INFORMATION AND TIPS ABOUT OUR RIDES

> Time difference with Europe: +4 hours (GMT+6).

What to bring with you? (must have)

Sleeping bag (that can handle temperatures of at least -10°c) Your pharmacy Sun glasses Lip stick (with UV protection) Hat (safety riding helmet and soft hat) Bottle for water (a plastic bottle can be used, coke, mineral water...) Torch and batteries, chargers. (possibility to charge every night with 220v or USB) Swiss knife (or other...) Personal toilet accessories. Towel. Camera. Jumper, polar sweater, warm jacket, wind stopper for high passes where it can be snowing or hailing. Warm night clothes and socks. Trekking shoes, riding boots (no smooth sole!), sandals. (our stirrups are wide enough for trekking shoes). Swimming suit. Gloves.

In the plane: Take with you as hand luggage the necessary clothes for one or two days (and your sleeping bag) in case your main luggage arrives with delay (happens rarely but...). Have a photocopy/picture of your passport and return ticket and put it in a different place from the originals; it could be very useful in case of lost.

Insurance:

Repatriation and medical insurance has to be taken before the ride and for all its period by the rider.

Vaccines:

No particular vaccine is needed but we recommend protection against tetanus.

Communication:

At the beginning and at the end of the trip, you can contact the rest of the world by Email and telephone. During the trip, mobile phone can be used during a few hours almost every day (depending on coverage).

Pickup:

The pickup time at the airport is 8:45 (for the arrival of the Turkish Airways flight), we will meet you with a "Asiarando" sign.



Temperature and climate:

The capital, Bishkek, is 800m above sea level. The climate is continental dry, very hot in summer in Bishkek and around (+ 30 to +40° C), by far cooler in the mountains (from +20 -25° C during the day to 0 or less during the night). Many peaks are between 3500 and 7000 m and most of the high passes are permanently covered with snow. During the ride any weather condition can be expected (hale, rain, snow, heat over 35° C...), it usually does not last long.

Health:

You must notify us during booking procedures of any medical condition that might require a special attention, blood pressure, allergy, or any other medical condition, including special dietary requirements.

We remind you that, for safety reasons, we recommend to wear safety helmet or riding cap when you are riding.

The guides usually take a basic pharmacy set with them when riding; however, as we cannot know what will be your own reaction to our medicine, it is highly recommended that you take with you your own pharmacy.

Some useful medicine:

· Anti-dhiarreic (ercefuryl, nifuroxazide). · Wide spectrum antibiotic · Anti-allergic medicines if you are predisposed to allergies · An arnica-based ointment · Plasters +disinfectant spray · "Second skin" plasters against blisters · Collyrium, (it's also useful during a long travel in the dry atmosphere of a plane). There are excellent plants-based collyriums that relieve your eyes when you have been exposed to a strong luminosity or the wind. · Biafine or Bepanthen cream, very useful against dry skin · Antalgics like aspirin or paracetamol · An ointment against sun burns · Sun cream (at least 35+) · Pills to purify drinking water (not mandatory)

Currency:

Is called "som" and divided in 100 teen. There are banknotes and coins. In Bishkek most of the banks can do every transaction you may need (transfer, credit card, etc...). You may find some difficulties with a MasterCard. No problem with a Visa card. Have Euros or US dollars in banknotes of 50 or 100, smaller ones will be changed at a lower rate (prefer clean non spoiled notes without any writings and stamps). You can take money with any credit card in banks and ATM's but it is preferable having some Euros or Dollars with you just in case it's not working! (The maximum amount you can withdraw in most ATM is 8000 som per transaction, about 80€).

Visa entering Kyrgyzstan:

A sixty days touristic visa (simple stamp in passport) can be obtained on arrival at the airport, night and day (valid for citizens of many countries, check if your country is in the list: https://www.evisa.e-gov.kg/get_information.php?lng=en). Your passport should be valid more than 6 months after the date of entry.