



KYRGYZ ALPINE CLUB

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“Mountain Spirit 2017”

mountaineering adventure in Tien-Shan and Pamir mountains in Kyrgyzstan

At the summer season 2016 Kyrgyz Alpine Club (KAC) already fourth year is going to carry out Mountain Spirit Project (MSP). The main point of the MSP is: KAC invites free of charge 16 climbers from members of UAAA and 4 climbers another Asian countries to do ascents in Kyrgyz Mountains.

Goals:

- to promote true mountaineering spirit, and expand ties of friendship and exchange experience between Asian young climbers.
- to promote mountaineering in Kyrgyzstan

Expedition areas, type of climbing:

- 1) Technical ice climbing (muster class ice training and just ice climbing ascents) up to 4895m on Ak-Sai Glacier, Ala-Archa Nature Park, Kyrgyz Range, Northern Tien-Shan.
- 2) High altitude climbing on Lenin Peak 7134m, Zaalai Range, the Pamir.



Terms and conditions

1) Free of charge from Bishkek to Bishkek for Ak-Say Glacier area and from Osh to Osh for Lenin Peak.

2) Time and duration;

- Technical team (Ak-Sai Glacier): June 25 – July 6, 2017 (12 days)
- High altitude team (Lenin Peak): July 22 – August 11, 2017 (21 days)

3) Participants.

- Each expedition team should consist of minimum 2 climbers (one rope). Both should have prior joint climbing training / climbing experience. Teams should be active in mountaineering, training, and demonstrate strong motivation in further development of their mountaineering experience & skills.
- Age for technical climbers is 20-40 years old, for Lenin Peak 25-40 (one participant of Lenin Peak team could be older if he is as tutor for another rope member)
- If a club/federation is going to direct more climbers than number of free expedition packages offered by KAC, it is possible to do for payment. In case if it will be the same dates as dates of MSP, KAC can do it at special discounted MSP price. Please contact KAC about further details.
- The teams will be presented as joint team of a few nations in both areas - on Ak-Sai Glacier and on Lenin Peak. They will coordinate climbing activities between themselves and with KAC representative.
- Minimum technical requirements:





- for Ak-Say team:
 - o Mountaineering experience in the mountains up to 2000-2500m and ascents of easy technical level;
 - o Basic skills in using climbing equipment;
 - o Attaching to the rope and other climbing knots;
 - o Moving efficiently over ice- rocky 'scrambling' terrain;
 - o Belaying and protection techniques on rock, ice and snow;
 - o Use of crampons and ice axe on snow and ice;
 - o Taking coils and moving together with the rope;
 - o Safe glacier travel and crevasse rescue;
 - o Descending on snow and ice;
 - o Alpine navigation and interpretation of maps and guidebooks;
 - o Selection and preparation of climbing equipment;
 - o First medical aid
 - Lenin Peak team:
 - o Mountaineering experience in the mountains up to 4000m;
 - o Progression on sloping and horizontal fixed ropes;
 - o Reclipping on fixed rope without losing belay;
 - o Roping (descent) using belay device;
 - o Movement on firm and ice slopes (up to 30 degree) by crampons and with ice axe;
 - o Movement on dry and wet glacier as rope team;
 - o Self-belay on firm and ice slopes;
 - o Safe glacier travel and crevasse rescue;
 - o Climbing up by vertical fixed rope using 1 jumar or prussik (it is required in case of glacier crevasses accident);
 - o First medical aid
 - List of equipment for
 - Ak-Say team:

mountaineering boots (for altitude up to 5000m), snow gaiters, crampons, windproof & waterproof jacket with hood, warm & waterproof over-gloves or/and mitts, mountaineering or climbing harness, climbing helmet, prussic loops x 2 (5 m / 16 ft of 6 mm cord), ice axe (technical if need), sleeping bag (for up to -10C / 14F), thermarest or similar sleeping mat, tent, rucksack (40 l minimum), head-torch, sunglasses, trekking poles, gas stove (screw type), carabiners, ropes, pitons, "friends" and another climbing gear needed according to the routes which climbers are going to climb.
 - Lenin Peak:

high altitude mountaineering boots (for up to -30C / -22F), hiking boots, snow gaiters, crampons, windproof & waterproof jacket with hood, warm & waterproof over-gloves and mitts, mountaineering or climbing harness, climbing helmet, ice screws (2 pieces), karabiners (3-4 pieces), prussic loops (2 pieces of 3-5 m / 16 ft of 6 mm cord), rope as minimum 8 mm x 20 m (for each two climbers), ice axe, 4 season sleeping bag (up to -25 -30C / -13 -22F), thermarest or similar sleeping mat, high altitude tent, rucksack (60 l minimum), head-torch, sunglasses, trekking poles, gas stove (screw type).
- 4) Free service provided by KAC for the teams:
- In Ak-Sai:
 - Visa support (if required)
 - Registration in passport department OVIR (if required)
 - Registration at Kyrgyz Mountain Rescue Service
 - Certificate of ascent issued by Kyrgyz Alpine Club
 - Airport transfers in Bishkek
 - Transfer Bishkek – Ala-Archa National Park (return way)
 - Accommodation:
 - o in Bishkek: Guest House - 1 night excl. breakfast



- in Ak-Sai Base Camp (Ak-Sai mountain hut, 3300m)
- Food and gas for the mountains
 - NB: KAC provides food and gas but participants have to carry it themselves (alternatively porters can be hired in advance) as well cooking for themselves (alternatively cook's service can be ordered in advance)
- Outdoor toilet
- Storage service
- Electricity supply / Solar panels in the mountain hut to charge batteries
- Mess room in the mountain hut
- Ice climbing master class training route, one-two ascent with experience guide or instructor, consultation by experienced guides or instructors
- Assistance in changing of departure dates of air tickets. Air company fees for change are paid only.
- Lenin Peak:
 - Visa support (if required)
 - Registration in passport department OVIR (if required)
 - Border permit and delivery the permit to Osh or BC
 - Registration at Kyrgyz Mountain Rescue Service
 - Certificate of ascent issued by Kyrgyz Alpine Club
 - Airport transfers in Osh
 - Transfers Osh - Achik-Tash Base Camp – Osh
 - Accommodation:
 - in Osh: Guest House - 1 night excl. breakfast
 - in BC: tents on double sharing basis + warm mattresses
 - in ABC: tents on double sharing basis
 - Full board in the BC (3600m) and ABC (4200m)
 - Summer shower in BC
 - Outdoor toilet
 - Storage service
 - Electricity supply / Solar panels in BC and ABC to charge batteries
 - Mess tent or yurt in the BC & ABC
 - Route consultation by experienced mountain guides in BC and ABC
 - One training day for crevasses rescue technique
 - Assistance in changing of departure dates of air tickets.

5) Draft of schedules

- For Ak-Say team

Days	Dates	Itinerary	Accommodation
1	June 25	Arrival in Bishkek, picking up in Airport Manas, transfer to guest house. Meeting in KAC, preparation in mountains	Guest house
2	June 26	Transfer in National park Ala-Archa, trekking to Ak-Say mountain hut	Ak-Say mountain hut
3-4	June 27-28	Muster class ice training with instructor or mountain guide	
5	June 29	Acclimatization ascent on Uchitel Peak 4527m on same level	
6	June 30	Rest day, approach to climbing object	Ak-Say hut. tent or small mountain hut
7-10	July 1-4	Ascents by ice routes Ak-Say area peaks	
11	July 5	Ak-Say – Bishkek descent	Guest House
12	July 6	Transfer to Airport Manas. Depart	



- For Lenin Peak team

Days	Dates	Itinerary	Accommodation
1.	July 22	Arrival in Osh. Transfer to Achik-Tash Base Camp (3600m).	BC tents or Guest House in Osh
2-18	July 23- August 9	Acclimatization, training, climbing on Lenin Peak (17 days).	BC , ABC, Camp2, Camp3, tents
19	August 10	ABC – BC descent, transfer from BC to Osh.	Guest House
20	August 11	Departure from Osh Int. Airport	-

6) Each participant have to have insurance (accident and medical), which cover at list 40000 USD.

7) General conditions and notes

1. The trips should be booked 10 weeks in advance for Lenin Peak, and 8 weeks for Ak-Sai area before arrival at latest. We strongly encourage interested participants to send their applications as early as possible. In case of late booking (less than 10 or 8 weeks respectively) the fee for urgent formalities US\$ 100 per person is charged.

2. Dates of transfers could be floating by reason of floating time of members programs arriving. All details will be given directly to the participants.

3. Climbers provide personal mountaineering gear for ascent and choose tactics for ascent by themselves. If climbers want to hire personal mountain guide or instructor for climbing or training, participants carry the same responsibilities are as usual with mountain guide or instructor.

4. Airlines who operate domestic flights reserves the right to change air fare without prior notice.

5. On domestic flights baggage allowance is 15 kg per person, overweight is charged as US\$ 1/kg.

6. If expedition group prefers to send mountaineering gear/outfit to Bishkek or Osh in advance, by their request and payment Kyrgyz Alpine Club can help with customs clearance and provide the delivery to Osh.

7. Climbers have to have medical insurance with a minimum coverage of US\$ 40 000. It is required as guaranty of rescue work in case of emergency.

9) Extra service which is not provided for free:

- Kyrgyz visa (if required)
- Air fare to Osh or Bishkek
- Personal Mountain Guide or instructor
- Horses and Porters
- Cook in camps higher of ABC
- Excursions

10) Information about Ak-Say routes is here <https://cloud.mail.ru/public/N7DP/pmKNCchuv> and here

<https://cloud.mail.ru/public/54727ca02d0d/%D1%84%D0%BE%D1%82%D0%BE%20%D0%B4%D0%BB%D1%8F%20%D1%81%D0%B0%D0%B9%D1%82%D0%B0> ,

about Lenin Peak is here -<https://cloud.mail.ru/public/Ka33/DAv5xCYJu> and

<https://cloud.mail.ru/public/549e41d4537e/Lenin%20Peak%20itinerary>.

11) Planning participant for :MSP 2017

##	Country	Ala-Archa	Lenin Peak
1.	Taiwan (CTMA&CTAA)	2	2
2.	Japan (JMA&JAC)	2	2
3.	Iran	2	2
4.	China	2	2
5.	Georgia		2
6.	Turkey	2	