

# ASIAN ALPINE E-NEWS

Issue No. 30 July 2018



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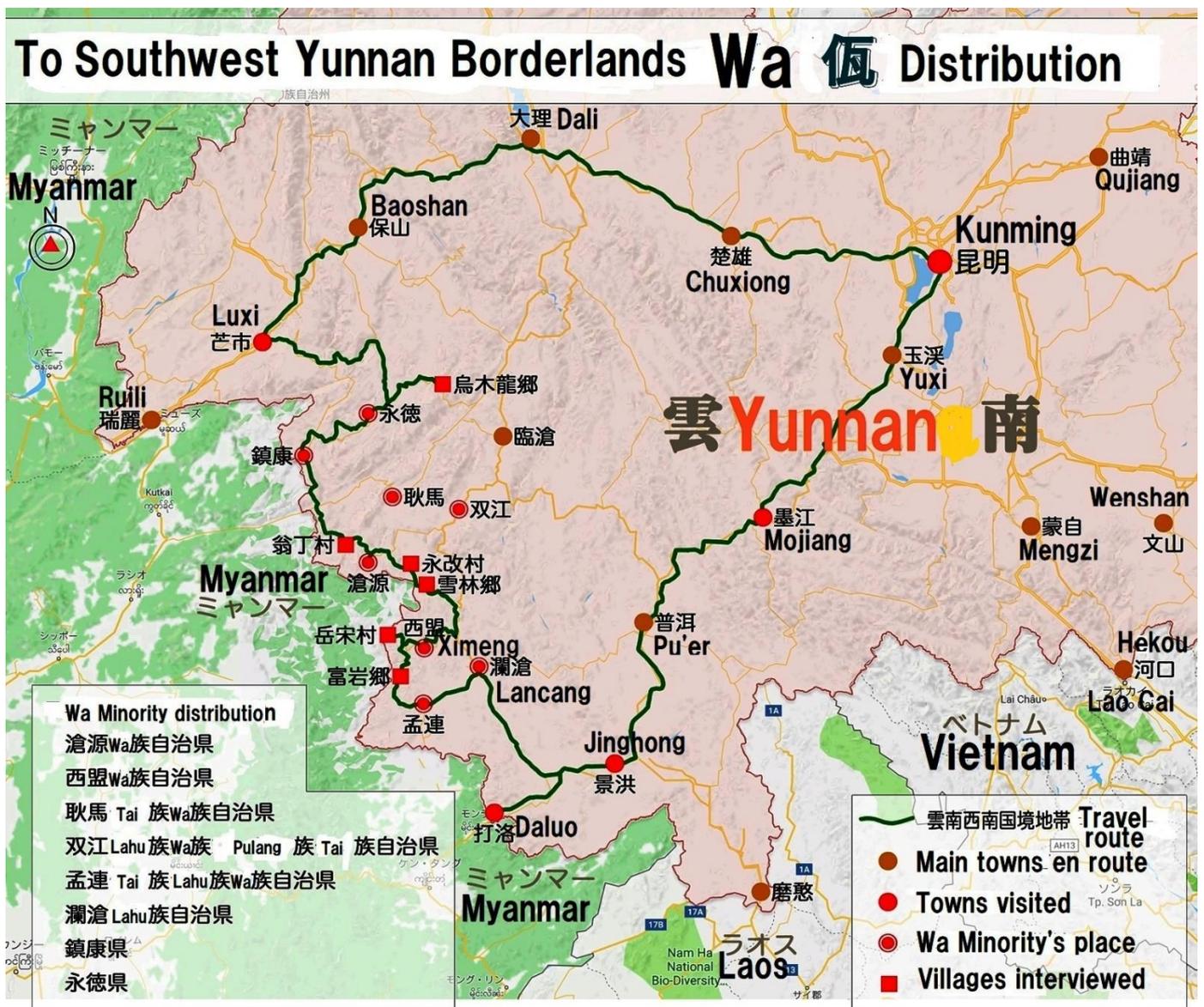
“Mountaineering & ski mountaineering areas of Kyrgyzstan

# Travel to Southwest Yunnan borderlands – Wa Minority Nationality (佤族) Homeplace –

## Photo Album

Southwest Yunnan borderlands are the frontiers that enchant and allure visitors for fertile land, mild climate, colorful ethnic culture of 26 minority nationalities and diversified fauna and flora.

In April of 2018, I travelled through the borderlands where Wa Minority people inhabit. See the map showing Wa Minority distribution and travel route as bellow.



Before showing pictures in album style, a brief fact on Wa Minority is given in the next page.

The Wa are one of the [56 ethnic groups](#) officially recognized by China. In China, the Wa live in compact communities in the [Ximeng Va Autonomous County](#) (in Wa: *Mēng Ka* or *Sī Mounḡ*), [Cangyuan Va Autonomous County](#), [Menglian Dai, Lahu and Va Autonomous County](#) (*Gaeng Līam*), [Gengma Dai and Va Autonomous County](#) (*Gaeng Mīex* or *Gaeng Māx*), [Lincang](#) (*Mēng Lām*), [Shuangjiang Lahu, Va, Blang and Dai Autonomous County](#) (*Sī Nblāeng* or *Mēng Mēng*), [Zhenkang County](#), and [Yongde County](#) in southwestern Yunnan. Their population in China is estimated at around 400,000.

### **Language and Character:**

Their language belongs to the Mon-Khmer group of the Austro-Asiatic phylum and can be divided into three dialects. The Chinese government helped the Wa to create a written formal language in 1957, since there were no characters that were widely used.

### **Belief:**

Years ago, they believed in the power of natural things and thought all things have their spirits, including for example water, mountain, and wood. The mightiest god was called 'Muyiji', and his five sons were the ancestors of the Wa. In recent years, some of the Wa have become followers of Buddhism and Christianity.

### **Food:**

They live mainly on agriculture. The staple of their diet is rice, and they like to chew betel nuts and drink wine. The food is prepared with spicy flavors. They regard wine as a necessity when they host guests or their elders. During festivals, young men will toast girls with a special wine that is held in a bamboo tube, and girls will drink it through a straw.

### **Taboos:**

There are several taboos that guests should be aware of so that when they visit a Wa family, they will not offend their hosts. For example, the guests should not ride into a Wa village on a horse; they should not touch other's head or ear; and Wa girls will not accept a guests' gift if it is an adornment.

### **Clothes:**

They favor the colors red and black, so their clothes are usually black with red decorations. Men's coat and trousers are short and broad, and they all like bare feet. Besides, they like to take knife and bamboo necklace. Women's clothes are more beautiful. They wear necklaces and bracelets, most of which are made of bamboo or silver. Their ear rings are very distinctive for the complex style incorporating shining silver rings with bird bones and shells. As the Wa women love very long hair, they incorporate their hair into their dances which highlights their charm.

### **Other Customs:**

There is great festival, the Wa people holds the Piaoniu ceremony to kill an ox to give meat to families.

























# **New edition of Guidebook “Mountaineering & ski mountaineering areas of Kyrgyzstan”**

With release of the Asian Alpine E-News Issue No. 23 is continued publishing chapters of the new edition of the Guidebook “Mountaineering and ski mountaineering areas of Kyrgyzstan” (First edition was named “Mountaineering areas of Kyrgyzstan”). Previous publishing of the Guidebook was done at Issue №23 of the AAEN.

The guide provides an overview and brief description (characteristics of areas, location, seasons, climate, climbing history, camps and bases, entrances and approaches, climbing opportunities) as well as well - developed mountaineering areas of Kyrgyzstan, and rarely visited and promising areas. There are described opportunities and recommendations on the organization, logistics of mountaineering expeditions, rescue operations, communications and formalities.

The guide will be useful for those who are going to climb to Kyrgyzstan or choose new areas of the world for climbing.

Author Vladimir Komissarov, PhD, IFMGA mountain guide, President of the Kyrgyz Mountain guides Association and the Kyrgyz Alpine Club, engaged in Mountaineering for more than 50 years. He has repeatedly visited all the areas described by him. In this issue the following three articles are delivered. The other articles will follow in succession. Part of articles are doing together with co-authors.

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**Part IV. Rescue in Kyrgyz Mountains, insurance, emergency contacts.** By Vladimir Komissarov

### **Introduction**

Mountains cover near 95% of the Kyrgyzstan territory and 40% of those are above 3,000 meters high. There are many regions where the foot of climber has never stepped. In Kyrgyzstan usual well explored regions where are high vertical walls over 1000 meters or peaks over 5,000 meters of altitude. Nevertheless thousands of accessible and gorgeous summits are still virgin.

There are 7 well known and explored mountainous regions in Kyrgyzstan. Four of them are located in Tien-Shan and three are in Pamir. But no one knows how many unexplored or not very well studied regions there still are. Easy access and spectacular summits determine interest to a region and its development.

This guidebook gives brief description and outline of well explored as well as undeveloped and prospective regions (characteristics of the region, location, season, climate, history of exploring and development, camps, access, climbing opportunities, rescue works, connectivity and formalities). The book also gives recommendations on logistics and supply of alpine expeditions and solution of necessary formalities.

Photography is the courtesy of Vladimir Komissarov, Pat Littlejohn, Adrian Nelhams, Adolf Shlunegger, Kerim Aktaev, Alexey Pototskii, Jason Sheldrake and Slava Miroshkin.

## Part I. Short geographical info about Kyrgyz Mountains.

Kyrgyzstan borders with Kazakhstan, Uzbekistan, Tajikistan and China. The Republic covers an area of 198 000 square kilometers. It stretches for 980 km from west to east and the widest stretch from north to south is 350 km. The lowest point is 550 m located in the very north of the country and the highest point of 7,439 m is Pobeda Peak. The average altitude is 2200 m. About 95% of the territory is mountains. Mountainous ranges alternate with intermountain depressions, basins and valleys. There are three big basins: Chuiskaya, Issikkulskaya and Ferganskaya. Smaller basins are called intermountain depressions. These are Talasskaya, Narynskaya, Alaiskaya, Susamyrskaya, Djungalskaya, Ketmen-Tubinskaya, Kochkorskaya, Atbashinskaya and Sonkulskaya basins. There are even smaller formations as intermountain valleys, such as Sarydjakskaya, Kuiluu, Inilchekskaya, etc. Mountainous ranges condensate and accumulate moisture. They form vertical zoning of physiographic structure, distribution of vegetation, climate and other characteristics.

The climate of Kyrgyzstan is acutely continental. It is conditioned by remoteness from the ocean, elevation above sea level and location in the central part of the Eurasian continent. Such climate is characterized by significant temperature fluctuation both diurnal and seasonal, moderate precipitation and high dryness of air. Mountainous areas of Kyrgyzstan vary in local climate characteristics which determine diverse landscapes. Temperature distribution is influenced basically by the true altitude and relief ruggedness. The temperature is mostly influenced by the altitude in summer and by relief features in winter time. The latitude effects temperature insignificantly. Population of the country is 5 million people and most of people live in towns and villages situated in large valleys. Mountains of Kyrgyzstan are part of the two biggest mountainous systems in the world – the Tien-Shan and Pamir.



Pic. Most interesting for mountaineering and ski mountaineering areas and ranges of Kyrgyzstan.

### Tien-Shan.

It is one of the mightiest mountainous systems in Asia. Its latitudinal strike is up to 2,000 km and its width is around 400 km. About two-third of the Tien-Shan mountains are located on the territory of Kyrgyzstan. Mountainous ridges of Tien-Shan stretch in latitudinal and sub latitudinal directions (appendix 1, figure 1). They are metamorphic and igneous rocks formed by sedimentary.

**Orography.** The orographic structure of the Tien-Shan is divided into the Northern, Western, Central, Inner and Eastern parts. The Northern Tien-Shan consists of Kyrgyzskii, Zailiiskii and Kungei-Ala-Too ranges. The Central Tien-Shan includes Eastern part of the Terskey Ala-Too and Kokshal Ranges, as well as Sarydjaz, Tengri-Tag, Meridionalnyi, Inylchekskiy and Kaindy Ranges. The Western Tien-Shan covers Talasskiy, Pskemskiy, Ugamskiy, Sandalashskiy and Chatkalskiy Ranges. The Inner Tien-Shan is situated to the South of Kyrgyzskiy and Terskey Ranges, to the East of Ferganskiy Range, to the North of Kokshaal Range and to the west of meridional part of Sarydjaz River. The Eastern Tien-Shan is located on the territory of China to the east of Meridional Range. The ridges of Tien-Shan are characterized by the latitudinal strike and there are a few differs only. Ferganskiy and Atoinokskiy Ranges are among the listed above, which stretch from the Northwest to the Southeast; the Meridional Range which has meridional strike; and the Pskemskiy, Ugamskiy, Chatkalskiy and Sandalashskiy Ranges stretching from the Southwest to the Northeast. The majority of ranges have typical mountainous glacial relief, so-called "alpine". Insignificant number of ranges has high elevated ancient aligned areas – peneplains, like in Tibet. Examples of such peneplains can be elevated up to 4,000-5,000 meters, like the southern slope of Terskey Ala-Too or the Inner Tien-Shan. The acutely continental climate is characterized by hot summer in foothills and valleys and by cool and cold summer in highlands as well as rigorous winters; important daily and annual variation in temperature; light cloudiness and significant dryness of the air. The sun shines for 2,500-2,700 hours per year. The heaviest clouds are in March-April and lightest are in August-September. Vertical temperature gradient – when temperature drops every 100 meters of elevation – is 0.7°C in summer, 0.6°C in autumn and spring and 0.5°C in winter. Annual precipitation is irregular and usually is between 200-300 and 1,600 millimeters. The maximum precipitation falls out during the first part of summer. Surrounding mountainous ranges of Issik-Kul Lake form peculiar micro climate in the area. Landscape, climate, altitude of the snow line, vegetation and fauna of various regions of the Tien - Shan varies significantly. Total area of glaciers at the Kyrgyz part of the Tien-Shan is about 6580 kml, which is almost 3.65% of the total area of territory of the country. It includes 700 big and small glaciers. Big part of glaciations of the Kyrgyz Tien-Shan is located in the eastern part including the Central Tien-Shan and Terskey, Akshiiarak, Kuiluu and Western Kokshaaltoo ranges. The largest glacier is the Southern Inylchek, which stretches for 62 km. It is the third longest mountainous glacier in the world after the Baltoro glacier (Karakorum) in Pakistan and the Fedchenko glacier (Pamir) in Tajikistan. The widest place of the Southern Inylchek is 3 km and thickness of the ice reaches 200 meters.

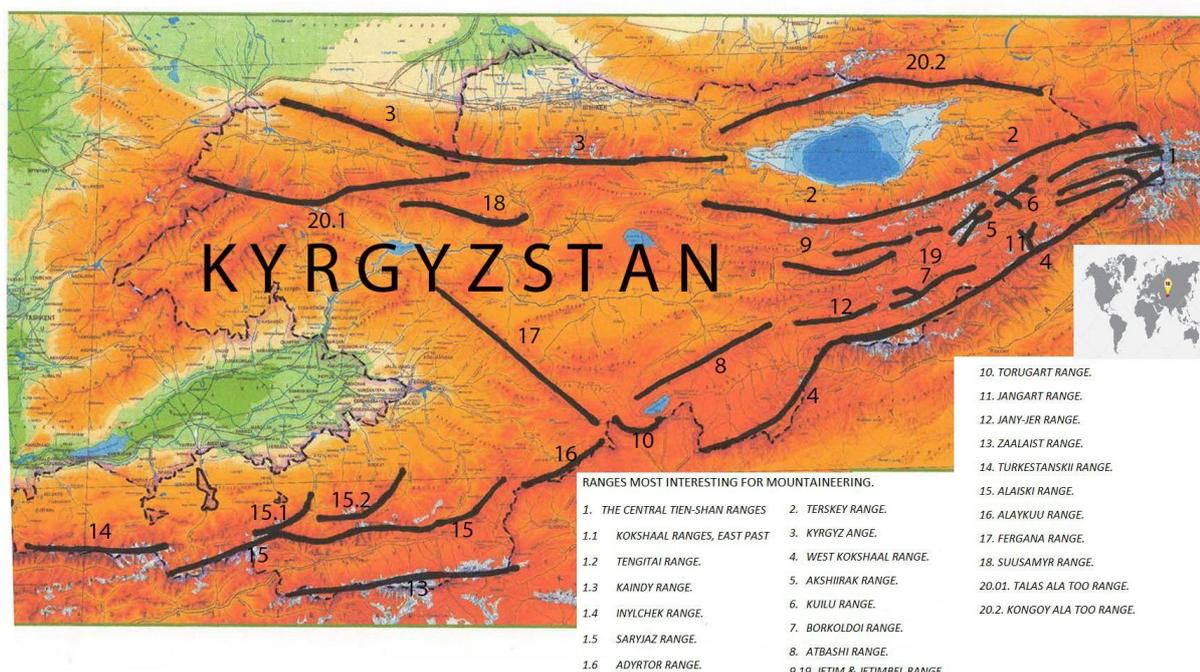
### **Pamir.**

The very Northern part of Pamir only belongs to Kyrgyzstan. It includes the northern slopes of the Zailiiskii Range and the north of Pamir-Alai, including the Turkestanskiy and Alaiskiy ranges. This part of the Pamir is characterized by latitudinal strike. The climate of the Pamir as well as of the Tien-Shan is acutely continental but different in relative weather stability, less air humidity and bigger number of sunny days. Likewise, the heaviest clouds are in March-April and lightest are in August-September. The mountains of Pamir are composed with metamorphic, magmatic and sedimentary rocks. As a rule, central line consists of magmatic rocks which are superseded by metamorphic rocks toward the periphery and eventually by sedimentary ones.

Authors: Vladimir Komissarov, Pat Littlejohn, Adrian Nelhams

## Chapter 8 Atbashi Range of Part II (Most interesting mountaineering and ski mountaineering areas of Kyrgyzstan)

The Range is situated in southern part of the middle Tien-Shan. Its sub latitudinal strike is more than 100 km. It's administered by Atbashinskyi District of the Naryn oblast. 70 km of central of the Range is of the interest for climbers. Despite easy access the region is still relatively unexplored by climbers. There are possibly more than hundred unclimbed mountains over 4000m in the region still now. In the South-Western part of the ridge are excellent opportunities for rock climbing consists of limestone monolithic walls up to 200 meters. Access to both the Northern and the Southern slopes of the Range, though not very difficult, but is possible only on cross-country vehicles, adapted to ride on the mountain off-road. The most favorable season for climbing is from mid-June to mid-September when the weather is most stable.



First ascents were done in 2002 by army climbers Naryn region under the leadership of Vladimir Komissarov and major Myrza Tezekbaev. Later, after 2007 there were several expeditions led by Pat Littlejohn, Andrew Wielochowski, Steve Brown, Emily Ward and Adrian Nelhams.

A busy highway connecting Torugart pass and Naryn is located along the northern slopes of the range. Convenient base camps can be set up there within 2-3 hour walking distance to the climbing start. Horses can be hired to deliver loads from BC to ABC which is approx 4 hours walking. Elevation of the summits from ABC is 600-800m. Routes are on rock combined, rarely on ice-snow. NO permits to access canyons of northern slopes.

Southern slope is reached by road connecting Kindi pass on the East and Torugart pass on the West of the range. All southern canyons can be easily accessed by road and only by 4wd tracks. The road passes on the right side of the Ak-Suu river, which possible to cross by vehicle relatively safely near of Kultsentr Village where there is a vehicle river passing to a depth of 0.6 meters. In other places it is possible to move only in places of wide spill of the river. In fact, that to upper reaches of the South slopes gorges possible drive by high-water beds almost to the end moraines of glaciers. In comparison with the northern slope of the range and At-Bashi valley the level of erosion in this part is much higher and elevation is less. The peaks are more glaciated and offer snow and ice ascents as well as mixed rocky ridges. The southern slopes are in the border area and special permit is required.





Pic. 4. Kashkaratash river basin of Atbashi Range Southern slope. Climbed (black) and unclimbed peaks



Pic. 5. Mustabas river basin of Atbashi Range Southern slope. Climbed (black) and unclimbed peaks

Cartography. Maps 1/100,000 k43-105, k43-106 and k43-116.

Photos below are by authors.



Photo 1. Unclimbed area of Mustabas West Glacier, view from Ordo Peak to N-East.



Photo 2. Unclimbed peaks (to 2018) of Kashkaratash East Glacier, view from Ordo Peak to West.



Photo 3. Kensu East Glacier



Photo 4. Base camp in Kashkaratash valley.



Photo 5. Highest point of Atbashi Range Rhianydd Peak, 4801 meters.



Photo 6. Dom Byely Peak tower, 4550



Photo 7. Peaks James Bruton (left) and Jemish (right).



Photo 6. Ordo S Peak (right) and Mustabas W Valley.



Photo 6. Mountain adventure – 6wd KAMAZ is blocked by swamp of river bed of Kashkaratash River.



Photo 7. Camp in West part of Atbashi Range.

Tab of climbed summits and routes of At-Bashi Range, Kyrgyzstan / Таблица пройденных вершин и маршрутов хребта Ат-Баши Кыргызстан

Peak # on the map /# пика на карте	Peak name, altitude by meters / Название вершины, высота в метрах	First climbing team leader and team members, route / Лидер и участники группы совершившей первое прохождение, маршрут	Grade /Кат. трудн.	Year of ascent /Год восхожд/
8.1	Ajibek Batyra Peak, 4320	Vladimir Komissarov, Myrza Tezekbaev, E slope & N ridge	2A	2002
8.2	Kazybek Kazalchi Peak, 4530	Vladimir Komissarov, Myrza Tezekbaev, E slope & S ridge	1B	2002
Andrew Wielochowski Expedition Orto Kaindy Valley, 2007 (No info)				
8.3	Topoztor Peak, 4600	Pat Littlejohn, Barney Harford, Max Gough, S ridge, then S face and W flank	AD	2007
8.4	Inek Peak, 4560	Vladimir Komissarov, Leif Iversen N ice flank to Mamalik Pass and E ridge	PD	2007
8.5	Sumashedshaya Peak, 4510	Adrian Nelhams, Tim Evans S Ridge	D+	2010
8.6	Altynay Peak, 4470	Vladimir Komissarov (solo), N Ridge	PD-	2010
8.7	Kumur Ay Peak, 4480	Vladimir Komissarov, Laura Fletcher, Paul Wellicome, N Ridge	F	2010
8.8	Eki Bash Peak, 4460	Pat Littlejohn, Patrick Cadell, Mark Dillon, Tom Fox, traversed via N Ridge from col	PD+	2010
8.9	Ara Peak, 4595	Pat Littlejohn, Patrick Cadell, Mark Dillon, Tom Fox, E Ridgeby snow couluar	AD	2010
8.10	Robert Peak, 4570	Vladimir Komissarov, Laura Fletcher, Paul Wellicome, NW Ridge	F	2010
8.11	Apa Peak, 4560	Vladimir Komissarov, Laura Fletcher, Paul Wellicome, W Ridge	F	2010
8.12	Ak Yurta Peak, 4600	Adrian Nelhams, Tim Evans, Adam Dickins, SW Flank	F	2010
8.13	Shagyl Peak, 4565	Vladimir Komissarov, Adam Dickins, E Flank	F	2010
8.14	Kensu Peak, 4757	Pat Littlejohn, Patrick Cadell, Mark Dillon, Tom Fox, S Ridge	AD	2010
8.15	Ekilik Peak, 4496	Adrian Nelhams, Laura Fletcher, Paul Wellicome, Tim Evans, N Ridge	AD-	2010
8.16	Chaghylgan Peak, 4486	No info (Pat Littlejohn exp)	?	2012

8.17	Centre Piece (Ortosu), 4626	No info (Pat Littlejohn exp)	?	2012
8.18	Kirsten Peak, 4621	No info (Pat Littlejohn exp)	?	2012
8.19	4725 (Name???)	No info (Pat Littlejohn exp)	?	2012
8.20	Okno (Window) Peak, 4556	No info (Pat Littlejohn exp)	?	2012
8.21	Negritianka Peak, 4417	No info (Pat Littlejohn exp)	?	2012
8.22	Alun's Peak, ???	No info (Pat Littlejohn exp)	?	2012
8.23	Marina Peak, 4503	Pat Littlejohn, W ridge	PD	2013
8.24	Kunduz Peak, 4550	Pat Littlejohn, W Ridge	PD-	2013
8.25	Dostuk Peak, 4590	Adrian Neshams, W Ridge	F+	2013
8.26	Nurga Boelgon, 4600	Adrian Nelhams, S Ridge	PD+	2013
		Vladimir Komissarov, , Gadi Shtirmer, Eric Dahlbom, traverse from Diane Pk.	PD	2014
8.27	Churkoo Peak, 4460	Adrian Nelhams, Stephen Taylor, Jason Sheldrake, Jerry Gale, Paolo Capozzi E Ridge	PD	2013
8.28	Cerberus Peak, 4365	Pat Littlejohn, Julia Tizard, Andrew Ramsay, NE Ridge to E summit	AD	2013
8.29	Cerebrus Peak, 4365	Adrian Nelhams, Stephen Taylor, Jason Sheldrake, Jerry Gale, Paolo Capozzi E face + S Ridge to C summit	AD+	2013
8.30	Saiee Peak, 5401	Pat Littlejohn, Julia Tizard, Carlo Bezoari, Andrew Ramsay, Susanne Galler, S Ridge	F+	2013
8.31	Ak Tsaritsa, 4580	Pat Littlejohn, Julia Tizard, Carlo Bezoari, Andrew Ramsay, N flank	PD	2013
8.32	Kun Chygush, 4460	Pat Littlejohn, Julia Tizard, Carlo Bezoari, Andrew Ramsay, N face E Ridge	PD	2013
8.33	Katushka Peak, 4640	Paul Josse, Steve Brown, Tarje Lokken E ridge	PD	2013
8.34	Sur Peak (Marmot), 4480	Paul Josse, Steve Brown, S ridge	PD	2013
8.35	Mergenchi Peak, 4490	Steve Brown, Tarje Lokken, S Ridge	F	2013
8.36	Egizder Peak, 4519	Paul Josse (solo), SE ridge	PD-	2013
8.37	Josse Pt, 4502	Paul Josse (solo), traverse from Egizder Pk	PD+	2013
8.38	Chatir Peak, 4646	Paul Josse, Steve Brown, Tarje Lokken, SE face	PD	2013
8.39	Olds Buffalos Peak, 4550	Paul Josse, Steve Brown, Tarje Lokken, traverse from Chatir Peak	AD	2013
8.40	Panorama Peak, 4430	Paul Josse (solo), S-N ridge	PD+	2013
8.41	Kara Peak, 4534	Jason Sheldrake (solo), S Ridge	F	2014
8.42	Jemish Peak, 4550	Vladimir Komissarov, Martin Wardley, Eric Bates, S Flank	F	2014
8.43	Littlejonovich Pt, 4690	Pat Littlejohn, Stephen Taylor, N Ridge	AD-	2014
8.44	James Bruton Peak, 4727	Pat Littlejohn, Martin Wardley, Eric Bates, Stephen Taylor,	F	2014
8.45	Arie Gabai Peak, 4530	Vladimir Komissarov, Gadi Shtirmer, Eric Dahlbom, W Ridge	PD-	2014
		Adrian Nelhams Stuart McAleese, Aleksey Potockiy, Mark Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker,, S Face	AD	2017
8.46	Tunduk Gyldyz Peak, 4730	Pat Littlejohn, Stephen Taylor, Sheldrake, Gadi Shtirmer, Eric Bates, NE Ridge	AD-	2014
8.47	Penitent Pt, 4700	Pat Littlejohn, Stephen Taylor, Martin Wardley, Eric Bates E Face	AD	2014
8.48	Toynuguch Pt, 4750	Pat Littlejohn, Stephen Taylor, Jason Sheldrake, Martin Wardley, Eric Bates E Flank	AD	2014
8.49	Taaji Peak, 4200	Pat Littlejohn, Gadi Shtirmer, Martin Wardley, Eric Bates T Flank	PD	2014
8.50	Pt. Echinchi, 4187	Pat Littlejohn		2014
8.51	Dianne Peak, 4439	Vladimir Komissarov, Gadi Shtirmer, Eric Dahlbom, traverse from 4479 Pk.	F	2014
Emily Ward a solo trip to the Kashkaratash Valley, 2015 (No info)				
8.52	4032 Peak	Adrian Nelhams, Stuart McAleese, Lisa Ferrero , Walter Robison	F	2017
8.53	4239 Peak	Adrian Nelhams, Max Cole, Stuart McAleese, Aleksey Potockiy, Mark Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker and David Woods. W Slope	F	2017
8.54	4249 Peak	Stuart McAleese, Max Cole, Adrian Nelhams, Aleksey Potockiy, Mark Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker, and David Woods. , N Ridge	F	2017
8.55	Rhianydd Peak, 4801	Adrian Nelhams, Max Cole, Stuart McAleese, Mark Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker, E Face and N Ridge	AD	2017
8.56	Ordo Peak, 4612	Vladimir Komissarov, David Woods W Face	PD	2017
8.57	Volchitsa Peak, 4461	Adrian Nelhams, Stuart McAleese, Aleksey Potockiy, Mark Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker, E Face	PD	2017
8.58	Ata Babalar Peak, 4557	Max Cole, Tarni Duhre, Ewan Jones, S Ridge	PD	2017
8.59	4516 Peak	Stuart McAleese, Adrian Nelhams, Aleksey Potockiy, Mark	PD	2017

		Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker, and David Woods. SE and S Ridge		
8.60	4536 Peak	Adrian Nelhams, Aleksey Potockiy, Mark Aitken, Tarni Duhre, Lisa Ferrero, Ewan Jones, David Kennaway, Walter Robison, Jason Sheldrake, Stephen Taylor, Richard Walker and David Woods. from 4516 Peak	PD	2017
8.61	4152 Peak	Adrian Nelhams, Mark Aitken, Tarni Duhre, Ewan Jones, Jason Sheldrake, Stephen Taylor, Richard Walker and David Woods. E Slope	F	2017
8.62	Beersh Berkut Peak, 4600	Pat Littlejohn	PD	2010
8.63	Dom Byely Peak, 4550	Pat Littlejohn	PD	2010
8.64	Stefan Peak, 4480	Pat Littlejohn	PD	2010
8.65	Bashnya Peak, 4690	Pat Littlejohn	PD	2010

Autors: Vladimir Komissarov, Pat Littlejohn and Adrian Nelhams



### Part III Logistics for the mountaineering and ski mountaineering activities

- Food
- Equipment
- Gas and petrol
- Transport
- Staff for mountaineering expeditions
- Travel formalities in Kyrgyzstan
- Local tour operators

#### Food.

There are no problems with food supply for the mountaineering expeditions in Kyrgyzstan. Basically standard range of goods can be easily purchased in the local stores and markets of the country. There are a few things that should be taken into account when you do shopping. It should be high quality food. All necessary goods can be purchased in Bishkek (capital city) which is usually a starting point for most expeditions. Another reason is that the best choice, variety and high quality of goods, as a rule, you can find in Bishkek only. Therefore it's better to buy the most of the food in Bishkek, but some goods are still available in small markets on the way to the mountains. Special food for climbers, concentrates, sublimate and dehydrated food is better to buy in Bishkek. If approach to the expedition destination takes several days (for example approach to the Western Kokshal-Too Range region). In this case some foodstuffs especially perishables are worth to buy in towns or villages on the way. This applies first to bread, fruit, vegetables and meat. The most expeditions in Kyrgyzstan are conducted in the areas of big towns such as Karakol, Naryn and Osh. Karakol is a good place to purchase bread, meat and vegetables, however, fruits and tomatoes is recommended to buy on the way to Karakol in Chui valley. It's more convenient to get some bread and meat in Naryn but for the most other food it is better to purchase it in Chui valley and Bishkek. Good choice of fruits, vegetables, meat and bread is in Osh. Moreover fruits and vegetables are cheaper and better quality in the South than in the North of Kyrgyzstan.

## Equipment.

Mountaineers usually bring their own personal climbing equipment. However, there may be such problems as lost baggage or some gear worn out during the expedition. There are several outdoor stores in Bishkek where you can buy everything that is necessary. The list of the stores is attached. There are no such facilities in other towns of Kyrgyzstan. Cookware and cooking utensils can also be bought in hunting or sportswear stores but the range is usually not very rich and suddenly it can happen that there are no necessary items. If it is necessary to purchase any special equipment, we recommend you to order it in advance from the store or through the tour operator. In addition, some tour operators can lend equipment such as: tents (high-altitude, base camp, kitchen and dining tents), cooking ware and kitchen utensils, satellite phones, USB-stations and etc.



Base camps of the expedition in remote mountains. Kitchen trailer

## Gas and petrol.

These supplies are better to buy in Bishkek. Gas cylinders for stoves (240g and 480g) are still rare commodity in the equipment stores. Usually this item has to be ordered in advance from the tour operator. Some companies have systems to refill cylinders. One option is to refill used cylinders which will be considerably cheaper than buying new ones. Refilled cylinders are good to use at the altitude below 5,000m – proved with personal experience. Good quality petrol for primus stoves is available in petrol stations located along main highway of the Republic. Also it can be ordered in advance through the tour operators.

## Transportation.

There are several ways how to get Kyrgyzstan: by air, by railway or by car. The most convenient way to travel around the country is land transport and occasionally by air. Most of the mountaineering regions can be accessed only by all-wheels off-road vehicles. Helicopter is the only option to access some regions of the Central Tien-Shan and Jangart. Walking time to those regions is about 4-7 days. There are several factors which are important when you choose vehicle, it is not only capacity, but first of all high cross-country ability. For instance, sometimes opportunity to cross the river becomes very important. The other vital factor is driver's skills and experience in the mountains. For example, there are many river marshes and hillside bogs – “saz” in local language (photos). To avoid the traps driver has to have an experience but not less important is an experience how to get out of the swamps. It's very important the vehicle is equipped with necessary gear to get out of marsh. There are a few only off-road cross-country vehicles in Kyrgyzstan which are specially equipped for expeditions. This type of transportation with experienced drivers is available to hire only in a few travel companies. There is a sense to make an advance booking of the transport. You can see reliable vehicles for mountaineering expeditions on the pictures below.

Transport for remote mountaineering areas of Kyrgyzstan.



Transport for mountaineering expeditions.



Mountaineering transport through mountains, forests, steppes and rivers



Mountain rivers crossing.



Challenges happen with strong cross country vehicles sometime: KAMAZ stuck in the mud. GAZ66 drowned in a river during a crossing.

## **Staff for mountaineering expeditions (mountain guides, porters, managers, cooks)** ***Mountain guides.***

When you hire mountain guide in Kyrgyzstan, you should be very careful not to be guided by an untrained person. Almost everyone in Kyrgyzstan can identify himself as a guide and offer guiding service at present time. There is no law regulation to control work of mountain guides. However situation can be changed in nearest future by new tourism legislation, which is under discussion today. How to find information about mountain guides? First of all, the main source is the Kyrgyz Mountain Guides Association (KMGA), which is full member of IFMGA since 2017. This organization also trains and certifies mountain guides. The list of certified mountain guides with contacts is here <http://mguide.in.kg/en/guides>. The Association trains mountain guides in accordance with UIAGM-IFMGA standard also Association developed its own standards and certified by as international (IFMGA), as national standards. If the guide you are planning to work with doesn't hold KMGA certificate it is worth to request for the references from other clients or from KMGA first.

### ***Porters and horses.***

During a year porters can be hired only in Bishkek or Karakol, at season time number of porters is based in the area of Lenin peak. If you are going to any region other than Lenin peak you have to transport porters from Bishkek or Karakol. You can hire porters only through specialized tour operators or through the Karakol Association of porters. In addition, hiring directly at Lenin peak base camps can be more expensive than doing such through the agency. The same is with horses for transporting loads from BC to ABC and return. As learned from previous experience it's frequently more reliable and cheaper to hire porters and horses through the tour operators.

### ***Expeditions and base camps managers.***

It's better to prepare expedition with the specialized tour operators as they have necessary experience, take responsibility and value their good name. Usually expedition manager is very important staff member for solving different organizational issues during expedition. As a rule the issues include supplying, cooperation with authorities and military (at the border posts), providing communication, guarding campsite and stuff management. Often a manager position is combined with other stuff – mountain guide, driver, porter or cook. If there is a local mountain guide in expedition then frequently he performs the duties of the manager. However if there is no guide then the most experienced staff member can manage the expedition.

### ***Cooks.***

Not every good chef can cook in field conditions. Special experience is required. It's more reliable to hire cook for expedition through the specialized tour operator.

**Travel formalities in Kyrgyzstan. Visa regulation and registration. Permits to border areas.**  
***Visa regulation and registration.*** Regulations of entry visa in Kyrgyzstan for foreign citizens are defined by the act of Kyrgyz Republic "On external migration" and some Decisions of Kyrgyz

Government. In accordance with the law, visa and registration are not required for citizens of the countries mentioned in below Tab.

Tab. Visa regulations and registration condition for citizens of different countries, (<http://www.mfa.gov.kg>)

Visa regulation	Registration conditions
CIS countries: Azerbaijan, Armenia, Belarus, Georgia, Kazakhstan, Moldova, Russia, Tajikistan and Ukraine up to 90 days of stay and citizens of Uzbekistan up to 60 days.	It is not required to register international passports holders within 60 days and citizens of Kazakhstan and Russia within 90 days after crossing the national border.
<p>Visa-free regime is valid for citizens of the following countries who entry / exit or stay on the territory of the Kyrgyz Republic for up to 60 days:</p> <p>Australian Union, The Republic of Austria, The Kingdom of Belgium, Bosnia and Herzegovina, The Vatican, United Kingdom of Great Britain and Northern Ireland, Hungary, The Federal Republic of Germany, Kingdom of the Netherlands, Greece, The Kingdom of Denmark, Iceland, Ireland, Kingdom of Spain, The Italian Republic, Canada, Republic of Korea, The State of Kuwait, The Republic of Latvia, The Republic of Lithuania, The Principality of Liechtenstein, The Grand Duchy of Luxembourg, The Republic of Malta, Principality of Monaco, New Zealand, The Kingdom of Norway, The United Arab Emirates, The Republic of Poland, The Portuguese Republic, The Kingdom of Saudi Arabia, The Republic of Singapore, Slovak Republic, The Republic of Slovenia, United States of America, The Republic of Finland, France, The Republic of Croatia, Czech Republic, Swiss Confederation, The Kingdom of Sweden, The Republic of Estonia, The State of Qatar, The State of Brunei, The Kingdom of Bahrain, Japan, Malaysia (for 30 days), Mongolia (for 90 days), Turkey (for 30 days)</p>	It is not required to register international passport holders within 60 days after crossing the national border.
Citizens of the following countries can obtain Kyrgyz visa by personal request without visa invitation letter: Republic of Albania, Bolivarian Republic of Venezuela, United Mexican States, Kingdom of Thailand, Principality of Andorra, State of Israel, Romania, Republic of the Philippines, Argentine Republic, Republic of Indonesia, Republic of San Marino, Republic of Chile, Republic of Bulgaria, Republic of Cyprus, Republic of Serbia, Montenegro, Federative Republic of Brazil, Republic of Macedonia, Sultanate of Oman, Central African Republic, Islamic Republic of Iran	Citizens of foreign countries have to arrange registration according to the place of staying within 5 working days after the day of arrival in Kyrgyz Republic,
<p>Visa regime (visa and visa invitation are required) in Kyrgyzstan is valid for citizens of the following countries:</p> <p>Islamic Republic of Pakistan, People's Republic of Bangladesh, Arab Republic of Egypt, Republic of the Union of Myanmar, Democratic Socialist Republic of Sri Lanka, Republic of India, Republic of China, Hong Kong Special Administrative Region of the People's Republic of China, Turkmenistan, Republic of Colombia, Federal Republic of Nigeria, Taiwan, Federal Democratic Republic of Nepal, Hashemite Kingdom of Jordan</p> <p>Visa support (invitation letter) can be provided by the local tour operators</p>	Citizens of foreign countries have to arrange registration according to the place of staying within 5 working days after the day of arrival in Kyrgyz Republic,

### E-Visa.

Ministry of Foreign Affairs of Kyrgyzstan has elaborated e-Visa portal to facilitate visa issuance process for genuine travelers. Electronic visa application form does not require more information than traditional paper application and it gives the same right to enter Kyrgyzstan territory as ordinary sticker-visa in the passport. Applying for a visa through this portal has lots of advantages.

There is no need to make an appointment or present original documents to the Embassy or Consular Office. All you need is internet connection, credit or debit card for making payment and scanned copies of your documents. Your travel document must be valid for at least 6 months from the date you intend to enter Kyrgyzstan. Travelers have possibility to obtain a short-term visa without visiting embassy or consular office of the Kyrgyz Republic, following two simple steps: applying and making online payment. More information is here <http://www.evisa.e-gov.kg>

**Permits to the border areas (zones).** (BZ) In accordance to the Kyrgyz law there is a special border regime in the border zones of Kyrgyzstan. Special permit is required to enter the territory and is given by the authorized organizations. Border zone area is the area from 10,000 m to 50,000 meters in the mountainous and sparsely populated areas. Permission is regulated by the Statute on the border regime in the frontier of the Kyrgyz Republic approved by the government decree of the KR #362 on May 15, 2004. Foreign citizens obtain entry and stay permits for BZ in the Interior Ministry and Frontier Troops of the Kyrgyz Republic. Permits for foreign citizens can be obtained also by the legal entities or private entrepreneurs, in this case tour operators. The following information of the person entering BZ is needed: 1) full name; 2) date of birth; 3) passport number, date of issue and expiration; 4) place of residence or registration; 5) citizenship; 6) date of entry and duration of stay in the border zone.

**Local tour operators, supplying reliable logistic services for mountaineering activity in Kyrgyzstan**

#	Tour operators	Web	E-adress
1	Kyrgyz Alpine club	<a href="https://kac.centralasia.kg">https://kac.centralasia.kg</a>	<a href="mailto:alpclub-kq@mail.ru">alpclub-kq@mail.ru</a>
2	ITMC	<a href="https://itmc.travel">https://itmc.travel</a>	<a href="mailto:itmc@elcat.kg">itmc@elcat.kg</a>
3	Top Asia	<a href="http://www.topasia.kg/en">http://www.topasia.kg/en</a>	<a href="mailto:topasia@mail.kg">topasia@mail.kg</a>
4	Asia Mountains	<a href="http://asiamountains.net/en">http://asiamountains.net/en</a>	<a href="mailto:office@asiamountains.net">office@asiamountains.net</a>
5	Lenin Peak	<a href="https://leninpeak.net">https://leninpeak.net</a>	<a href="mailto:info@leninpeak.net">info@leninpeak.net</a>
6	Kyrgyzland	<a href="http://kyrgyzland.com">http://kyrgyzland.com</a>	<a href="mailto:travel@kyrgyzland.com">travel@kyrgyzland.com</a> , <a href="mailto:d-sasha@elcat.kg">d-sasha@elcat.kg</a>
7	Mountain Pro	<a href="http://helipro.kg">http://helipro.kg</a>	<a href="mailto:info@helipro.kg">info@helipro.kg</a>

**Part IV. Rescue in mountains, insurance, emergency contacts**

**Search and rescue.** There are several possibilities for search-rescue operations in Kyrgyzstan.

First of all it is State organization Ministry of Emergency Situations in Kyrgyzstan, which is responsible for search and rescue works. The works are provided by the Rapid Response team which consist of the National Army officers. The organization is more directed for different disasters – earthquakes, floods, landslides, avalanches and so on. Staff of this organization is not educated for individual rescue works on complicated mountain terrain. The main disadvantage is that the soldiers don't have necessary knowledge and experience for rescue works in the mountains in certain conditions of difficult terrain. But if there is no any other possibility for search-rescue operation, the organization gives a chance. Contact information of the Ministry rescue service is stated below.

Secondly, in addition to the state rescue service there is private organization, which is responsible for rescue in mountains. Public Foundation “Rescue in the mountains” has been in operation since 1994 (it was called LLC Tien-Shan RTM up to 2008). The Fund runs rescue and search works in the mountains at any altitude and routes, renders medical aid during and after rescue and also carry out repatriation. The Fund does not have permanent staff of rescuers but has agreements with experienced mountain guides, mountaineering

instructors and mountaineers with special rescue skills. Participation of the experienced rescuers is guaranteed by very high for Kyrgyzstan salary. Mandatory condition to start rescue operation is the payment guaranty. Rescue operations will not be started without this guaranty. The guaranty is correct insurance policy, as well as a contract with rescue organization, bank assurance or any other proper payment. The Fund is accredited by the Ministry of Emergency Situations according to Kyrgyz legislation and is approved to conduct rescue operations. The contacts, details and conditions are published here <http://rescue.centralasia.kg/> and below.

Third possibility for rescue operation is temporary rescue teams, which are established by tour operators or public mountaineering groups to insure the safety of the own projects and activities. The rescue teams can participate in rescue missions of the other organizations.

## **Insurance.**

Usually insurance policy is arranged by mountaineers themselves. But, if necessary it is possible to arrange insurance in Kyrgyzstan. The Found and Kyrgyz Alpine Club are agents of the insurance company. Info and conditions of insurance is here <http://rescue.centralasia.kg> and here <https://kac.centralasia.kg>. Total coverage of the insured event for rescue works in the mountains should not be less than Euro 30,000. It should be not less than Euro 10,000 for medical aid and not less than Euro 5,000 for liability. Size of insurance coverage amount bases on the price of hiring helicopter for rescue works. You should take into consideration, that not any insurance policy is accepted. Rescue organizations published "black list" of the insurance companies, which policies are not accepted. Usually it is easy to find this list on the websites.

## **Emergency contacts**

List of phones for foreigners in case of emergency situations. (info on Bishkek, Osh, Karakol, Naryn)

### **1. Accident in the mountains, the need for search and rescue work**

- 1) Ministry of Emergency Situations  
161 – Rescue service in Bishkek  
112 – Coordination centre all over the Kyrgyzstan  
Operations officer in Bishkek city - +996 770 334401  
Osh town - +996 770 229522  
Karakol town - +996 770 334000  
Naryn town- +996 770 822250
- 2) Public Foundation " **Rescue in the mountains**"  
+996 312 651404  
+996 312 651221  
Phones 24/7:  
+996 700 651221  
+996 701 799925

### **2. The criminal case**

- 1) The Interior Ministry of Kyrgyzstan (police)  
Rapid Response Service (police) number 102  
Call center of the State Department of Internal Affairs (SDIA): (+996 312) 683713  
Passport and visa department of SDIA: (+996 312) 285936  
Foreign citizens department of SDIA: (+996 312) 285538  
Interior Ministry call center: (+996 312) 684266, 662331  
Passport and visa control department of SDIA: (+996 312) 662329  
Helpline of SDIA: (+996 312) 683002, 683004  
Foreign citizens department of SDIA in Osh: (+996) 3222 56429  
Call center of DIA in Karakol town (Issik-Kul oblast): (+996) 3922 54550  
Call center of DIA in Naryn town: (+996) 3522 50921  
Call center of DIA in Osh oblast: (+996) 3222 56429  
Call center of DIA in Batken town: (+996) 3622 50024  
Call center of DIA in Djalal-Abad town: (+996) 722 51346

2) The Prosecutor's Office  
Bishkek city - +996 776 628899  
Osh town - +996 3239 26276.  
Karakol city - +996 3922 30001  
Naryn - +996 3522 51564.

3) Legal assistance  
Bishkek city - +996 312 547593  
Osh town - +996 3222 44363.  
Karakol town - +996 778 393 554  
Naryn town - +996 772 693073

### **3. Medical assistance**

#### **First aid (public, private)**

Bishkek city –a) public +996 103 b) private- +996 312 595 627  
Osh town - a) public +996 103 b) private - +996 551 004 659  
Karakol town - a) public +996 103 b) private - +996 3922 20579  
Naryn town- a) public +996 103 b) private - +996 3522 21570

#### **Private clinics**

Bishkek city - +996 312 595 627  
Osh town - +996 557 587 785  
Karakol town - [+996 3922 50787](tel:+996392250787)  
Naryn town- +996 3522 52640

#### **Public clinics**

Bishkek city - +996 312 443 908  
Osh town - +996 0555 967 887  
Karakol town - +996 3922 52201  
Naryn town - +996 3522 50411

### **4. Frontier troops (Border Guard Service)**

Bishkek city - +996 312 881 618  
Osh town - +996 3222 22059  
Karakol town - +996 3922 56199  
Naryn town - +996 3522 50726