

DISCOVER KYRGYZSTAN



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Russian Troika
Rental Service in Kyrgyzstan

Kyrgyzstan

Capital : Bishkek
Currency : Kyrgyz som (KGS)
Languages : Kyrgyz, Russian
Population: 7.2 million



The name Kyrgyzstan means “the land of the Kyrgyz people.” About 94% of the country is mountainous, with nearly half of its territory lying above 1,500 meters above sea level. Approximately 41% consists of high-altitude regions above 3,000 meters. Much of the landscape is permanently covered with snow and ice, and glaciers account for about 4% of the country’s territory.

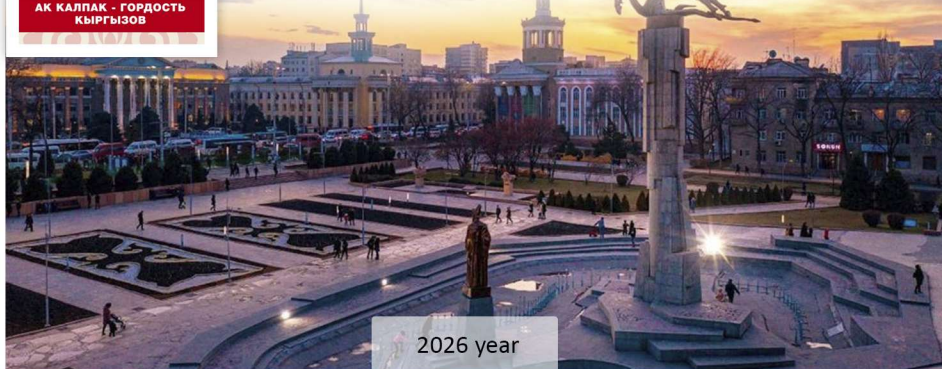
The national flag of Kyrgyzstan features a red field with a golden sun at its center, radiating 40 rays. Inside the sun is a red tunduk — the circular crown of a traditional Kyrgyz yurt.



The red color symbolizes bravery and courage, the sun represents peace and prosperity, and the tunduk stands for unity. The 40 rays symbolize the unification of 40 ancient tribes into a single Kyrgyz nation.



The traditional Kyrgyz headdress, the ak-kalpak, is a men’s hat made of white felt. It symbolizes purity and the snow-capped mountains of the country. Its shape resembles mountain peaks and is considered a sacred item that reflects ancestral heritage and national philosophy. It should be treated with respect and not used for entertainment purposes.

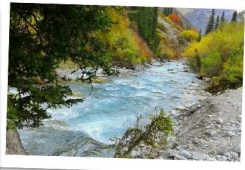


2026 year

Ala-Archa National Park



Ala-Archa National Park is one of the most popular natural attractions near Bishkek. Located just 30 km south of the city, on the slopes of the Kyrgyz Ala-Too Range, it offers breathtaking mountain scenery and an easy escape into the wilderness.



The name “Ala” translates as “variegated” or “colorful,” while “archa” refers to a type of juniper shrub that abundantly covers the mountain slopes in this area.

The Ala-Archa Alpine Camp is situated at an altitude of 2,100 meters above sea level. In the past, it was considered a kind of “Mecca” for Soviet mountaineers, who gathered here in large numbers for training camps and ascents. Today, the gorge and its surrounding peaks remain lively, attracting climbers, trekkers, and nature lovers from around the world.

The park offers a wide range of routes suitable for both experienced mountaineers and casual hikers. Visitors can enjoy everything from easy walks along the valley floor to more challenging treks into the high mountains.

The area is surrounded by impressive peaks, including Korona Peak, Semyonov-Tyan-Shansky Peak, Teketor Peak, and Peak of Free Korea, among others, making it a true paradise for outdoor enthusiasts.



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googlemap

Issyk-Ata Gorge and Sanatorium



Issyk-Ata Gorge is a picturesque mountain valley located about 80 km east of Bishkek, on the northern slopes of the Kyrgyz Ala-Too Range. It is known for its dramatic landscapes, alpine forests, and rocky cliffs, making it an ideal destination for a relaxing day trip or a short escape into nature.

The area is especially famous for its thermal mineral springs, which have been valued for their healing properties for centuries. Visitors can enjoy scenic walks along the river, fresh mountain air, and peaceful surroundings.

At the heart of the gorge lies the historic Issyk-Ata Sanatorium, a Soviet-era health resort that still operates today. The sanatorium offers a range of treatments based on the local hot springs, including mineral baths believed to help with joint, skin, and respiratory conditions.

One of the highlights of the area is a striking rock face featuring an ancient carved image of the Buddha, adding a unique cultural element to the natural beauty of the gorge.

Issyk-Ata is accessible by all vehicles and can be visited year-round, though it is especially pleasant in spring and autumn.



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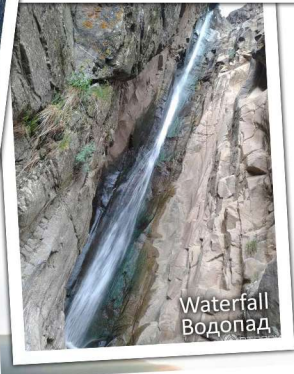
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Chunkurchak Gorge



Chunkurchak Gorge is a scenic mountain valley located about 40 km south of Bishkek, on the northern slopes of the Kyrgyz Ala-Too Range. Known for its rolling green hills, alpine meadows, and panoramic views, it is a popular destination for both locals and visitors seeking a peaceful escape into nature.

The gorge is especially beautiful in spring and early summer, when the fields are covered with wildflowers and the surrounding mountains turn lush and green. It is an ideal place for hiking, horseback riding, and picnicking.



The area forms part of a biosphere reserve established to protect the region's unique ecosystem, including rare species of tulips that bloom here in spring.

One of the highlights of the gorge is a suspension bridge spanning the valley, offering stunning views and a memorable experience for visitors.

Chunkurchak Gorge is easily accessible by car and makes for a perfect day trip from the city.



Accessible by all vehicles.

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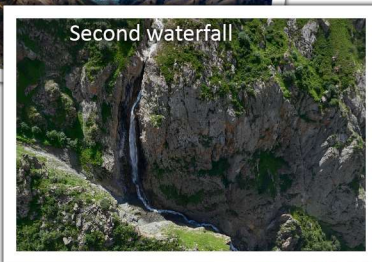
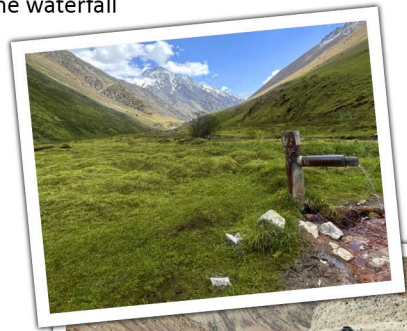
Belogorka Gorge (Sokuluk)



Belogorka Gorge is a true “hidden gem” in the surroundings of Bishkek. The gorge is home to a spectacular 60-meter waterfall, captivating visitors with its power, scale, and beauty.

A road leads directly to the gorge, but reaching the waterfall itself requires a short hike.

Don't worry—the trail is relatively easy and definitely worth the effort!



Second waterfall



60-meter waterfall

There is also a second waterfall in the gorge, though it is more challenging to reach. If you start your trip early in the morning, you'll have enough time to explore both.



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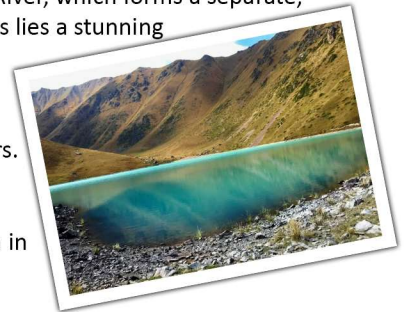
Kegety Gorge



Kegety Gorge is located about 75 km from Bishkek, on the northern slopes of the Kyrgyz Ala-Too Range, and stretches for approximately 30 km. A river of the same name flows along the valley floor, fed by numerous tributaries.

The largest of these is the right tributary, the Kol-Tor River, which forms a separate, exceptionally beautiful side gorge. In its upper reaches lies a stunning turquoise lake—one of the area's main highlights.

The lake is situated at an altitude of 2,725 meters above sea level and is a popular destination for visitors. The river flowing out of the lake disappears underground into a natural rock blockage formed hundreds of years ago, then re-emerges further down in the forest zone, creating a picturesque cascade of crystal-clear water.



The trail to the lake begins along the right slope of the gorge, passing through spruce forests and dense thickets of rowan, honeysuckle, rosehip, and barberry. Higher up, the vegetation gradually gives way to juniper (archa) groves, which in turn transition into alpine meadows.

About 3 km above the lake, the moraines and large glaciers of Kol-Tor Glacier and Anastasia Glacier can be seen clearly from the lake area.

Mountain passes in this region provide routes into neighboring gorges, including Tuyuk Shamsy Gorge.



Waterfall-Accessible
by all vehicles.

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Kol-Tor
4x4 vehicles only

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Burana Tower



The tower dates back to the 10th–11th centuries. It is built of brick and timber. Rising from an octagonal stone base, the tower features a conical structure encircled by decorative bands of patterned brickwork.

At a height of about 5 meters, there is an entrance leading to a spiral staircase that takes visitors to the top.



Today, the tower stands 21 meters tall with a diameter of 9 meters. It is believed that it originally reached a height of up to 48 meters, but was partially destroyed by an earthquake.

Near the tower, visitors can explore a “stone garden” displaying so-called balbals (6th–10th centuries)—ancient Turkic gravestones—as well as old millstones and rocks with petroglyphs dating back to the 1st millennium BCE.

Even today, you can find stones with Arabic inscriptions, some of which can be interpreted using modern translation tools such as Google Translate.

There is also a small museum on the site, showcasing artifacts from the ancient settlement, including pottery, gold and silver jewelry, millstones, and other everyday objects.



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Canyon Kok-Moynok



The canyons take their name from the nearby village of Kok-Moynok, which in Kyrgyz translates to “green valley.”

Their base lies at approximately 1,500 meters above sea level, while the highest points rise to 1,650–1,700 meters, creating an elevation difference of about 150–200 meters. This natural variation in height enhances the dramatic landscape and reveals sweeping views of the sculpted rock formations. The cliffs are distinguished by their rich orange hue, a result of the high iron oxide content in the soil.

Kok-Moynok is also a remarkable destination for stargazing. Far from the glare of urban lights, the night sky appears exceptionally vivid and pristine, making it an ideal spot for both astronomy enthusiasts and travelers seeking a deeper connection with nature.



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Konorchek Canyon



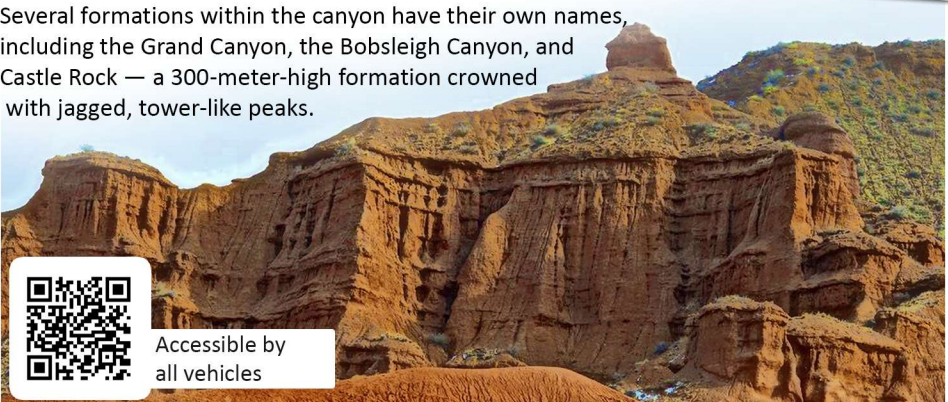
Konorchek Canyons are a remarkable natural formation, impressive in both beauty and uniqueness. Shaped by ancient geological activity, this landscape features dramatic and vividly sculpted terrain.

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The canyons can only be reached by trekking through a maze of rocky passages along the bed of a dried-up river. Towering columns of red sandstone stretch for many kilometers, creating a truly striking panorama. One of the canyon's most notable landmarks is an extinct volcano, estimated to be around 2.5–3 million years old.

The hiking route is approximately 9 kilometers long. The canyons are also known as the "Aeolian Castles," a name inspired by their wind-shaped formations.

Several formations within the canyon have their own names, including the Grand Canyon, the Bobsleigh Canyon, and Castle Rock — a 300-meter-high formation crowned with jagged, tower-like peaks.



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Chon-Kemin

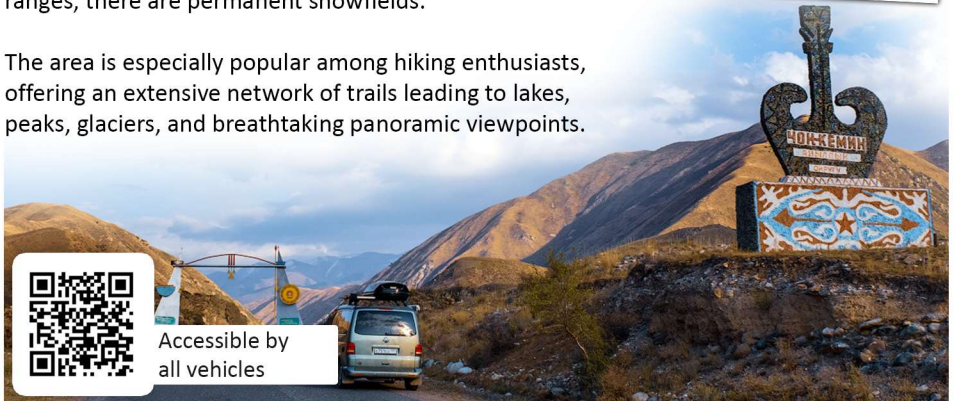


The Chon-Kemin Gorge and Valley is one of the most picturesque areas in Kyrgyzstan. It is a unique natural complex that includes the gorge, the valley, and the Chon-Kemin River flowing through it.

In 1997, Chon-Kemin National Park was established in the Chon-Kemin River valley. By decree of the Government of the Kyrgyz Republic, all forestry areas of the Kemin District were incorporated into the park. It is protected by the state due to its rich biodiversity, including species such as the Tolai hare, pheasant, as well as the ephedra plant.

The valley is surrounded on three sides by mountain ranges and lies at an elevation of 1,400 to 2,800 meters above sea level. While the valley floor enjoys a mild climate with lush green meadows, at elevations of up to 4,700 meters in the Kungey Ala-Too and Ili Ala-Too ranges, there are permanent snowfields.

The area is especially popular among hiking enthusiasts, offering an extensive network of trails leading to lakes, peaks, glaciers, and breathtaking panoramic viewpoints.



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Petroglyphs and Balbals in Cholpon-Ata



The open-air petroglyph museum, often referred to as the “Stone Garden,” is located about 3 km from the center of Cholpon-Ata, on the outskirts in the foothills.

The museum is open daily from 8:00 AM to 8:00 PM and covers an impressive area of 42 hectares, dotted with hundreds of boulders bearing ancient rock carvings.

The oldest petroglyphs date back to the 1st millennium BCE. Three different walking routes, ranging from 800 meters to 3 kilometers in length, run throughout the site.



The Stone Garden is also home to balbals—ancient stone figures that often depict the deceased. Details such as a cup or a sword indicate noble origin or military status. The word “balbal” comes from the Turkic language and translates as “ancestor” or “father.”



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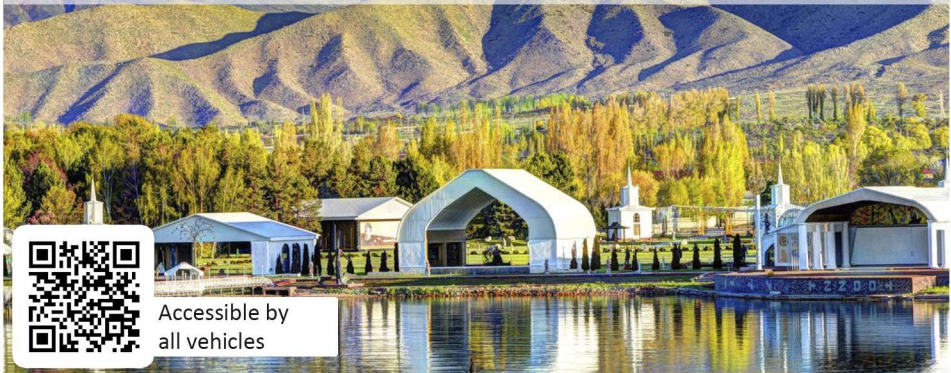
Rukh Ordo Museum



The Rukh Ordo Cultural Center is located in the town of Cholpon-Ata, on the berep of Issyk-Kul Lake in Kyrgyzstan. It is a unique spiritual and cultural complex that reflects the history, legends, and myths associated with the lake, as well as with the world's major religions.



The name "Rukh Ordo" translates as "Blessed City." According to the vision of its founder, Tashkul Kereksizov, the uniqueness of the center lies in its idea of uniting five major world religions. The complex features five chapels that are identical on the outside, but inside contain symbols representing each of the five religions: Orthodoxy, Catholicism, Islam, Buddhism, and Judaism.



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Eurasia Thermal Springs



The Eurasia Thermal Springs is a mineral hot spring complex featuring eight pools, with water temperatures ranging from +15°C to +50°C and depths from 0.7 to 1.5 meters. This variety allows every visitor to choose the most comfortable depth and temperature.

Relaxing in a warm pool with a view of Issyk-Kul Lake and the surrounding mountain ranges is truly unforgettable.

The complex also offers accommodation, along with a range of amenities, including tennis courts, massage services, and restaurants. It is an ideal destination for a comfortable family getaway.



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Ak-Bermet Thermal Springs on Issyk-Kul

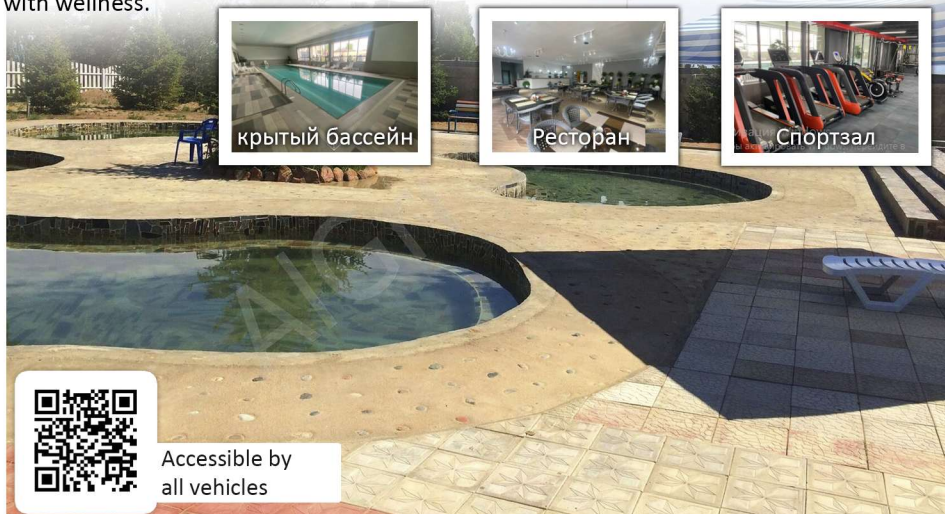


The Ak-Bermet Thermal Springs is a popular wellness destination located on the northern shore of Issyk-Kul Lake. Known for its naturally heated mineral waters, the complex attracts visitors seeking relaxation, health benefits, and scenic views.

The thermal pools vary in temperature, typically ranging from warm to hot, allowing guests to choose the most comfortable option. The mineral-rich water is believed to have therapeutic properties, helping to relieve muscle tension, improve circulation, and support overall well-being.

One of the highlights of Ak-Bermet is the opportunity to soak in warm water while enjoying panoramic views of Issyk-Kul and the surrounding mountain ranges. The peaceful atmosphere, combined with fresh mountain air, makes it an ideal place to unwind.

The complex offers comfortable facilities, including indoor and outdoor pools, relaxation areas, and essential amenities for visitors. It is well-suited for both short visits and longer stays, and is especially popular among families and travelers looking to combine relaxation with wellness.



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Central Bazaar in Cholpon-Ata



Looking to experience the true local vibe of Cholpon-Ata? Head to the Central Bazaar — a must-visit spot where everyday life, culture, and flavors come together.

Here, you'll find everything from fresh fruits and vegetables to clothes, souvenirs, and household goods — all at budget-friendly prices. The market is especially loved for its rich variety of seasonal produce, bursting with color and freshness.

Wander through lively rows of stalls, where vendors sell their goods in every possible way — from neatly arranged counters to simple boxes and ground displays. It's chaotic, vibrant, and full of character.

Don't miss the chance to taste local treats, chat with friendly sellers, and practice your bargaining skills — it's all part of the authentic Eastern bazaar experience!



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Park in Cholpon-Ata



Spanning 16 hectares, the city park of Cholpon-Ata is a modern and inviting space designed for relaxation and leisure. Its grounds feature an amphitheater, cycling paths, picturesque bridges, a fountain, and even a small artificial island.

The park is a favorite destination for both locals and visitors. Throughout the year, it hosts festivals, cultural events, and open-air performances that bring the space to life.

Fully equipped for a comfortable visit, the park is perfect for daytime relaxation and especially pleasant for evening walks, when the atmosphere becomes calm and refreshing.



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Semënovskoye & Grigorievskoye Gorges



Located on the northern shore of Issyk-Kul Lake, about 40 km from the resort town of Cholpon-Ata, the Semënovskoye Gorge is one of the most impressive natural attractions in Kyrgyzstan. It stretches for approximately 35 km.

Along the floor of the gorge flows the Ak-Suu River — a fast-moving mountain river with crystal-clear glacial water, while the slopes are covered with Tien Shan spruce trees.



The Semënovskoye Gorge is considered a must-see destination for visitors to Issyk-Kul and is included in many guided tours.

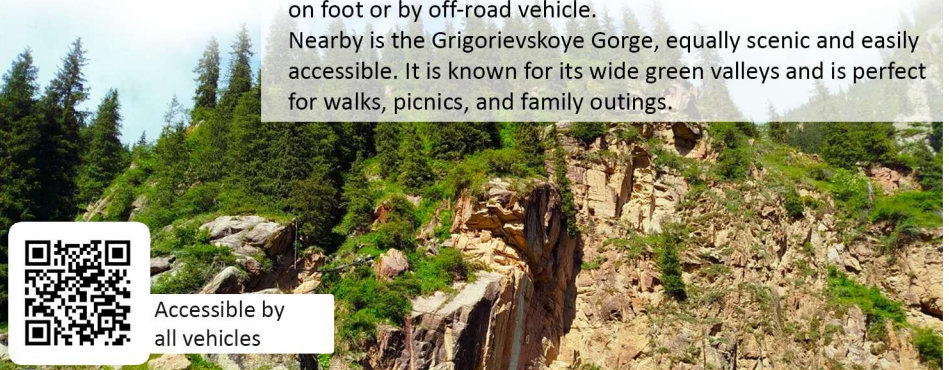
In summer, traditional yurts are set up here, where visitors can enjoy authentic Kyrgyz cuisine.



For outdoor enthusiasts, horseback riding tours through the gorge are available. The area is also popular among athletes, who come here for high-altitude training camps and often stay for several days.

Deep within the gorge lies a sacred lake, which can be reached on foot or by off-road vehicle.

Nearby is the Grigorievskoye Gorge, equally scenic and easily accessible. It is known for its wide green valleys and is perfect for walks, picnics, and family outings.



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Hot Springs in Chon-Oruktu



Looking to relax and recharge by Issyk-Kul Lake? The hot mineral springs near Chon-Oruktu, located about 50 km from Cholpon-Ata, are a perfect wellness getaway.

The site features several pools built in a natural style using real stone, arranged in a cascading layout. Hot mineral water flows into the upper pool and then gradually fills the lower ones, creating different temperature levels in each — so you can choose what suits you best.

The water comes directly from an underground well, which makes the top pool extremely hot — more suitable for short dips — while the lower pools offer a more comfortable bathing experience.

For a truly authentic stay, you can rent a traditional Kyrgyz yurt and experience the nomadic lifestyle.

If you're feeling active, horseback riding along the lakeshore or into nearby gorges is also available.



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Dungan Mosque in Karakol



The famous Dungan Mosque in Karakol is a unique architectural landmark dating back to the late 19th century. Built in the style of a Buddhist temple, it is a remarkable example of Dungan cultural heritage.

One of its most fascinating features is that the mosque was constructed without a single nail or any metal fastenings. Instead, craftsmen used wooden beams made from Tien Shan spruce, elm, and local poplar, while walnut was used for decorative elements.

To build the mosque, a master wood architect named Zhou Sy was invited from Beijing, China. At the time, he was around 40 years old. He worked with a team of 20 craftsmen from China, while local craftsmen were responsible for the stone foundation and masonry.

Zhou Sy personally designed the intricate wooden ornaments, which were then carefully carved by his assistants and assembled into the structure.

Today, the mosque remains one of Karakol's most iconic landmarks, admired for its vibrant colors, detailed carvings, and unique architecture.



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Holy Trinity Church in Karakol

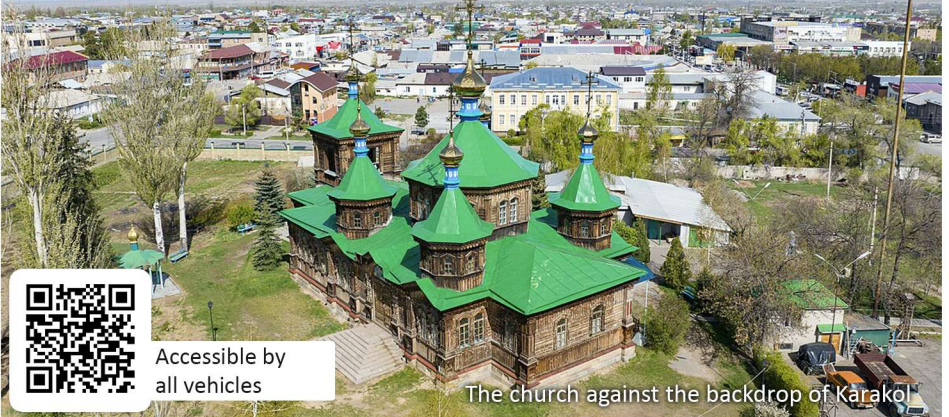


Located in the heart of Karakol, the Holy Trinity Orthodox Church is one of the city's most important historical and spiritual landmarks.

Built between 1894 and 1895 on the site of a former five-domed brick church destroyed by an earthquake, the current structure was erected using the original foundation. Its architecture reflects the traditions of old Russian wooden church design, giving it a distinctive and atmospheric appearance.

Inside the church, visitors can see revered religious relics, including the remains of three martyrs — Probus, Tarachus, and Andronicus — as well as the Tikhvin Icon of the Mother of God. This icon was painted over 110 years ago in Athens, Greece, specifically for Central Asia, and is believed to possess miraculous powers.

Today, the church remains an active place of worship and a peaceful place for visitors seeking history, culture, and quiet reflection.



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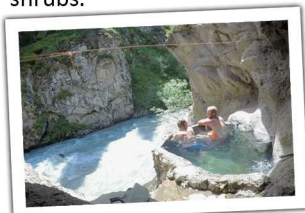
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The church against the backdrop of Karakol

Altyn Arashan Gorge



Nestled in the valley of the Arashan River, Altyn Arashan is one of the most picturesque mountain gorges in Kyrgyzstan. One side of the gorge is covered with dense spruce forests, while the other is a colorful tapestry of alpine grasses, wildflowers, berries, and low shrubs.



The most famous attraction here is the hot springs with radon-rich mineral water — a perfect place to relax and recharge surrounded by stunning mountain scenery.

At an altitude of over 3,500 meters lies the breathtaking Ala-Kol Lake, known for its bright turquoise water and dramatic alpine views.

From Altyn Arashan, experienced travelers can access some of the region's highest peaks, including the Aksu Wall (5,022 m) with its snow-covered glaciers and Peak Sovetskaya Rossiya (4,900 m).

Reaching the gorge is an adventure in itself — it is accessible only by a 4WD vehicle or on foot, making it especially appealing for nature lovers and outdoor enthusiasts.



You can reach it only on horseback or on foot.

Karakol Gorge



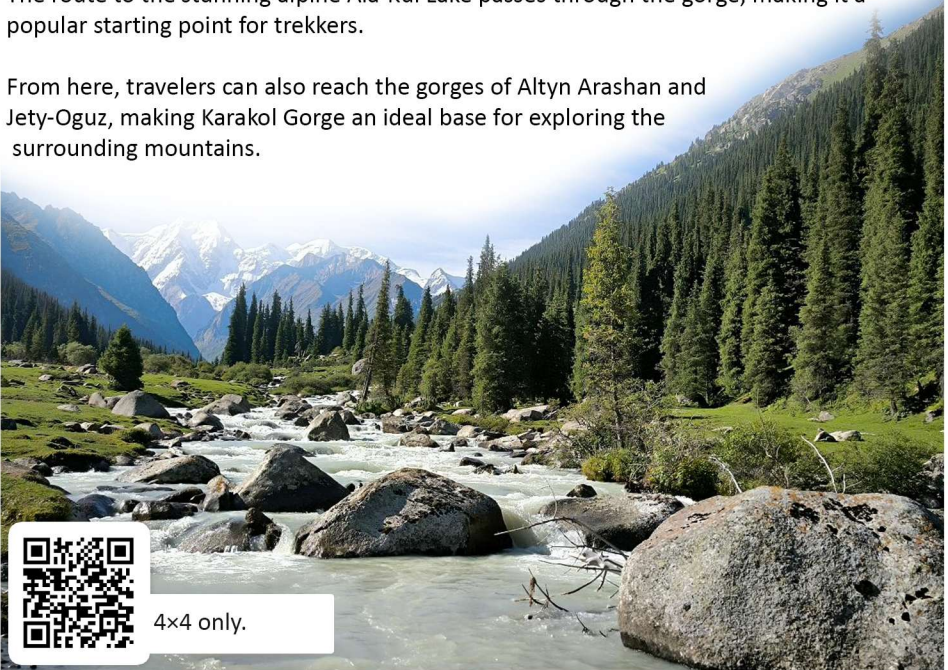
Karakol Gorge is one of the most popular tourist destinations in the Issyk-Kul Region, known for its unique natural landscapes, impressive length, and relatively easy access.

The gorge is a protected natural area and stretches for about 40 kilometers.

Karakol Gorge serves as a central hub for numerous hiking and mountaineering routes in the Terskey Ala-Too Range. During the summer, an alpine camp operates here, providing access to climbs of peaks such as Przhivalsky, Telman, Gastello, Zhukov, and Dimitrov, as well as the two highest peaks of the range — Karakol Peak and Djigit Peak.

The route to the stunning alpine Ala-Kul Lake passes through the gorge, making it a popular starting point for trekkers.

From here, travelers can also reach the gorges of Altyn Arashan and Jety-Oguz, making Karakol Gorge an ideal base for exploring the surrounding mountains.



4x4 only.

Jyrgalan Valley



According to locals, Jyrgalan Valley is a land blessed by God — and it truly lives up to that reputation. Surrounded by seven mountain peaks, the valley offers breathtaking views and a climate that makes it ideal for travel all year round.

At an altitude of about 2,700 meters lies Turnaluu Kol Lake, just a short walk from the village. Its name means “Crane Lake,” and from spring to autumn, you can see these graceful birds here. On warm days, you can even take a swim — the water is surprisingly warm for a high-altitude lake.



Another highlight is the Kok-Bel Waterfall, hidden among picturesque rocky mountains. About 20 meters high, it is a favorite spot for local shepherds, while the sound of falling water creates a peaceful and relaxing atmosphere.



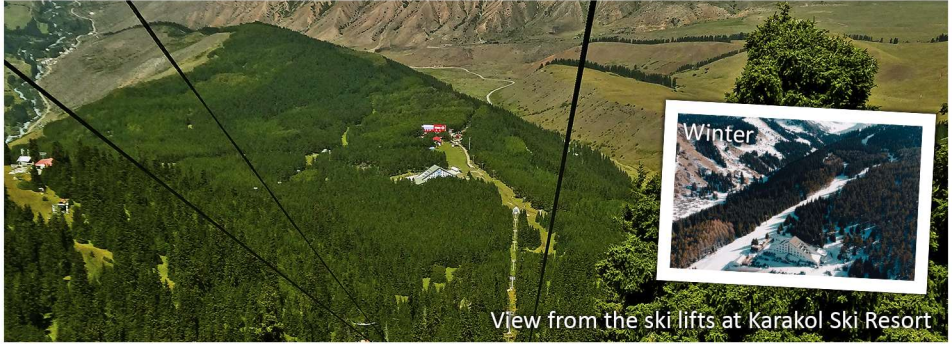
A place of special interest is Tulpar-Tash, a rock steeped in legend. Its history dates back to ancient times and is mentioned in the epic of Manas, the national hero who united the Kyrgyz tribes. According to legend, Manas’s horse leapt from a high cliff near the Chunkur-Tora ridge, causing his enemies to flee in fear. Locals carved “saddles” into the rock to make climbing easier, and traces of this story can still be seen today — a place you should definitely experience for yourself.



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Karakol Ski Resort



View from the ski lifts at Karakol Ski Resort

If you love nature and want to experience the magic of the mountains, be sure to visit the Karakol Ski Resort — even in summer. During this season, the area transforms into a vibrant landscape of blooming alpine meadows and fresh mountain air, offering breathtaking views and a peaceful atmosphere.

The resort is located just 7 km from the city of Karakol. During the Soviet era, it was used as a training base for the national Olympic team.

In 2004, the resort was fully modernized and today it is an ideal destination not only for professional athletes but also for outdoor enthusiasts.



Situated at an altitude of 2,300 meters above sea level on the slopes of the Tien Shan Mountains, the resort is surrounded by majestic coniferous forests. The mild climate, influenced by the nearby Issyk-Kul Lake, which never freezes, creates perfect conditions for skiing.

In winter, daytime temperatures rarely drop below -5°C , and the abundance of sunny days allows visitors to ski while enjoying the sunshine at the same time. The ski season typically runs from November to April, with consistent snow cover ranging from 1.5 to 2.5 meters.



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Jety-Oguz (Seven Bulls)



“Broken Heart” Mountain

Jety-Oguz Gorge, also known as the “Valley of Seven Bulls,” is one of the most popular attractions on the southern shore of Issyk-Kul Lake. It is famous for its striking red rock formations that resemble seven resting bulls, as well as for its valley covered with wildflowers in spring and summer.

Jety-Oguz is also known for its hot springs, whose waters contain radon and hydrogen sulfide. At an altitude of about 2,200 meters, where the springs emerge from the ground, a health resort has been built.

A mountain river of the same name flows through the gorge, and one of the most beautiful waterfalls in the region — the “Maiden’s Braids” waterfall — is located here. It can be reached quite easily on foot.

In one of the western parts of the gorge, there is a cave about 80 meters deep, attracting adventure seekers.



Waterfall



Cave



Seven Bulls
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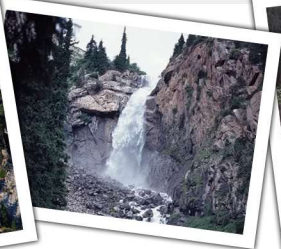
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Waterfall
4x4 only

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Barskoon Gorge



Barskoon Gorge is one of the most beautiful and unique places to visit in Kyrgyzstan. It offers a wide variety of natural attractions, including a series of picturesque waterfalls such as “Tears of the Snow Leopard,” “Manas’s Bowl,” and “Aksakal’s Beard,” as well as mountain lakes within hiking distance. The high-altitude Arabel Plateau and a mountain pass at around 3,700 meters add to the dramatic scenery.

But that’s not all. At the entrance to the gorge, you can spot a carved image of a leaping goat on a steep rock face. Further along the road, you will find the remains of an ancient fortress with corner towers — ruins dating back to the 9th–14th centuries.

The gorge also features Soviet-era landmarks, including a monument to Yuri Gagarin, the first human to travel into space, who visited this gorge after his historic flight. A Soviet truck mounted on a pedestal can also be seen here.



A road through the gorge leads to the Kumtor gold mine. Interestingly, in many small tributaries of the river, you can see particles of gold dust sparkling in the sunlight.



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Skazka Canyon (Fairy Tale Canyon)



Located on the southern shore of Issyk-Kul Lake, about 4 km from the village of Tosor, Skazka Canyon is a truly unique place to visit.

The canyon gets its name from its fantastical landscape: over many years, wind has shaped the red sandstone and clay into whimsical rock formations resembling fairy-tale characters and entire sculptural compositions. Some areas have even been given names based on their resemblance to familiar shapes.

For example, a long ridge is known as the “Chinese Wall” due to its similarity to the famous landmark. Here, you can also spot formations that resemble a hippopotamus, a snake, a sleeping giant, a dragon, and even entire castles.

Thanks to the variety of mineral-rich rocks, the formations display a wide range of vibrant colors, giving the canyon an almost magical appearance.

When planning your visit, it is important to choose dry weather. The clay and sandstone become soft and difficult to walk on when wet. After rain or strong winds, the landscape changes significantly — meaning no two visits are ever quite the same.



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googlemaps

Salt Lake (“Dead Sea” of Issyk-Kul)



The Salt Lake, located on the southern shore of Issyk-Kul Lake, is one of the most unusual and popular places to visit. Often referred to as the “Dead Sea” of Issyk-Kul, it is known for its extremely high salt concentration and unique bathing experience. The site is popular not only among tourists but also among those seeking wellness benefits.

Thanks to the high salinity, your body naturally floats on the surface — you can lie on your back and even “read a newspaper.” It is almost impossible to sink, even if you can’t swim.

After enjoying mud treatments, you can rinse off in the clear waters of Issyk-Kul, located just 400 meters away.

Facilities here are quite basic: there are places to change and grab a simple meal, but overall infrastructure is minimal. There is an entrance fee, but the experience of effortlessly floating on the water is well worth it.

The water density is very high — even higher than that of the Red Sea. If you don’t rinse off after swimming, a layer of salt will remain on your skin.

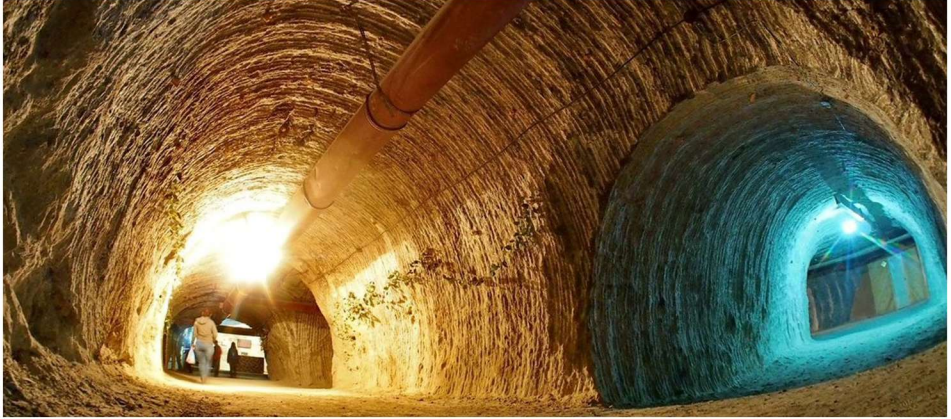
Be careful when entering the water, as the clay bottom can be very slippery. Extra caution is recommended, especially for children.



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Chon-Tuz Salt Mine



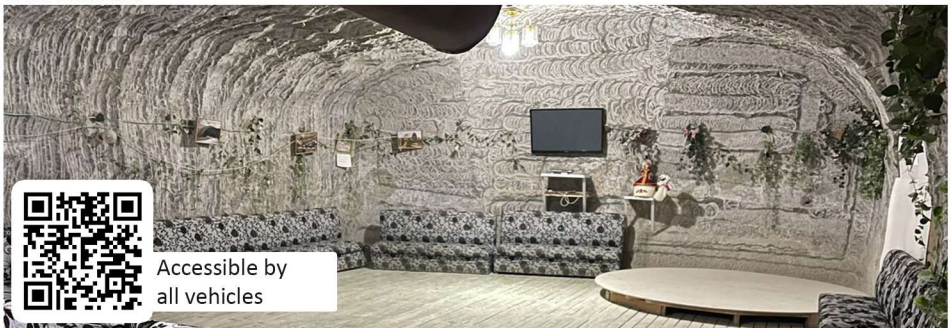
Located about 25 km from the town of Kochkor, Chon-Tuz is both a salt mining site and a unique wellness destination. Salt therapy is believed to help with a range of conditions, including allergies, nervous disorders, and bronchial asthma.

The unique speleotherapy center was established in 1980 within an old salt mine. Designed to accommodate up to 120 visitors, the facility is essentially a cave carved deep inside a mountain rising over 2,000 meters above sea level.

The underground chamber stretches for about 500 meters, with a height of around 3 meters and a width of approximately 5 meters. Its corridors are lit with lamps, while a well-designed ventilation system ensures a constant flow of fresh air.

The salty atmosphere has a distinctive taste, and breathing in this underground environment feels as refreshing as being by the sea.

The cave is almost entirely composed of rock salt. A standard speleotherapy course here lasts about two weeks, allowing visitors enough time to fully benefit from the therapeutic environment.



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Song Kol Lake



Song Kol Lake is a large high-altitude lake located at 3,016 meters above sea level. It is one of the most popular eco-tourism destinations in Kyrgyzstan, surrounded by pristine pastures and protected natural areas.

If you want to experience the traditional nomadic lifestyle, this is the perfect place to visit. Here, you can watch herders grazing livestock, go horseback riding, stay overnight in a yurt, and try authentic Kyrgyz cuisine.

Many travelers say that time seems to stand still here — the noise of everyday life fades away, allowing you to truly relax and reconnect with nature. There is little to no internet or mobile coverage — only breathtaking landscapes and warm, welcoming people.

The name “Song Kol” comes from the Kyrgyz words “sono” (wild duck) and “kol” (lake), meaning “lake of wild ducks.”

There are several routes leading to the lake, but the eastern approaches are generally the most accessible.

Song Kol can only be visited during the warmer months, as the roads become impassable in winter, leaving the area largely uninhabited.

A popular local tradition is kumis therapy — drinking fermented mare’s milk, which has been used for centuries to support digestion and overall well-being.



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Kel-Suu Lake



Kel-Suu Lake is located at an altitude of 3,514 meters above sea level. Its name translates as “coming water,” reflecting its unique feature — the lake can periodically disappear. The water drains into underground fissures and caves, creating a constantly changing and dramatic landscape. This phenomenon is linked to seasonal glacier melt, with peak water levels typically occurring in July and August.

The lake’s striking emerald-green color is a natural effect caused by light reflection and microorganisms in the water. No photograph can truly capture how breathtaking this place is — it is considered one of the most beautiful lakes in Kyrgyzstan and is a must-visit destination.

On the way to the lake, you can enjoy spectacular views of the At-Bashy mountain range, the Eki-Naryn Canyon (where the Small Naryn and Naryn rivers meet), and the historic Koshoy Korgon Fortress.



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Tash Rabat and Caravan Saray



Tash Rabat is a unique historical and architectural monument located in Kyrgyzstan. It was built in the 15th century on the site of an earlier Nestorian or Buddhist monastery dating back to the 9th–10th centuries.

There are several theories about its origin. According to one version, the fortress was established by a khan to protect trade caravans from raiders and to support the development of commerce. Another theory suggests that it was built by a wealthy local patron, but construction was never fully completed for unknown reasons.

Tash Rabat is believed to have played a key role in crossings of the Tien Shan Mountains. It served not only as a shelter for merchants but also as a defensive stronghold during raids. Caravan routes passing through Tash Rabat connected traders with the cities of the Fergana Valley.

The building is situated at an altitude of about 3,500 meters above sea level, in the western part of the At-Bashy mountain range, on the banks of a tributary of the Kara-Koyun River — the winding Tash Rabat River. This valley once formed part of an ancient caravan route linking Semirechye and the Fergana Valley with Kashgar.

The political and commercial importance of this route dates back to the 2nd–1st centuries BC and the 1st–2nd centuries AD, after which it gradually declined as northern routes became more prominent.



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Salkyn-Tor National Park



Salkyn-Tor National Park is located in the Naryn Region and covers an area of 10,448 hectares. The park is home to a variety of wildlife, including animals, birds, insects, and plants listed in the Red Book of Kyrgyzstan. One of the park's main goals is the restoration of the maral (red deer) population.

For travelers interested in cultural and nature-based tourism, Salkyn-Tor offers a chance to experience the traditional Kyrgyz way of life while enjoying the untouched beauty of the region.

The park features several notable sites worth visiting, including Kozho-Unkur Cave, the historic Dyubeli Hill, the Kurga Spring, and the scenic rocky gorges of Kok-Zhayyk, Berkut-Uya, and Kyzyl-Zoo.



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Too-Ashuu Pass (Suusamyр Pass)



Too-Ashuu Pass, also known as the Camel Pass, is one of the most impressive high-mountain passes in Kyrgyzstan. The Bishkek–Osh highway runs through it, connecting the Chuy Valley with the Suusamyр Valley. This route also holds historical significance as part of the ancient Silk Road.

The pass reaches an altitude of about 3,500 meters above sea level. Its northern and southern slopes are connected by a 2.2-kilometer tunnel, making travel through the mountains much easier.

In addition to breathtaking panoramic views, visitors can see ancient petroglyphs depicting mountain goats. On the northern side of the pass lie the picturesque Sulu-Tor twin lakes.

The Sulu-Tor lakes are located on the northern slopes of the Kyrgyz Ala-Too Range. They can be reached on foot from the northern entrance of the Too-Ashuu Tunnel by following an old road. The lower lake, almost square in shape, is about 160 meters wide and lies at an altitude of 3,191 meters. The upper lake, nearly 200 meters wide, is located about 300 meters higher, at 3,245 meters above sea level.

This area is perfect for a scenic 5 km hike, which takes roughly two hours one way.



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Lakes

Suusamyр Valley



The Suusamyр Valley is located at an altitude of around 2,200 meters and is surrounded by mountain peaks rising up to 4,500 meters. It lies approximately 160 km from the capital of Kyrgyzstan, Bishkek.

The valley is especially popular among paragliding enthusiasts and adventure travelers. Launch points are situated at altitudes of around 3000 meters. With no power lines or dense tree cover — only vast open fields — landing conditions here are considered very safe.

In the lower part of the valley, visitors can explore unique historical sites, including the medieval settlement of Suusamyр, stone statues, and ancient burial mounds dating back to the Saka–Usun period (6th–5th centuries BC).

The valley is also famous for its colorful meadows and fields. The richness and variety of colors are truly striking — depending on the season, the hills transform into different shades, creating ever-changing landscapes.



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Kojomkul



Kaba uulu Kojomkul was a legendary Kyrgyz strongman who lived in the late 19th and early 20th centuries in the Suusamyr Valley.

According to local stories, he stood over 2 meters tall and weighed more than 160 kg. Kojomkul won numerous strength and wrestling competitions, becoming a symbol of power and endurance. The village where he was born now bears his name, and a small museum there displays photographs and personal belongings associated with him.

Nearby, visitors can see a massive stone weighing around 700 kg, which, according to legend, Kojomkul could carry on his shoulders.

One popular story tells that when his horse got stuck in the mud, he lifted it out by himself.



Thanks to his incredible strength and physical abilities, Kojomkul is considered one of the national sports heroes of Kyrgyzstan. In his honor, a sports palace in Bishkek is named after him.



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Sary-Chelek Lake



Sary-Chelek Lake translates from Kyrgyz as “Yellow Bowl.” According to a local legend, a man named Sary once lived by the lake and made barrels of honey — called “bal chelek” in Kyrgyz — which gave the lake its name.

The lake was formed around 10,000 years ago as a result of a massive landslide. In 1978, the area was designated as a UNESCO Biosphere Reserve.

Sary-Chelek is famous for its crystal-clear water, known for its deep turquoise color. The lake is surrounded by mountain ranges covered with dense forests of spruce, fir, walnut, and many other tree species.

These forests are home to rare wildlife, including the snow leopard, brown bear, and golden eagle.



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Arslanbob

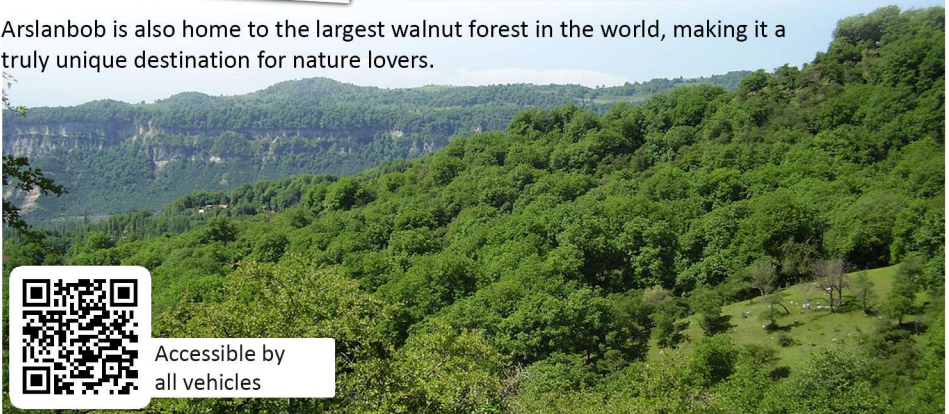


Arslanbob is a vast natural forest with ancient origins. According to some estimates, it is over 50 million years old and covers an area of about 700,000 hectares. Some of the trees here reach up to 30 meters in height and 2 meters in diameter.

The name “Arslanbob” translates as “Lion’s Mouth,” inspired by the sound of waterfalls cascading from great heights, resembling a lion’s roar. There are three main waterfalls in the area — the “Lion’s Mouth,” the Big Waterfall, and the Small Waterfall — all within walking distance.



Arslanbob is also home to the largest walnut forest in the world, making it a truly unique destination for nature lovers.



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Sulaiman-Too



Sulaiman-Too, also known as “Solomon’s Mountain,” is a sacred mountain located in the center of Osh. It is a UNESCO World Heritage Site and holds great historical and cultural significance, having served as a place of worship for centuries.

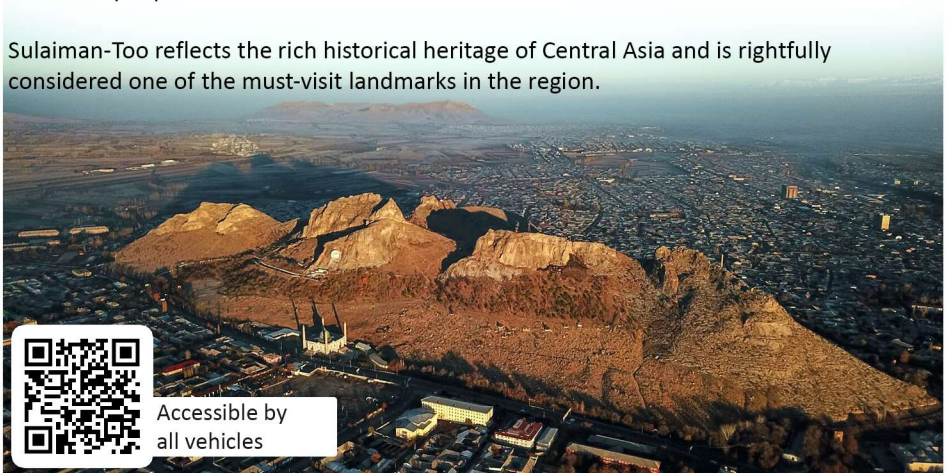
On and around the mountain, visitors can find petroglyphs, caves, and the remains of medieval structures, including a bathhouse, a mosque, and mausoleums — all part of a historic architectural complex.



Sulaiman-Too has long been a site of pilgrimage. The earliest written records of the city of Osh, located at its foot, date back to the 9th century, making it one of the oldest cities in Kyrgyzstan. The mountain’s peaks and slopes were already objects of veneration by the 10th century, although its spiritual significance dates back much earlier.

There are seven caves on the mountain, one of which houses the Sulaiman-Too Museum, a popular attraction for visitors. The museum features exhibits on the culture and daily life of the people who once inhabited ancient Osh.

Sulaiman-Too reflects the rich historical heritage of Central Asia and is rightfully considered one of the must-visit landmarks in the region.



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Lenin Peak (7,134 m)



Lenin Peak is one of the most famous, accessible, and frequently climbed seven-thousand-meter peaks in the Pamir Mountains. It lies on the border between Kyrgyzstan and Tajikistan and is part of the prestigious “Snow Leopard” mountaineering program.

Despite being considered one of the more accessible peaks of its height, climbing Lenin Peak is still a high-altitude mountaineering challenge. The ascent involves extreme altitude, dangerous glacier crevasses, and harsh weather conditions, making it a physically demanding and potentially risky expedition. Climbers need excellent physical fitness, proper equipment, solid acclimatization, and prior experience on peaks above 5,000 meters.

There are 16 established climbing routes to the summit — nine from the southern side and seven from the northern side. The classic route follows the northern side via Razdelnaya Peak (6,148 m). While this route is considered technically less demanding than others, it still requires good preparation and high-altitude experience, which is why Lenin Peak is often regarded as the most accessible seven-thousander.



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Victory Peak (7,439 m)



Victory Peak is one of the highest and most challenging mountains in the Tien Shan Mountains. Rising to 7,439 meters, it is one of the five seven-thousand-meter peaks in the former Soviet Union and is widely regarded as one of the most difficult summits in the world.

The first successful ascent was made in 1956 by a team of climbers led by Vitaly Abalakov.

Today, Victory Peak remains an iconic symbol of Kyrgyzstan and is featured on national coins and postage stamps. For example, in 2000, during the International Year of Mountains, a 10-som stamp was issued, and in 2011, a commemorative 10-som coin featuring the peak was released.

Not far from Karakol, in the Karkyra Valley, lies the Karkyra Base Camp at an altitude of 2,200 meters. This camp serves as an acclimatization base for climbers preparing for high-altitude expeditions. From here, they are typically transported by helicopter to higher camps closer to the peak.

Located in a scenic alpine meadow zone, Karkyra Camp is also ideal for trekking and exploring the surrounding landscapes. Visitors can enjoy peaceful activities such as mushroom and berry picking, as well as fishing in the Karkyra River.

The base camp is well equipped with facilities including a traditional Russian sauna, showers, a dining area, and fresh water from a well. Guests can choose between staying in comfortable yurts or camping in tents.



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Khan Tengri Peak (7,010 m)



Khan Tengri has a geological height of 6,995 meters, but with its ice cap, it rises to 7,010 meters. For this reason, it is considered a seven-thousander in mountaineering circles and is included in the criteria for the prestigious “Snow Leopard” award.

The name “Khan Tengri” translates as “Lord of the Sky” in Kyrgyz and Kazakh, and the difficulty of climbing this peak fully lives up to its name.

The first successful ascent was made in 1931 by Mikhail Pogrebetsky and his Ukrainian team via the southern route (from the Kyrgyz side), followed by a climb along the western ridge. The first ascent from the north (from the Kazakh side) was completed in 1964 by a team led by M. Kuzmin.

Khan Tengri is one of the five peaks that climbers must summit to earn the prestigious “Snow Leopard” award. The mountain is also featured on the 100 som banknote of Kyrgyzstan.



Due to its marble rock, which glows with a deep reddish hue at sunset, the mountain is also known in Kazakhstan as “Kantau,” or the “Bloody Mountain.”



Kirov Reservoir (Talas Region)



Kirov Reservoir is located in the Chon-Kapka Gorge in the Talas Region. It was built in 1975 to provide irrigation for agricultural lands in the Talas Valley and partly in neighboring Kazakhstan.

A monumental bust of Vladimir Lenin stands on the dam — one of the largest of its kind in the world and a striking example of Soviet monumental art.

The reservoir lies in the western part of the region, close to the border with Kazakhstan. A well-maintained asphalt road leads directly to the site, making it easily accessible for visitors.



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Manas Ordo



Manas Ordo is a memorial complex dedicated to the national hero Manas, who, according to the epic, united and defended the Kyrgyz people. The site dates back to the Karakhanid period, around 1334, and is believed to be the resting place of the hero.

The location of the complex is not accidental — according to legend, the Talas Valley was the main headquarters of Manas and his army.

The complex also includes a spacious park. At its center stands a monument topped with a statue of Manas, surrounded by stone figures believed to represent his warriors and companions.

The on-site museum provides insight into the story of Manas and the epic tradition. It also features exhibits dedicated to manaschi — traditional storytellers who continue to perform the epic today — as well as dioramas depicting famous scenes from the Manas epic.

Visitors can also experience live performances in a traditional yurt, where akyns recite parts of the epic.

The grounds include Karool Hill, mentioned in the epic, which offers panoramic views of the surrounding valley and the entire complex.



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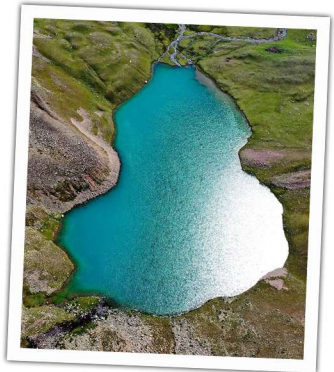
Besh-Tash National Park



Besh-Tash National Park is a protected natural area located in the Talas Valley, south of the city of Talas. The park was established in 1996 to preserve its rich biodiversity, including more than 800 plant species and rare wildlife such as the snow leopard and mountain sheep.

The park's main highlight is the turquoise Besh-Tash Lake, located at an altitude of around 3,000 meters. It is the largest of the park's eight alpine lakes.

The name "Besh-Tash" translates from Kyrgyz as "five stones." According to a local legend, it is linked to a story about five robbers and their parents, conveying a moral about the importance of respect and care for one's family.



From late spring to early autumn, shepherds move to the high pastures with their families, setting up yurts near mountain streams. Visitors can observe traditional nomadic life, including milking horses and making kumis (fermented mare's milk), which is definitely worth trying.

These vast mountain pastures, filled with grazing livestock, are a true symbol not only of Besh-Tash but of Kyrgyzstan as a whole.



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Traditional Kyrgyz Dishes



Beshbarmak is a traditional ceremonial dish served on large platters, symbolizing unity and respect. It is eaten by hand, which is reflected in its name — “beshbarmak” means “five fingers” in Kyrgyz.

The dish consists of boiled meat, finely chopped or sliced, served with noodles, onions, and a rich broth. A key element is the sauce called chyk — finely chopped onions cooked in broth — which is poured over the dish, giving it its distinctive and unforgettable flavor.

Lagman is a popular Central Asian dish made with hand-pulled noodles, meat, and a variety of vegetables, typically served with a rich broth.



There are several variations:

- Boso Lagman — a stir-fried version with thinly sliced meat, vegetables, and spices, prepared quickly without broth.
- Gyuro (Guyru) Lagman — known for its larger-cut ingredients, which are quickly stir-fried, preserving their crisp texture and bold flavor.

Manty are traditional steamed dumplings filled with diced meat wrapped in thin dough. Sometimes potatoes or jusai (wild garlic) are added. They are usually served with sauces and are often eaten by hand.



Historically, dishes like manty spread along the Silk Road, brought by traders and travelers from China and adapted across different regions, developing unique local variations.

Uzgen Minaret

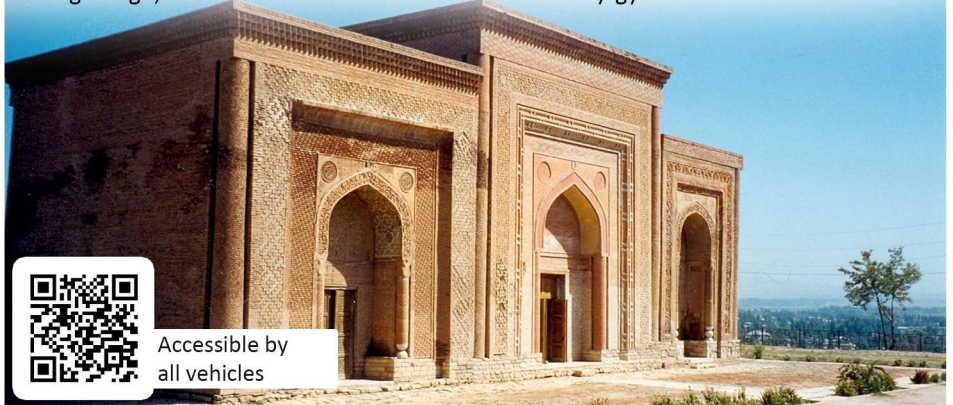


The Uzgen Minaret is an 11th-century tower and part of an ancient architectural complex that includes three well-preserved mausoleums containing the remains of Karakhanid nobility.

Originally, the structure was used for the call to prayer, which could be heard for several kilometers. The minaret also served as a landmark for travelers and merchants, as important trade routes once passed through the region, linking the Fergana Valley with Kashgar.

According to historians, the monument has been remarkably well preserved, which makes it especially unique. The tower consists of 11 decorative tiers, each adorned with intricate patterns and ornamental brickwork.

Today, the Uzgen Minaret is recognized as part of a UNESCO World Heritage Site, highlighting its significance in preserving historical architecture. With its rich history and striking design, it is considered a must-visit landmark in Kyrgyzstan.



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Chichkan Gorge

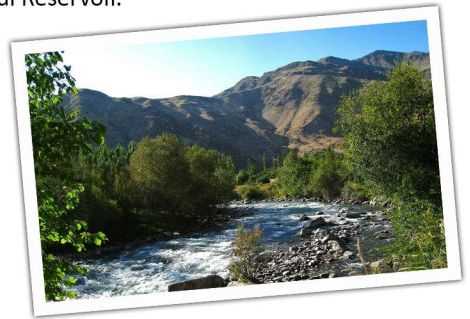


Chichkan Gorge is located in the northeastern part of Kyrgyzstan, where the Chychkan River flows through the mountains of the Talas Ala-Too Range, forming a picturesque forested valley between the Ala-Bel Pass and the Toktogul Reservoir.

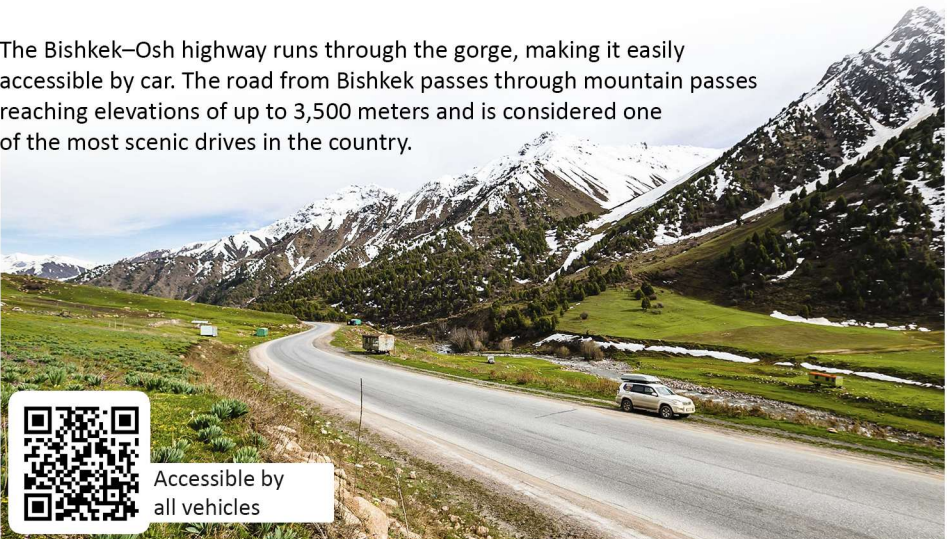
The gorge is incredibly scenic. Its name translates from Kyrgyz as “mouse,” as the area is home to many field mice.

The flora and fauna here are rich and diverse, making it a great destination for nature lovers.

Visitors can hike to one of two alpine lakes located at altitudes above 3,000 meters or enjoy views of nearby waterfalls.



The Bishkek–Osh highway runs through the gorge, making it easily accessible by car. The road from Bishkek passes through mountain passes reaching elevations of up to 3,500 meters and is considered one of the most scenic drives in the country.



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Naryn river



The Naryn River is one of the longest and most important rivers in Kyrgyzstan.

Originating high in the Tien Shan Mountains, it flows through deep gorges, wide valleys, and rugged landscapes before eventually joining the Kara Darya River to form the Syr Darya — one of Central Asia's major rivers.

The Naryn River is known for its powerful current and dramatic scenery, making it a popular destination for rafting and adventure tourism. Along its course, you can find impressive canyons, mountain vistas, and remote natural areas that remain largely untouched.

The river also plays a crucial role in the country's economy, providing water for irrigation and hydroelectric power. Several major dams and reservoirs have been built along its course, including the Toktogul Reservoir.

Traveling along the Naryn River offers a unique opportunity to experience the wild beauty of Kyrgyzstan, from high mountain landscapes to vast open valleys.



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Traffic Violation Fines in Kyrgyzstan



Exceeding the speed limit by 10-20 km/h.
1000 soms, with discount of 70% - 300 soms



Exceeding the speed limit by 20-40 km/h.
3000 soms, with discount of 70% - 900 soms



Exceeding the speed limit by 40-60 km/h.
Fine: 7500 KGS. No discount applies.



Exceeding the speed limit 60 km/h.
Fine: 15 000 KGS. Your driver's license may be confiscated, and the vehicle may be impounded.





Failure to comply with a traffic signal (proceeding on a red light).
5500 soms, with discount of 70% - 1650 soms





 
ATM
95
5 5
9 seats.

 Subaru Forester 
ATM
95
2 2
5 seats.

 Kia Carnival 
ATM
95
4 4
8 seats.