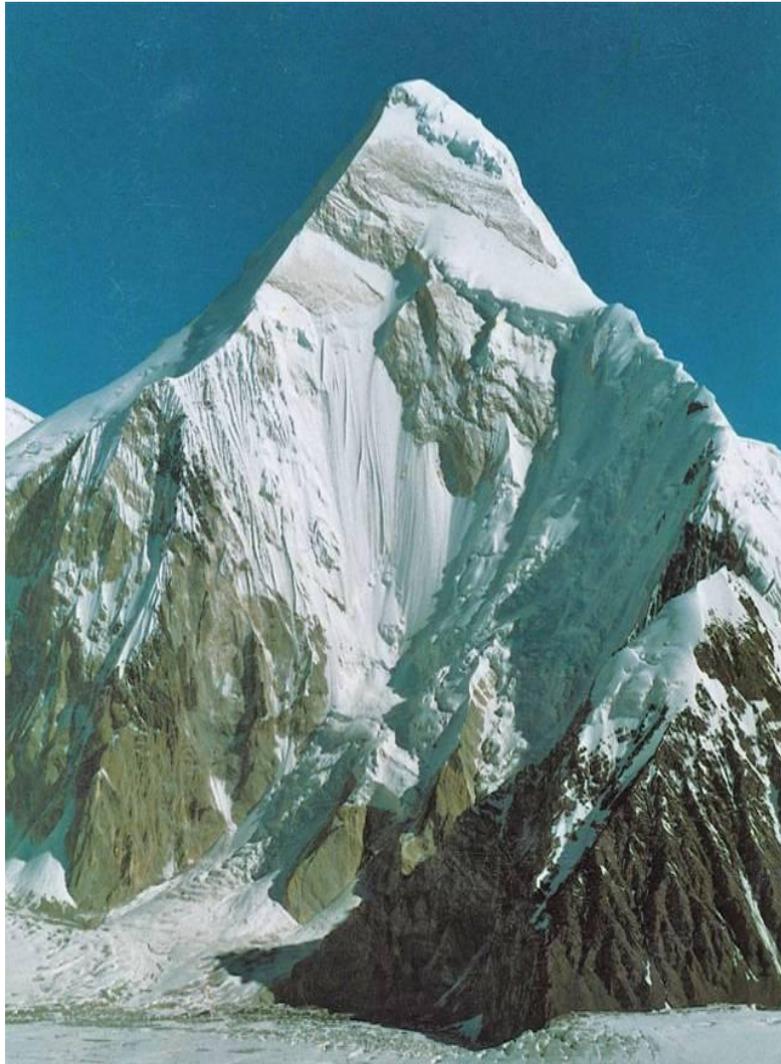


## Khan Tengri



### **EXPEDITION OVERVIEW**

This challenging expedition follows in the footsteps of several previously successful trips to this comparatively undiscovered region. For those with a little more time, the ascent of Khan Tengri can be combined with our exciting unclimbed peaks expedition, offering a very rewarding period of acclimatisation. At 6995m Khan Tengri is without doubt the most splendid of summits amongst the jagged peaks of the Tien Shan. With its elegant ridges and superb pyramidal summit, it is also regarded as one of the most beautiful peaks in the world alongside the stunning Alpamayo, Ama Dablam and the Matterhorn.

### **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.



(Summit of Chapayev, Khan Tengri in the background)

### **KHAN TENGRI**

Khan Tengri is described as one of the most beautiful peaks in the world and the jewel of the Tien Shan. From the North Khan Tengri is approached by first climbing Peak Chapayev (6200m), a stunning summit in its own right. The route follows snow slopes and the NE ridge to Camp 1 (4300m). The ridge continues in a spectacular position with a couple of rocky steps to Camp 2 (5200m) situated in a glacial basin below the final summit slopes. After traversing the summit of Chapayev an easy descent leads to Camp 3 (5800m) on a col below the West ridge of Khan Tengri. (This is the site of Camp 4 on the now unsafe Semenvski Glacier route from the south.)

It is now normal to make summit bids from Camp 3. The ascent is initially on snow slopes that soon turn into steep broken ground that gradually gets steeper as progress is made up the pyramid's face. Much of the route now consists of fixed line, although of variable quality. The summit provides a spectacular panoramic view of the Tien Shan. Khan Tengri is without doubt a prized international peak and a good stepping stone to the 8000 metre peaks

### **Recommended Previous Experience**

You should be confident on Scottish Grade 2/3 (Alpine AD) ground, and have some previous experience of Alpine Terrain. Alternatively you might wish to do the Tien Shan Peaks expedition where this stunning region is accessible to those who have climbed at Scottish grade I/II or the Alpine Tien Shan for those who have completed a winter skills/mountaineering course.

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.

### **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 and we share the load carrying. 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.

### **WHAT TO CARRY**

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



(Summit day on Khan Tengri, Chapayev in the background)

### **BASE CAMPS/ CATERING ARRANGEMENTS**

We have Base Camp services which will consist of our own tents and a large communal tent for eating and socialising. Food is prepared for us by our local cook, it is basic but plentiful. Snack food for the hill is purchased locally and will 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.



(Pre expedition shopping at the bazar in Karakol)

### **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!

## 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 to Karakol. (H,B).

Day 4 Transfer to Maidadir. (C,B,L,D).

Day 5 Helicopter to Khan Tengri BC. (C,B,L,D).

**Day 6-19 Khan Tengri ascent.** (C,B,L,D).

Day 20 Helicopter and drive to Karakol.

Day 21 Spare helicopter weather day

Day 22 Transfer to Bishkek. (H,B)

Day 23 Return international flight.

## IMPORTANT – The small print

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



(Helicopter landing at Base Camp)

## 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 will normally 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 minus 20°C) and you should make

sure you have a very warm sleeping bag, a down jacket and good quality mitts.

## 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](http://www.fitfortravel.scot.nhs.uk) Non spring bottled water should never be drunk without first sterilizing with, chlorine tablets or by boiling.

## INSURANCE

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. We will require a copy of your insurance prior to departure

## 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 20/23kg 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. You will be required to transport 4 kg of group gear/food in your international baggage.

## 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**

UK citizens and those of several other countries no longer require a visa. If not a British Citizen, please check with your local Kyrgyzstan 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. In terms of overall spends to cover costs and additional meals etc., consider taking approximately 200euro



(Summit of Khan Tengri)

## **CURRENCY**

Take Euros or US dollars as they are widely accepted and can easily be changed into local currency if needed on arrival. The national currency of the Kyrgyz Republic is the Som. It is unlikely you will be able to use Travellers' cheques, credit cards and Sterling. There are some ATMs in Bishkek.

## **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 (equiv.) per person for this trip.

## **BACKGROUND READING**

“World Mountaineering” by Mitchell Beazley  
“Forbidden Mountains” by Paola Pozzolini Sicouri

## **HEIGHT OF KHAN TENGRI**

Khan Tengri's geologic elevation is 6,995 m (about 22,950 ft.), measured by the rock, but its glacial cap rises to 7,010 m. For this reason, it is considered a 7000m peak

## **SNOW LEOPARD CHALLENGE**

Khan Tengri is one of the five Russian Snow Leopards – It started in the old Soviet Union times and became the ultimate challenge for alpinists...to climb all Soviet peaks over 7000 meters; Peak Lenin, Korzhenevskoy, Communism, Khan Tengri and Pobeda. Those who managed to summit the five Central Asian giants were awarded the Snow Leopard Trophy. Today it has been completed by less than six hundred mountaineers, none of them British. Adventure Peaks is offering all five; three peaks are located in the Pamirs and two in the Tien Shan. They can be climbed individually or in combinations.

## **EXTENTIONS and EXPEDITION COMBINATIONS**

Khan Tengri can be combined with our Tien Shan Unclimbed expedition, Peak Lenin or or Peak Pobeda

