



KAZHASTAN MOUNTAINEERING COURSE

FEBRUARY 14-21

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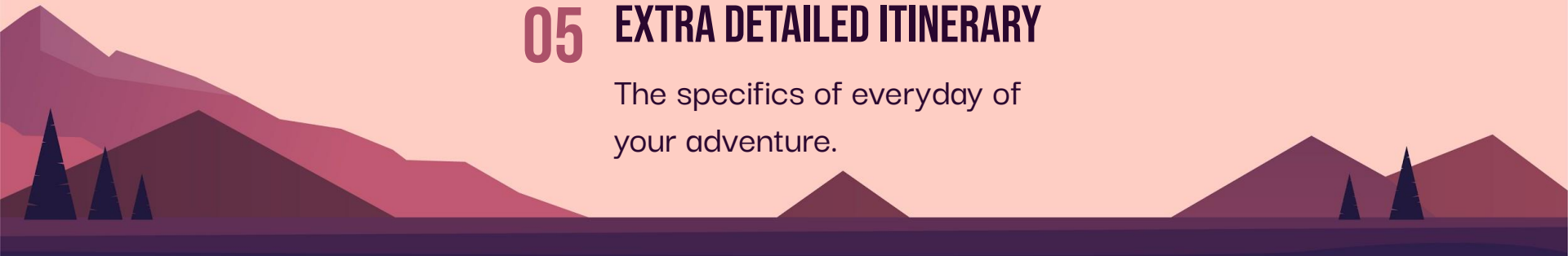
The full day-to-day details of our trip.

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01

OVERALL

The big picture of your
adventure.

THE DETAILS



FLIGHTS + VISA + INSURANCE

Never more than 4 people on your team.



WHERE YOU WILL STAY

Little Mountain Hut - Perfect!



WHAT YOU NEED TO TAKE

Learn to use the kit you have, or borrow from the club on site.



WHAT YOU WILL LEARN

Beginner Level or practicing as an intermediate mountaineering,

FLIGHTS/VISAS/INSURANCE/



FLIGHTS

We will be taking Fly Dubai to
Almaty
3 hour flight
16th Day flight 11:10
21st: 7:10 from Almaty
10:30 Arrives in Dubai



VISA

If you are a UAE
Resident you will get
a VISA on arrival

No charge! Check
your nationality to
make sure you are
included in this



TRAVEL INSURANCE

You will need travel
insurance. We can
recommend a few but
can't take any
responsibility for
coverage.

WHAT TO TAKE

WARM CLOTHES

Just 2 sets of base layers and a warm jacket.

You also need down jacket, rain gear, and warm socks.

DETAILED KIT LIST

See what you need
here

HIKING BOOTS AND MOUNTAINEERING BOOTS

All technical gear except the boots will be provided.

Best for you to get to know how to use your own boots anyway!

Hiking boots will also be required for The Rock Climbing Day





02

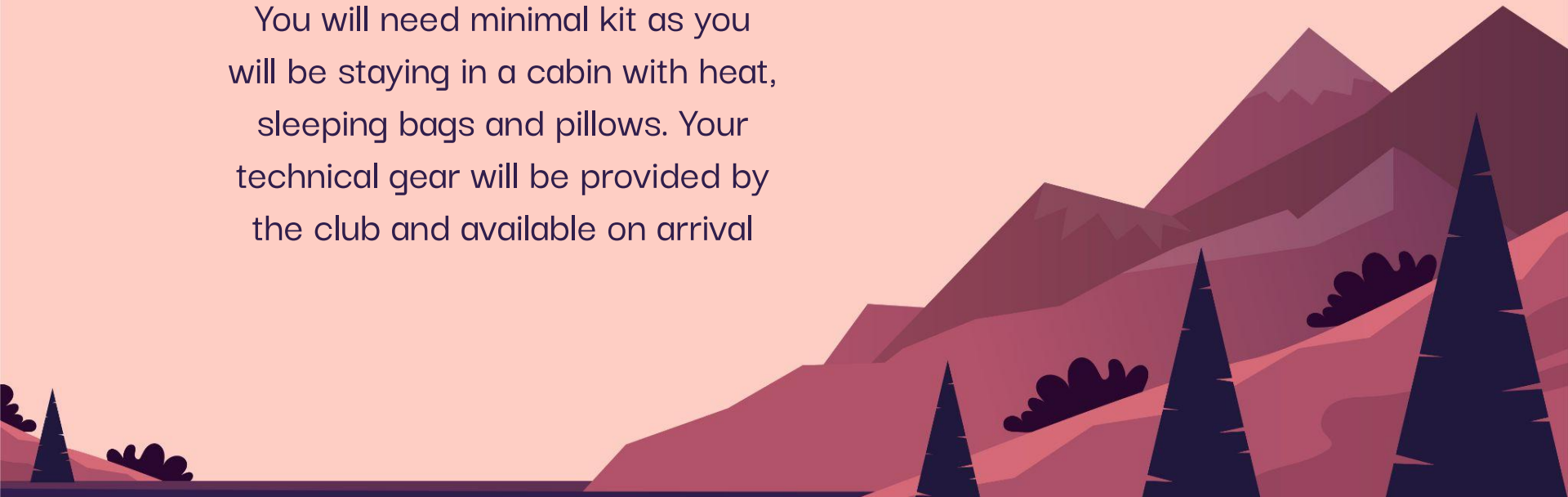
GET READY

What you need to know before
joining.

KIT LIST

MINIMAL KIT REQUIRED

You will need minimal kit as you will be staying in a cabin with heat, sleeping bags and pillows. Your technical gear will be provided by the club and available on arrival



TRAVEL AND ADVENTURE INSURANCE POLICY

Please check your own insurance companies

The adventure policy should have the helicopter evacuation included and extensive coverage in Kazakhstan. The sticking point of policies is the doctor authorization at the moment you need evacuation. This policy does not require a physician, just a guides recommendation.



FLIGHTS:



FLIGHTS: DUBAI TO + FROM ALMATY

Wednesday Feb 14: Wednesday Evening

Suggested direct FlyDubai flight leaves Dubai at 21:30 to Almaty, Kazakhstan.

- Arrive in Almaty in the early morning
- Rest until noon today before we leave to start our course after 12 PM.

Monday Feb 21: Early Morning


Return to the city in the afternoon for a short rest before flying back to Dubai in the middle of the night.

03

COSTS, POLICIES & INCLUSIONS

What's the cost? What's
included and not included?

WHAT'S INCLUDED?

- Feb 14-15 (arrival night - sleep until noon in hotel)
 - Feb 18-19 (sleep until 2 am in hotel)
 - Feb 15,16,17 3 nights in the Mountain cabin
 - Airport Transfers
 - All trek fees, and hotel charges
 - Breakfast in hotel
 - 2 local guides
- 

WHAT'S NOT INCLUDED?

- Flight from Dubai to Almaty
 - Single room for additional price
 - Dinners at the hotel + meals outside our hotel
 - Drinks or Alcoholic Beverages
 - Guides Tips (budget 20 USD Per Day)
 - **Travel and Health Insurance Policy**
- 

CANCELLATION POLICY

Pay upon joining in full (4600 DH)

- Cancellation after payment -50% refund
- Travel insurance is still required as things can happen upon arrival or during our trip that can disrupt or cancel it after arrive. We have a policy which includes evacuation and cancellation insurance - but cannot ensure against all eventualities.





04

DAY BY DAY SKILLS

The details of everyday of your
adventure.

DAY 0: NIGHT FLIGHT / EARLY AM ARRIVAL TO ALMATY

Leave Dubai on night flight arrive to Almaty and go to our hotel - breakfast 10:30 am pickup 11 am. 40 minutes to reach our first training in the morning to our cabin in the mountains. Specifically we will learn/practice.

FLIGHT TIMINGS: FLY

DUBAI

Feb 14:

Evening (9:30 PM) Arrival

Feb 15 early morning

HOTEL

Hotel Reunion Park

LUNCH

Lunch will be on the rocks and after the course (5-6 hours), we will return to the hut for dinner and overnight stay.



DAY 1: PICK UP 11 AM - DRIVE 40 MIN - HIKE 40 MIN TO CABIN

Breakfast is included, so be ready by 10 am ready to leave and drive to the cabin. You will have to carry your personal items around 30 minutes on foot to reach the cabin. Pack light!

Today we will go onto Manshuk Mametova glacier (3600m) or on the side moraine (depending on the trail conditions) for glacier training. After you reach the cabin you will have a quick bit and then put on your winter gear, mountain shoes and then hike up 2 hours to the ice to practice with crampons. You will learn how to use the ax as well.



DAY 2: JUMAR! PRUSSIK, ANCHORS, CRAMPONS

Today we start with a hike uphill around 1 hour to reach the rocks where we will learn and practice using the ascender, the prusik and abseiling We will spend the entire day on the rocks going up and down until you are comfortable on the ascender (jumar). Then you will practice self arrest for 500 m downhill!

TIMINGS

Start Trek: 8:00 am

Return: 4:00 pm

SKILLS

Ascent/Descent on rocks

Glacier Walking

Prusik

Ropes

DAY 3: GLACIER HIKE/WALKING IN A PAIR/CREVASSE RESCUE

Today will be a steep, but slow hike in the morning up to the glacier where you will learn how to rope together to be able to walk through crevasses and prepare a rescue.

TIMINGS

Start hike: 7:30 am

Finish Hike: 2:00

HOURS /KM TREKKING

3 hours



DAY 4: CAMPING SKILLS

Building a snow shelter

Preparing food, boiling water/snow

Reviewing of special equipment for anchoring (stoppers etc.)

Anchoring on rocks (making pitches, stations, points)

Traditional climbing/putting own points and stations (running belay)

Descending of the last partner



DAY 5: SKI DAY OR REST /SPA

Review of skills, glacier and crampons practice up on the glacier.

Return to the city in the afternoon for a short rest before flying back to Dubai in the middle of the night.



**GET READY
FOR THE
ADVENTURE
OF A
LIFETIME!**

