

ITINERARY

Eko tour

Destination	: Uzbekistan- Kyrgyzstan
Region	: Bukhara-Nurata region-Samarkand-Tashkent-Fergana Valley- border Dustuck-Osh -
Duration	: 15days / 14 nights
Season	: May- September
Accommodation	: hotel, guest house, camp
Group size	: 4-16pax
Transport	: minivan, jeep (4-8 pax), minibus (10-20pax)
Meal	: BB or HB

Day **BUKHARA**

1: The Bukhara city is like from the “1001 night” fairytale. By visiting Bukhara you will have an opportunity to see ancient historical monuments and magnificent sightseeing. As you arrive to Bukhara, you will be transferred to the hotel on a comfortable minibus. After being registered in the hotel, you can have a rest. Then on the lunch time you will be introduced with Bukhara’s national cuisine. After midday you will go for a city tour in Ancient Bukhara. (Attractions 12-15 century). In the evening there is going to be a wonderful dinner with master-class (Bukhara plov). Overnight in Bukhara hotel or guest house.

Day **BUKHARA-NURATA-SENTOB**

2: In the morning, after having breakfast you are checked out. Then you will continue the tour of the historical sites of the ancient city Bukhara. Lunch. After lunch there is going to be a transfer to Nurata region (177,5 km). On your way from Bukhara to Nurata you will be able to see the Nurata mountains, the beautiful nature of Nurata and continue your excursion by visiting the Chashma complex is a place with secretive sights which carry the spirit of the past times. You will meet with a local guide at the complex Chashma Spring and start the excursion. After that drive to Sentob village. As it is situated in 30 km from the Aydarkul lake between Nuratau mountain’s and Kyzylkun Desert. Arrive to Sentob village. There is a dinner in family (you can see and participate how to cook traditional uzbek dishes and bread baking). Overnight in guest house, local people build houses themselves of small stones, rocks and clay.

Day **SENTOB-AYDAR-SAMARKAND**

3: Breakfast. On this day you visit Aydar lake (15km). You will have an opportunity to swim in the lake or just lay by the shore. Also you can fish, and have the fish cooked for lunch. After the lunch you will continue your trip, and transferred to the ancient city Samarkand. Then you are accommodated in the hotel. Dinner. Overnight in Samarkand.

Day **SAMARKAND**

4: In the morning you have breakfast. On the fourth day there is a daily tour in Samarkand. (Attractions 14-15 century). The history of Samarkand is about 2,750 years old and it is the capital of Tamerlan. After the excursion you will go to visit Konigil village- old Samarkand paper Mill (the art of making paper, brought to Samarkand from China in the 7th century,

had long been forgotten when it was revived with the assistance of UNESCO). Lunch on the nature in Konigil paper fabric with folk program. After having lunch you come back to Samarkand. Dinner. Overnight in Samarkand.

Day **SAMARKAND-TASHKENT**

5: After breakfast, check-out from the hotel and transferred to Tashkent by train (2 hours 10 minutes) or by car (4 hours). Arrive to Tashkent, capital Uzbekistan. Transferred with guide to the hotel. Lunch at the cooking center of the national cuisine with a concert program. Time to take a rest. Overnight in Tashkent.

Day **TASHKENT**

6: Breakfast. A guide and driver will meet you at the hotel in Tashkent, which is a starting point of the city tour. Visit old and new city part. As you heard Tashkent is the most beautiful city in Central Asia so you can see old and modern parts of this place. Then you are introduced with Orient bazaar and handmade apply arts. Overnight in Tashkent.

Day **TASHKENT-KOKAND**

7: As usual you will have breakfast. After you will be transferred to train station. Leave to Kokand on the high-speed train (236 km) Kokand is a city in Fergana Region on the East of Uzbekistan. As you will arrive to Kokand you will meet at the train station with the guide and transfer to the hotel. Then you will have lunch in a local national house. After having lunch you will go for sightseeing tour in Kokand. This ancient city is just one of the locations on the legendary Silk Road. Here, on the Silk Road it was the most important point of intersection of cultures and mutual enrichment of the East and West. Then transferred to Ok Yer village to the house of craftsman Bakhrom-aka to visit a traditional Kyrgyz family manufacturing wool carpets. Then you are transferred to Fergana city (80 km) to visit Akhmad Al-Fergani Park. Dinner. Overnight at the hotel or guest house (home stay) in Fergana.

Day **FERGANA-OSH (Uzbek-Kirgiz border)**

8: Breakfast. After check out time you are departed by car to Osh city (Kyrgyzstan 136 km). Arrival to the "Dostuck" border. You will meet the guide and transfer to Osh city (40km). There is a city tour in Osh (about 4 hours): if you like to see how they do shopping visit the sacred Sulaiman-Too (Prophet Solomon's mountain) and Osh bazaar, one of Central Asia's largest open-air markets. There is an optional lunch and dinner for you in a café serving Kyrgyz dishes. Bed and breakfast at a CBT home-stay.

Day **SARY-CHELEK**

9: After having breakfast a group can continue the trek to the Kotormo Pass – 2,446m. On the descent from the pass, stop for a picnic lunch in a field. After lunch continue the trek and see the 5 lakes of Sary-Chelek (Trek time: 6-7 hours and horse time: 5-6 hours). Transfer from Sary-Chelek Lake to Arkyt village. Dinner, bed and breakfast at a local home-stay.

Day **SARY-CHELEK**

10: Start your trek (or **horseback tour**) to the Sary-Chelek Reserve and Lakes. Then you are set off northwards to the Kara-Suu Gorge and cross the river by wooden bridges. The gorge

narrows and the slopes are covered with a beautiful silver fir forest. Further on the track passes below a waterfall and then climbs over a pass to Kara-Suu Lake (Trek time: 5 hours and by horse: 4 hours). Overnight stay in a tent.

Day **KARA-SUU**

11: Early in the morning a group is departed to Kara-Suu Village (7-8 hours drive). On the way, pass the beautiful Suusamyр Valley, Chychkan Gorge and Toktogul Water Reservoir. Lunch en-route. Late evening arrival. Dinner, bed and breakfast at a CBT home-stay.

Day **KIZIL-OY**

12: A group leaves for the mountainous Kyzyl-Oi Village on the way to the south (about 5 hours). Drive along the Kara-Keche road and observe the biggest coal mine in Kyrgyzstan. Lunch in Kyzart village or lunch-picnic en-route. Continue on the way alongside the mighty Kökömeren River. Arrival at Kyzyl-Oi Village with a population of 160 families. Dinner, bed and breakfast at a CBT home-stay.

Day **SARY-CHELEK**

13: You spend a day at the lakeside. You can watch and/or participate in the everyday life of the shepherds: milking mares; making traditional Kyrgyz milk products like kymyz (a fermented mare's milk) or airan (a sour dense milk product); tending cattle. Meals and accommodation in yurt. Optional: **horseback riding**.

Day **SONG-KOL LAKE**

14: After breakfast in your yurt you can visit the Tash-Rabat Caravanserai building. Then transfer to the northern shore of Song-Köl Lake ("The Final Lake"), 3016 meters above sea level, (about a 6-hour drive). Lunch en-route in Naryn. Upon arrival meet your host family of Kyrgyz shepherds. Dinner, bed and breakfast in a yurt.

Day **TORUGART BORDER-CHINA**

15: Meet at the Torugart border point. You are transferred to Tash-Rabat caravanserai (12th - 13th century) –2.5-hour drive. Meet your host family of shepherds. Dinner and sleep in a yurt camp.

Level: middle (adult and young people)

Conditions: *backpack, weatherproof warm clothes, hat, trekking boots, hat, sunglasses and sunscreen, first aid supplies*

List of included services:

1. Transport for transfers and excursions
2. Double room accommodation in hotels
3. Four people accommodation in the yurt camps and tent
4. Guest house accommodation
5. Full board meal
6. English, Spanish, French, Germany speaking guide for whole program
7. Entry fees for museums and excursions

8. *Master class to cooking national cuisine*

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