

Peak Lenin 7134m



EXPEDITION OVERVIEW

Peak Lenin is a tough and physically demanding mountain with a potentially long summit day however we have achieved a good level of expedition success over the past four years due to our unique itinerary. Adventure Peaks itinerary includes a camp 4 at 6400m to shorten the summit day by at least 2-3 hours compared to other operators (avoiding the normal 10-13 hr. climb from Camp 3 at 6100m). All group equipment is carried by high altitude porters and the guiding ratio is increased to 1:3 giving you a highly supported expedition offering us greater flexibility on summit day to match your speed of movement and fitness level. The expedition can also be extended to also climb a second 7000m peak, Korzhenevskaya (7105m).

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 not overly technical and truly Himalayan by proportion and yet relatively cost effective. Situated in the Pamirs on the border between Kyrgyzstan and Tajikistan, close to the borders with China, Peak Lenin is one of only five 7000m peaks in the former USSR. At 7134 metres it is the third highest, the others being Ismoil Somoni (Peak Communism, 7495m) and Korzhenevskaya (7105m), both in the Pamirs, and Peak Pobeda (7439m) 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.

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 (ABC) at 4200m. We aim to establish three further camps, crossing the subsidiary peak Razdelny. It is from here the views really open up towards Ismoil Somoni and the Hindu Kush. The summit at 7134m is crowned by several plaques, including one of Lenin himself. The views, as you would expect, are outstanding and stretch right across the Pamirs to Muztagh Ata and Kongur in China and to the west, the Karakoram.

WHY CLIMB WITH ADVENTURE PEAKS

- **Five previously successful expeditions, summiting every year with the exception of 2015 when the weather forced our teams to abandon summit attempts**
- **Extra Camp (Camp 4) at 6,400m which will greatly increase your chance of success**
- **High Guiding ratio 1:3**
- **High-altitude porters carry group equipment (tents, stoves and fuel)**
- **4 days set aside for a summit attempt**
- **British Expedition Leader**

OUTLINE ITINERARY

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

Day 1 - International flight

Day 2 - Arrive in Osh

Flights direct to Osh are very restricted due to the recent withdrawal of Turkish Airline flights. You may find it easier to fly into Bishkek and then take a domestic flight Bishkek to Osh in the afternoon.

Day 3 - Transfer to Achik-Tash base camp (3700m)

We transfer from Osh to base camp via the Sary-Magol/Alai valley a journey of about 5 hrs (C, B, L, D)

Day 4 - Acclimatisation on Petrovskogo Peak

To aid our acclimatisation we climb to around 4200m on Petrovskogo Peak, a mountain close to base camp and also use this day to prepare our gear to be transported by mules up to ABC. Camp 1 (C, B, L, D)

Day 5 - BC to Camp 1 (ABC)

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 4400m. 6-8 hours (C, B, L, D)

Day 6 - A low activity day at Advance Base Camp to aid acclimatisation and recap on glacial travel and crevasse rescue skills as well as an easy walk to 4700m. (C, B,L,D)

Day 7 - Acclimatisation day

We ascend a lovely peak close to ABC that gives outstanding views towards Camp 2 and the route beyond to Peak Lenin. We spend the night camping on the summit of the peak. This is an important day of acclimatisation as we want to ensure you are ready to move up to Camp 2 with a degree of strength and efficiency as the route is

crevassed and can also be prone to avalanche after heavy snow falls.

Day 8 - Today, after striking camp, we descend back down to ABC in time for lunch. 2-3 hours.

Day 9 - Final preparation and rest day before moving up the mountain.

Day 10 - Move to Camp 2

Today we make our first ascent to Camp 2 with food (5-6kg) and some personal gear. Porters will move group equipment. 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.

Day 11 - Acclimatisation

Today we get used to the steepest part of the climb by taking an acclimatisation walk/climb up the steepening and fixed ropes that lead towards Camp 3. We gain the viewpoint of a small subsidiary summit at 5700m before returning to Camp 2.

Day 12 - Ascend to Camp 3

Today we use our many years of experience (five successful expeditions) on Peak Lenin. We ascend again passing yesterday's high point to reach Mt Razdelnaya where we established our camp 3 at 6100m and drop off food before descending back to ABC 6-8 hours.

Days 13 & 14 - Rest Days at ABC

Day 15 - Ascend to Camp 2

Day 16 - Ascend to Camp 3

Day 17 - Move to Camp 4

Very few teams establish this camp but it is the biggest factor in summit success as it shortens the summit day by at least two hours (from the normal Camp 3 it is a minimum of 8hrs to the summit and a long haul back). Camp 4 (6400m) is placed on a plateau that is quite exposed to the wind and therefore it is established according to the weather forecast but it does give us a significant advantage over most groups who follow a traditional series of 3 camps and must climb this, the toughest section, in darkness.

Day 18 - Summit Day

From Camp 4 we cross the plateau to climb 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. Ultimately it is a long summit day; 8-10 hours from our Camp 4 or 10-15 hours from Camp 3.

Days 19-21 - Reserve summit days

Day 22 - Return to Camp 1 (ABC)

Clearing the mountain as we go, we head back down to base camp.

Day 23 - Return to BC, Transfer to Osh. (H, B)

Days 24-25 - Return International flight. Evening flight departing Osh or Bishkek on Day 24.



Whilst we will make every effort to adhere to the above itinerary, changes may occur due to weather, client needs or other reasons beyond our control. You should join this expedition only with a flexible approach.

KORZHENEVSKAYA EXTENSION

10 day extension. Acclimatised, you can extend the expedition to climb Korzhenevskaya (7105m), a second seven thousand meter peak by transferring to Dushanbe in Tajikistan. We helicopter in to make the attempt. For full details of Korzhenevskaya please request a dossier.



PREVIOUS EXPERIENCE

- A high level of fitness is required
- Confident in the use of ice axe and crampons
- Previous Glacial Travel experience

- Experience at altitude of at least 6000m
- Experience of camping on snow and ice

Our Scottish Winter Courses and Alpine Courses provide good skills preparation for this and other expeditions.

THE PRICE INCLUDES:

- International flights UK to Bishkek if booked inclusive
- All Permit fees
- All land transport according to the programme
- Accommodation and all meals listed above
- British Expedition leader
- Local guide/s (dependant on numbers)
- All group equipment
- Visa support services

THE PRICE DOES NOT INCLUDE:

- Flights if booked land only
- Internal flight Bishkek to Osh
- Tips
- 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.

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 carry personal equipment including bulky down clothing and sleeping bag 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 from us or purchased with 15% discount from our shop.

4/5 season sleeping bag *(-20°C)
Double boots e.g. Boreal G1 Lite* or La Sportiva G2SM
Crampons*
Harness*
Ascender (Jumar)*
Ice axe*
2 karabiners*
2 slings*
Down jacket (RAB Andes or Haglofs Mojo)*
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 23kg, 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, waterproof 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 lozenges, 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.

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 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.



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.