

India - Peak Kun 7077m (and Nun extension)



EXPEDITION OVERVIEW

Kun and Nun were first offered as an expedition by Adventure Peaks in 2006. The twin peaks of Kun and Nun are located in the rugged and forbidding landscape of Zaskar in northern India and are the highest in the region. These two towering peaks and their satellites; Barmal, White Needle and Pinnacle Peak form a horseshoe above the Suru river on the boarder of Kashmir and Zaskar. The route to Base Camp at the head of the Shafat glacier is at 4400m and accessible in a matter of days. The ascent is a moderate snow and ice route suitable for those with previous climbing experience of Scottish 2/3 or Alpine AD. The basic trip is to climb Kun however if we receive enough interest well in advance you may be able to extend to make an ascent of Nun as well, climbing the slightly more difficult Nun whilst acclimatized.

For those who wish to stay on and make an ascent of Nun, an extra 14 days are needed. The cost will depend on how many clients wish to climb Nun. Please contact us for more information.

Participation Statement

AdventurePeaks 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 2/3 with previous high altitude experience up to 6000m or over. Summit success will require a high level of aerobic and mountain fitness. Although Kun is a relatively straightforward climb, ascending to over 7000m peak is extremely demanding both physically and mentally.

The ascent of Kun is not technically difficult but does involve some long days which can prove to be extremely tiring.



A TYPICAL CLIMBING DAY

Starts early getting breakfast and a brew ready. Most climbing days are between 6 to 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.

LEADERS AND REGULATIONS

A fully qualified UK leader will accompany all groups. He/she will be assisted by Indian guides, cooks, porters and pony men. A Liaison officer appointed by the Indian Mountaineering Federation is obligatory and will accompany the expedition. India operates a very formal and traditional system for climbing and Kun has to be booked and the peak fee paid well in advance. **Adventure Peaks has a confirmed booking for the peak for their 2016 departure.**

WEATHER

The date we have booked peak for this trip coincides with the most stable weather in this region. It is generally dry in Ladakh in the summer months, but fierce storms do occur and in 2010 Leh suffered serious flooding. The weather should be pleasant during the day on the trek-in with cooler evenings and nights. The higher you are on the mountain the colder it will be. Weather in the high mountains is always unpredictable and you should be prepared for sudden changes.

WHAT TO CARRY

A 60l rucksack will be required as you will need to assist in carrying camping equipment and food to the camps in addition to your personal gear. *High altitude porters are available at extra cost on this climb and will need to 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.

Our food supplies will be good, consisting of local produce purchased in Leh on our journey in.

Supplementary food and hill 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 on the hill will be a combination of boil-in-the-bag, freeze dried packs, pasta, soup and supplementary snacks.

LANGUAGE AND TIME

Language: Ladaki is the official language of Ladakh, but English is widely spoken.

Time: GMT+5hr30. No daylight saving time at present.

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 India 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. Tap or stream water should never be drunk without first sterilizing 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 may 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 over 7000m.

ALTITUDE

If you are new to altitude you may have concerns about the effects. As base camp for the climbing is at 4400m, we start this expedition with a 5-day trek, crossing a 5150m pass, to ensure good acclimatisation. 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 20kg but please allow 5 kg of group within this allowance (you will be wearing boots and one set of trekking clothes).

VISAS AND PERMITS

Visas for entry into India are required by most nationalities. An ~~X~~ mountaineering visa is NOT required for Kun. Applications must be made online either via the official consular site <http://in.vfsglobal.co.uk> or there are other sites offering a visa service for which an administration fee is charged.

LOCAL COSTS

All peak fees, 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, 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 India is the rupee (INR). ATMs and change bureaux are available in the arrivals hall at Delhi airport and in Delhi itself. There are ATMs and change bureaux in Leh as well. Rupees can also be obtained in advance in the UK. We advise you NOT to rely on getting all your money from ATMs or take some sterling cash with you as well. Please ensure you have a good supply of small denomination rupee notes.

TIPPING

Tipping is very much an accepted part of life in India, and can become a bit tedious! We generally tip our local

trekking staff as a whole and would recommend around £95 per person. Tipping at meals and in hotels is also normal practice. At the end of the trek superfluous clothing is usually pooled by the trekkers and donated to the trek staff as well so do bring some old clothes that you are willing to part with!

ADVENTURE PEAKS KIT BAG

All AdventurePeaks clients who reside in the UK will receive a **FREE** 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 AdventurePeaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS

Within the published ~~F~~light Inclusive price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the ~~L~~and Only and the ~~F~~light Inclusive prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change.

Clients who have booked a [flight inclusive package](#) will be met on arrival and transferred to the first hotel. If you have booked your own flights you need to make your way to the rendezvous shown below. If your arrival time is close to the group flights, then we will be happy for you to share our transport.

The rendezvous for this trip is the ARRIVALS HALL AT DELHI AIRPORT on Day 2, or the hotel in Delhi if you arrive separately.

Return flights can be booked for anytime on Day 28. Most flights return in the same day.

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

EXTENSION TO CLIMB NUN (7135m)

We have NOT booked peak Nun for 2016, but if there is sufficient interest early enough we will apply for a permit for Nun to follow after our Kun expedition. Despite the proximity of the two peaks, the ascent of Nun is made from a different basecamp, and reaching it involves three full days trekking from the Kun basecamp. An extra 14 days is needed to be added to the Kun itinerary shown here to include an ascent of Nun.

Nun is slightly higher and more technical than Kun, so some snow and rock climbing experience is required.

The final extra cost of an ascent of Nun will depend on how many people wish to do it. 3 is the minimum number with which we can operate the extension. Cost will be between **£1300** and **£2350** per person.

EARLY BOOKING AND COMMITMENT IS ESSENTIAL. PEAK NUN CAN ONLY BE BOOKED WITH THE INDIAN MOUNTAINEERING FEDERATION ONCE WE HAVE ENOUGH CLIENTS COMMITTED TO IT.

PEAK KUN ITINERARY

No	Day, date	Today we...	We stay at...	Accommodation...	Meals...
1	Sat, 30 Jul 2016	Depart UK	Plane	Plane	
2	Sun, 31 Jul 2016	Arrive Delhi	Delhi	Hotel	
3	Mon, 01 Aug 2016	Sightseeing	Delhi	Hotel	B
4	Tue, 02 Aug 2016	Fly to Leh	Leh (3300m)	Hotel	BLD
5	Wed, 03 Aug 2016	Acclimatisation	Leh	Hotel	BLD
6	Thu, 04 Aug 2016	Drive to Heniskut	Heniskut (3550m)	Camping	BLD
7	Fri, 05 Aug 2016	Trek in Day 1	Kanji (3900m)	Camping	BLD
8	Sat, 06 Aug 2016	Trek in Day 2	Kanji La (4501m)	Camping	BLD
9	Sun, 07 Aug 2016	Trek in Day 3	Mapolon (4250m)	Camping	BLD
10	Mon, 08 Aug 2016	Trek in Day 4	Rangdum (3980m)	Camping	BLD
11	Tue, 09 Aug 2016	Trek in Day 5	Golmatangus (4000m)	Camping	BLD
12	Wed, 10 Aug 2016	Trek in Day 6	Base Camp (4300m)	Camping	BLD
13	Thu, 11 Aug 2016	Climbing Day 1	Base Camp (4300m)	Camping	BLD
14	Fri, 12 Aug 2016	Climbing Day 2	Camp 1 (5300m)	Camping	BLD
15	Sat, 13 Aug 2016	Climbing Day 3	Camp 1 (5300m)	Camping	BLD
16	Sun, 14 Aug 2016	Climbing Day 4	Base Camp (4300m)	Camping	BLD
17	Mon, 15 Aug 2016	Climbing Day 5	Camp 1 (5300m)	Camping	BLD
18	Tue, 16 Aug 2016	Climbing Day 6	Camp 2 (6000m)	Camping	BLD
19	Wed, 17 Aug 2016	Climbing Day 7	Camp 3 (6300m)	Camping	BLD
20	Thu, 18 Aug 2016	Climbing Day 8	Camp 2 (6000m)	Camping	BLD
21	Fri, 19 Aug 2016	Climbing Day 9	Base Camp (4300m)	Camping	BLD
22	Sat, 20 Aug 2016	Climbing Day 10	Base Camp (4300m)	Camping	BLD
23	Sun, 21 Aug 2016	Trek out	Golmatangus	Camping	BLD
24	Mon, 22 Aug 2016	Transfer	Kargil	Hotel	BLD
25	Tue, 23 Aug 2016	Transfer	Leh	Hotel	BLD
26	Wed, 24 Aug 2016	Free in Leh - spare day	Leh	Hotel	BLD
27	Thu, 25 Aug 2016	Fly to Delhi	Delhi	Hotel	B
28	Fri, 26 Aug 2016	Fly home	Home	Own bed!	B

Days 1 and 2 Depart UK, arrive Delhi and transfer to the hotel.

Day 3 Free time for sightseeing in Delhi while the leader attends an expedition briefing at the Indian Mountaineering Federation.

Day 4 An early flight takes us away from the monsoon clouds, over the Himalaya, to Leh.

Day 5 Free day in Leh, with some organised sightseeing to acclimatise to the altitude.

Day 6 We drive from Leh to Lamayuru, visiting the famous Lamayuru monastery before continuing a short way to Heniskut where we meet our trekking team. *4 hours driving.*

Day 7 We ascend through the spectacular Kanji gorge to the prosperous little village of Kanji. The path and bridges can get washed out with heavy rains, but if in good repair this is a pleasant easy path to follow. *3 to 4 hours walking.*

Day 8 We continue climbing up the gorge above the village, then out onto more open pastures to a high camp below the Kanji La. *5 hours walking.*

Day 9 The climb up to the pass is quite steep in places, and crosses boulder fields and a scree covered plateau. A steep gully eventually leads to the pass (5290m). From a small summit 30 mins above the pass there are great views of Kun and Nun and the jagged ridges of the Zanskar range. A tricky descent (especially for the pack animals) and a river crossing takes us down to the Mapalon bivouac. *9 hours walking.*

Day 10 An 'undulating' descent takes us down into the Zanskar valley. The Rangdum monastery, perched atop a sugarloaf mountain, is well worth a visit. *5 hours walking.*

Day 11 We follow the right bank of the Suru River, crossing it on a good solid bridge to Golmatangus on its south bank. *7 hours walking.*

Day 12 From Golmatangus we walk up to Moraine camp, and continue to base camp. This involves crossing rough glacial terrain. *5 to 7 hours walking.*

Booked Climbing Period

Day 13 Carry to Camp 1

Day 14 Climb to Camp 1

Day 15 Carry to Camp 2 (6000m). Return to Camp 1

Day 16 Climb to Camp 2. Set up camp. Return to Base Camp

Day 17 Climb to Camp 1

Day 18 Climb to Camp 2.

Day 19 Cross the Snow Plateau to Camp 3

Day 20 Summit Day (7077m). Final ascent is up a 30-35° slope which eases as you near the top. Return to Camp 2, clearing Camp 3 on the way down.

Day 21 Reserve Summit Day

Day 22 Return to Base Camp, clearing all Camps

Day 23 Trek back to Golmatangus

Day 24 Transfer Golmatangus to Kargil

Day 25 Transfer Kargil to Leh

Day 26 Leh, free day

Day 27 Fly back to Delhi and enjoy the rest of the day free.

Day 28 Fly back to the UK