Peak Lenin - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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Fitness & Training:
We have classified Peak Lenin as a level 9 expedition, for more information about our levels system click here. The complexities of proper acclimatisation, high winds, extreme cold and a long summit day make Peak Lenin a formidable challenge. Although it is often referred to as the easiest 7000m peak in the world, Peak Lenin (7134m) is still extremely tough. The upper mountain is completely covered in snow and ice but none of the route can be described as technical. Although it is not essential, we recommend that all participants should have previous experience at high altitude (>5000m). Participants should have an extremely high level of fitness. It is your responsibility to contact us if you have any concerns regarding your level of fitness, health, or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge. In order to attain the fitness levels you will need to partake in this expedition, completing long hikes with a 20kg backpack for several days in a row should present no problems for you.

Hillwalking**:** Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with a 20kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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Training Weekends:
We hold training weekends prior to all expeditions, where you will meet an Earth's Edge expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a

lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

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Equipment:
You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to web@greatoutdoors.ie and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

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EQUIPMENT CHECKLIST	
Synthetic mountaineering boots. -Examples of suitable boots; La Sportiva G2SM, Scarpa Phantom 6000 or similar. -Examples of unsuitable boots; La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar.	
12 point crampons.	
Climbing harness, 120mm closed sling & two screw gate carabiners. (If you do not have a climbing harness, a sling & two screw gate carabiners we will provide them for you.)	
Trekking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Sandals (to wear in transit, at lower altitude when not trekking and to cross streams and rivers on approach to base camp).	
Down booties or runners to wear at high altitude camps.	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Heavyweight hiking socks x 2.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1.	
Lightweight trousers to wear as far as basecamp x 1.	
Softshell trousers x 1.	
Synthetic/wool long johns x 2 (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid weight fleece, down or soft shell jackets x 2.	
A down jacket. It must be heavy weight with a hood (at least 900 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A buff.	
Category 3 or 4 sunglasses.	
Category 3 or 4 ski goggles.	
A sun hat with a wide brim to cover the face and neck.	
A pair of thin synthetic liner gloves for use as a base layer and sun protection.	
A pair of heavy mountaineering gloves.	
A pair of heavy down mitts.	

Walking poles.	
Rucksack (75+20 litres): You will use this throughout the expedition. When approaching Camp 1 it will be almost empty as the bulk of your equipment will be in your duffel bag with the support team. It will be full when carrying loads between higher camps with an estimated maximum weight of 20kgs. On summit day it will be almost empty again as we will leave the bulk of our gear at (Camp 3). If you think you will be unable to carry 15-20kgs between higher camps it is possible to hire a personal porter, contact us for more information.	
Duffel bag (120-150 litres) to carry your equipment to basecamp. We recommend you use something strong and sturdy, as this bag will be carried by the support team.	
Small duffel bag (30 litres) to leave at basecamp with any clothes or equipment you don't need on the trek.	
Dry bags. To organise and water proof your equipment inside your bags.	
Water bottles: Three wide mouth 1 litre water bottles. If you wish to bring a water bladder to use at lower elevations you can but it will not work at high altitude so you need bottles.	
Water bottle insulators for each of your bottles.	
A 500ml thermos flask.	
A warm sleeping bag (comfort rating of -20°C or lower).	
A sleeping bag liner (This helps to keep your sleeping bag clean and adds an extra season).	
Spare laces.	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitizer. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Toilet roll.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: ● Rehydration salts ● Plasters ● Compeed ● Paracetamol ● Ibuprofen ● Buscopan ● Throat lozenges ● Nasal spray ● Decongestant such as sudafed ● Antibiotics suitable to treat traveller's diarrhoea *Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.*	
Personal medication. Please carry any medication you are currently taking on a regular basis such as: ● Asthma inhalers ● Nutritional supplements ● Blood pressure tablets If you suffer or have suffered from any skin condition, bring appropriate creams such as: ● Canesten ● Zovirax ● Anusol ● Hydrocortisone 1%	
Small towel for washing.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Personal snacks; although sufficient food and snacks are supplied throughout the trek you should consider bringing your own supply of high energy snacks for the expedition. Bring snacks you enjoy	

eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A Pee bottle (1 litre, wide mouth). Women should bring a funnel (She Wee) too.	
Cup, spoon, knife, fork and bowl.	
Pen knife.	
Thermarest.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Vaccination booklet (if required).	
OPTIONAL ITEMS	
Diamox (Tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Power adaptor – Plug type C or F are used in Kyrgyzstan	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

Rental Equipment:
While there is one equipment rental shop at Basecamp, it is not possible to pre-order equipment or know in advance what they have in stock. For that reason, we do not recommend renting equipment on this expedition.

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Flights:
For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions.
For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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Description & Detailed Itinerary:
Peak Lenin (7,134m) is located in the Pamir Range on the border of Kyrgyzstan and Tajikistan. It is the third highest peak in the former Soviet Union and the second highest peak in Kyrgyzstan after Peak Pobeda (7,439,). Peak Lenin, Peak Pobeda, Ismoli Somoni (7,495m), Korzhenevsky (7,105m) and Khan Tengri (7,010m) are the five 7000m peaks located in the former USSR. To summit all five awarded one the title of 'Snow Leopard', the highest award for climbing in the former Soviet Union.

Although Peak Lenin is often referred to as the world's easiest 7,000m peak and is technically no harder than Elbrus or Mont Blanc, it is far from easy. The complexities of proper acclimatisation, high winds, extreme cold and a long summit day make Peak Lenin a formidable challenge. Our 23-day itinerary allows for good acclimatisation and has the flexibility to accommodate bad weather, maximising your chances of reaching the summit.

Peak Lenin is easily accessible from Osh with base camp (3,600m) being only a half day's drive away. The entire route is stunningly beautiful and each day offers something different. Base camp is located on a beautiful flower filled alpine meadow and is the perfect location to prepare for the upper mountain. The heavily glaciated section between camps one and two is very interesting as we cross numerous crevasses and are roped up for the entire route. The upper mountain offers amazing views of the surrounding landscape and those to the south into Tajikistan are particularly impressive. If we finish the expedition on schedule we have time for shopping and relaxing in the warm air of Osh, Kyrgyzstan's second largest city often referred to as the capital of the south.

We are the only company in the world who have an international guide and doctor on our Peak Lenin (7,134m) expeditions while keeping group sizes sustainably small. Having an expedition leader and doctor on all our Peak Lenin

expeditions allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

Please note the following plan is very much subject to change based on weather conditions and the health and fitness of all expedition members.

Day 1: Dublin to Istanbul.
Depart Dublin and arrive in Istanbul.

Day 2: Istanbul to Osh (1,000m).
Enjoy a free day to explore Istanbul at your leisure. In the evening we take an overnight flight and arrive in Osh in the early morning. Most of the day is free to relax or explore Osh. Later in the day we will have an expedition briefing. Overnight hotel.

Day 3: Drive Osh to Base Camp (3,600m).
After breakfast we drive to Achik-Tash base camp. It's a 280km journey and takes between four and six hours depending on the condition of the road. In the afternoon we will go for a short hike around base camp.

Day 4: Puteshestvennikov Pass (4,100m). 5 hrs trekking
We start the process of acclimatisation and stretch the legs along the trail towards Camp 1. It's a really scenic hike as we pass groves of onion, a beautiful waterfall and enjoy nice views of the Lenin glacier. It takes about three hours to reach the pass and 90 minutes to return to Base Camp. It's quite likely we will see Marmot as well as local horsemen on their way to Camp 1.

Day 5: Base Camp to Camp 1 (4,200m). 7/8 hrs trekking.
Today we return to the Puteshestvennikov Pass and continue onwards to Camp 1. The route climbs along the moraine adjacent to the impressive Lenin Glacier. We cross a stream which can be more like a river if the weather is hot and the glacier is melting!! As we approach Camp 1 we can see climbers on the impressive route to Camp 2. At Camp 1 there are fixed tents, a mess tent, three hot meals a day, a generator for charging cameras, a shower of sorts and limitless tea and coffee. 5 stars compared to camps 2 and 3!!

Day 6: Rest day at Camp 1.
Spend the day resting.

Day 7: Acclimatisation hike. 6 hrs trekking
Today we take an acclimatisation hike up Yukhin Peak located close to Camp 1. It's not glaciated so mountaineering boots are not required. Depending on how people are feeling we may or may not reach the summit, the primary goal of the day is acclimatisation.

Day 8: Skills training Lenin Glacier (4,600m). 5 hrs
After breakfast we will ascend the Lenin Glacier to 4600m which is the first quarter of the route to camp 2. During the day those with less experience will learn how to move on snow and ice effectively as we experience being roped up and cross some of the smaller crevasses on the route. We return to camp 1 for lunch and spend the afternoon packing for our first trip to the upper mountain.

Day 9: Camp 1 to Camp 2 (5300m). 8 to 10 hrs
Apart from summit day our first trip to Camp 2 is the hardest on the expedition. The route is heavily glaciated and avalanche-prone, so special care is needed when selecting what time to start the ascent. It takes about an hour to cross the moraine and flat part of the glacier to the point where we put on crampons and rope up. From there the route climbs steadily through some stunning terrain. We cross deep crevasses, snow bridges and in some conditions ladders and fixed rope are needed. After roughly 900 metres of ascent the route traverses to the right to reach Camp 2. It's a very tough but rewarding day.

Day 10: Carry Camp 2 to Camp 3 (6148m). 6 hr
After yesterday's long day we have a shorter yet tough day today. From Camp 2 the first hour is very steep to reach the ridge below Razdelnaya peak. Once on the ridge the route is very gradual for about two hours. The last two hours are

very steep to climb into Camp 3. Although we are on snow there is usually no need to rope up as the route is not glaciated. In Camp 3 we drop some gear, take some photos and then descend back to Camp 2.

Day 11: Camp 2 to Camp 1. 3 hrs
In the morning we descend the Lenin Glacier to camp 1.

Day 12. Rest day Camp 1.

Day 13. Rest day Camp 1.

Day 14. Rest day Camp 1.

Day 15. Ascend to Camp 2.

Day 16. Ascend to Camp 3.

Day 17. Summit day. 15 hours.
Summit day on Peak Lenin is an extremely long and tough day. We start by descending for 100 metres from Camp 3 and then have a long 400 metre climb to reach the summit ridge. This whole section is typically completed before sunrise which can be a challenge for some people as it is difficult to stay warm.
Once on the ridge there are two more significant steep sections, one of which is exposed and has a fixed rope. Generally the summit ridge is very wide and undulating. There are several false summits before we reach Peak Lenin itself which is marked with a statue of the former leader and other memorials. The views from the summit, especially those to the south into Tajikistan with endless snow capped peaks including nearby giants, Ismoli Somoni (Communism Peak) and Korzhenevsky make all the effort worthwhile.
It typically takes 10 hours to reach the summit and 5 hours to return to Camp 3. One needs strong physical and mental toughness to summit Peak Lenin.

Day 18: Spare Summit Day.
Spare day to account for bad weather, further acclimatisation and rest.

Day 19: Spare Summit Day.
Spare day to account for bad weather, further acclimatisation and rest.

Day 20: Spare Summit Day.
Spare day to account for bad weather, further acclimatisation and rest.

Day 21: Descend to Base Camp. 6 hrs trekking.
We descend all the way to base camp.

Day 22: Drive to Osh.
We drive back to Osh and check into the hotel. In the evening we go for a celebration meal in the city and then enjoy our first night in a bed in weeks! Overnight hotel.

Day 23: Osh to Dublin.
We depart Osh on an early morning flight to Istanbul. We have a free day in Istanbul to relax at the airport hotel or explore the city. In the evening we board our second flight and arrive back in Dublin on the same day. Expedition ends.

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Expedition Costs:	Euro	Sterling	US Dollar
Total costs excluding international flights. (Land only)	€5,299	£4,691	$5,722
Total costs including international flights from Dublin.	€6,099	-	-

A deposit of €399/£399/$399 is taken at the time of booking, a part payment of €1,000/£1000/$1000 is due six months prior to departure and the final balance is due three months prior to departure. Prices in US Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Expedition Costs Include:

- International flights from Dublin to Istanbul and Osh return economy class.
- All transport in Kyrgyzstan.
- Experienced expedition leader.
- Experienced expedition doctor.
- Training Weekend.
- Training Day.
- Earth's Edge guides and a full support team.
- All accommodation in hotels and camping for the duration of the itinerary based on two people sharing.
- All meals and drinking water for the duration of the itinerary except in Osh where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- Transport of your equipment by horse from Base Camp to Camp 1 at the beginning of the expedition and Camp 1 to Base Camp at the end of the expedition.
- Porterage of 5kg of your equipment from Camp 1 to Camp 2 and Camp 2 to Camp 3 in both directions.
- An Earth's Edge bandana for all participants.

Expedition Costs Exclude:

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

Notes: For those booking a land only package you need to book your own international flights to Osh. We can arrange airport transfers for you which you can book on your Earth's Edge account.

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Spending Money & Tips:

We recommend that you carry €300 and a credit card as a backup. If you feel you might need to hire a porter on the mountain you should carry more Euro in cash. There are ATMs available in Osh where you can withdraw cash using a credit card.

Tipping is common on Peak Lenin and if you are happy with the service we recommend you tip the local staff. Please give your tip to the Expedition Leader and they will distribute the tip among all our Earth's Edge team in Kyrgyzstan. The recommended tip for Peak Lenin is €150 per person.

Extra nights in Osh; If we reach the summit on Day 17 and don't need the spare summit days we will descend earlier than planned. This will result in us needing extra nights' accommodation in Osh. You will need to pay for this yourself. Each extra night in Osh will cost in the region of €45 for a single room, €65 for a double/twin.

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Weather:

Temperatures on the expedition may vary from -10 to 30 degrees during the day and -30 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com
Norwegian Meteorological Institute: www.yr.no

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Altitude Considerations:
The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants, especially those who have had AMS in the past, to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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Summit Day Policy:
Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on this mountain and the importance of maintaining a good guide to guest ratio, it is essential we attempt the summit with a strong team. Any guests who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those guests who are fit enough are given the best opportunity to attempt it.

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Your Medical History:
When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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Your Dietary Requirements:
We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free

products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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Vaccinations & Prophylaxis:
We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

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Tourist Visa:
There is no visa requirement for Irish citizens coming to Turkey for touristic purposes (up to 90 days in any 180-day period).

At the time of writing, no visa is required for citizens of Ireland for stays of up to 60 days in Kyrgyzstan. Other nationalities should consult their relevant consulate. All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

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Travel Insurance:
It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 7,200 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to www.trailfinders.ie/insurance or call their travel insurance phone line +353 1 702 9102

The Trailfinder policy only covers trekking up to 7,000m, over that height you are not covered under their policy. The most effective way to have cover for the last 134 metres is to join the Austrian Alpine Club. Annual membership costs €62 and they insure rescue costs for members on peaks over 7,000m. To join go to the Austrian Alpine Club.

We recommend you take out both policies as the Austrian Alpine Club's policy only covers limited medical expenses and has no cancellation or curtailment policy.

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Safety Standards:
At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Kyrgyzstan. Up to date travel advice can be found on the DFA website:
https://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/kyrgyzstan/ .

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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About Kyrgyzstan:

Area:	199,951 million sq. km
Population:	6 million
Official Languages:	Kyrgyz and Russian
Religion:	Islam & Russian Orthodoxy
Local Time:	GMT +6.00
Local Currency:	Som (KGS)
Currency for Exchange:	Euro & US Dollars.
Where to Exchange:	Most major towns – your Expedition Leader can advise you on arrival.
ATMs:	ATMs are widely available.
Credit Cards:	Credit cards are useful and can be used in some outlets in Osh. Visa is generally more accepted than Mastercard.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

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Discounts

If you have travelled with us before please visit our return customer page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our refer a friend page for details on our referral programme.

If you are booking as part of a group please visit our group discounts page for details on what discount you are entitled to.

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Why Choose Earth's Edge:

We are the only company in the world who have an expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our safety page.

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our B Corp page to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with Eden Reforestation Projects.

To read more about our sustainability practises please visit our responsible travel page.

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Irish Aviation Authority (IAA) in Dublin, our licence number is 0711.

- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at Great Outdoors to ensure you get the best gear for your expedition.

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Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our FAQ page for a full list of frequently asked questions. If you can't find your answer there please contact us.

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