

Peak Lenin 7134m

- **Technically easy summit over 7000m**
- **The classic route via Razdelnaya Peak**
- **Third highest peak in the elite Snow Leopard Challenge**



TREK OVERVIEW

Peak Lenin is the third highest mountain in the former Soviet Union and is situated in the Pamirs range of Kyrgyzstan. It is one of the most accessible of the world's 7000m peaks. The climb is non technical and truly Himalayan by proportion and yet relatively cost effective.

Situated in the Pamirs on the border between Kyrgyzstan and Tadjikistan, close to the borders with China, Lenin Peak is one of only five 7000 metre peaks in the former USSR. At 7134 metres it is the third highest, the others being Ismoli Somoni (Peak Communism) (7495m) and Korzhenevsky (7105m), both in the Pamirs, and Peak Pobeda (7,439m) and Khan Tengri (7010m) in the Tien Shan. To climb all five admits you to the elite group of Russian climbers known as Snow Leopards.

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.

Base camp is quite idyllic, situated on a raised meadow of alpine flowers between two steep river valleys. From Base Camp we head over the Puteshestvinnikov Pass to the moraine of the Lenin Glacier which is ascended to reach camp 1 at 4200 m. We establish two or three further camps, crossing the subsidiary peak Razdelny. It is from here the views really open up towards Ismoli Somoni and the Hindu Kush.

The summit can be attempted in one long day, or a fourth camp can be placed at about 6400 metres. The summit at 7134 metres is crowned by a number of plaques, including one of Lenin himself. The views, as you would expect, are outstanding and stretch right across the Pamirs to Muztag Ata and Kongur in China and to the west the Karakoram.

OUTLINE ITINERARY

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

APPROACH

Day 1 International flight

Day 2 Arrive in Bishkek

Bishkek, the capital of Kyrgyzstan, a place we know well as it is the launching point for all our Tien Shan expeditions. Arrive in the morning with time to relax or explore the city. Overnight hotel (H,B)

Day 3 Internal flight to Osh

We take a morning flight to Osh, and make the final preparations before we leave for base camp. (G/H,B)

Day 4 Transfer to Achik-Tash base camp (3700m)

We transfer from Osh to base camp via the Sary-Magol/Alai valley by cross-country six wheel truck (C,B, L, D)

Day 5 Acclimatisation on Petrovskogo Peak

To aid our acclimatisation we climb one of the mountains surrounding base camp and also use this day to refresh some of the skills we will need for climbing Peak Lenin. (C,B, L, D)

Day 6 - 18 Climbing Period

During the climbing period we will establish a further 3 camps with the possibility of a 4th camp at 6400m should it be required..(C,B,L,D)

BC - Camp 1

From BC we walk through the glade of Lukovaya Polyana (Wild Onion Meadow). As the plateau ends we follow the small steep path that climbs towards the Puteshestvinnikov Pass (4100m). We then descend again via the moraine to the right where the start of the climb up the Lenin Glacier begins. A further 5kms walking brings us to ABC (Camp 1) at a height of 4200m. 6-8 hours

Camp 1 (ABC) - Camp 2

Crossing the flat glacier we head up the face to the Skovorodka (Frying Pan!). This area is heavily crevassed so the group will be roped up to cross this terrain. The route progressively gets steeper until a traverse can be made to Camp 2 which is located on a rocky outcrop to the far right of the glacier at 5300m. 6-8 hours

Camp 2 - Camp 3

We ascend steeply above the camp to gain a ridge below Mt Razdelnaya. We follow this ridge to a small col at 6100m where we establish Camp 3. 4-6 hours

Summit Day

From Camp 3 we ascend along the Western ridge of Peak Lenin. The first part of the ridge can be mixed snow & rock. A rocky plateau is reached at 6400m (where it is possible to establish a Camp 4 if required). Above the

plateau is a short steep snow slope of about 40 degrees which is normally fixed, this is followed by another rocky section which eventually leads to a pre-summit plateau. The route then drops before a final rise to the true summit



at 7134m. 10 ó 15 hours return time.

Day 19 Return to Base Camp

Clearing the mountain as we go, we head back down to base camp for a well earned rest.

Day 20 Transfer to Osh. (H,B)

Day 21 Flight to Bishkek (H,B)

Day 22 At leisure. (H,B)

Day 23 Return International flight

PREVIOUS EXPERIENCE

- A high level of fitness is required
- Experience of carrying loads preferably at altitude
- Confident in the use of ice axe and crampons
- Experience at altitude of at least 6000m

THE PRICE INCLUDES:

- International flights UK to Bishkek /Almaty
- Internal flight to Osh
- All land transport according to the programme
- Accommodation and all meals listed above
- British Expedition leader
- Local guide (dependant on numbers) /cook/translator
- Visa support services
- Border formalities

THE PRICE DOES NOT INCLUDE:

- Visa fees
- Insurance
- Meals in hotels and drinks
- Excess baggage on personal gear
- Cost of the expedition finishing early (e.g. extra hotel nights)

ACCOMMODATION

The accommodation will be a combination of tourist class hotels, local guest houses and camping with base camp support.

TRANSPORT

We will use a variety of transport including buses, minibuses, jeeps and trucks. All this will be of varying standards which you must be able to accept.

FOOD

We will have a kitchen/mess tent supported by a local cook. We also take a few luxury type foods to keep your taste buds intact!

WHAT TO CARRY

A 60L+ rucksack will be required as you will need to assist in carrying camping equipment and food to our high camps in addition to your personal gear.

EQUIPMENT

A detailed equipment list is provided on booking but you will require at least the following items of equipment, those items marked (*) can be hired or purchased with 15% discount from our shop.

4/5 season sleeping bag *(-25°C)
Double boots such as Boreal G1 or La Sportiva Spantik*
Crampons*
Harness*
Ascender (Jumar)*
Ice axe*
2 karabiners*
2 slings*
Down jacket (RAB Andes or Batura)*
Waterproofs
Warm clothing
Hat & gloves
Cat 4 sunglasses

Hired equipment will be sent out to you in the UK two weeks prior to departure.

FLIGHTS

Normally these are from London Heathrow, but it may be possible for us to book departures from some regional airports at no extra cost. Please contact the office.

BAGGAGE

For your own comfort, travel light. Normally airlines restrict baggage to 20kg, but you will be wearing boots and you could wear one set of mountaineering clothes. Some items can be left at the hotel for your return. A suitable kit bag is provided (sent out 6 weeks prior to departure) but important items should also be packed in plastic bags.

HEALTH

We recommend the following vaccinations: Polio, Tetanus, Typhoid, Hepatitis A. Malaria is not required. Please also consult your GP or a vaccine specialist for

professional advice or visit the website www.fitfortravel.scot.nhs.uk Non spring bottled water should not be drunk without first sterilizing with, chlorine tablets or by boiling. Our leaders hold first aid certificates and carry a first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (compeed), paracetamol, throat lozengers, and any medication you are taking.

ALTITUDE

We always aim to provide sufficient time within our programme to aid acclimatisation and at most we would not expect you to suffer more than a mild headache. You must, however, be careful to ensure you drink plenty of liquid to stay hydrated.



CLIMATE & WEATHER

The weather can be mixed and we can expect a fair share of sunshine, winds, rain and snow. Daytime temperatures 20°C to -25°C at night in the high camps.

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.

INSURANCE

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



MAP

Pamir Trans Alai Mountains. 1:200,000. Publisher West Col Productions. Approx £10.95 available from Adventure Peaks.



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 as set meals, please see the key above. Individuals are responsible for drinks throughout and hotel meals in Bishkek and Osh giving you the flexibility to choose where you eat. You will need to obtain local currency on arrival, allow around \$250 maximum.

TIPPING

We would recommend in the region of £50 per person to be shared between the local staff.

BOOKS

The following can be purchased from Adventure Peaks or from any good map/book shop.

Lonely Planet Guide – Central Asia