



PEAK LENIN

RAPID ASCENT EXPEDITION

DURATION: 18 DAYS

LOCATION: KYRGYZSTAN

SKILL LEVEL: ADVANCED

ALPENGLOW



PEAK LENIN RAPID ASCENT™ EXPEDITION

Expedition Details

DURATION: 18 DAYS

LOCATION: KYRGYZSTAN

SKILL LEVEL: INTERMEDIATE

SEASON: SUMMER

COST: \$12,450

DIFFICULTY LEVEL DESCRIPTION:

Intermediate - You should be a competent climber on snow. You should be comfortable with camp craft in high-altitude camps and be able to perform at a high level for multiple days in a row at altitude.

PREREQUISITES:

Team members must have attempted at least one 6,000m peak or similar. We recommend having experience on several glaciated peaks at altitudes above 5,000m.



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ALPENGLLOWEXPEDITIONS.COM**

Expedition Introduction

Why Climb Peak Lenin?

Peak Lenin is the perfect expedition to set you up for success on an 8,000m peak.

Located in the Pamir Mountains of Kyrgyzstan, Peak Lenin towers at 23,400', 7,134m and is the ultimate training ground for 8,000m expeditions.

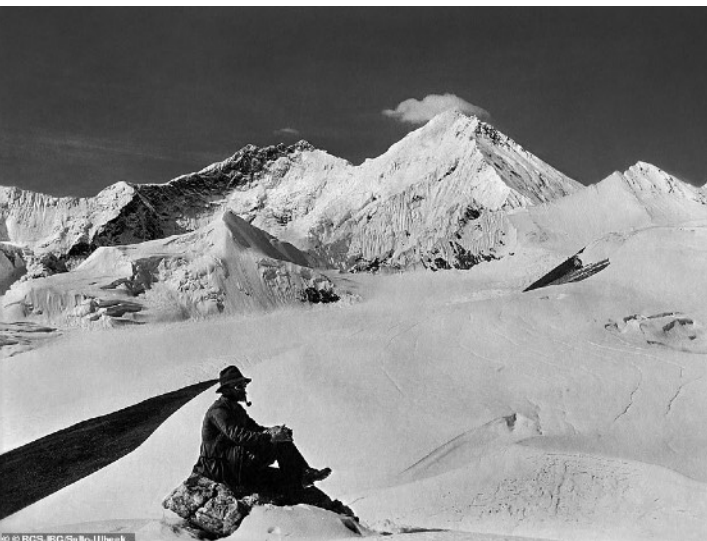
This climb offers everything one could want in a first 7,000m climb. Multiple camps, glacial climbing, an acclimatization rotation, and fun climbing at high altitude.

Peak Lenin itself is a stunning peak that rises high above the valley floor, rewarding climbers with not only stunning views, but also the experience necessary to take the next steps in their climbing careers if their eyes are set on 8,000m peaks.



ROUTE CHOICE

We'll be climbing the Razdelnaya Route, the most classic route on the mountain. This climb will see us move over various terrain, from dirt trails to steep snow ridges. We'll make one acclimatization rotation above C2 to touch 20,300 before making our summit attempt. The summit bid will take 4 days round trip and see us climb +/- 9,000'.



HISTORICAL OVERVIEW

The peak was first discovered and reported to the western world by Russian Explorer Aleksey Fedchenko in 1871. The peak was first called Mount Kaufmann, but was renamed to Peak Lenin in 1928 in honor of Vladimir Lenin.

The first ascent of Peak Lenin was then made that same year, 1928, by a Soviet expedition. The expedition was quite ground breaking, as it was the highest summit that had been achieved by human kind at the time.



18 Day Itinerary

Efficiency is the key to the Alpenglow Approach of climbing big peaks. We've found that the most efficient way to climb these peaks is by minimizing the time spent acclimatizing on the mountain by pre-acclimatizing at home. We do this for several reasons.

- Decreases the number of acclimatization rotations; minimizing exposure and time.
- Maximized the chances of success while minimizing time spent away from Family and work.
- Allows our team to have a more flexible itinerary to pick and choose weather windows.

Our goal with a 18-day itinerary is to keep all the necessary acclimatization, training, and mountain preparation while minimizing the unnecessary waiting and downtime of traditional expeditions.

By using the best technology available including weather forecasting, pre-acclimatization in hypoxic tents, and our team's extensive experience, we're able to maximize the experience had on the mountain and minimize the time spent away from home.



Peak Lenin is the perfect preparation expedition for an 8,000m peak. After Peak Lenin, many climbers set their sights on higher peaks like Cho Oyu in Tibet, Gasherbrum II in Pakistan, or Makalu in Nepal.

See more trips at [ALPENGLowEXPEDITIONS.COM](https://alpenglowexpeditions.com)



About Alpenglow Expeditions

Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.



About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

History of Alpenglow Expeditions

Founded in 2004 by IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

About Alpenglow Expeditions



Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 10 summits of 8,000 meter peaks (including 6 summits of Mt. Everest).



Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.



After 15 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.

The Alpenglow Difference

Alpenglow Expeditions' Rapid Ascent™ climbs are an entirely new way to approach big-mountain expeditions.

Rapid Ascent™ Strategy

First developed by Adrian Ballinger, Rapid Ascent™ is a unique approach to climbing big mountains across the world. This innovative program combines hypoxic training at home with precise logistics and small team sizes to reduce the overall time spent away from home, all while greatly increasing the chance of success on your international climbing expedition.

By pre-acclimatizing for 4 weeks at home, we're able to reduce the overall expedition time to 18 days. It is due to this pre-acclimatization that we are able to move quickly up the mountain, reducing your time spent away from home and limiting your exposure on the mountain.

1:3 Maximum Guide to Climber Ratio

All guides are IFMGA qualified or aspirants working towards finishing their certification.

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EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.



Alpenglow's Peak Lenin Team

Peak Lenin Expedition Leader — Esteban “Topo” Mena

Alpenglow Expeditions' logistics, guiding, Base Camp staff, food, and equipment are of the absolute highest level possible

The Peak Lenin Rapid Ascent Expedition is organized and led by IFMGA Guide, Esteban “Topo” Mena.

Topo is an extremely talented high-altitude mountain guide, having made ten 8,000m summits. He has summited Everest four times, once without supplemental oxygen, and in 2019 summited K2 alongside Alpenglow Expeditions Founder Adrian Ballinger and fellow Alpenglow guide Carla Perez. Topo has also made several summits of Peak Lenin.

Topo has extensive experience organizing complicated logistics for high altitude teams, and has spent countless hours on the mountain rope-fixing with sherpa guiding members, and assisting and organizing rescues.

Alpenglow's Guides & Climbers

Alpenglow offers an exceptional level of competency, safety, and comfort on Peak Lenin expeditions. Our team will be limited to 12 members, with certified guides and the best porter and cooks available.

Our small group size allows us to adapt to changing conditions and weather far more easily than many commercial teams, which have become so large over the last decade that they have become difficult to manage. Our member to guide ratios (**3:1**), the comforts of our Base Camp, our fresh and nutritious food, and our experience and qualified team are all details that add up to a far more enjoyable experience and successful climb.

Local Logistics Team

For our Peak Lenin expedition, Alpenglow has partnered with the premier logistics operator to provide base camp infrastructure, food and base camp staff.

TEAM MEMBER REQUIREMENTS

While many downplay the difficulty and hazards of climbing Mount Everest, Alpenglow maintains a deep respect for the nature of this mountain and you will never find us underestimating its potential dangers. We require a significant amount of experience from each of our members to ensure that you will feel comfortable on the peak, both with your own skills and of those of your teammates.

Most clients will have climbed many other peaks in the 6000m – 7000m range. Team members must also have attempted at least one prior 8000m peak. We recommend Cho Oyu as the “entry” level 8000m peak.



Route Description + Itinerary

The expedition starts in Bishkek, where we'll meet the team and check all our gear before catching a quick flight to Osh and starting our drive across the Pamir Highway the next morning. This stunning drive will give us incredible views of the Alay Valley with the Zaalay Range of the Pamirs rising ahead of us. We'll arrive to the Edelweiss Glade and Peak Lenin's Base Camp (11,800', 3,600m) after 5-6 hours.

Thanks to our pre-acclimatization we'll move to Advanced Base Camp the very next day, heading over Puteshestvennikov Pass to reach ABC at, 14,400' 4,400m. After a day spent resting and acclimatizing in ABC, we'll start our first acclimatization rotation.

Leaving early in the morning we'll trek along the Lenin Glacier to the base of the North Face before traversing a steep slope to the plateau known as the "Frying Pan". Camp 1 is found at the far end of the plateau at 17,400', 5,300m. The next day we'll continue on up a 30 degree snow slope before making the traverse to the summit of Razdelnaya Peak (20,340', 6,200m) and Camp 2. Having reached our high point for our acclimatization we'll turn around and descend to C1. We'll finish the descent to ABC early the next morning, leaving the afternoon to rest and recover.

Having finished our acclimatization rotation, we'll spend the next day resting in ABC before we make our summit push. After our bodies have recovered and the psych as been built up, we'll begin our summit bid on Peak Lenin.

Another early morning will see us return over now familiar ground as we push up towards C1. From C1, we'll continue up the snow slope to the summit of Razdelnaya Peak once more, this time stopping in C2 (20,300', 6,200m). Tomorrow we'll push into unexplored terrain as we work towards Camp 3. This easy 650' day will set us up for success on our summit bid tomorrow.

An early alpine start will see our team leave Camp 3 on our final day of climbing and our bid for the summit. We'll follow a steep ice ridge for about a 700' before reaching a mellow plateau and the bit of climbing that will see us to the summit. At 23,400', 7,134m we'll be greeted with spectacular views of the Pamirs as the expanse of the valley is laid out below. After a short celebration we'll start our descent back down to C1. From there another day of descending will see us return to ABC. One last trekking day will have us back to Base Camp, where we'll then say our goodbyes to the Pamir mountains and hit the road back to Osh. A short flight to Bishkek will mark the end of our expedition and we'll say our goodbyes.

Summiting Peak Lenin is an incredible accomplishment that takes effort, patience, luck, and experience. After nearly 20 years of guiding in the world's highest alpine environments the Alpenglöw team has created the best infrastructure available to support your attempt.



Daily Itinerary Overview

DAY 1 — After arriving in Bishkek, our team will meet you at the airport and transport you to our hotel. We'll get some much needed rest and start to get over our jet lag.

Activity. Arrive in Bishkek, Kyrgyzstan

Sleeping Elevation. 1,600'

Lodging. Hotel TBD

Meals. None

DAY 2 — We'll start our morning with a short flight from Bishkek to Osh. From there, we'll drive across the Pamir Highway to BC. The drive will see us cross the Taldyk Mountain Pass, where the Alay Valley will open up before us. The towering peaks of the Zaalay Range of the Pamirs will loom in the distance a grow ever closer as we make our way to Base Camp. After our stunning drive, we'll reach the Peak Lenin Base Camp on the Edelweiss Glade, resting at (11,800', 3,600m).

Activity. Travel to Base Camp

Moving Hours. 6-7 hours

Sleeping Elevation. 11,800'

Lodging. Base Camp

Meals. Breakfast, Lunch, & Dinner

DAY 3 — Today we'll head out from base camp and make our way to Camp 1. The trek will see us climb over the Puteshestvinnikov Pass (4,200m) and descend to the moraine of the Lenin Glacier. We'll follow the glacier the rest of the way to Advanced Base Camp at 14,400', 4,400m.

Activity. Trek to Advanced Base Camp

Distance Covered. 6.5 miles

Moving Hours. 5-6 hours

Elevation Gain/Loss. +2,600'

Sleeping Elevation. 14,400'

Lodging. Advanced Base Camp

Meals. Breakfast, Lunch, & Dinner

DAY 4 — After a long day of trekking yesterday, we'll spend the day resting and acclimatizing in ABC.

Activity. Rest/Acclimatize in ABC

Sleeping Elevation. 14,400'

Lodging. ABC

Meals. Breakfast, Lunch, & Dinner

Daily Itinerary Overview

DAY 5 — Today we'll start our acclimatization rotation bright and early, leaving ABC for the gradual snow slopes on the Lenin Glacier until we reach the foot of the North Face of Peak Lenin. From here we'll make a traverse across a steep slope that is often covered in deep snow, working towards a plateau that is known as the "Frying Pan". We'll cross the plateau and reach Camp 1 at 17,400', 5,300m.

Activity. Climb to Camp 1
Distance Covered. 3 miles
Moving Hours. 5-6 hours
Elevation Gain/Loss. +3,000'
Sleeping Elevation. 17,400'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

DAY 6 — Leaving C1 behind, we'll start making our way up the 25-30 degree snow slope before traversing towards the summit of Razdelnay Peak, a sub-peak of Lenin that will be the high point of our acclimatization rotation. At 20,300', 6,200m and the top of Razdelnay Peak, we'll have also arrived at Camp 2. We'll stick to the age old tactic of "climb high, sleep low" and descend from there back to C1.

Activity. Touch C2/Descend to C1
Distance Covered. 2 miles
Moving Hours. 5-6 hours
Elevation Gain/Loss. +/-2,900'
Sleeping Elevation. 17,400'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

DAY 7 — Today we'll make quick work of the descent from C1 to ABC, making the end of our acclimatization rotation. We'll spend the afternoon resting and recovering.

Activity. Descend to ABC
Distance Covered. 3 miles
Moving Hours. 1-2 hours
Elevation Gain/Loss. -3,000'
Sleeping Elevation. 14,400'
Lodging. ABC
Meals. Breakfast, Lunch & Dinner

DAY 8 — We'll spend today resting and preparing to start our summit attempt tomorrow morning. The stoke will be a high as we psych ourselves up for the coming climb.

Activity. Rest Day
Sleeping Elevation. 14,400'
Lodging. ABC
Meals. Breakfast, Lunch & Dinner

DAY 9 — Having allowed our bodies to recover from our acclimatization rotation, we'll start our summit bid by re-climbing the gradual snow slopes of the Lenin Glacier before making our way across the Frying Pan to C1. We'll make quicker work of this terrain having seen it before and being well acclimatized.

Activity. Climb to Camp 1
Distance Covered. 3 mile
Moving Hours. 4-5 hours
Elevation Gain/Loss. +3,000'
Sleeping Elevation. 17,400'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 10 — Today will see us cover familiar ground once again as we climb the steeper snow slope to the top of Razdelnaya Peak and C2. Tomorrow we'll take off into new terrain once again as we make a short move to Camp 3 at 21,000'.

Activity. Climb to Camp 2
Distance Covered. 1 mile
Moving Hours. 4-5 hours
Elevation Gain/Loss. +2,900'
Sleeping Elevation. 20,300'
Lodging. C2
Meals. Breakfast, Lunch & Dinner

DAY 11 - Today we'll have a short and easy day moving from C2 to C3, as we climb 650' and just over a mile to reach the high camp of the mountain. This short and easy day will best set us up for success on our summit bid the following morning. We'll get some much needed rest and prepare for our summit bid the next morning.

Activity. Climb to C3
Distance Covered. 1.25 miles
Moving Hours. 2-3 hours
Elevation Gain/Loss. +650'
Sleeping Elevation. 21,000'
Lodging. C3
Meals. Breakfast, Lunch & Dinner

DAY 12 - Summit Day - An early morning will see us start our bid for the summit of Lenin Peak. Traversing across the plateau that C3 rests on, we'll continue up the ridge. From here, it becomes more steep as we follow the "knife" ridge for nearly 1,000' before reaching a large snow plateau. After crossing this plateau, we'll rejoin the ridge to the summit of Peak Lenin, 23,400', 7,134m. At the summit we'll be met with spectacular views of the Pamirs, reaching across to Mustagh Ata and Kongur in China and to the Hindu Kush and the Karakoram of Pakistan.

Activity. Summit Bid/Descend to C1
Distance Covered. 1.5 miles
Moving Hours. 8-9 hours
Elevation Gain/Loss. +2,400', - 6,000'
Sleeping Elevation. 17,400'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

We'll have a quick celebration on the summit, fist bump the small statue of Lenin that sits atop the peak, and then start our descent back down to C3. It will be a big day, taking us 8-9 hours total.

DAY 13 — After a successful summit of Peak Lenin, today we'll make the descent back down to Advanced Base Camp.

Activity. Descend to C1
Distance Covered. 6
Moving Hours. 5-6 hours
Elevation Gain/Loss. -5,900'
Sleeping Elevation. 14,400'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAYS 14 — Today we'll finish our descent off Peak Lenin and make our way to back up and over Puteshestvinnikov Pass to Base Camp

Activity. Descend to Base Camp
Distance Covered. 6
Moving Hours. 4-5 hours
Elevation Gain/Loss. -2,600'
Sleeping Elevation. 11,800'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 15-16 — We'll use these days as extra days to use for weather, acclimatization etc.

Activity. Extra days

DAYS 17 — Today we'll leave base camp and make our way back to the city of Osh where a warm shower and a clean bed awaits.

Activity. Drive to Osh
Distance Covered. 1
Moving Hours. 5-6
Elevation Gain/Loss. +
Sleeping Elevation. 2
Lodging. Hotel TBD
Meals. Breakfast

DAY 18 — Today we'll take a short flight from Osh to Bishkek, making the end of the expedition. From Bishkek, you'll depart for home.

Activity. Fly to Biskek/Home



Travel Details

FLIGHTS

Climbers should schedule flights to land in Bishkek, Kyrgyzstan on day 1 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Flights into Osh are handled by the Alpenglow logistics team and are included in pricing.

If you do not have a travel agent, we recommend using [kayak.com](https://www.kayak.com) as a primary source for finding low-fare airfares.

VISAS

Kyrgyz visas are required and must be arranged in advance. We recommend applying for a 10-year visa if you plan on visiting China or Tibet in the future. Contact our team for recommendations. We recommend CIBT for your visa needs.

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





Accommodations

All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.

IN-TOWN

We will be staying in luxury hotels during our one night in Bishkek and two nights in Osh. We select quality hotels to ensure the best rest and recovery from travel and the climb.

SINGLE SUPPLEMENT

If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this. Single supplement tents are available in base camp, however double occupancy tents are required for all camps on the mountain.

ON-MOUNTAIN ACCOMMODATIONS

Base Camp life includes a personal Yurt complete with mattresses and electricity.

Camp 1 includes 2 person Yurts complete with mattresses and electricity.

Above base camp, we move to the traditional style mountain camps. These will all be pre-built by our sherpa team ready to go for your arrival each afternoon.



General Trip Information

FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Osh to provide the best options to our team. Our western trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

MOUNTAIN TRAINING

Peak Lenin is obviously a large physical undertaking, and climbers who are joining our teams should have a deep understanding of what it takes to train for a mountain like this. For a personalized training schedule, please reach out to our

in-house trainer:

lynette@alpenglowexpeditions.com.

ACCLIMATIZATION FOR NON-RAPID ASCENT CLIMBERS

While our daily itinerary doesn't change, there is an option for climbers who wish to acclimatize in-country prior to day 1 of the itinerary. Please contact the office to discuss options.

MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

INCLUSIONS

The cost of your trip includes your land costs (excluding in-town meals). This includes:

- Double occupancy lodging while in town, according to itinerary.
- Meals on the mountain
- Group camping and climbing equipment
- Base camp and mountain infrastructure
- Scheduled transportation while in the countries we are visiting
- Certified guides
- Covid testing arrangements for re-entry into home country (does not include cost of test)

CANCELLATION POLICY

View our cancellation policy online at alpenglowexpeditions.com.

INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

EXCLUSIONS

The cost of your trip does not include:

- Flights to/from the city where the expedition begins
- Additional nights in hotel outside of the itinerary, this includes but is not limited to extra hotel nights due to an early summit bid and early departure from the mountain.
- Airport taxes
- Visas
- In-town meals
- Immunizations
- Tips for guides or local staff
- Travel, rescue, or any other type of insurance
- Hospitalization or evacuation costs
- Single supplement room charges
- Excess baggage charges
- Alcohol
- Antigen/PCR Covid test cost
- Other personal expenses
- Airport transportation for early arrival/late departures outside of scheduled itinerary

*** The costs of delays or changes to itinerary that are beyond the control of Alpenglw Expeditions or its agents are not included.*





Expedition of a Lifetime

*Summit success is only achievable with your hard work
and perseverance, and of course the right team of
people around you.*

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

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expeditions

ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRES

For booking details, questions, or more information please call or email us:

1 (877) 873-5376

info@alpenglowlowexpeditions.com



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ALPENGLOWEXPEDITIONS.COM

This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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