

Kymyz treatment in Suusamyr valley

Страна: Kyrgyzstan

Organizing any complexity of tours to Issyk-Kul, Son-Kul, around Kyrgyzstan and Central Asia. We guarantee you high quality of service and individual approach!:

Kymyz therapy gains popularity among the local Kyrgyz people and foreigners year by year. The mare's milk, gained at high altitudes, contains dozens of valuable micro elements that could serve as a natural treatment and improvement of one's health. The Kymyz Treatment complex "[Baytur](#)" is located deep in the mountains (at an altitude of 2000 meters) at Suusamyr Valley. The complex was established in 2011 and now it became one of the best places not only for drinking kymyz, but also for enjoying the beauty of untouched nature and fresh healthy air.

Day 1: Manas Airport – Suusamyr Valley (160 km/~3 h)

A driver will meet you upon the arrival to airport and the journey to Suusamyr Valley will begin. During the journey, you will briefly get acquainted with a Too-Ashuu Pass (3586 m).

Suusamyr is the natural treasure of Inner Tien Shan Mountains, located between the ridges of Kyrgyz and Talas Ala-Too. The valley is situated at the altitude of 2000-3200 m and has an extension of about 155 km.

Suusamyr valley is famous for its pastures and year by year attracts mountain climbers, skiers and tourists who just want to spend time, enjoying the fresh mountain air.

Arrival and accommodation at Baytur Complex.

Dinner and overnight.

Meals: lunch, dinner

Day 2: Suusamyr Valley – Chychkan Gorge (122 km/~2 h)

Day-long excursion to Chychkan Gorge.

Lunch at a roadside café or a picnic lunch.

Return to the complex in the afternoon.

Dinner and overnight.

Meals: breakfast, lunch, dinner

Day 3: Suusamyr Valley

Kymyz Therapy: 5 times drinking milk with interval of 2 hours from morning until afternoon.

Some of activities are for additional pay:

- horseback riding
- bike riding
- paragliding
- billiard
- sauna
- table tennis
- folklore show presented by locals
- fishing
- national horse games
- yurt set up show
- felt making show
- demonstration of boorsok cooking in an oil on fire

Meals: breakfast, lunch, dinner

Day 4: Suusamyr Valley

Kymyz Therapy: 5 times drinking milk with interval of 2 hours from morning till afternoon.

Meals: breakfast, lunch, dinner

Day 5: Suusamyr Valley - Bishkek

Departure to Bishkek after the breakfast. Upon arrival to Bishkek, have a half day city tour, which includes the visiting of:

- Ala-Too Main Square

-Open air Art Gallery

-Erkindik Boulevard

-Oak Park

-Old Square

-Youth Avenue

The end of the tour is an excursion to Osh Bazaar.

Lunch and dinner at a local restaurant.

Upon request a folklore show with Manaschiis available..

Overnight at hotel.

Meals: breakfast, lunch, dinner

Day 6: Bishkek - Manas Airport

Transfer to the Airport for the departure flight.

Meals: breakfast

Included in the price

Period:

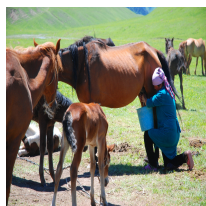
May, June, July, August, September

from 20440 KGS (292\$)

Days: 6 / Nights: 5



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Locations:

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