

Pamir resort
Adventure Vacations and Outdoor Activities in the Pamirs

Country: Kyrgyzstan, Pamir mountains
Itinerary: Osh - "Edelweiss Meadow Camp" - Osh
Tour duration: 8 days / 7 nights

GUARANTEE DATES OF GROUP TOURS IN 2020:

Group No.1. 28.06 - 05.07.2020	Group No.5. 26.07 - 02.08.2020
Group No.2. 05.07 - 12.07.2020	Group No.6. 02.08 - 09.08.2020
Group No.3. 12.07 - 19.07.2020	Group No.7. 09.08 - 16.08.2020
Group No.4. 19.07 - 26.07.2020	Group No.8. 16.08 - 23.08.2020



Vacation in the Pamirs is a wonderful combination of uncombinable elements in a program for those who prefer unusual, contrasting but cozy **mountain vacations**. This **mountain tour** is a good chance for non-alpinists to try the inclement but beautiful alpine world. Attended by an experienced mountain guide, they will stay at one of our camps, which will provide them with comfortable lodging and delicious hot meals prepared by professional cooks.

Lenin Peak area provides a lot of opportunities for **adventure tours** and those who want to stay in **the Pamirs** - perhaps with their **children (recommended age - 8 and higher)** during **summer holidays** - without climbing the mountain. It is where you can enjoy majestic **alpine landscapes** with fabulous lakes and amazingly clean mountain air, easy **mountain hiking** and **walking trails**, as well as meeting local **Pamiri people** and getting familiar with everyday life of **nomads**. All these **adventure activities** are possible in the vicinity of a comfortable camp on **Edelweiss Meadow** (3,600 m) at the foot of the giant snowcapped mountain Lenin Peak (7,134 m).

You can also play volleyball, take part in fascinating **master classes** or relax in a sauna in the camp, as well as sample the delicious **traditional Kyrgyz cuisine**. You may want to **hike** up to the top of one of the nearest hills to enjoy the breathtaking view of **Alay Valley**, or to **"Sunny Camp"** (4,400 m) where climbers from many countries set out on their Lenin Peak conquests.

Thanks to our Camp`s convenient location accessible to motor vehicles, this **adventure trip** can be taken as an exciting supplement to a **cultural sightseeing tour** of **visa-free entry Kyrgyzstan** (44 countries; max. 60-day stays) or just one of individual **mountain getaways**.

To open full description just click the row of each day.

Vacation in the Pamir mountains	
Day 1.	<p>Osh, arrival. Osh - "Edelweiss Meadow Camp" under Lenin Peak (road transfer, 290 km). Arrival in Osh in the morning. Meet at the airport and transfer to the local national house for breakfast. At 06:00 after breakfast transfer to the "Edelweiss Meadow Camp", located on Edelweiss Meadow at Lenin Peak foot ("Edelweiss Meadow Camp" is located on the altitude - 3.600 m). Upon arrival in the</p>

	<p>"Edelweiss Meadow Camp" meet the local English speaking mountain guide, accommodation in tents (2 persons per each tent). <i>*Tents are equipped with electricity, beds, mattresses, blankets, pillows and linens - blanket covers, pillowcases, sheets.</i> After lunch hike up to Lukovaya (Leek) Meadow (3.800 m).The meadow is called so, because 200 meters above the "Edelweiss Meadow Camp" the wild leek grows. Return to the "Edelweiss Meadow Camp". Dinner and overnight.</p> <p>"Edelweiss Meadow Camp" - Achik Tash valley - "Edelweiss Meadow Camp" (hiking, 7 km). Today, after breakfast continuation of exploring the region. We will have a hike to the lakes across Achik-Tash River Valley. In general, this day will be the most important day in the process of your acclimatization on this level of the altitude; it will also look like as a walking day-trip to the yurts of the local people, acquaintance with the life and traditions of Kyrgyz nomads, tasting of traditional Kyrgyz milk beverage - koumiss. Return to the Base Camp, dinner and overnight.</p> <p>"Edelweiss Meadow Camp" - Petrovskiy Peak ridge - "Edelweiss Meadow Camp" (hiking, 12 km). Breakfast at the dining yurt, meet the guide and start the day. Hiking to Petrovskiy Peak ridge up to 4.400 m (the peak itself has altitude of 4.730 m). The hike is not difficult, but will bring a great deal of pleasant emotions to landscapes and photography lovers. Upon return to the "Edelweiss Meadow Camp" participation in culinary master class in cooking authentic Asian plov (also spelled pilaf, pilaff, pilau), which each participant will enjoy. Dinner and overnight at the "Edelweiss Meadow Camp".</p> <p>"Edelweiss Meadow Camp" - Puteshestvennikov Pass - "Sunny Camp" (trekking, 14 km). After breakfast start the trek to "Sunny Camp", located on the altitude of 4.400 m. Hike up to the Lukovaya (Leek) Meadow to the local waterfall. Further hike up to Puteshestvennikov Pass (4.150 m), cross the river. Then we hike up along Lenin Glacier and ascend the moraine, where "Sunny Camp" is located. It will take from 5 to 7 hours to get there, but it is well worth the effort. The view of Lenin Peak you will get in "Sunny Camp" is absolutely different from earlier emotions: you can see the peak itself and the lower part of its huge snowy slope. Accommodation in tents in "Sunny Camp", dinner and overnight.</p> <p>"Sunny Camp" - Peak 4.750 m - "Sunny Camp" (trekking, 8 km). Breakfast at the Camp, meet the guide and start another trekking day. <i>*Note: for those tour participants, who wish to have a rest day will stay at the Camp, walking around and exploring the surroundings.</i> More active tourists will be offered to make a hike to the small peak of 4.750 m and enjoy the grandiose landscape from the height of this peak. Due to its structure, the ridge leading to the 4.750 m summit that you are to climb has no snow on its slopes, which makes its ascending quite easy. On the other hand, walking up you will have an extremely extensive snow-covered slope to your left, with long lines of mountaineers with heaviest rucksacks behind their backs going up and down it. And ahead you will have an approaching white wall, which is one of the incredibly tall sides of Lenin Peak. This giant rises so high into the sky that you cannot discern its top, however hard you lift up your head. You just see an infinitely tall, perfectly beautiful white wall, and you cannot believe it is real. Return to the "Sunny Camp" in the evening. Rest and overnight.</p> <p>"Sunny Camp" - "Edelweiss Meadow Camp" (trekking, 14 km). A trip to the canyon of the Achik Tash River (hiking, 3 km). After breakfast descent back to the "Edelweiss Meadow Camp".</p> <p>On return at the "Edelweiss Meadow Camp" and after lunch you will have an easy walk up the river. There you will find picturesque multi-colored rocks, bizarre stone towers and a wondrous natural phenomenon consisting in the confluence of two streams, one of which carries red water and the other grey water, which do not mix.</p> <p>"Edelweiss Meadow Camp" - Osh (road transfer, 290 km). City tour in Osh. After breakfast at the "Edelweiss Meadow Camp" transfer to Osh. On arrival - meet the local guide and start the city tour in Osh. Visit the following sites: Sacred Suleiman's Mount, Babur's House on a huge rock that looks down upon the picturesque city of Osh, Historical-Ethnographic Museum (the Great Silk Road Museum). Transfer the hotel. Accommodation and rest.</p> <p>Osh, departure. Transfer to the airport. Early morning flight from Osh via Moscow.</p>	
Day 2.		▼
Day 3.		▼
Day 4.		▼
Day 5.		▼
Day 6.		▼
Day 7.		▼
Day 8.		

COST OF THE TOUR 2020:

Type of accommodation:	Standard (tents in BC)	Comfort (yurtas in BC)
Twin/double share	695 USD	895 USD
SGL supplement	+75 USD	+145 USD

The cost of the tour includes:

- ✓ Meeting/seeing off at the airport;
- ✓ Transfer Osh - BC and BC - Osh;
- ✓ All needed documents arrangement (permit to the border zone);
- ✓ OVIR registration;
- ✓ Lunch boxes during transfer Osh - "Edelweiss Meadow Camp" - Osh;
- ✓ **Accommodation in hotels** (double-room accommodation) with breakfast:
 - **Osh (1 night);**
- ✓ **Accommodation in "Edelweiss Meadow Camp" (3600 m)** in **spacious camping tents** per 1-2 members.
 Facilities of camping tents in camp:
 - heating;
 - beds, mattresses, coverlet, and pillows;
 - changeable bed linen: flat sheets, bedsheets, and pillowcases;
 - electrical outlets and individual lighting - desk lamp;
 - clothes hangers;
 - chair;
- ✓ **Accommodation in Camp 1 (4400 m)** in **spacious camping tents** per 1-2 members.
 Facilities of camping tents in C1: wooden decks, thermal isolation, foam mattresses;
- ✓ **Meals: Full board** (3 times hot meals made by professional cooks, including vegetarian meals under request);
- ✓ **Mountain guide** for the whole active part of the program;
- ✓ **Free transfer of personal luggage (under 15kg)** from "Edelweiss Meadow Camp" (3600m) to "Sunny Camp" (4400m).
- ✓ **Equipment for free rental for the period of ascent** (against a deposit):
 - **Sleeping bag** (for visiting "Sunny Camp");
 - **Telescopic ski sticks for walking;**
 - **Rainwear;**
 - **Headlamp;**
 - **Sleeping pad;**
 - **Metallic vacuum flask 0,5 - 1,0 litres;**
- ✓ Using the infrastructure of "Edelweiss Meadow Camp" and "Sunny Camp":
 - Heated Yurt - companion cabins (decorated in national style) at "Edelweiss Meadow Camp" and "Sunny Camp" for the rest and entertainments (music, guitar, table-top games, etc.);
 - Shower facilities at "Edelweiss Meadow Camp";
 - Washstands and toilets;
 - Storage-yurt;
 - Electricity 220 B; 50 Hz;
- ✓ Medical services at "Edelweiss Meadow Camp" (3600 m) and "Sunny Camp" (4400 m);

Cost does not include:

Visa invitations and visa fees; - for the citizens of countries outside the CIS;
 International flights;
 Health insurance.

Additional Services:

- If you arrive in Osh earlier, we can **book** for you **additional day in the hotel of Osh**. The cost of accommodation in the hotel:
 - Single room - 45 USD per night per room;
 - Twin room - 60 USD per night per room.
- The **full list of additional services in "Edelweiss Meadow Camp" and Osh city** you can look **here**.

Hotels:

This tour comes with the following accommodation in city:

City	Hotels
Osh	Sunrise Osh hotel 3* or similar

Note:

Participants of this program should have special clothes and equipment listed below:

Clothes and equipment for the program "Pamir Resort":	
1	A moderate-sized backpack to hike with (30-40 l);
2	Transport trunk. Not essential, but it facilitates the transportation of the things to "Edelweiss Meadow Camp" and further horseback transportation to "Sunny Camp".
3	Sun cream (SPF 25-40).
4	Sunglasses. Trekking boots (Scarpa kailash GTX, Salomon Quest 4D GTX, The North Face Wreck Mid GTX or similar).
5	Scarpa kailash GTX Scarpa kailash GTX Salomon Quest 4D GTX Salomon Quest 4D GTX Salomon Quest 4D GTX The North Face Wreck Mid GTX SALEWA MTN Trainer GTX SALEWA MTN Trainer GTX Teva Keen Garmont Dragontail MNT GTX Garmont Dragontail MNT GTX Garmont Dragontail MNT GTX Hiking shoes (SALEWA MTN Trainer GTX, Garmont Dragontail MNT GTX or similar), and/or sandals (Teva, Keen or similar) to travel within and between the lower camps (Base Camp and Camp 1). Besides, you need a pair of light and open footwear for Osh, which features high summer temperatures.
6	Scarpa kailash GTX Scarpa kailash GTX Salomon Quest 4D GTX Salomon Quest 4D GTX Salomon Quest 4D GTX The North Face Wreck Mid GTX SALEWA MTN Trainer GTX SALEWA MTN Trainer GTX Teva Keen Garmont Dragontail MNT GTX Garmont Dragontail MNT GTX Garmont Dragontail MNT GTX
7	Downy jacket / PrimaLoft or ThermoBall synthetic insulated jackets (BASK Valdez or similar)
8	Assault jacket GORE-TEX (RedFox Vector GTX III or similar).
9	Assault trousers GORE-TEX or Bib and brace overalls GORE-TEX (RedFox Vector GTX III or similar).
10	Suit POLARTEC (for instance, jacket BASK Kondor V3 + trousers BASK Vinson Pro V2).
11	Skin tight linen thermals POLARTEC - two sets: thin thermals to wick moisture away from the skin (for instance RedFox Dry Zone) and thick ones for insulation (for instance, jacket + trousers BASK)
12	Thin Gloves , Fleece, Polartec, WindBloc and thick insulated gloves (for instance, RedFox Ice) KPeaked cap or panama hat + insulated winter hat. A light sun runner cap (Outdoor Research Sun Runner Cap, Outdoor Research Activeice Cap or similar) or panama hat (Outdoor Research Conzumel Sombrero, Outdoor Research Helios Sun Hat or similar) + insulated hat (Outdoor Research Windwarrior Hat, Outdoor Research Peruvian Hat or similar).
13	Outdoor Research Sun Runner Cap Outdoor Research Activeice Cap
14	Knitted T-shirts.
15	Socks-POLAR , thermal socks, like Boreal TREK Thermolite or similars + ordinary socks.
16	Lip balm.
17	First-aid kit (personal).

Transportation.

Depending on the size of a group the following means of transportation are used during the tour:

"Toyota Sequoia"
(up to 3 seats)

"Mitsubishi Delica"
(up to 5 seats)

"Mercedes-Benz Sprinter"
(up to 11 seats)



Toyota Sequoia Toyota Sequoia Toyota Sequoia Toyota Sequoia Mercedes-Benz Sprinter Mercedes-Benz Sprinter Mercedes-Benz Sprinter Mitsubishi Delica Mitsubishi Delica Mitsubishi Delica

[Click here to Submit Enquiry](#)

(CAT - 27/11/2019)