



# Expeditions

## Karly Tau Peak, 5450m Alpine Tien Shan

- **100% ATOL Protected**
- **Ascent of Karly Tau Peak**
- **Spectacular surroundings with stunning views of Khan Tengri**
- **Magnificent Helicopter journey**



### **TREK OVERVIEW**

This expedition is set in a magnificent and unspoilt area far away from the crowded European Alps in the beautiful mountains of the Central Tien-Shan, a wild and remote region of Kyrgyzstan at the base of Khan Tengri. The approach is by means of a spectacular helicopter journey.

Following a revision of glacial skills and crevasse rescue, roping up and movement in alpine terrain, we will make an ascent of Karly Tau Peak 5450m via an Advanced Base Camp. A real adventure!

### **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.

101 Lake Road, Ambleside, Cumbria LA22 9DB Tel: 01539 433794  
[www.adventurepeaks.com](http://www.adventurepeaks.com) [info@adventurepeaks.com](mailto:info@adventurepeaks.com)

## ITINERARY

KEY to inclusions (H-hotel, R-Mountain Refuge, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

**Day 1:** International Flight to Bishkek.

**Day 2:** Early morning arrival in Bishkek, transfer to Karakol. Purchase Mountain Food. (H,B)

**Day 3:** Transfer to the heliport at Maidadir, by six wheel vehicle, a sense of remoteness will begin to set in. (C,B,L,D)



**Day 4:** Helicopter to Base Camp at 3900m, a spectacular journey up the North Inylchek glacier. Establish base camp beneath Khan Tengri and Chapayev. (C,B,L,D)

**Day 5-6:** Acclimatisation and revision of Glacial Skills including crevasse rescue, roping up and moving together.



**Days 7-12: Ascent of Karly Tau Peak 5450m (C,B,L,D)**

**Days 7:** Carry to Camp 1 at 4250m

**Day 8:** Acclimatisation to 4600m



**Day 9:** Summit Day

**Day 10-11:** Reserve Summit Day

**Days 12:** Return to BC

**Days 13-14:** Helicopter and return to Bishkek (H,B)

**Day 15:** Return International flight and arrival in UK

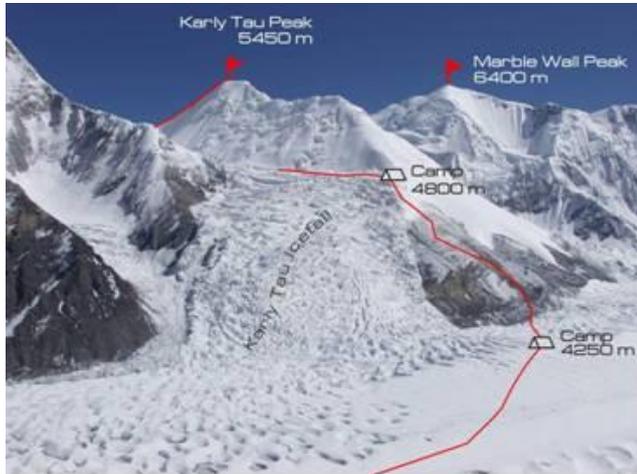


**Optional Extension to Climb Chapayev**

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## BACKGROUND

Kyrgyzstan is a new state, which gained independence in 1991. It was formed when the former USSR was dissolved. The Tien Shan is one of the largest mountain systems in Asia. The climate is sharply continental with hot summers in the foothills and valleys and cool and cold temperatures in the Alpine zone.



## THE NORTH INYLCHEK GLACIER

The area is located in the most remote eastern part of Kyrgyzstan, at the borders of China and Kazakhstan. In this area there is one of the largest glaciers in the world – The Inylchek Glacier - the length of which stretches 62 km. There are two summits higher than 7000m; Peak Pobeda and Khan Tengri.

## PREVIOUS EXPERIENCE/FITNESS

You should have previous experience of hiking in the mountains in summer conditions. Previous experience using crampons and ice axe is not required before the course. You should have a good level of fitness and be prepared to carry loads of c16Kg for one or two consecutive days.

## IMPORTANT – The small print

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

## 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 may/will 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. Any additional payment would need to be paid in Bishkek (card payments accepted). If you are unable to accept this, please do not book this expedition.

## 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 load carrying. Most days will

tend to start early (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 65+ Litre capacity to enable both personal and group equipment to be carried to the Advance Base Camp.

## 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 (20-30C) 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 20C) and you should make sure you have a very warm sleeping bag, a down jacket and good quality mitts.



## CATERING ARRANGEMENTS

During the acclimatisation period at base camp we are catered for, the food will be basic but wholesome. We purchase packed lunch items and food to supplement our high-altitude freeze-dried meals in Bishkek or Karol. On the mountain we use small gas stoves.



## HEALTH

All our 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, 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) Water, unless bottled, 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.

## USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane and carry your down jacket and big gloves. 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.

## EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and 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 20kg 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.

## 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. Costs tend to be extremely low; it is unlikely you will spend more than \$150.

## 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 \$80 per person for this trip.

