



FROM PAMIR-ALAI TO LENIN PEAK

Location	<i>Kyrgyzstan, Pamir-Alai Mountains</i>
Starting and ending points	<i>Osh city</i>
Duration	<i>11 days, 10 nights</i>
Season	<i>July-August</i>
Altitude	<i>2500-5000 meters</i>
Walking	<i>about 100 km</i>
Automobile	<i>about 500 km</i>

Southeastern part of Kyrgyzstan is occupied by Pamir Mountains. It has its own, very special nature, which is fundamentally different from Tien-Shan. Thickets of quaint archa - Kyrgyz juniper can be found up to an altitude of 3500 meters above sea level. Above a small area of meadows it smoothly turns into the glacial sediment - moraine. The mountain slopes are steep. There are rocks in all colors, from black and white to red and green. Local's live measured way of life. They always invite the traveler to the house and give to drink hot tea.

Trek of this program runs at pretty high altitude, so the first few days we will acclimatize. Treks will be short, and there would be more time for a rest. Walking part starts at the 2800 meters. In the first part of the route we go through Alai Range. Then we go by car to the famous Lenin Peak. Here you will go to the first high-altitude camp at an altitude of 4400 meters, join the cozy atmosphere of climbers, listen to stories about the famous mountain climbers and expeditions. Here we will climb on the Yuhin peak 5100 m altitude, where you can enjoy an unforgettable panorama.

PROGRAM

Day 1. Airport Osh – Kichi-Alay gorge

*Automobile 120 km, 3 hours
Altitude 1000-2800 m*

Pick up at the airport Osh city. Moving through Papan reservoir and further along the Kichi-Alai picturesque gorge. In a few hours walking part of the route begins. Today is acclimatization day - we will not go far. Also you need to have a rest after the flight. Typical landscapes of Pamir-Alai is quaint archa (juniper) on the steep rocky slopes of the background. Overnight in tent camp.

Day 2. Trek along Kinkyk gorge

*Walking 6 km, 4-6 hours
Altitude 2800-3600 m*

After the breakfast, we go up along narrow gorge. Everywhere herds of sheep, goats and cows pasture; we can meet even yaks. You would be certainly invited into the yurt and given to drink hot tea by hospitable locals. Gradually juniper forest gives way to alpine meadows area. Lunch sandwiches on the road. Overnight in camp.

Day 3. Track to Kinkyk pass

*Walking 7 km, 4-6 hours
Altitude 3600-4040 m*

Gentle trail often becomes steep climbs, further and further new panoramas appear. By lunchtime, we come up to the moraine with beautiful lakes. After lunch, walk along the lake. If the weather is good enough, you can take great pictures of the sunset and sunrise. Lunch sandwiches on the road. Overnight in a tent camp on the moraine close to the lake.

Day 4. Trek through Kinkyk pass to Kashka-Suu gorge

*Walking 8 km, 6-8 hours
Altitude 4040-4480-3500 m*

In the morning we go upon the moraines to the glacier and approach to the pass. We climb by not so long scree snowy slope to the pass Kinkyk (4480 m). On the top of it there is a magnificent panorama of the Pamir. During good weather you can see the entire Zaalai with its the highest point - Lenin Peak (7134 m). Then there is a long descent to the valley. Overnight in a tent camp on the green meadow.

Day 5. Hike to the Valley of Lakes

*Walking 10 km, 5-6 hours
Altitude 3500-4100-4000 m*

We are moving to the headwaters of the Kok-Jar river. A simple flat pass and we find ourselves in the neighboring gorge. There are many moraine lakes here. Overnight in tent camp on the moraine.

Day 6. Walk through the valley of the lakes

*Walking 5-10 km, 4-5 hours
Altitude 4000-4200-4000 m*

We have breakfast, the camp is not dismantled. Today we have a rest day. If desired, you can walk around the lakes or relax in the camp.

Day 7. Trek to Kashka-Suu village, transfer to the base camp of Lenin Peak

*Walking 14 km, 5-7 hours
Altitude 4000-2900-3600 m
Automobile 40 km, 2 hours*

After the breakfast we deconstruct the camp. Today, we go only downhill. Stone landscape are quickly replaced by meadows, then there would be way out of the gorge into the valley. Here we will take a vehicle and drive to the base camp of Lenin Peak – Achik-Tash (3600 m). Accommodation - in tents camp, a hot shower, and dinner in the dining room of base camp.

Day 8. Trek to the first camp of Lenin Peak

*Walking 13 km, 4-6 hours
Altitude 3600-4400 m*

Breakfast in the dining area of the base camp (only for the full package). We leave base camp with light backpack, taking only sleeping bags, warm clothes. The trail passes through the famous Lukovaya Polyana (“Onion Meadow”). Marmots are not frightened and happy “to pose” for photographers. We overcome Travelers’ pass (4100 m), and go along Lenin glacier. Multi-colored rocks and the glacier itself are very impressive.

By the afternoon we would arrive to the first camp (4400 m). Accommodation in stationary tents, Lunch in the dining room. After lunch, rest or walk on a glacier.

Day 9. Climb to Panoramic peak, descend to the base camp

*Walking 18 km, 9-11 hours
Altitude 4400-5100-3600 m*

Panoramic (Yuhin) Peak, 5100 m is a simple peak in the area of the first camp. Climbers make acclimatization ascents before the main ascent on Lenin Peak. All you need is a little patience to admire the magnificent panorama. By our return we will have a delicious lunch in Camp 1. After lunch descend to the base camp, shower, dinner.

Day 10. Transfer to Osh city

*Automobile 300 km, 6 hours
Altitude 3600-1000 m*

After the breakfast in the dining room of base camp we move to Osh city. We will drive along the Pamir Highway (mountain road Osh-Khorog-Dushanbe). Lunch and hotel accommodation. Free time. Overnight in the hotel.

Day 10. Departure from Osh city

Automobile 20 km, 0.5 hour

Transfer to the Airport.

Important:

You should have insurance coverage for 30,000 US Dollars. The insurance should cover injured transportation.

Necessary equipment:

- sleeping bag 3-4 seasons;
- sleeping pad;
- trekking shoes;
- waterproof jackets and pants;
- warm jackets and pants;
- warm gloves and hats;
- sunglasses;
- sunscreen;
- backpack 40-80 liters;

When choosing Small Package you should add the following equipment:

- tent;
- cookers;
- products for trek (you can buy in the supermarket in Bishkek city);
- gas cartridge or gasoline for cooking.

It is recommended to bring:

- down jacket;
- sandals;
- trekking poles.

Current price please find on website: <http://mountainskytravel.com>

Full Package**Small Package****Price Includes:**

- **All necessary permits**, environmental fees, the permits and entrance fees according to the program;
- **Pick-up** at the airport;
- **All transfers** according to the program;
- **Accommodation** - Hotel in Osh 1 night, Tent Camp (twin based) during the trek 7 nights, Lenin peak BC and C1 3 nights;
- **Meals** - Full Board during whole tour;
- **Mountain guide** during the whole program;
- **Porter's service** - only camp equipment (tents, food, gas, etc.).

Price Excludes:

- International flights;
- Change program;
- Personal expenses;
- Insurance;
- personal porters extra \$15/kg the whole program;
- Single supplement extra \$ 150 the whole program.

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- **Pick-up** at the airport;
- **All transfers** according to the program;
- **Accommodation** – Guest house in Osh 1 night, Lenin peak first Camp 1 night;
- Place for the tent in Base Camp;
- infrastructure of the Base Camp;
- **Meals** – in Osh city, Camp 1 (breakfast lunch dinner);
- **Mountain guide** during the whole program.

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- Accommodation in the field camp;
- Meals;
- Porter's service;
- Insurance.