



# “Asia Mountains”

## General Information

**Visa:** Visas may be obtained from any of the Kyrgyz diplomatic missions or consulates in Great Britain (London), Germany (Berlin, Frankfurt a. M.), Austria (Vienna), Belgium (Brussels), USA (Washington), Turkey (Ankara, Istanbul), China (Beijing), Uzbekistan (Tashkent), Kazakhstan (Almaty) and in other countries with Russian, Kazakh or Kyrgyz embassies. To obtain a visa a “letter of invitation” from Kyrgyzstan is usually required. To obtain such a document “Asia Mountains” requires the following information: full name, date of birth, nationality and passport number of each client. Please allow plenty of time for the formalities involved as sudden changes to visa requirements are quite common in Asia.

**Registration:** If you stay in Kyrgyzstan for more than three days, not counting weekends, you have to be registered locally. This can also be arranged by “Asia Mountains.”

**Access:** For most regions of the republic a Kyrgyz visa will suffice. However, for access to the boundary zone along the Chinese border and some other zones special permits have to be obtained. These areas are: the Inylchek region, the northern side of the Terskei Range, Ashiktash around Peak Lenin, the northern side of the Turkestan as well as the Alaisky Ranges, permits are required. They can usually be obtained through “Asia Mountains” within two weeks.

**Health:** No inoculations are required by Kyrgyz authorities at present. We suggest you take advice from your doctor and bring your own medications, 1st aid supplies and possibly some water purifying tablets or solution. Sun protection is a “must” and insect repellent may come in useful occasionally. Always carry a supply of WC paper. Please ensure the appropriate fitness level for your chosen trip.

**Insurance:** Car, property, public liability, health and travel insurances are virtually unheard of in Kyrgyzstan. We therefore strongly recommend that the tourist obtains a good accident and medical insurance covering all aspects of travelling and mountaineering. Without guarantee of payment it will not be possible to arrange rescues. Some Kyrgyz areas are only accessible with proof of such insurance and we suggest that you bring copies of all such documents including that of guaranteed payment for rescues.



**1st Aid and Rescue:** “Asia Mountains” does not provide first aid services during expeditions but will attempt to assist whenever possible. We will also help organise search or rescue operations and assist with any formalities after rescues and in cases of urgent repatriation. Mountain rescue insurance for all excursions, mountain treks and especially expeditions is therefore an absolute “must” for each client. Please ensure that helicopter use is included in your particular policy.

**Programme Changes:** We will always try our hardest to comply with the advertised or arranged excursion details. However, local conditions, weather and unforeseeable access changes may occasionally require alterations to our programme and routes! These will, of course, be discussed with the clients at the time.

**Transport:** Client transport is mainly done in minibuses, cars or four-wheel drive vehicle in Bishkek and all-wheel drive Kamaz lorries and jeeps around Osh and Karakol. Other vehicles may be hired and some transfers are accomplished by train, plane or helicopter as indicated in the programme.

**Travelling Times:** Owing to the mountainous character of our country and the state of many roads travelling times should not be underestimated. 100km do not equal one hour’s driving as may be normal in some European states. It may well take up to four hours to cover that distance. This should be born in mind when requests are made for tailor-made routes.

**Payment:** Banks in Kyrgyzstan are notoriously unreliable. We therefore suggest that you kindly bring the full amount of the cost of your trip in brand new US dollar notes of large denomination (as few \$1 or \$5 notes as possible as their exchange rate is rather unattractive) with you and pay us on arrival. We trust that you will inform us in plenty of time should you be unable to travel as we do not run a deposit or cancellation system. We can provide a western bank account number if necessary.