

ADVENTURE IN THE PAMIRS

WITH AMELIA

11TH – 21ST AUGUST 2024



AMELIA STEWART TRAVEL

Journeys for the curious

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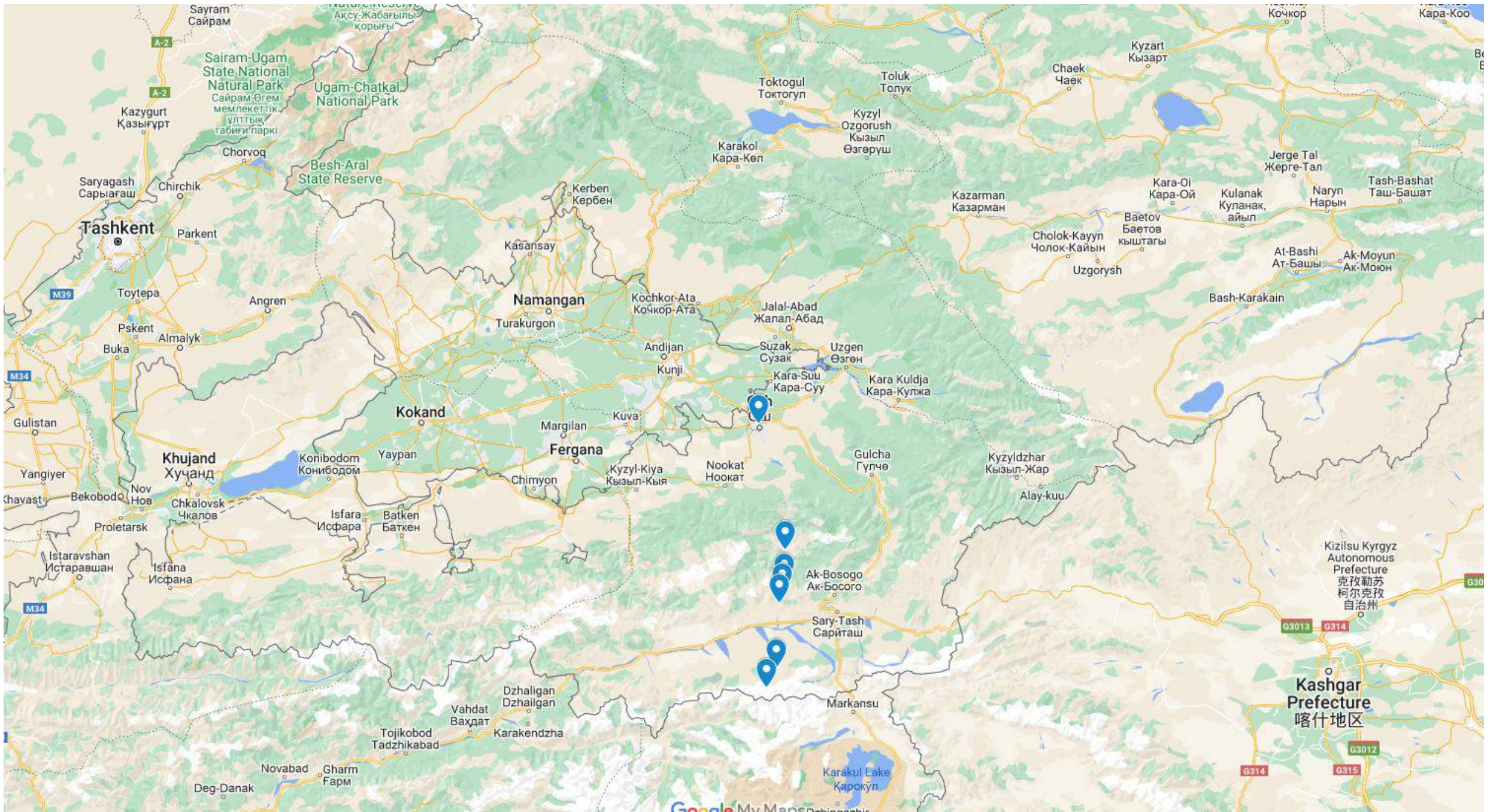


Itinerary Overview

Date	Location	Accommodation & Room Type	Basis
Days 2-3	Osh	Sunrise Hotel 1 x Twin/DBL	H/B
Days 3-4	Kozho-Kelen	Village Guesthouses 1 x Twin/DBL	F/B
Day 4 - 10	Trek en route	Tented camps 1 x Twin/DBL	F/B
Days 10 - 11	Osh	Sunrise Hotel 1 x Twin/DBL	F/B

Please note accommodation is not yet confirmed.







Tour Introduction

Are you ready for an adventure that combines the thrill of the climb with the magic of the Pamirs? This ten day tour to ascend Yukhin Peak is a great choice for travellers with moderate trekking experience and good physical fitness and health. The first part of the trek is not difficult or long being based in the picturesque foothills of the Pamirs – the Kozho-Kelen gorge and the Alai Valley. This will allow us to acclimatise for the second part of the trek, when we climb Yukhin Peak at 5130m. This mountain lies in the vicinity of majestic Lenin Peak, the highest mountain in the Trans-Alay range of Central Asia at 7134m and a spectacle to behold. Unlike traditional climbs, Mt Yukhin offers a fantastic opportunity for adventurers of all levels. This isn't a technical feat; it's an experience where the joy of the journey matches the elation at the summit. Lenin Peak is a popular gathering place for climbers the world over and the trail is well structured with comfortable camps along the way to the top with spectacular visits and views to the surrounding areas and heights.

'In the heart of the Pamirs, where earth touches the sky, every step is a dance with divinity'



Detailed Itinerary

📅 Day 1-2 – Sun 11th Aug/Mon 12th Aug

Depart UK/Arrive Osh (Meals incl: -/L/D)

Suggested Flights:



PC1170 Dep STN 12:05 Arr SAW 17:50

PC710. Dep SAW 22:00 Arr OSS 05:50 (+1)

You will be met by Amelia on arrival at Osh and transferred to your hotel to rest before lunch and an afternoon sightseeing incl Osh bazaar, and Suleimnan Mount – an important shrine in the Islamic world. Dinner and prep for the trekking ahead!



Accommodation: Sunrise Hotel Osh



Day 3 – Tues 13th Aug

Osh – Kozho-Kelen village

We depart Osh and start our journey to Kozho-Kelen village along the Ak-Buura river with wonderful views of distant snow-capped mountains and flower meadows en route. *Transfer time: 100km/3.5hrs*

Upon arrival in Kozho-Kelen (2300m asl) we check in to a local family guesthouse and taking a picnic lunch, head out into the countryside for a 3hr acclimatisation walk visiting the sights of Blue Grot and a waterfall en route. The trail takes us through narrow mountain canyons shaped by unusual rock formations. Return to our guesthouse for supper and overnight. *Walk time: 8kms /3hrs*



Accommodation: Village guesthouse Kozho-Kelen





Detailed Itinerary

 Day 4 – Wed 14th Aug

Kozho-Kelen – Dzhyptyk Pass

After breakfast we start trekking along the mountain river to the foot of Dzhyptyk pass. This is a beautiful area – a “*jailoo*”- the traditional summer pastures, where Kyrgyz nomads would take their herds to graze in the shadow of snow-capped peaks just visible on the horizon. The landscape is filled with mountain spruce, junipers, and remnants of ancient petroglyphs hidden amongst the trees. We stride out today on a lovely walk through this valley and arrive at our tented encampment for supper and overnight.

Walk time: 11kms /5-6 hrs +970m Tent camp at 3340m



Accommodation: Tented encampment



Day 5 – Thurs 15th Aug

Dzhyptyk Pass – Alai Valley – Achik-Tash base

Today we cross the Dzhyptyk pass into the Alai valley. Passing through alpine meadows we ascend to the pass along a steep scree slope. From the top of the pass a wonderful view of the valley and the majestic Pamirs. With good weather we might spot Lenin Peak and the great panorama of the Zaalay range.

We descend to a pick up and transfer to the Achik-Tash base camp. Rest, dinner and accommodation in Achik-Tash.


Walk time: 10kms /6 - 8 hrs +845m Tent camp at 3600m



Accommodation: Tented encampment



Detailed Itinerary

 Day 6 – Fri 16th Aug


Achik-Tash Base – Ridge of Petrovski peak

An opportunity to stride out further from our base camp today, climbing to the ridge of Petrovski peak at 4200m, from where there are spectacular views of the valley below and the Achik Tash tract. Alternatively this is an optional rest day to read and relax, and prepare and pack for the climb up to Camp 1 or even try your hand paddleboarding the river near the camp.

Supper back at base this evening.

Walk time: 8kms /4 hrs +600m Tent camp at 3600m

 **Accommodation: Tented encampment**

 Day 7 – Sat 17th Aug

Achik-Tash Base – Puteshestvennikov Pass – Camp 1

Today we go further to the foothills of majestic Lenin Peak. After breakfast we go to “Camp 1” over Puteshestvennikov pass (4150m). From the pass we see excellent views of Lenin peak and Lenin glacier. Then we descend to the left moraine of the Lenin glacier and continue our trek upwards before crossing a river. Final trek to Camp 1 soon after the Lenin glacier.


Walk time: 10kms /5 hrs +900m Tent camp at 4400m

 **Accommodation: Tented encampment**





Detailed Itinerary

 Day 8 – Sun 18th Aug

Camp 1 – Yukhin Peak (5130m 😊) – Camp 1

ASCENT DAY! After a hearty breakfast we set off to ascend Yukhin Peak. From the summit the views are incredible towards the North face of Lenin peak and the Alai valley. This is not a technical climb - there is no steep rock or ice climbing, and no special equipment is required.

After spending time at the top for the views we return to Camp 1 for a celebratory supper.

Walk: 8kms Approx 6-7 hrs +730m Tent camp at 4400m



Accommodation: Tented encampment



Day 9 – Mon 19th Aug

Camp 1 – Achik-Tash base camp

It's time to head back to base camp today and should be a relatively easy walk with a bit of uphill to start and then a descent for approx. 4 hrs. Upon arrival a drink and a hot shower welcomes us, with time to relax and sort kit etc for our last night in the mountains.

Walk time: 8kms /4 hrs + 100m/-800m Tent camp at 3600m



Accommodation: Tented encampment



Detailed Itinerary

📅 Day 10 – Tues 20th Aug

Achik-Tash Base - Osh

We leave the mountains today and return to the city of Osh, checking into our hotel in the late afternoon with the rest of the day free to explore the city further or relax with a cold beer. A final evenings supper in the capital before an early departure the following morning.



Accommodation: Sunrise Hotel Osh



Day 11 – Wed 21st Aug

Osh – Depart

Transfer to the airport for the flight home.



Suggested Flights:



PC1162 Dep OSS 07:10 Arr SAW 09:50



PC1161 Dep SAW 11:30 Arr OSS 13:30

TOUR ENDS

**Please note* itinerary is subject to change depending on weather/road and security conditions.



YOUR TOUR LEADER

Amelia first journeyed to the Sinai desert in Egypt aged 16, sleeping under the stars, and riding camels through the desert. She has been hooked on travel ever since working in the Sinai and Western Desert in Egypt over 10 successive years, training as a guide to take school groups, charities, and expeditions before setting up her first travel company: Simoon Travel (simoon means a desert wind in Arabic) specialising in travel to Libya followed by Syria, Algeria and Iran.

Simoon Travel was acquired by Original Travel in 2012 and she continued to travel across the Middle East whilst venturing into the Caucasus, East Africa and far-flung countries along the Silk Road, taking many small groups of intrepid travellers with her. She now runs [Amelia Stewart Travel](#) - a specialist travel company for tailor made, and small group journeys with the discerning traveller in mind. She's currently based in Tbilisi, Georgia where she's lived for the previous two years curating and hosting tours in the region. She also writes and records stories focusing on environmental and social injustice in Georgia for BBC Radio 4. As a Vinyasa & Yin yoga teacher she will be holding some fun outdoor yoga sessions for those that want to join. She is a calm, unflappable host with 25 years experience taking tours in the region and can't wait to tackle this mini mountain with you 😊





Itinerary Cost

Price: £2270 per person (based on min.6 people)

Includes

- Tour Leader (Amelia)
- All airport transfers in a minibus (one for arrival/one depart)
- Transport with professional drivers when required
- Professional English speaking guide throughout
- All accommodation as described - basic guesthouse and tented encampments en route (full details sent separately)
- Pack animal service (12kg pp – 1kg extra = \$12 pp)
- All activities, sightseeing, excursions etc as described
- All meals included throughout starting with lunch on Day 2 and finishing Breakfast Day 11 according to suggested flight times
- 1L water pp/day boiled water otherwise
- Border permits
- Entrance and ecological park fees
- Kit – sleeping pads are provided (you may want to bring your own)
- 24hr remote medical assistance

Excludes

- International flights (approx.£650)
- Single Supplement £220 per person
- Alcohol during meals
- Visa – no visa required for UK passport holders
- Additional guides (payable on site)
- Additional activities (horse riding, paddleboarding etc)
- Gratuities (an amount per person will be suggested in final documents)
- Comprehensive Travel Insurance
- Kit – sleeping bag (full kit list to be sent separately)



Practical Information



How to Book & Pay

Please complete and return the Booking Form together with a 20% deposit. Please note there are additional fees to pay by credit card (detailed on the booking form).



Getting there

As soon as we reach a minimum of 6 for the tour, we suggest you buy your flights as described. Alternatively we can point you to a reputable flight agent who can organise your flights.



Accommodation

Accommodation in Kyrgyzstan is basic. Guesthouses in the village are simple with basic amenities. Tented encampments are set up and well served, sleeping mats provided and a team to prepare hearty meals in a communal mess tent. There are fixed loos on site.



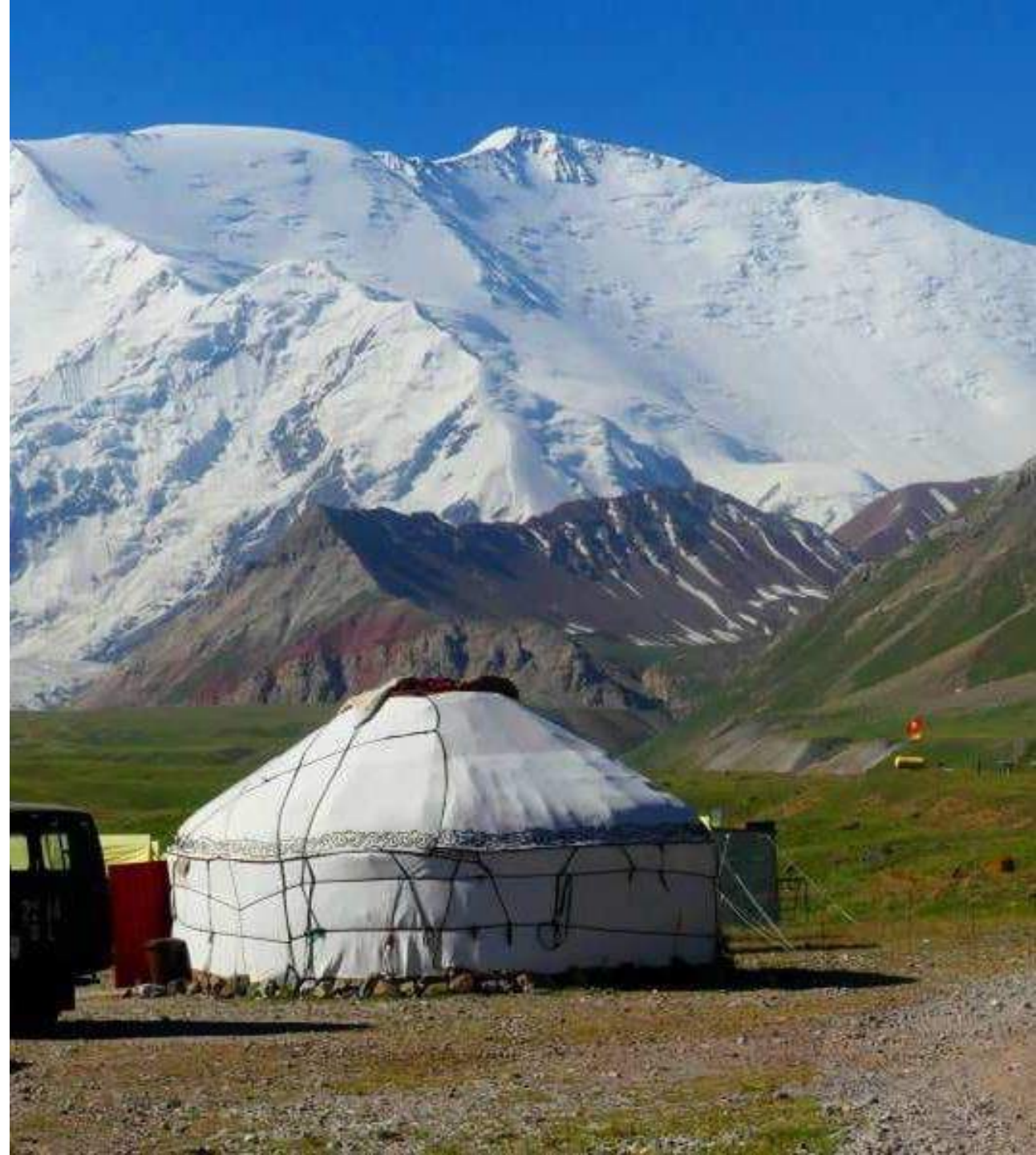
Guides & support

Amelia will accompany the tour as Tour Leader as well as one professional local guide to accompany us throughout the tour and on all treks.



Food & Drink

There will be plenty. Picnic lunches will be carried with us during our treks.



Practical Information



Insurance

It's vital that you take out adequate travel insurance to cover this trip to incl Covid cover as well. [Campbell Irvine](#) are good as are [Allianz Direct](#) but you must be a UK resident to apply.



Visa requirements

At the time of writing there are currently no visa requirements for UK passport holders.



Inoculation requirements

Further information on Kyrgyzstan stats for Covid can be found through the [WHO website](#).



Weather

Summer is the best time to visit Kyrgyzstan and enjoy the high mountains.



Tipping

Further information will be provided on the final documents sent out prior to departure.



www.ameliastewarttravel.com

