

## Korzhenevskaya Peak 7105m (and Ismoil Somoni)



### **EXPEDITION OVERVIEW**

**100% Expedition Success** All 3 of our previous expeditions to Peak Korzhenevskaya have been successful and whilst it is a little more technical we have found it to be less physically demanding than Peak Lenin which has an exceptionally long summit day.

Korzhenevskaya can be climbed in conjunction with an ascent of Ismoil Somoni Peak 7495m (Peak Communism), using Korzhenevskaya to prepare for its higher and more difficult neighbour. The classic Southern ridge route starts from the Moskvina Glade, reached by helicopter and is generally regarded as the safest and easiest route to the summit. Camps are placed at 5300m and 6400m from where we tackle the summit via a narrow but not steep ridge. To aid our ascent and the move between camps we will acclimatise on the nearby Peak Vorobyova (5691m).

**We also offer an extension to this expedition for those who want to climb Ismoil Somoni (Peak Communism) as well, which is climbed from the same base camp. A separate dossier is available for Ismoil Somoni but the programme shown in that dossier will be condensed, as having ascended Korzhenevskaya you will be well acclimatised!**

### **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**

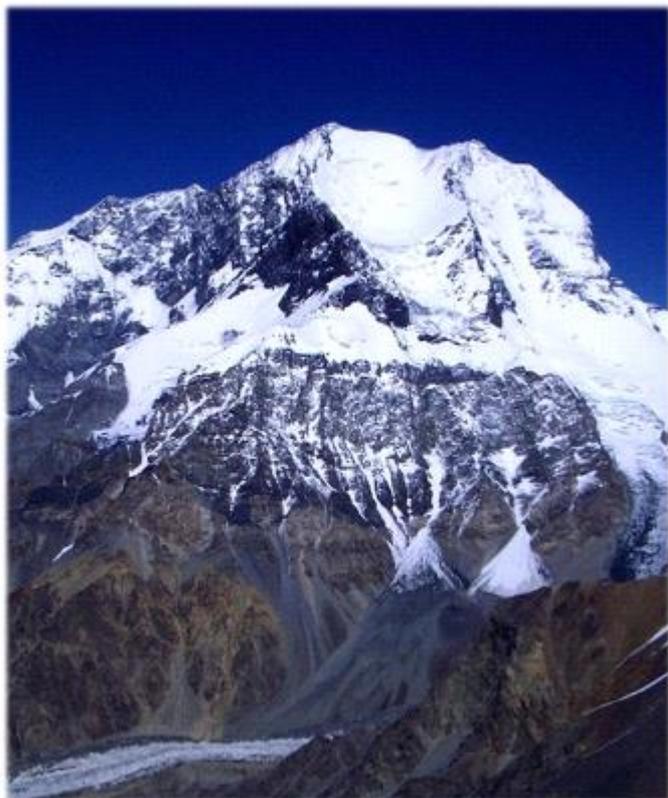
Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of 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.

## PREVIOUS EXPERIENCE/FITNESS

You should be technically competent to Scottish grade 1/2 with previous high altitude experience up to 6000m or over. Summit success will require a high level of aerobic and mountain fitness. Although Korzhenevskaya is a relatively straightforward climb, ascending to over 7000m peak is extremely demanding both physically and mentally. The ascent of Korzhenevskaya does involve some steep sections and the use of fixed ropes.

## A TYPICAL CLIMBING DAY

Starts around 7 am getting breakfast and a brew ready. Most climbing days are between 6 – 8 hours and will feel quite strenuous; this will get easier as time goes by with acclimatisation. The team should be able to move between camps without assistance. However, the leader will aim to have regular radio calls to keep in contact with the entire group during the day.



## LEADERS

An experienced UK leader will accompany all groups. He/she may be assisted by an experienced local guide depending on group size.

## WEATHER

We have found the weather to be more settled and stable compared with what we normally experience on Peak Lenin and Khan Tengri. The weather should be pleasant during the day lower down with cooler evenings and nights. The higher you are the cooler it will be. The weather in the high mountains is unpredictable and you should be prepared for sudden changes. It will be extremely cold on the early starts and in the evenings at altitude with sub-zero temperatures.

## WHAT TO CARRY

A 65+L rucksack will be required as you will need to assist in carrying food to the camps in addition to your personal gear, which tends to be bulky. *Porters carry group camping equipment, but are available to carry personal gear at an extra cost. They should be booked and paid for in advance.*

## CAMP AND CATERING ARRANGEMENTS

Base Camp will consist of 2 to 3 person tents and a large communal tent used for cooking, eating and socialising. There are toilets and showers and even a sauna!

Our hill food supplies will be good, consisting of local produce purchased in Dushanbe or Djirgital on our journey into BC. Snack food for the hill will be plentiful and consist of such things as chocolate, cereal bars, dried fruit, nuts, cheese and salami. You can suggest other items! Supplementary food that we know can't be purchased locally will be brought from the UK. Cooked food on the hill will be a combination of boil-in-the-bag, freeze dried packs, pasta, soup and supplementary snacks. Base Camp food is more basic than in Nepal.

## LANGUAGE AND TIME

**Language:** Tajik is the official language, but there are many other regional languages. One third of the population speak Russian. English is spoken by our local guide but it may be quite basic.

**Time:** GMT+ 5 hours. There is no daylight saving time.

## HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However, you should bring your own supplies of plasters, blister prevention pads (Compeed), paracetamol etc and any medication you are taking. There are no compulsory vaccinations for Tajikistan but the following are recommended: Hepatitis A, Tetanus, Polio and Typhoid. Consult your GP or a vaccine specialist for professional advice or refer to this website: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk). Tap or stream water should never be drunk without first sterilising with chlorine dioxide tablets or by boiling.

## INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in this area and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land and not by helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for climbing to 7200m or 7500m for Ismoil

## ALTITUDE

If you are new to altitude you may have concerns about the effects. With base camp at 4400m, this trip actually starts at an altitude that many people take a few days to acclimatise to! However we have built in extra time at Djirgital (1800m) where we plan to ascend a local 'hill' and also have time to relax on arriving at the Moskviva Glade base camp (4400m). The best way to avoid altitude symptoms is to move at a gentle steady pace and drink plenty of fluid.

## 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 cannot. Pack important items in strong plastic bags.

## EQUIPMENT

A detailed equipment list is provided on booking. Specialist equipment can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off RRP from their shop in Ambleside or online.

## BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20-22kg but please allow 4kg for group equipment within this allowance (you will be wearing boots and one set of trekking clothes).

## VISAS AND PERMITS

A normal Tajik tourist visa is required. Most clients will be able to pre-register for a visa through Adventure Peaks in liaison with our agents. Information will be sent to you before your trip. More information is on the website below.

**Tajik Embassy:** 26-28 Hammersmith Grove, London, W6 7BA.

**Email:** [info@tajembassy.ork.uk](mailto:info@tajembassy.ork.uk)

**Web:** [www.tajembassy.org.uk/consular.htm](http://www.tajembassy.org.uk/consular.htm)

## LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, saunas, meals on the transfers and in the towns and tips for local staff.

*In the event of the expedition finishing early you will be responsible for any extra hotel nights taken and for any costs associated with changing your return flight. Please ensure that you have sufficient funds to cover this.*

## CURRENCY

The currency in Tajikistan is the Tajik Somoni (TJS). Change bureaux are available in the arrivals hall at the airport, in cities and some hotels. Credit and debit cards are not generally accepted. You will need to bring all your money in US\$ (or Euros) in clean unmarked notes, and change all the cash you need on arrival as there are no change facilities in the mountains.

## TIPPING

Tipping is an accepted part of life in Tajikistan. As we do not have 'trekking' crew on this trip, you will not need a lot of cash to cover sporadic tips. We would recommend you allow around £50 for tips.

## ADVENTURE PEAKS KIT BAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** 100L kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative branded piece of gear.

## FLIGHTS AND JOINING ARRANGEMENTS

Flights are included as part of this holiday, but you are given the option to purchase your own flights if you prefer. If booking your own flights you must ensure you arrive in Dushanbe early morning of Day 2.

**The rendezvous for this trip is the ARRIVALS HALL, DUSHANBE AIRPORT early morning on Day 2.**

Return flights can be booked for anytime on Day 25. In the event that the expedition achieves first-time summit success and returns early to base camp and on to Dushanbe (which is subject to availability on the helicopter), you may decide to fly home earlier but additional costs will be incurred for hotels. Please see Local Costs section above.

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**



## KORZHENEVSKAYA PEAK ITINERARY (Draft which may change with helicopter schedule)

No	Today we...	We stay at...	Accommodation...	Meals...
1	Depart International Flights	Plane	Plane	
2	Arrive Dushanbe	Djirgital (1800m)	Hotel	B
3	Transfer to Djirgital (7hrs)	Djirgital (1800m)	Hotel	B
4	Helicopter to BC	Moskviva Glade (4200m)	Camp	BLD
5	Acclimatise around BC	Moskviva Glade (4200m)	Camp	BLD
6	Acclimatise around BC	Moskviva Glade (4200m)	Camp	BLD
7	Acclimatise on Vorobyova Peak	On Vorobyova Peak (5100m)	Camp	BLD
8	Vorobyova Peak to 5300m/descend to BC	Moskviva Glade (4300m)	Camp	BLD
9	Rest and preparation Base Camp.	Moskviva Glade (4300m)	Camp	BLD
10	Move to Camp 1 5300m	Camp 1 (5200m)	Camp	BLD
11	Ascend to Camp 2 5800m	Camp 1 (5200m)	Camp	BLD
12	Descend to Base Camp	Moskviva Glade (4300m))	Camp	BLD
13	Rest Day	Moskviva Glade (4300m))	Camp	BLD
14	Move to Camp 1 5300m	Camp 1 5200m	Camp	BLD
15	Move to Camp 2 5800m	Camp 2 5800m	Camp	BLD
16	Move to Camp 3 6400m	Camp 3 6400m	Camp	BLD
17	Summit Day	Descend to Camp 2 or Camp 3	Camp	BLD
18-23	Reserve Summit Days x 6		Camp	BLD
24	Return to BC	Moskviva Glade (4300m))	Camp	BLD
25	Helicopter		Hotel	B
26	Reserve Helicopter / transfer to Dushanbe	Dushanbe		
27	International Flight	Flying		

### ISMOIL SOMONI PEAK (PEAK COMMUNISM EXTENSION) Start earlier if Korzhenevskaya Peak is summited early

25	Move to C1 5300m	C1	Camp	BLD
26	Move to C2 5870m	C2	Camp	BLD
27	Move to C3 6585m	C3	Camp	BLD
28	Move to C4 6990m	C 4	Camp	BLD
29	Summit Days	Camp 3	Camp	BLD
30-33	Reserve Summit Days x 4	Camp 2/Moskviva Glade	Camp	BLD
34-35	Helicopter/Transfer Dushanbe	Dushanbe	Hotel	B
36	Fly home	Home		

**Days 1/2** Depart UK, arriving Dushanbe early the following morning on day 2. Obtain Snacks/Hill food relax

**Day 3** Transfer to Djirgital (6 to 7 hours).

**Day 4** Helicopter flight to Base camp at Moskviva Glade.

**Day 5-6** Acclimatisation walks around BC.

**Day 7-8** Acclimatisation days on Vorobyova Peak (5691m), with possible camp above 5000m. Return to BC

**Day 9** Rest and preparation day at Base Camp.

**Day 10.** We ascend to Camp 1 5300m with food and some personal gear. Porters move group equipment. The route follows a well-marked path across the Moskviva Glacier to its head. 3-4 in-situ fixed ropes may be used for the later section. The path traverses the slope to where the glacier butts up against the rocky sidewall. Here we leave the glacier and cross the rocks. Stone-fall is a real danger here, so helmets are a must. The camp at 5300m sits on the right bank moraine.

**Day 11** Today we make a small carry up to Camp 2 at 5800m and then return to Camp 1 for the night. Porters move group gear. The Ascent to Camp 2 is up a moderately steep ice and snow slope, then rope up and cross some crevasses at its upper part. The final approach to Camp 2 involves ascending steep slope jutting to the peaks' south-west rock wall. The tents are protected from rock-falls by some overhangs.

**Day 12** Return to BC

**Days 13** Rest Day.

**Days 14/15** Ascend to Camp 2 over two days.

**Day 16** Ascent to Camp 3. A long traverse takes us across the ice-snow slope under the south-west wall towards Camp 3. The slope is steep, so we use 4 fixed ropes. Due to rock-fall and avalanche threat, this traverse presents a serious objective danger and care must be taken. A steep 100m section is climbed using fixed ropes. After climbing over a minor pinnacle called "Parus" we come to a saddle (6100m), where several tents can be placed. A much better place (the normal one for the assault camp), is further along the ridge, behind a 20m high vertical rock step, on a wide snow slope (6400m).

**Day 17** Summit Day. We walk initially across a wide snow slope, then move, using either fixed ropes or belaying, along a narrow knife-edge ridge (6550m). At 6700m the ridge broadens out into the summit slope, providing an easy finish to the ascent. We return to Camp 3 or Camp 2.

**Days 18/23** Reserve summit days if required. (If doing Ismoil Somoni, see itinerary above).

**Day 24** Descend to Base Camp.

**Day 25** Helicopter and road transfer back to Dushanbe.

**Day 26** Reserve Helicopter Day.

**Day 27** Early morning departure for international flights.

**Day 25-36** ISMOIL SOMONI PEAK EXTENSION which may start early if we are successful on Korzhenevskaya early. Climbed via 4 camps, full Itinerary on separate dossier.