



Tien Shan Unclimbed Peaks

- Explore remote valleys and virgin peaks
- Experience a fascinating culture



EXPEDITION OVERVIEW

In 2001, Adventure Peaks Director, Dave Pritt, introduced this exceptional destination which has now seen seven highly successful expeditions with over twenty new peaks climbed. The mountains in this remote area of Asia are Himalayan in stature, with the highest peak reaching 7443m. They form the rigid backbone of Kyrgyzstan, wedged between China and Kazakstan. This area benefits from increased political stability compared to its southerly neighbours. During our adventure, we will attempt to summit up to three of the yet unclimbed peaks, at altitudes of between 4300-4800m.

We take a rugged approach to the mountains by means of a large six wheel drive former soviet truck (with seats) to

our wild and remote base camp surrounded by extensive unclimbed territory up to 4800m. We take acclimatization very seriously and undertake initial exploratory walks to identify potential routes and climbs. This is a very exciting period; as close to true mountaineering as one could imagine. Most potential peaks require a subsidiary camp that is placed higher in the basin. This excellent expedition offers a fantastic introduction to the challenges of high altitude mountaineering for those who are technically competent on Scottish Grade 2/3 ground. There are routes less technical and numerous more technical routes for those who climb at different grades and a few at a lower grade. Gazing out onto the panorama from Base Camp you will undoubtedly feel the magnetism of these potential challenges.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

TIEN SHAN UNCLIMBED PEAKS

No one has ever been disappointed by our unclimbed expeditions. In 2012 we will visit a new area on the border between Kyrgyzstan and China or a central area between Bishkek and the Central Tien Shan. The altitude in these regions is up to 4800m. Routes are snow/ice, combined with some rock. Ascents take from 3 to 9 hours and some ascents are possible right from Base Camp where for others an Advanced Base Camp will need to be set up.

Preparatory walks will allow us to acclimatise and explore potential routes at the same time. In the past we have all climbed together on the first peak before setting off in different directions for subsequent peaks. Grades vary from the easiest at Scottish Grade II to the most extreme: you may be spoilt for choice! Most peaks require a subsidiary camp to be placed higher in the basin at around 4000m. Peaks are 4000 to 5000m.

RECOMMENDED PREVIOUS EXPERIENCE

You should be confident on Scottish Grade 2/3 (Alpine AD/D) ground, and have some previous experience of Alpine Terrain. All unclimbed peaks have a degree of uncertainty and unknown difficulty. Ours will be selected as ones suitable for Scottish grade 2/3 climbers. The peaks are likely to involve a variety of different mountaineering terrain. It is important that participants have a good level of fitness and, where possible, you are encouraged to attend some of the pre-expedition meets.



At-Bashy Mountain Range

CLIMBING DAYS

The Tien Shan does not have the infrastructure of Nepal and its Sherpas, cooks and porters, so this is very much a hands-on expedition. Most days will tend to start early - between five and six (not a problem as it is usual to go to bed fairly early!) and we can expect some days to be long. In the initial stages on the unclimbed peaks the team may divide into smaller groups to explore alternative routes before final decisions are made about our final route choices. Members should be willing to share leading although this does not have to be on the harder pitches and usually it is possible to follow our leader and use their pre-placed gear.

WHAT TO CARRY

You will need a rucksack with at least 50-60 Litre capacity to enable both personal and group equipment to be carried to the high camps.



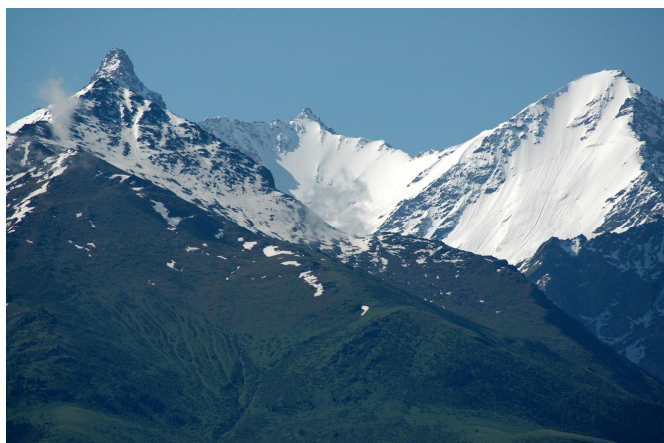
BASE CAMPS / CATERING ARRANGEMENTS

Base Camp will consist of our own tents and a large communal tent used for cooking, eating and socialising. We will all share the daily tasks of cooking, dish washing and collecting water from the nearby streams. Large gas stoves will be available for cooking. Our food supplies will be good, consisting of local produce purchased in the bazaar on our journey-in; a most enjoyable experience that takes us much closer to the people of Kyrgyzstan.

Supplementary food that we know cannot be purchased locally will be brought from the UK. Snack food for the hill will be plentiful and consist of such things as chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami. You can suggest other items! Cooked food higher on the hill will be a combination of boil-in-the-bag, freeze dried packs, pasta, soup and supplementary snacks.

HOTELS

Most are of an ex-Soviet era that tend to be functional with rattling pipes and décor of a patchy nature. They are, however, comfortable and the best available!



At-Bashy Mountain Range

OUTLINE ITINERARY

KEY to inclusions (H-hotel, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

Day 1-2: International Flight to Bishkek. Early morning arrival in Bishkek, (5hrs), rest and recoup and final preparations (H,B).

Day 3: Transfer by six wheel drive truck (front facing seats, so relatively comfortable). A sense of remoteness will begin to set in as we leave Bishkek towards the Chinese border. We will reach either Nairn or base camp in the At-Bashy Mountain Range (B,L,D) Guest House or Camp.

Day 4-12 Unclimbed peaks. (C,B,L,D).

Day 13: Return Journey to Bishkek.

Day 14: In Bishkek.

Day 15: Return international flight.

IMPORTANT – The small print

If you book this expedition to the Tien Shan and include the Khan Tengri Extension, you must be aware that the helicopter flights to and from the mountains can be delayed due to the weather, so please be patient.

MISSED INTERNATIONAL FLIGHTS

We allow one extra day in the itinerary for bad weather. If you are delayed longer (unusual) we can re-book your international flight but additional costs may/will be incurred. Tickets can be changed according to availability and the class of ticket, you may need to upgrade and be flexible on your return date. All additional payments would need to be paid in Bishkek (card payments accepted). If you are unable to accept this, please do not book this expedition.

WEATHER CONDITIONS

The best weather in the Tien Shan tends to be from mid-July to the end of August; a fairly short summer! Conditions tend to be quite fair, dry and stable, with winds high on the mountain and snow late in the day. Daytime temperatures are pleasantly warm in the valleys (20-30°C)

whilst cool to very cold (especially with wind chill) high on the peaks. Night-time temperatures are cold to very cold (possibly as low as -20°C) and you should make sure you have a very warm sleeping bag, a down jacket and good quality mitts.



INSURANCE

You do not have to take insurance through Adventure Peaks but alternative insurance which covers rescue, helicopter evacuation and medical expenses is essential.

HEALTH

All our leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. You should bring your own supplies of plasters, blister prevention pads (compeed), paracetamol, throat lozengers etc. and any medication you are taking. Consult your GP or a vaccine specialist for professional advice or visit the website www.fitfortravel.scot.nhs.uk Non spring bottled water should never be drunk without first sterilizing with iodine, chlorine tablets or by boiling.

RESPONSIBLE TOURISM

All rubbish is removed from the mountains by us/you.

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags & down jackets can be hired or purchased with 15% discount from our shop.

BAGGAGE

For your own comfort, travel light. Normally airlines restrict baggage to 20kg and the helicopter flight 15kg, but you will be wearing boots and one set of mountaineering

clothes. Some items can be left at the hotel for your return. A suitable kit bag is provided but important items should also be packed in plastic bags.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are more difficult to replace easily. Important items should be packed in strong plastic bags.

VISAS AND PERMITS

In order to obtain a visa, Adventure Peaks must first obtain a formal letter of invitation from our agent in the Tien Shan and a copy of your flight details. A copy of the letter will be sent out to you along with visa application forms 6-8 weeks before departure when the group is complete. The visa application then takes approximately 14-21 days for UK citizens. All other nationals should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

LOCAL COSTS

Most meals are inclusive, please see the key above. Individuals are responsible for drinks throughout and hotel meals which gives the flexibility to choose where you eat. Costs tend to be extremely low; it is unlikely you will spend more than \$100-\$150.

CURRENCY

Travellers cheques, credit cards and Sterling are useless. Take Euros or US dollars as they are widely accepted and can easily be changed into local currency if needed on arrival. You will need approximately £100-£150. The national currency of the Kyrgyz Republic is the Som. £1 = 71 Kyrgyz Som. \$1 = 34 Kyrgyz Som.

LANGUAGE AND TIME

Kyrgyz and Russian are the official languages. Time Zone: GMT + 5 hours (GMT + 6 hours from second Sunday in April to last Saturday in September).



TIPPING

Tipping is generally NOT expected, but is accepted with enormous smiles - quite refreshing! We would recommend around £25 per person for this trip. If you wish to tip our group leader a suggested guideline would be approximately £1-£2 per person per day.

DEPARTURE TAX

Allow £12 payable on leaving Bishkek.

BACKGROUND READING

•World Mountaineering by Mitchell Beazley
•Forbidden Mountains by Paoloo Pozzolini Sicouri