



**Community based tourism Kochkor**  
**Коомчулукка негизделген туризм Кочкор**  
**Туризм основанный на сообществах Кочкор**

## **Horseback Riding to Kol-Ukok Lake - 2 days**



**Category:** Horseback riding

**Season:** Middle of May – Beginning of October

**Altitude above sea level:** 3,000 m

**Level of difficulty:** medium

**Horse time:** 5 - 6 hours

**Start and end points:** Kochkor, 22A Pionerskaya street. Start on Day 1 at 9 am, end on Day 2 at 2 pm.

---

“Kol-Ukok” means ‘The Lake in a Chest’ and is nestling between two steep slopes in the north-eastern Terskei Ala Too Mountains. The water is sweet and cold. The maximum depth is 17 m. A white fish, and Savan trout — a regal, multi-hued fish — live in the lake. The lakeshore is totally peaceful and quiet. On the way there you may see marmots and badgers, hear mountain birds singing or the cry of an eagle, hawk or griffin. Wolves, jackals, foxes, hares, and mountain goats live here. Around the lake, the diversity and originality of flowers – from forgot-me-not to legend edelweiss – will enchant you. Many plants — rhubarb, wild garlic, etc. — served the ancients as a source of

vitamins. Most importantly, you will be welcomed by hospitable people, descendants of ancient nomads, who drive their cattle here from May to October. Throughout the tour, you will observe the shepherds lifestyle, customs and family traditions, as well as see them making traditional, national Kyrgyz milk products – kymyz (fermented mare milk), airan (Kyrgyz yogurt), and kurut (dried salty cheese). Here you can also see cows and horses being milked and will be able to watch bread being prepared.

---

**Day 1.** Transfer by car from Kochkor to Isakeev village, 15 minutes. Ride a horse to the Ters-Tor jailoo, famous for its pure air and lots of crystal clear water. Arrival in the shepherd's yurt at Ters-Tor (horse time: 3 hours) and have lunch. After lunch, continue to the Kol-Ukok lake. After visiting the lake, trek back to the Ters-Tor jailoo (horse time: 3 hours). Dinner and B&B in a yurt.

---

**Day 2.** Sleep out and enjoy the late breakfast. After breakfast trek back to the tour starting point (horse time: 2.5 hours). Transfer to Kochkor, 15 minutes. End of the trek.

---

#### **(OPTIONAL: HORSEBACK RIDING)**

**Day 1.** Transfer by car from Kochkor to Isakeev village, 15 minutes. Ride a horse to the Ters-Tor jailoo, famous for its pure air and lots of crystal clear water. Picnic lunch en route. Arrival in the shepherd's yurt at Kol-Ukok (horse time: 5 hours). Dinner and B&B in a yurt.

---

**Day 2.** Optional: morning trek and horseback riding to the higher Kol-Tor lake (trek time: 2 hours, horseback riding 30 min.) at 3 400 meters ASL. Lunch in the yurt. After lunch, trek back to the tour starting point (horse time: 5 hours). Transfer to Kochkor. End of the trek.

---

#### **Requirements:**

- waterproof trekking boots;
- raincoat;
- warm clothes;
- sunglasses, sunscreen;
- torch;
- sleeping bag.

#### **Services included:**

- yurt stay;
- meals during tour (1 breakfast, 1 lunch, 1 dinner);
- transport services;
- 2 days horseback riding to Kol-Ukok lake;
- English-speaking guide;
- equipment: helmet, saddlebag, gaiters;
- tour map;
- left-luggage office.