

# KYRGYZSTAN RIDING ADVENTURES

In association with Alexandra Tolstoy Travel

9 – 20 SEPTEMBER 2026

FROM  
£7,215  
PER PERSON

Tour Leader: Malika McCosh

  
The Ultimate  
TRAVEL COMPANY





This 11-night camp-to-camp ride is designed for those who are willing to embrace the outdoors, explore remote wildernesses, and immerse themselves in a fascinatingly different culture. Three factors set our trips to Kyrgyzstan at Alexandra Tolstoy Travel apart from all other operators - first, we ride an authentic journey with a mobile camp (as opposed to a series of daily excursions from a fixed tourist camp) second, the level of service and thirdly, the team of horse guides and support staff.

We begin in Bishkek where we explore the capital city of Kyrgyzstan. From here we make our way southwards towards Osh, arriving at the Sary-Chelek Nature Reserve, a natural paradise known for its outstanding beauty and only accessible to a limited number of visitors per year. It is here we meet the skilled and charismatic local horsemen and their horses, who play a crucial role in the upcoming adventure.

From our first campsite we ride out into the wild, untamed beauty of the Chatkal Range of the Tien Shan Mountains, passing along rugged mountain paths, through ancient walnut forests and across wildflower-strewn valleys dotted with alpine lakes. Riding approximately six hours per day, with a break for a picnic lunch, our journey takes us over remote mountain passes and plateaus that offer a unique glimpse into the lives of nomadic shepherds and their families who spend their summers living in yurts and grazing their animals in these elevated regions.

The entire camp, including beautiful Uzbek crockery, is carefully packed and moved each day in a huge ex-army truck ahead of our arrival on horseback. Each night we retire to a private mobile camp set up by the dedicated back-up team with individual tents and a mess tent. Here we eat delicious home-cooked meals at tables laid with Uzbek pottery and lit by oil lamps. This remarkable journey ends as we bid farewell to our trusty horse companions.

We return to Bishkek, round off our Kyrgyz adventure with souvenir shopping and more cultural exploring, before flying home.





## 12 - DAY ITINERARY, DEPARTING 9 SEPTEMBER 2026

### 9 September London / Istanbul

Suggested flights (not included in the cost of the tour) Turkish Airlines TK 1986 departing London Heathrow at 16.40 hrs arriving Istanbul at 22.30 hrs.

### 10 September Istanbul / Bishkek

Connect to TK 344 departing Istanbul at 00.45 hrs arriving Bishkek at 08.45 hrs. You are met from your flight and transferred by private vehicle to a hotel in Bishkek. After resting in the hotel, enjoy lunch in the 'Bukhara' restaurant, followed by time to explore the city with an English-speaking guide.

Founded by the Russians in the 19th century and dominated by the snowy peaks of the Tien Shan mountains, Bishkek is a quirky Soviet city today, but with wide leafy boulevards, parks and large squares. Its famous sights include the enormous Alatau Square and the dramatic statue of Manas, the Kyrgyz epic hero.

### 11 September Bishkek / Suusamyr Valley

After an early breakfast, you are driven south-west from the city in a private vehicle to start your horse riding adventure (the drive is approximately ten hours). The route is beautiful and crosses over dramatic mountain passes and the expansive Suusamyr Valley, full of nomads with

their yurts and herds of animals.

Lunch is at a charming local restaurant en-route. In the evening, arrive at camp set beneath a dramatic rock formation in time for dinner. Night in camp.

### 12 September Kara Suu

After breakfast, meet the horses and their owners, the local horsemen/guides, who allocate their mounts carefully to suit each rider. Once mounted, set off from the poplar lined adobe village, and head for the extraordinary panoramic views of the mountains. Tonight's camp is beside a river, under the shade of walnut trees, with the opportunity to swim and watch passing shepherds with their sheep, goats, mares and donkeys.

### 13 September Kara Suu / Sary Chelek

Today's ride passes charming vernacular houses and gardens full of flowers and animals, and then through magnificent wooded mountains and wildflower meadows

Enjoy a picnic lunch on a high meadow before continuing through woodland back to the picturesque Kara Suu village. Tonight's camp is on the bank of a crystal-clear mountain river where you can have a swim before dinner.

### 14 September Sary Chelek / Lake Iri-Kel

This morning's ride is over mountains covered in wildflowers in spring and offering magnificent views of the valleys below. Lunch is a picnic en-route. After passing over Tas-Bel Pass, descend into the national park of Sary Chelek. Leaving the track, ride through orchards of wild apple and plum trees before skirting one of the park's seven beautiful lakes and, after crossing at a ford, stop for a picnic lunch next to the park ranger's little house.

After lunch, more riding through meadows and orchards with chances to canter before reaching the beautiful campsite on the shore of the turquoise waters of Lake Iri-Kel. Surrounded by mountains and meadows of wildflowers, you can swim in the pristine lake. Two nights spent here.

### 15 September Sary Chelek

Ride around five of the lakes of Sary Chelek Reserve, surrounded by dramatic alpine scenery. Lunch on the shores of the main lake, at a local chai khana (tea house). In the afternoon, ride back to camp with the opportunity to canter through an expansive valley.





#### 16 September Sary Chelek / Lake Kara-Kamish

Today takes us over the imposing Kotorma Pass (altitude 2,446 m) to Lake Kara-Kamish. The route up is steep and narrow, but ably negotiated by the local Kyrgyz horses. Part of the path is taken on foot to avoid any stones dislodged by the horses' hooves. On reaching the top, take in the magnificent view – often with griffon eagles circling above – before beginning to pick your way downhill, passing between tall boulders and waist-high eremurus.

After lunch and tea in a local yurt, ride over a lunar landscape of rocks to the banks of Lake Kara-Suu, set on a high plateau. Here you can watch a game of ulak (a variation on polo but using the body of a headless dead goat) and in the evening enjoy a campfire and delicious goat kebabs whilst being sung to by a local singer accompanied by a komuz (stringed instrument) player.

#### 17 September Lake Kara-Kamish / Kara Suu

Breakfast in camp and set off riding again, descending from Lake Kara-Kamish past a dramatic waterfall back to the village of Kara Suu. This will be the last evening in camp together.

#### 18 September Kara Suu / Bishkek

Final breakfast immersed in nature. Say goodbye to the horses and local team and make your way back to Bishkek by road transfer. Relax in the minibus and watch as the country whizzes by, stopping for lunch in a local dumpling restaurant en route.

After arriving back at the hotel in Bishkek, dinner is in an atmospheric local restaurant within walking distance.

#### 19 September Bishkek

Breakfast in the hotel and a full day in Bishkek. Visit the vibrant Osh Bazaar and shop for colourful shyrdak felt rugs, spices and handmade leather goods, followed by a tour of the Historical Museum with its wonderful collection of Kyrgyz artefacts and textiles.

Lunch is in a local restaurant whilst the final dinner is in a delicious Georgian restaurant.

#### 20 September Bishkek / London

Breakfast and transfer to the airport for your flight home. Suggested flights (not included) Turkish Airlines TK 345 departing Bishkek at 10.10 hrs arriving Istanbul at 13.05 hrs, connecting to TK 1971 departing Istanbul at 14.50 hrs arriving London Heathrow at 16.45 hrs.

#### TOUR PRICES PER PERSON

Tour Price	£7,215
Single Supplement	£800

*Please note we have not included the cost of the flights in the tour price. Please contact us for prices should you wish to book them through us.*

#### PRICE INCLUDES

- Accommodation throughout as shown in the itinerary
- Breakfast, lunch and dinner daily
- Soft drinks, water, beer
- Riding guides and equipment
- Backup team including a large truck and comfortable camping
- The services of your tour leader throughout

#### PRICE EXCLUDES

- International flights
- Travel insurance
- Wine, spirits
- Items of personal expenditure (e.g. telephone calls / laundry etc.)
- Government levies or taxes introduced after costing and publication of this programme on 09/07/2025







## YOUR TOUR LEADER

# Malika McCosh

Malika McCosh is a writer who grew up in Thailand, Somalia, New York and Ukraine due to her father's work with the United Nations. After studying Russian and French at Oxford, she joined a Household Cavalry expedition of 25 soldiers as a Russian interpreter, where she was the only female and the only civilian, on a three-month journey from London to Baku, travelling through Turkey and Georgia.

Shortly afterwards, she met her future husband by chance in a London pub and began a new chapter living abroad, this time as a diplomat's wife. Together they lived in Kathmandu, Damascus and Istanbul, from where she wrote on travel, business and culture for The Times, Condé Nast Traveller, Monocle and Cornucopia ("Turkey for connoisseurs"). In Istanbul, she founded a social enterprise for Syrian refugee women called Knitstanbul, which provides income through knitting and crochet.

Malika is a bilingual French speaker, speaks fluent Russian and is learning Turkish. She loves Kyrgyzstan for its kaymak (clotted cream), its distinctive fusion of Turkic and Soviet influences, two cultures she knows and appreciates, and for the opportunity to speak Russian in a context free from political tension. She is also amused by the popularity of the name 'Malika' in Kyrgyzstan, where she often sees it everywhere she goes.

She is an old friend of Alexandra, and they share many interests. Malika was a paying client on Alexandra's expedition in May 2023. She is a mother of three and divides her time between London and the Scottish Borders.

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