



LENIN BC & 2 x 5000+

Trek dossier

ID	LNBC	Days/Km	12/80
Location	Pamir	Grade	Steady extra
Max altitude	5100 m	Daily gain	800-1000 m

Challenging 12 day trek in Kyrgyz Pamir mountains from the city of Osh to Lenin peak BC with two summits above 5000 metres for trekkers who like pushing the limits and looking for challenging experiences. This trek takes you in some of the most beautiful and remote scenery in South East Kyrgyzstan - forested mountain ranges and snow capped peaks, passes, glaciers and alpine lakes. The tour begins and ends with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

The route begins with a drive to Kichik Alai valley. There will be time to swim in Papan reservoir before continue to campsite. Here, porters take over and carry personal luggage and camping gear for the trek through stunning mountain scenery. Since we trek at higher altitudes we should care about your acclimatisation phrase and keep first days short and vertical gain reasonable. The trekking route, known as the 'Lenin peak BC', goes through cool juniper groves and passes crystal clear alpine lakes, many tempestuous rivers, high glaciated summits and a wide variety of colourful panoramas with breathtaking landscapes. The alpine meadows are extremely beautiful with a profusion of flowers and lush grass pastures. Several Golden Eagles have their home here along with other bird and wild-life. There will be time at the end of the trek for sightseeing and shopping in Osh bazaar, and we will gather together for a banquet on the final night in Kyrgyzstan.

Grade

The tour is eight days trekking on foot. Paths are generally in good shapes where exist. Mountain passes are steep but not technically difficult. The trek is porter-assisted, so you will need to carry only a day pack with some of your belongings. Average walking time is around 7-8 hours per day. Daily altitude gain is between 800-1000 m or about. You must be reasonably fit to attempt this trek. Trekking/ hiking and camping background advisable but not essential. Light crampons are recommended for summit days.

Trek Crew

The trek is assisted by guide, cook and porters who carry camping gear for the trek.



1 Day

Bishkek - Osh

Arrive Bishkek. After some chance for rest we take domestic flight to Osh. Meals: BLD. Overnight in hotel.

2 Day

Kichik Alai - Kindyk valley

Met vehicle in the morning to drive 120 km to Kichik Alai valley. If time permits stop for swimming at Papan water reservoir. No long hikes today. Set the camp and enjoy the evening. Meals: BLD. Distance: 120km, Vertical: +1900m

3 Day

Kindyk valley

Trek up Kindyk valley. There will be a chance to visit a nomad's camp and see how these sturdy people live at short hand. Drink tea with the hosts and watch numerous sheep, cows and yaks herds around. Meals: BLD. Overnight in tents. Distance: 6km, Vertical: +700m

4 Day

Approach to Kindyk pass

Juniper forest gives way to alpine meadows as we trek to higher grounds to approach Kindyk pass. Meals: BLD. Overnight in tents. Distance: 7km, Vertical: +450m



5 Day

Kindyk valley - Kashka Suu valley - Kok Jar

Trek over Kindyk pass 4480 m to Kashka Suu enjoying views on Zaalai range - a chain of snowy peaks with massive Lenin peak (7134 m) dominated over the area. The other side of the pass is scree slope descent. From here we trek upstream Kok Jar river. Meals: BLD. Overnight in tents. Distance: 8 km, Vertical: +440/-980m

6 Day

Kok Kar - Approach Skobelev peak

Trek up to the higher grounds of Kok Jar valley. Scenery changes again as we gradually gaining the heights towards Skobelev peak at 5051m. Today we set a basecamp for next few days at a glacier moraine. Meals: BLD. Overnight in tents. Distance: 8 km, Vertical: +500m

7 Day

Skobelev peak 5051m

Full day to climb Skobelev peak 5051m and return to our base camp. Enjoy view over Pamirs from the summit of Skobelev: Lenin peak, Communism peak and Korjenevskoy peaks are clearly seen in good weather. We might need light crampons today to assist on the frozen slopes. Meals: BLD. Overnight in tents. Distance: 13km, Vertical: +1051m/-1051m

8 Day

Kok Jar valley - Kashka Suu - Lenin BC

Long day trek downstream Kashka Suu river with variety of vegetation and wild bird life. Meet vehicle by road to continue 40km to Lenin peak base camp at Onion glade. Sauna/Shower in the evening but don't relax as we head to Lenin peak advanced base camp 4400m tomorrow and Panoramic peak at 5100m day after tomorrow. Meals: BLD. Overnight in tents. Distance: 14 km, Vertical: +700m/-1100m





2017 fixed departures

9 Day

Lenin BC - Lenin ABC

Trek thru Onion glade to Puteshestvennikov pass at 4100m. Continue along the scree slopes along the Lenin glacier to ABC. Free time in PM to relax or explore the glacier. Meals: BLD. Overnight in tents. Distance: 14km, Vertical: +800m

10 Day

Panoramic Peak summit day

Long day. We summit Panoramic peak 5100m in the morning to watch an impressive Lenin peak north face before us and continue to base camp on the same day. Meals: BLD. Overnight in tents. Distance: 18km, Vertical: +700m/-1500m

11 Day

Lenin BC - Osh - Bishkek

Meet vehicle in the morning. Drive to Osh 300km. Evening flight to Bishkek. Final dinner. Meals: BLD. Overnight in hotel. Distance: 300km, Vertical: -2600m

12 Day

Bishkek - Airport

Onward travel - Transfer to airport for your return or onward journey.

Price per person 2017

Price per person	1 pax	2 pax	3 pax	4 pax	5 pax	6 pax	7 pax	8 pax	9 pax	10 pax
Price in USD	2778	1919	1651	1504	1428	1376	1339	1304	1284	1263

ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY ACTUAL RESERVATION

Tour price includes:

- Full board whilst on trek	- National and state park fees
- Sleeping bag+liner+mattress	- Hotel accommodation (**/***)
- 4 Season tents	- Porters/Cook/Guide services
- Kitchenware+camping gas	- All relevant transportation

*Price is based on double occupancy in hotels and tents.

THERE ARE NO OTHER HIDDEN FEES

Tour price **does not** include:

- Excess baggage costs	- Tips for guides/porters/drivers
- Air fare to Kyrgyzstan	- Certain meal whilst not on trek or tour
- Single accommodations	- All personal expenses, equipment, clothing
- Travel insurance + Medevac charges	- Visa and passport cost

Kyrgyzstan visa regulations: http://www.trekking.kg/travel/visa_and_formalities/

Guests are required to have:

- Sense of Adventure	- Medical and Accident insurance
- Reasonable fitness	- Porterage weight limit 10 kg/person
- Personal travelers' first aid kit	- All appropriate clothing and equipment

Options

You might like an idea to upgrade your accommodation in Osh for a supplementary fee as well as if you travel in a group and do not want to share the room or tent with another person, a small fee will be collected for single supplement. Also you might want to see all around Osh and build-in a few days in the itinerary or even link this trek with other activities in Central Asia. We are able to customise any of our tours.

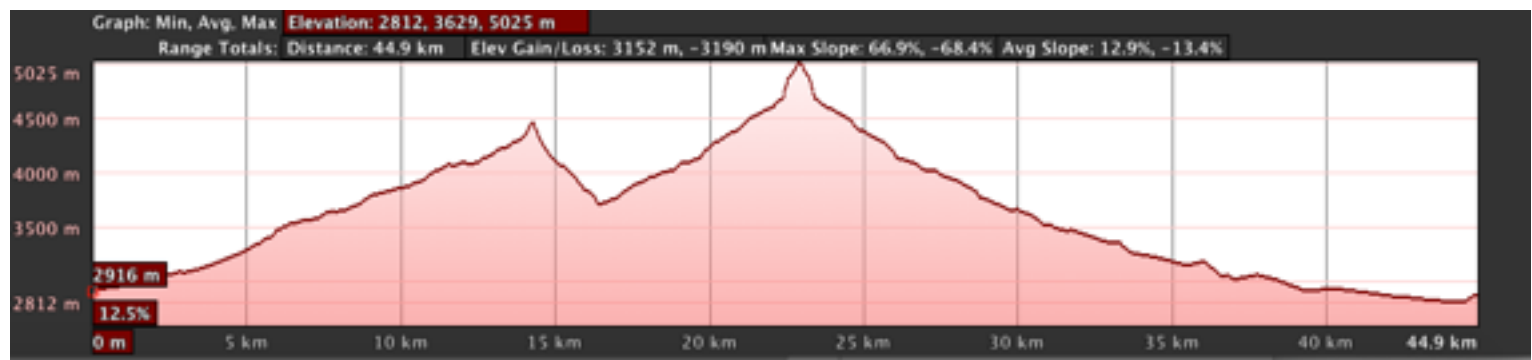
Weather and average temperatures

Kyrgyzstan has acutely continental climate with cold winters and hot summers. It averages 247 sunny days a year. Situated in a mountainous region Kyrgyzstan has all year round snows in the high lands. The one can expect sub-zero temperatures while in the mountains at any time. Summer time the mornings are generally fine and the afternoons sometimes hazy with occasional rain. Mountain passes over 3500 meters above sea level may have all the year round snow fields on the northern slopes.

At the lower altitudes by tree line or a little above, the temperature ranges between -4°/-6°C (21-24°F) in January to 16-24°C (61-75°F) in July. In the highlands, the temperatures range from -14°/-20°C (6.8°/-4°F) in January to 8-12°C (46-54°F) in July. There are occasional snowfalls during the summer above 3000 metres and winter. The best period for trekking in Tien Shan and Pamir mountains is thru July to October.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-7C/ 19.4F	-6.5 C/ 21.2F	0.5 C/ 32.9F	6.5 C/ 43.7F	11.5 C/ 52.7F	14 C/ 57.2F	16.5 C/ 61.7 F	15.5 C/ 59.9F	12 C/ 53.6F	6 C/ 42.8F	0.5 C/ 32.9F	-4,5 C/ 32.9F

Elevation profile



Trekking area on the map of Kyrgyzstan



3D Google Earth visualisation





For more detailed information
tours&prices etc

If you are interested in this tour and/or would like to combine this tour with other activities in Kyrgyzstan, or build-in this section in a longer tour of Central Asia please do not hesitate to contact us at info@fantasticasiatravel.com for details. We will be happy to answer all your questions and send you most updated prices. Please mention ID of this tour: LNBC

Call us: +996 555 303025

Skype: Fantastic-Asia

WEB: www.trekking.kg

Email: info@fantasticasiatravel.com

Alternatively write to us: Fantastic Asia Ltd. 8 Ogorodniy pereulok. Bishkek. Kyrgyzstan

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