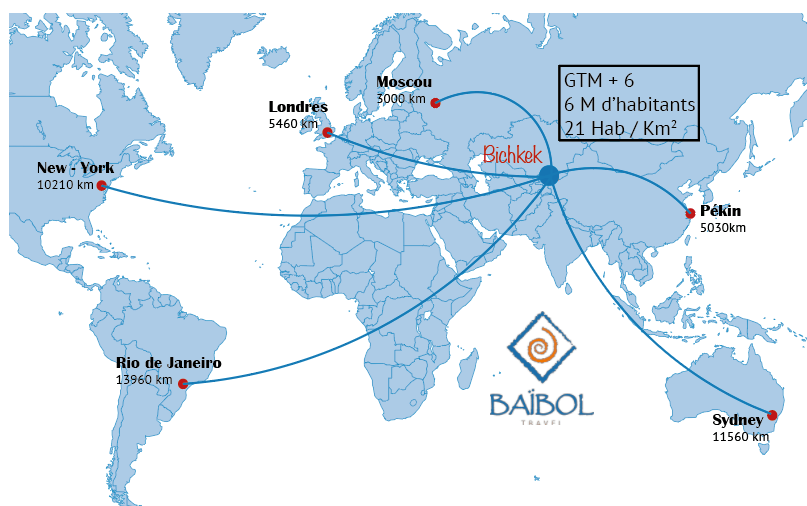


General useful information about Kyrgyzstan

The information which contains here will be very useful for you and will help to avoid some misunderstanding. By familiarizing more in details with this information you, essentially will facilitate your stay.

The capital of Kyrgyzstan is Bishkek. Kyrgyz Republic is located in middle of Central Asia. It is bordering with 4 neighbor republics: China in east, Kazakhstan in north, Uzbekistan in west, Tajikistan in south.



Languages: The state main language is Kyrgyz (Turkic origin), but the main part of the population speaks Russian (Slavonic origin), as it is the official language. However, it is still less spoken in country side. English is getting popular among young people.

Kyrgyzstan Area: 199 951 sq. km

Country Cod: +996

Time: +6 hours ahead GMT

Religion: Islam – 89%, Christianity (orthodox) – 6%, Judaism – 1.5% and other religions

Climate/Weather

Kyrgyzstan is an ideal place for traveling. As a rule, sunny, clear weather is established in the country in early spring and lasts until late autumn. The annual number of hot days is 247 days, which is approximately 2,900 sunny hours. However, in summer, showers and rains are quite rare. The best time for tourism is from the beginning of May to the end of September.

The climate of Kyrgyzstan is sharply continental and is caused by three factors - mountainous terrain, remoteness of the country from the sea and its location in the center of Eurasia. Typical features of this type of climate are hot, dry summers (+ 20 C to + 38.4 C) and cold, snowy winters (+1 C to -25 C). At the same time, the duration of the day in June is 15 hours, and in December - 9 hours.

If the route of your trip passes through the mountains, and most likely it will be, since most of the territory of Kyrgyzstan is located in the mountains of the Tien-Shan and Pamir-Alai mountains, you should take with you not only sunscreen, glasses, hiking boots, but and a sweater. The fact is that in the daytime in the mountains it is very hot, but with sunset without warm things cannot do. In general, for each category of tours our guides have elaborated an universal list of belongs necessary for travel on <https://www.baibol.kg/tourism-in-kyrgyzstan/things-to-take.pdf>, please use it as a guide.

Population

The population of Kyrgyzstan is over 6 million. Ethnically the peoples in Kyrgyz Republic are Kyrgyzs (73%), Uzbeks (14%), Russians (5%) and others.

Currency Exchange

You will be surprised, but in Kyrgyzstan you can exchange currency almost anywhere and at any time of the day. And this applies not only to Bishkek, where commercial and state banks, as well as currency exchange offices come across almost at every step, but also remote provinces. In general, the sale and purchase of currency, as well as money transfers are carried out in dollars, euros, British pounds sterling, Turkish lira, Chinese yuan, Russian rubles and Kazakh tenge. Most banks on weekdays are open from 9:00 to 17:00, while small currency reception offices are open around the clock.



Credit cards (VISA and MasterCard are the most popular) are accepted almost everywhere in big cities: in hotels, hotels, hypermarkets, restaurants and cafes. ATMs are also widely available in Bishkek and capitals of the other regions.

The national currency in Kyrgyzstan is the som. The som rate is floating and set by the National Bank in relation to the main foreign currencies. The country uses money in nominal value: banknotes - 20, 50, 100, 200, 500, 1000, 5000 soms.

Tips:

The tipping system in Kyrgyzstan extends to the services of guides, waiters in bars and restaurants and is approximately 5-10% of the order value, which is likely to be added to your account. Payment of tips is not mandatory, but if the customer is satisfied with the service, the tip is a sign of good tone. To pay a tip to taxi drivers here is accepted, so feel free to use them if you need a recommendation or advice.

National holidays and day offs:

Day offs: Saturday, Sunday

National holidays: January 1 - New Year, January 7 – Christmas, February 23 - Defender of the Fatherland Day, March 8 - International Women's Day, March 21 – Nooruz, April 7 - Day of the People's April Revolution, May 1 - Labor Day, May 5 - Constitution Day of Kyrgyzstan, May 9 - Victory Day, August 31 - Independence Day, November 7-8 - Days of history and memory of ancestors. 2 changing date Eid holidays per year.

Business hours:	Banks	Working days: weekdays Business hours: 09:00 - 16:00
	Post offices	Working days: weekdays and Saturdays Business hours: 09:00 - 18:00
	Department stores	Working days: everyday Business hours: 09:00 - 18:00 Business hours: 24/7 (for supermarkets)
	Government organizations	Working days: weekdays Business hours: 09:00 - 18:00

Health

No mandatory requirements for entry into Kyrgyzstan and no vaccinations are officially required.

Insurance

As this kind of services in Kyrgyzstan is still developing, it is advisable to be insured at home by your local insurance company.

Security

Individual safety boxes are not always available in Kyrgyzstan hotels. An essential part of your luggage is a comfortable money wallet, which may be worn under your clothing. At all times you should carry your main documents (i.e. currency, travelers' cheque, air tickets, passports, visas etc.) In accordance with local laws, you will be required to hand in your passport to the hotel reception on arrival to allow registration of your passport details by the hotel. Your passport will normally be available right after. Do not forget to collect it before departure.

Extras

You are responsible for covering the cost of your hotel extras such as phone calls, room service, mini-bar in your room and laundry. Before departing from all the hotels on the tour, please ensure that you have checked with the front desk for any personal charges that the hotel may have made to your room.

Photography in Kyrgyzstan

No difficulty is put in the way of visitors who wish to photograph places of historic interest. Photography inside some religious monuments and in airports, railway stations or near military installation may not be allowed. If in doubt, ask your local guide. Please also note that there is a fee for photography in most sightseeing places



Means of transport

The possibilities for moving around Kyrgyzstan are very diverse, and you yourself can choose how you want to travel around the country.

Walking: If you are planning to travel on foot, the main thing that you should remember about is that in Kyrgyzstan pedestrians are somewhat limited in movement and cannot cross the road freely, where they want. Therefore, when crossing a road, make sure that you do this at a traffic light or pedestrian crossing. Especially, all of the above applies to Bishkek - the capital of Kyrgyzstan and other major cities, where most of the country's car fleet is concentrated. However, if you travel with the group as part of trekking, bicycle tours or horseback tours, and not alone, then there is nothing to worry about. Most of your way will pass through the wild, pristine nature and the most picturesque places: The Tien-Shan mountains, high-mountainous lakes, valleys and pastures, and the transfer from one point of the route to another will be organized by a transfer.

By bus, trolley or minibus: Travel by public transport in Kyrgyzstan is economical and convenient. A single trip on a minibus in Bishkek will cost you about 14 cents, and a bus or trolley bus is even cheaper. The only downside is the high density of motor vehicles on the roads of Bishkek and in other large cities, where most of the country's car fleet is concentrated. You should remember this, so as not to get caught in traffic jams during the rush hour, which is at 8-9 am and 6-7 pm. As for the transfer to remote provinces, you can get there by bus or minibus, which can be boarded at the western or eastern bus stations of Bishkek. At the same time the cost of the trip will depend on the distance of the region where you go.

Taxi: Most legally operating taxi can be identified by the so-called "checkers", which drivers install on the roofs of their cars and meters (taximeters) in car parlors. The cost of a trip to such a taxi consists of the cost of the car (landing) and the tariff for transportation per kilometer. On average, the cost of one trip to a taxi in Bishkek can be about \$ 2 for 10 km. A trip to the airport will cost from \$ 7.3. In Kyrgyzstan there are also illegal taxis, where the price for a trip will depend on how you agree with the driver. You can also hire a taxi if you need to reach any remote region, but in this case we recommend that you use the services of a legal taxi, or ask your local friends to find you a driver with a car.

Car Rental: You can also rent a car in Kyrgyzstan. The price range of this service ranges from \$ 14.5 to \$ 101 per day, depending on the brand of the car. In this case, according to the terms of the lease, you will need to leave a pledge a certain amount established by the car owner and show the valid driver's license. In addition, you should know that the minimum age for renting a car is 21-23 years, and the driving experience should be more than 1.5 years. During the trip, we recommend you to use GPS, so as not to get lost in an unfamiliar area and not get off the route.

Flights: There are 5 airports in Kyrgyzstan, the main one being Manas International Airport, which is located in Chui oblast, 23 km north-west of Bishkek. In addition, the remaining 3 airports: Osh, Issyk-Kul (only summer time) and Karakol (only winter time) perform both international (except Batken) and domestic flights.

By Train: There is no metro in Kyrgyzstan, but there is a railway service that allows you to move from one city to another. True, only the northern part of the country is covered by railways, so you can count on moving in a train only if your route passes through the northern regions of Kyrgyzstan. The cost of railway tickets varies from 37 cents to \$ 1 and depends on the range of the trip.

Visa

To fulfill your dream on a journey through the country of the Great Silk Road is easier than you think! In 2012, Kyrgyzstan opened its borders to 45 countries around the world. At present, the visa-free regime for up to 60 days is still for Austria, Australia, Belgium, Bosnia and Herzegovina, the Vatican, Great Britain and Northern Ireland, Hungary, Germany, the Netherlands, Greece, Denmark, Iceland, Ireland, Spain, Italy, Canada, the Republic of Korea, Kuwait, Latvia, Lithuania, Liechtenstein, Luxembourg, Malta, Monaco, New Zealand, Norway, United Arab Emirates, Poland, Portugal, Saudi Arabia, Singapore, Slovakia, Slovenia, USA, Finland, France, Croatia, Czech Republic, Switzerland, Sweden, Estonia, Qatar,



Brunei Darussalam, Bahrain and Japan. This means that citizens of these states can enter, leave, follow transit, move and stay on the territory of Kyrgyzstan without a visa on one of the valid documents.

Citizens of Belarus, Kazakhstan, Russia, Tajikistan, Azerbaijan, Armenia, Georgia, Moldova, as well as Vietnam, North Korea, Cuba and Laos can freely travel around Kyrgyzstan. In addition, the visa-free regime operates in the country for Malaysian citizens (up to 30 days), Turkey (up to 30 days), Ukraine (up to 90 days), Uzbekistan (up to 60 days) and Mongolia (up to 90 days).

In addition, currently the simplified visa regime in Kyrgyzstan applies to citizens of the following countries: Bulgaria, Israel, Cyprus, Macedonia, Romania, Serbia, Montenegro, Andorra, Argentina, Brazil, Thailand, Mexico, San Marino, the Philippines, Albania, Brazil, Indonesia, the Republic of South Africa, Chile, Venezuela and Oman. From which it follows that the citizens of the above-mentioned countries can obtain entry visas for Kyrgyzstan for a period of up to one month on the basis of personal appeals.

E-visa is a good option to travelers that from a country that are not listed in visa free countries. You can apply and get your visa online on <http://www.evisa.e-gov.kg/>

Cuisine

The first thing you need to know is that drinking tap water is safe, almost all over Kyrgyzstan. For travelers, this means that they do not have to spend money on buying bottled water, but perhaps, that strongly recommended in the first days, until your body adapts.

As for food, Kyrgyzstan is a real oasis of a wide variety of culinary offerings. Here you will find cafes and restaurants offering not only National or Oriental cuisine, but also dishes of European cuisine. At the same time, you can be absolutely sure that all dishes will be made from fresh and natural products, since it is not customary in Kyrgyzstan to use GMO.

The national cuisine of the country is characterized by an abundance of meat dishes, which can be enjoyed at dinner, in any chaikhana, snack bar, cafe or restaurant, where you will be offered a traditional beshbarmak, kuurdak, manty (steamed meat), rice with meat) or lagman (an adapted version of the Japanese ramen). Choosing from exotic dishes it is better to stop your choice on an incredibly tasty dish of hunters - tash-kordo.

World fast food chains are not very common in Kyrgyzstan, but their local counterparts, offering hamburgers and hot dogs, you can find almost at every step. Also, we recommend you to taste tasty and useful national drinks: kumis, shoro, chalap etc.

Nomad lifestyle and culture

Kyrgyzstan is a country with the ancient nomadic history and rich culture. Traveling through the mountains of the seven-thousands is a great opportunity to immerse yourself in a unique nomadic civilization and explore its amazing world, where the unity, diversity, and balance have always been the main features. You will get acquainted with interesting people - descendants of ancient nomads and their folklore: Kyrgyz folk songs, legends and customs, try Kyrgyz national dishes and drinks, you will see exciting national games and ancient hunting with golden eagle. In addition, you will know how unique the yurt is, why the ancient nomads installed stone sculptures of their ancestors near the mounds, and most importantly you will learn the incredible hospitality of the Kyrgyz, reflecting the soul and mentality of the people.

BAIBOL Travel wishes you a pleasant trip to Kyrgyzstan and stays at your service.

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