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 **PEAKS**  
**FOUNDATION** **Energia Peak Challenge**



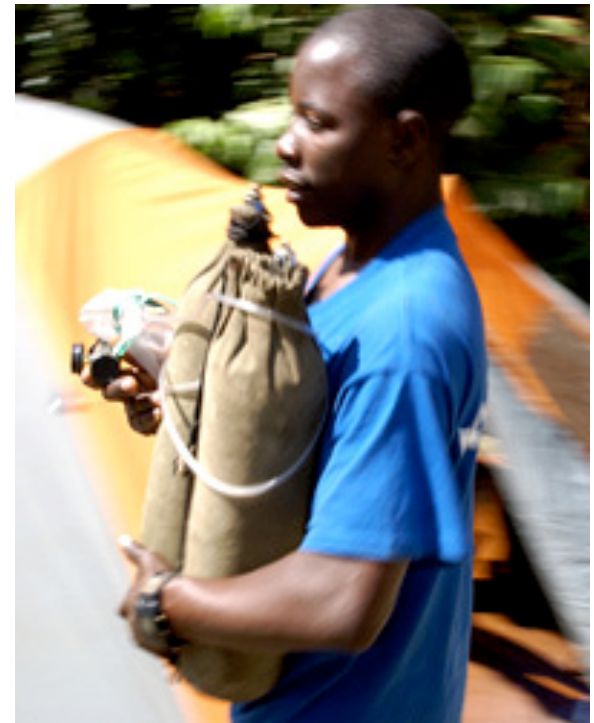
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## Central Asia Climbs

Adventure International runs ethical, professionally led climbs. Our business partners and operations focuses foremost on responsible tourism:

1. **Safety:** All guides carry satellite phones in case of an emergency or helicopter rescue. Carried on all treks are comprehensive emergency kits. High altitude trips will require bringing a Portable Altitude Chamber (PAC)
2. **Responsibility:** All rubbish is disposed of properly, adhering to 'trash in trash out' practices. Any non-biodegradable items are taken back to the head office to make sure it is disposed of properly. To help the local economy all vegetables, rice, kerosene, chicken, and sheep is bought from local villages en route to where guests are trekking.
3. **Teams:** Like most of our teams, the porters have been working with our partners for almost 10 years. Porters are provided with adequate warm gear and tents, are paid timely, and are never overloaded. In addition, porters are insured and never left on the mountain. In fact, most insurance benefits are extended to their families as well. Head guides are paid above industry average and training programs and English courses are conducted in the low seasons; their knowledge goes beyond just trekking but also into history, flora, fauna, and politics.
4. **Client Experience:** Our treks proudly introduce fantastic food. Cooks undergo refresher courses every season to ensure that menus are new and exciting. All food is very hygienically cared for. By providing private toilets, shower tents, mess tents, table, chairs, Thermarest mattresses, sleeping bags, liners and carefully choosing campsites for location in terms of safety, distance, space, availability of water and the views – our guests are sure to have a comfortable and enjoyable experience!

# SAFETY DEVICES



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## Fann Mountains of Tajikistan in Central Asia

### Description

The Fann Mountains of The Great Pamir lies between Zerafshan and Gissar ranges of Pamir-Alay and is situated in the very heart of Central Asia, which is 200 km east of Samarkand. The Fann Mountains are considered to be one of the

most beautiful in Central Asia. The range is part of rock that runs along the southern edge of Central Asia, Siberia, and from the Caspian to the Pacific. The Pamir-Alay area is rich in mountain lakes and lofty peaks and has more than ten peaks with a height of over 5000 meters. Energia Peak is situated in this region standing 5050 meters.

Narrow canyons with clear, rushing rivers, high glaciated summits, wide variety of colorful panoramas, picturesque river valleys and thousands of lakes set amongst juniper forests make this region one of the most attractive in Central Asia.

The Tajik people known to be friendly and love vivid colors are in small mountain villages, where ancient Sogdian dialect can be heard. Alexander the Great came into these valleys and was remembered to camp on the shores of Iskanderkul lake. You will have the chance to feel the mystery and magic beauty of this ancient landscape and culture.



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## Brief Itinerary

#	Area	Overview
1	Dushanbe	Arrive Dushanbe Airport. Meet & greet and transfer to accommodation.
1	Dushanbe	Afternoon with local NGO. <b>**FULL CLIMB BRIEFING &amp; EQUIPMENT CHECK**</b> . Overnight Taj Palace Hotel
2	Allauddin	Drive to Allauddin Lakes area. Overnight campsite
3	Mutny	Trek to Mutny Lake campsite
4	Kaznok	Acclimatization hike to Kaznok pass. Overnight Mutny Lake campsite
5	Base Camp	Trek to Base Camp
6	Energia	SUMMIT. Return to Base Camp
7	Allauddin	Trek to Allauddin Lakes campsite
8	Dushanbe	Drive to Dushanbe. (*celebration dinner*) Overnight Taj Palace Hotel
9	Depart	Transfer to Dushanbe Airport for International departures
<b><i>END OF SERVICES</i></b>		

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## Detailed Itinerary

### Day 1 / DUSHANBE / Aug 18th

Upon arrival into Dushanbe Airport (350am) you are personally met and transferred to your accommodation in Dushanbe. After some rest you head to a local NGO visit and short city tour. In the evening you are given a comprehensive briefing and equipment check by our Climbs Managers and guides.

**Overnight Taj Palace Hotel (Dinner)**



### Day 2 / ALLAUDDIN / Aug 19th

After breakfast drive along Varzob gorge and through Anzon tunnel to Fan Mountains. You arrive in the Allauddin Lakes area at 2600 meters.

**Overnight Allauddin Lake Campsite (Breakfast, Lunch, Dinner)**



### Day 3 / MUTNY / Aug 20th

Today you trek up to Mutny (Muddy) Lake at 3400 meters.

**Overnight Mutny Campsite (Breakfast, Lunch, Dinner)**

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### **Day 4 / KAZNOK / Aug 21st**

Today there is an acclimatization hike to Kaznok Pass at 4040 meters. You return to your camp at Mutny Lake.

**Overnight Mutny Campsite (Breakfast, Lunch, Dinner)**

### **Day 5 / BASE CAMP / Aug 22nd**

After breakfast you ascend to 4400 meters to your base camp.

**Overnight Base Camp (Breakfast, Lunch, Dinner)**

### **Day 6 / SUMMIT / BASE CAMP / Aug 23rd**

You ascend to Energia Peak and then return to base camp.

**Overnight Base Camp (Breakfast, Lunch, Dinner)**

### **Day 7 / ALLAUDDIN / Aug 24th**

Today you descend to the Allauddin Lakes area at 2700 meters.

**Overnight Allauddin Campsite (Breakfast, Lunch, Dinner)**



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## **Day 8 / DUSHANBE / Aug 25th**

You meet the vehicles and drive back to Dushanbe. You arrive at your accommodation for a well-deserved shower! This evening there is a celebration dinner.

**Overnight Taj Palace Hotel (Breakfast, Lunch, Dinner)**

## **Day 9 / DEPART / Aug 26th**

Today you are transferred to Dushanbe Airport for International departures (520am).  
**(Breakfast)**

**END OF SERVICES**



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## ACCOMMODATIONS

**TAJ PALACE** was built in 1975 and reconstructed in 2002. It is located 1km from the city centre and near the National Opera and Ballet and Russian Drama Theatre. The hotel is only 10km from the airport and serves as a great base pre trekking programs.



**CENTRAL ASIA PRIVATE CAMP** is set up every step of the way and ready for when you arrive into camp in the afternoon. A mess tent contains a table, chairs, and all cutlery. Whenever possible, our Central Asia crews like to have guests eat outside to enjoy the splendid views. Guest tents fit 2 people comfortably with sleeping mattress and sleeping bag, all set up for a comfortable sleep. A separate toilet tent is also set up on the perimeter for private and cleaner bathroom facilities. (Camp photo courtesy of Surat Toimastov)



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## DESTINATIONS

### Tajikistan

The Republic of Tajikistan is a mountainous landlocked country in Central Asia. Afghanistan borders to the south, Uzbekistan to the west, Kyrgyzstan to the north, and People's Republic of China to the east. Tajikistan also lies adjacent to Pakistan and the Gilgit-Balistan region, separated by the narrow Wakhan Corridor.

Most of Tajikistan's population belongs to the Persian-speaking Tajik ethnic group, who share language, culture and history with Afghanistan and Iran. Once part of the Samanid Empire, Tajikistan became a constituent republic of the Soviet Union in the 20<sup>th</sup> century.

After independence, Tajikistan suffered from a devastating civil war, which lasted from 1992 to 1997. Since the end of the war, newly established political stability and foreign aid have allowed the country's economy to grow. Trade in commodities such as cotton and aluminum has contributed greatly to this steady improvement.

The word Tajik was used by medieval Turks to refer to Iranain-speaking peoples. From the 11<sup>th</sup> century, the term referred to East Iranian nations, but by the 15<sup>th</sup> century came to be applied to Persian speakers. In the 20<sup>th</sup> century, the term does not denote an ethnic group but remains a general designation of a variety of Persian-speaking peoples in Central Asia. The territory of Tajikistan has been inhabited continuously since 4000 BC. In pre-Buddhist times the parts of Tajikistan including territories as far as Zeravshan valley in Sogdiana formed parts of ancient Kamboja and the Parama Kamboja kingdoms until it became part of the Persian Empire. After the Persian Empire was defeated by Alexander the Great, the region became the northern part of Hellenistic Greco-Bactrian Kingdom. Arabs brought Islam in the 7<sup>th</sup> century forcing people to convert. The Samanid Empire supplanted Arabs and enlarged the cities of Samarkand and Bukhara. The Mongols would later take partial control of Central Asia. A small community of Jews, displaced from the Middle East after the Babylonian captivity, migrated to the region and settled. In the 19<sup>th</sup> century, the Russian Empire began to spread into Central Asia. Soviet authorities started a campaign of secularization, practicing Muslims, Jews, and Christians were persecuted and mosques, churches, and synagogues were closed.

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## Additional Information

### Entry Requirements

All Tajik visas must be obtained beforehand and cannot be obtained at Dushanbe airport unless traveler has supporting documents from Tajik embassy.

### Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

### Weather

*Dushanbe, Tajikistan*

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High F	48	50	59	71	80	91	96	95	87	74	41	51
Avg Low F	32	32	41	50	57	64	67	65	56	47	63	35

### Communication

Tajikistan – country code +992. Most areas will have mobile access and Internet available. Some areas while trekking may not have mobile access.

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## **Electricity**

Tajikistan – electricity supply is 220 V, 50 Hz. Sockets are the round European type with two pins but no earth connection.

## **Gear List**

\*\*A comprehensive gear list will be provided for essential clothing items to bring whilst on safari or activities. Please visit the Adventure International Gear & Apparel Shop: <http://adventureinternational.newheadings.com> All proceeds are donated to Kilimanjaro Porters Assistance Project.

## **Travel Advisories**

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Tajikistan. This will eliminate any credit card holds for fraudulent activity.

## **Currency**

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Somoni, however most places accept USD, Euro, and Russian Roubles (RUB). Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

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## **Government**

Tajikistan is an emerging democracy with a directly elected President and an independently elected parliament.

## **Religion**

Islam, the predominant religion of all Central Asia, was brought to the region by the Arabs in the 7<sup>th</sup> century. Since that time, Islam has become an integral part of Tajik culture.

## **Ethnic Groups**

Today, Tajiks comprise around 79.9% of the population of Tajikistan. This number includes speakers of the Pamiri languages, including Wakhi and Shunghni, and the Yaghnobi people who in the past were considered by the government of the Soviet Union nationalities separate from the Tajiks. After independence these groups were required to register as Tajiks.

## **Languages**

Tajik is a modern variety of Persian spoken in Central Asia. The dialect has diverged from Persian as spoken in Afghanistan and Iran, as a result of political borders, geographical isolation, the standardization process, and the influence of Russian and neighboring Turkic languages. The standard language is based on the north-western dialects of Tajik (region of old major city of Samarkand), which have been somewhat influenced by the neighboring Uzbek language as a result of geographical proximity.

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## **Economy**

Since independence, Tajikistan gradually followed the path of transition economy, reforming its economic policies. With foreign revenue precariously dependent upon exports of cotton and aluminum, the economy is highly vulnerable to external shocks. International assistance remained an essential source of support for rehabilitation programs that reintegrated former civil war combatants into the civilian economy, thus helping keep the peace. International assistance also was necessary to address the second year of severe drought that resulted in a continued shortfall of food production. Tajikistan's economy grew substantially after the war. An estimated 60% of Tajikistani citizens live below the poverty line. Tajikistan has been hit harder than many countries because it already has a high poverty rate and because many of its citizens depend on remittances from expatriate Tajikistanis.

## **Climate**

Despite its relatively small land area, the climate in Tajikistan varies widely, due to the country's mountainous topography. The climate in Spring (March – May) and Autumn (September – November) is moderate. In the cities, daytime temperatures average around 20-30 C. Spring is the most beautiful time of year. The hillsides are alive with blossom, before the scorching heat of summer. In Autumn, the bazaars are loaded with melons, watermelons, grapes, and other fruit. These are both good times to visit lowland Tajikistan. Summer can be ferociously hot in the cities (daytime maximum temperatures often exceed 40 C). The southern cities of Qurghonteppa and Kulob are noticeably hotter than Dushanbe. Escape to the cool mountains! This is the best time to visit if you intend to go climbing or trekking. Winter is usually quite mild, but expect some snowfall in the valleys between December and February. In the mountain, however, conditions are harsh and the higher mountain passes are closed.

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## Booking

For anyone wanting to book this trip they must fill out our online booking form at <http://www.adventure-international.com/booking/booking.html> ' A 10% deposit is required upon booking and final balance payment at least 60-45 days prior to service being provided. A booking shall be considered confirmed on receipt of 10% deposit. '

**PLEASE READ OUR TERMS AND CONDITIONS:** <http://www.adventure-international.com/booking/terms.html> Making a reservation with Adventure International, LLC and it's partners signifies acceptance of these terms and conditions.

## Payment

Please pay by wire transfer or direct deposit to our US bankers:

**Beneficiary Name:** Adventure International, LLC

**Beneficiary Address:** PO Box 2621, Venice, CA

**Bank Name:** JP Morgan Chase Bank

**Bank Address:** 2701 1<sup>st</sup> Ave, Seattle, WA 98121

**Account Number:** 3171301993

**ABA Routing Number:** 325070760

**SWIFT:** CHASUS33

***PLEASE QUOTE GROUP NAME(S) WHEN MAKING PAYMENT***

***We accept credit cards with applicable service fees: 3% US and 4% International***

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## **Insurance Information**

It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure of clients from their country of origin. A climb or safari is an adventure holiday and accordingly neither Adventure International, LLC nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Adventure International, LLC or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit: <http://www.adventure-international.com/booking/insurance.html> OR visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> and make sure to provide #05-0804 as a reference locator to ensure proper routing of essential client information and documentation.

## **Force Majeure / Changes**

In the event of Force Majeure (circumstances beyond the company's control) Adventure International, LLC will notify client of the nature and extent thereof. It is essential to understand that conditions in countries where adventure holidays occur are not always predictable and border closures, road conditions, and other occurrences from time to time cause delays, frustrations, and diversions from the planned itinerary. Should such an occurrence happen, Adventure International, LLC and its partners will do the best to minimize inconvenience.