



KYRGYZSTAN · NARYN · 2026 SEASON

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Participant *Information &* Preparation Guide

*Wind ahead,
mountains beyond.*

May – August 2026
NARYN REGION · 5 & 7 DAYS

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Tour Overview

Tour name	Kyrgyzstan Horseback Adventure Tour
Season	May – August 2026
Duration	5 days / 4 nights · 7 days / 6 nights
Region	Naryn Province — Tash Rabat, At-Bashy, Kol Tor Lake, Saar Waterfall
Group size	6–10 people
Meeting point	Bishkek — 10:00 on the tour's starting day
Difficulty	Moderate — some days advanced (7–8 hours riding)

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Daily Program (7 Days)

The 5-day version focuses on Saar Waterfall, Kol Tor, Kel Suu and Tash Rabat — see the separate program card for details.

DAY	PROGRAM
Day 1	Drive from Bishkek to the village (~7 hours) + Komuz welcome night
Day 2	Full-day ride exploring Sari-Tal Pasture
Day 3	Tash Rabat caravanserai tour + ride to the pass, yurt
Day 4	Migration experience with a local nomadic family + arrival in At-Bashy
Day 5	Ride to Saar Waterfall (7–8 hours) + A-frame cabins
Day 6	Ride to Kol Tor Lake (2,720 m) + yurt stay
Day 7	Return from yurts + Eagle hunter demonstration + archery games

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Accommodation

You'll experience four different types of accommodation during the tour.

TYPE	DESCRIPTION	NIGHTS
Village house	With a local family, warm atmosphere	1-2
Kyrgyz yurt	Traditional nomadic tent — sleeping bag required	2
Hostel	In At-Bashy, hot shower available	1
A-frame cabin	Modern wooden cabin in nature, comfortable	2

NOTE

Electricity and hot water are limited at yurt and A-frame stays — they depend on solar power or a generator.

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Physical Preparation

The tour is designed for mixed experience levels. Some days can be demanding.

DAY	ACTIVITY	RIDING TIME	DIFFICULTY
1	Drive day	—	Easy
2	Sari-Tal Pasture	5-6 hours	Moderate
3	Tash Rabat + pass	3-4 hours	Moderate
4	Nomadic migration	4-5 hours	Moderate
5	Saar Waterfall	7-8 hours	HARD
6	Kol Tor Lake	4-5 hours	Moderate
7	Return + activities	~3 hours	Easy

DAY 5 WARNING

Saar Waterfall day is the most demanding. If you haven't ridden for a long time, notify your tour leader in advance — a shorter route alternative can be arranged.

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Equipment and Clothing

REQUIRED EQUIPMENT

- + Sleeping bag (rated to at least -5 °C) — required for yurt nights
- + Rain jacket or waterproof coat
- + Sunscreen SPF 50+ and sunglasses — UV is intense at high altitude
- + Water bottle or thermos (at least 1.5 L)
- + Hat or cap
- + Small backpack (carried on horseback during the day)
- + Headlamp + spare batteries

CLOTHING SUGGESTIONS

- + Long tights or riding trousers — non-binding, no chafing
- + Flat lace-up sneakers or trekking boots (no heels)
- + Thermal base layers — mornings and nights can be cool
- + Light, windproof gloves
- + Layered clothing system — large temperature swings during the day

PRACTICAL TIPS

Bring a backpack instead of a suitcase — easier for vehicle and horse transfers. Carry cash in Kyrgyz Som, cards don't work in rural areas. Prepare offline content, there is no internet signal in the highlands. Bring a camera and spare memory cards — charging is limited.

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Health and Safety

HIGH ALTITUDE

Some points on the tour reach 2,700–3,500 metres. For those not used to high altitude:

- Drink plenty of water in the first days, limit alcohol
- Tell your guide if you feel headache or shortness of breath
- Ascents will be gradual

FIRST AID

- The tour guide carries a basic first-aid kit
- Bring your personal medications and prescriptions
- Inform us at registration of any allergies or chronic conditions

HORSE SAFETY

- Each participant is assigned a horse matched to their experience level
- Basic training is provided on day one for those without riding experience
- Following the guide's instructions is mandatory
- A riding helmet is provided — its use is required

IMPORTANT

If you have any health issues such as knee, back, or hip problems, allergies, or heart conditions, please inform the tour leader at registration.

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Food and Water

All meals (breakfast, lunch, dinner) are included. Food is generally local and fresh.

TYPICAL KYRGYZ DISHES

- **Beshbarmak** — meat and dough dish, the traditional guest meal
- **Manti** — steamed meat dumplings
- **Shorpo** — meat soup
- **Kumis** — fermented mare's milk (a chance to taste)
- Fresh bread (lepyoshka) and dairy

WATER

- Drinking water is provided throughout the tour
- Spring water is available in some areas — don't drink from unknown sources
- Keep your thermos or bottle full at all times

If you're vegetarian, vegan, or have special dietary needs, please let us know in advance.

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Weather (May–August)

Naryn is a high-altitude region — even in summer, the day-night temperature difference is large. Layered clothing is always necessary.

PERIOD	VALLEY / VILLAGE (1,500–2,000 M)	PASTURE / YURT (2,500–3,500 M)
May	15–22 °C / 5–10 °C	8–15 °C / 0–5 °C
June	20–26 °C / 8–13 °C	12–18 °C / 2–8 °C
July	23–30 °C / 12–16 °C	15–22 °C / 5–10 °C
August	22–28 °C / 10–15 °C	14–20 °C / 4–9 °C

REMINDER

May and late August are prone to sudden rain and cold spells. Rain gear and thermal underlayers should always be on hand.

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General Information

ABOUT KYRGYZSTAN

- **Currency:** Kyrgyz Som (KGS) — no ATMs outside Bishkek
- **Electricity:** 220 V / Type C plug — same as Europe/Turkey, no adapter needed
- **Communication:** Mobile signal is very weak or absent in rural areas
- **Visa:** Turkish citizens can enter visa-free (up to 90 days)

CULTURAL TIPS

- Don't enter a host's home with shoes — leave them at the door
- Refusing offered food can be considered rude — accepting a small amount is polite
- Ask permission before taking photos
- If offered Kumis, take at least a sip — it is a symbol of hospitality

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Communication

Tour Leader (Suel)	+90 542 426 1946
Local Guide	—
Kyrgyzstan Emergency	112
Insurance	Personal travel insurance is required
Web	atlayolculuk.com · @atlayolculuk

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