - Mar 29th 2025, and Feb 17th - Mar 19th 2026. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 18

What meals are included in this trip?

7 breakfasts, 3 lunches, 6 dinners

What are the meals like on this trip?

While traveling with us you will experience the vast array of wonderful food available in the world. Generally, to give you the maximum flexibility in deciding where, what and with whom to eat, not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favorite restaurants during your trip. Please check the 'meal inclusions' section below for details of meals included.

What are the modes of transportation on my trip?

Private Vehicle, Walking, Train, 4x4 Vehicle.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hostel (4 nts, multi-share), Guesthouse (5 nts, multi-share), Yurt Camp (2 nts, multi-share).

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Nights 4, 5 & 9

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer provider directly: Mr. Arlan +996700602090, Mrs. Asel +996777202888

EMERGENCY CONTACT NUMBERS

G Adventures Office Central Asia:

Mr. Laziz Otayarov (Operations Manager - Central Asia)

Mobile 1: +99890 963 4779 (24h)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What instructions should I follow at the finishing point?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should I take on my trip?

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking though, you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage (please see below for exceptions), and though you will not be required to walk long distances with your luggage (max 30 minutes) we recommend keeping the weight under 10kg/22lb.

Suitcases are not recommended for G Adventures travellers! Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well, as you may be required to negotiate bus and railway station steps. You will also need a day pack/bag to carry water and a camera etc for day walks and day trips.

What should be on my packing list?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What the visas and entry requirements for my trip?

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

KAZAKHSTAN

If you require a Letter of Invitation (LOI) to apply for a Kazakhstan visa, please fill out & submit the following request [form](#)

KYRGYZSTAN

If you require a Letter of Invitation (LOI) to apply for a Kyrgyzstan visa, please fill out & submit the following request [form](#)

IMPORTANT NOTE: If you require an LOI (Letter of Invitation) for your Visa application for Kyrgyzstan, you will be subject to a processing fee of \$50USD (or currency equivalent) per person. This is charged by Ministry of Foreign Affairs.

You must have at least two blank passport pages available for each country you will visit on your tour. These are required for entry & exit stamps.

Information accurate as of April 1st, 2024.

How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

In general Central Asia is a cash operating region, and travellers cheques are not recommended. Due to bank restrictions, only banknotes printed after 1996 can be exchanged. Better to bring notes without marks or stamps on them. We recommend to bring about 70 USD in small denominations: 1, 5 and 10 USD notes.

Kazakhstan

The preferred currency for local transactions is the tenge, and local establishments rarely accept credit cards so keep cash on hand. ATMs in Kazakhstan are accessible in the larger cities, and withdrawals can be made by credit card. There are many currency exchange locations available to exchange EUR, USD, GBP, Russian rouble, Kyrgyz some and Chinese yuan. Local establishments in big cities accept Debit/Credit cards. Limited ATMs, some times no ATMs in the villages or remote areas.

Kyrgyzstan

The preferred currency for local transactions is the som, and local establishments rarely accept credit cards so keep cash on hand. There are many of ATMs accessible in Bishkek and other larger cities such as Cholpon Ata and Karakol. Larger cities will also have money exchange locations that will trade EUR, USD, Roubles; some locations will trade GBP, and Chinese yuan. Local establishments in big cities accept Debit/Credit cards. Limited ATMs, some times no ATMs in the villages or remote areas.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

In Central Asia It is not customary to tip service providers such as waiters, but it is very appreciated, depending on the service we recommend 3-5%. Tipping shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$3-\$4 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$4-7 USD per person, per day can be used.

What activities are optional on this trip?

Bishkek

- Bishkek City Tour
- Kyrgyz Dumpling Making

Karakol

- Russian Orthodox Holy Trinity Cathedral Visit (Free)
- Dungan Mosque (Free)
- Ak-Suu Kench Hot Springs

Jety-Oguz

- Jety Oguz & the Seven Bulls

Almaty

- Almaty City Tour

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

Central Asian dress is quite conservative. Plan to pack loose-fitting light clothing appropriate for hot weather and plan to cover knees, shoulders and chest. For women, a hair scarf is recommended, though they are easy to buy in country.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.