

MOUNT ARARAT TREK

Character:

Mount Ararat has captivated mountaineers for decades. Home of Noah's Ark, this ancient volcano has attracted its fair share of Ark hunters, mountaineers and geologists. It provides an unusual and quite challenging walking and mountaineering objective. From our high camp, we will be trekking across the easy-angled snow slopes leading to the summit of Mt Ararat. Given good visibility, the views extend to Mount Elbrus in the Russian Caucasus and Kazbek Peak in the Georgian Caucasus. For European alpinists it is the nearest mountain in this height category.

Activities:

High altitude trekking, culture, people

Duration:

7 days / 7 nights

Accommodation:

Hotels, camping (camping equipment provided)

Meals:

Full board

Mode of Travel:

Comfortable vehicles/ on foot

Trek Grading:

Difficult (Grade B), good health and reasonable fitness are important

Tour Support:

Tour leader/ driver fluent in English, local mountain guides

Included:

Accommodation for 7 nights at hotels and camps (1 tent for 2 persons and sleeping mattresses provided)

Meals as specified in the itinerary and hot drinks on the mountain (tea, coffee)

Tour leader/ driver fluent in English, local mountain guides

All activities as per itinerary and sightseeing entry fees

All transfers in comfortable vehicles / on foot

Animal support for loads (10-15 kg per person)

Group technical safety equipments (ice-screws, ropes, medical kit)

Excluded:

Optional activities

Permit for Ararat (EUR 50 per person)

Personal clothing and climbing gear

Itinerary

Day 1

Van and Dogubeyazit

Arrival at Van airport and transfer to Dogubeyazit. En route we make a short break at the Muradiye waterfalls enjoy our tea and the outstanding scenery. Check in at our hotel and free time for a delicious lunch in the town. Collecting our climbing permits and a final gear check at the hotel. Free evening to rest and prepare for the trek.

Overnight: Hotel in Dogubayezit

Meal plan: Full board

Day 2

On to Mount Ararat, Green Camp

After breakfast at hotel, we transfer to Mount Ararat by minibus. We stop at Eli village at 2200m. Here a path with a slight initial grade will take us to our 1st camp (Green Camp at 3340m). On the way up to the Green Camp we meet nomads who live in these mountains, explore their lifestyle. The walk takes about 4 hours and the grade becomes steeper only for the last hour. Dinner at camp (weather permitting open-air), rest and good sleep to prepare for tomorrow's acclimatization trek (horses are used to carry our gear).

Overnight: Camp

Meal plan: Full board

Day 3

Acclimatization

This is our acclimatization day. We trek up to the 2nd camp at 4100m then return to our first camp for overnight. This enables us to climb high and sleep low important for acclimatization. Total trekking time: 5 hrs.

Overnight: Camp

Meal plan: Full board

Day 4

Mt Ararat (4200 m)

Today's plan is to trek on the south ridge to our camp at 4100m. From this camp, we have good views of the lesser cone of Little Mount Ararat (3896m) which rises up to the south-east, separated from its bigger neighbor by the so-called 'lava plateau'. As the day before, we will take our lunch pack and start climbing. Weather may be chilly at 4200m and we can expect temperatures between 0 and -15°C on the summit. The luggage will be taken to the camp on horseback. When we reach the camp, hot drinks and soup will be ready for us. Before dinner, our guide will teach how to use crampons, ice axe and rope. We will rest in tents till midnight.

Overnight: Camp

Meal plan: Full board

Day 5

Mt Ararat (summit 5165m)

We make an alpine start at around 3.00 am, and aim to set off at first light. Before the climb, we will get the latest weather report. After a few hours of climbing, we should see the huge shadow of the peak of Mount Ararat on the left. About 7-8 hours of climb and we will reach the summit of Mount Ararat. Everything seems mysterious and magical here, we can see 4 countries at once – Armenia, Azerbaijan, Iran and Turkey. After celebrating reaching of the summit and taking photographs we will be back to our previous camp (4200m) for hot soup and tea. After rest for an hour we descend to the 1st camp at 3200 m.

Overnight: Camp

Meal plan: Full board

Day 6

Ishak Pasha Palace

Morning back to Dogubayazit, check in at hotel. This day is dedicated to cultural exploration and we visit magnificent Ishak Pasha Palace. Perched high on a cliff, this half ruined fortified palace is the stuff Arabian tales are made of. The afternoon is free for you to explore in Dogubayazit, an interesting frontier town. You might want to purchase one of the region's beautiful carpets or dine at a local restaurant just below the palace overlooking the lights of Dogu Bayazit and enjoying Kurdish music.

Overnight: Hotel in Dogubayazit

Meal plan: Full board

Day 7

After breakfast, we drive to Van, free day.

Overnight: *Hotel in Van*

Free day in Van

Meal plan: *Breakfast*

Tour Note

1. Special notes

The information in these Special Notes covers the average range of conditions likely to be found on this trip. In remote destinations unexpected conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

2. Travel health and insurance

No vaccination is required for traveling in Turkey. The region's climate is very pleasant, with no health risks. Water is very clean and safe. However, travelers usually prefer bottled spring and mineral water, which can be found in shops and supermarkets.

There are registered pharmacies in all cities and towns with all basic medications. Travelers with special needs are advised to take a supply of those medications that they are likely to require. Medical facilities are numerous with many qualified doctors practicing in all specialties. Doctors and hospitals often expect cash payment for their services. Travelers are advised to consult their medical insurance company prior to traveling to confirm whether their policy applies overseas and covers emergency expenses such as medical evacuation. When selecting a travel insurance policy we require that it cover medical expenses including emergency repatriation and personal liability. We also strongly recommend that the policy cover loss of luggage and personal effects.

3. Trekking grade

This is not an all-inclusive organized trip, this is a guided trekking. The program may change depending on weather and road conditions or other safety reasons.

Grade B - strenuous

Physically challenging, suitable for hill walkers with good physical fitness, used to extended days. These treks can involve difficult and sometimes glaciated terrain, as well as lengthy periods at high altitude. The elevation varies from 3,000 to 5,000 meters.

4. Money

You will need to allow enough money for meals as well as optional activities. An average meal in a restaurant should cost between EUR 8-10. Tipping is customized and not compulsory. You should be aware that Turkey is still a part-cash economy and credit cards are not accepted in the

majority of shops and restaurants. There are several ATM machines in major cities where you can obtain cash.

5. Communication during the tour

If you need to be contacted while traveling we recommend that you set up an email address that can be accessed on the road. Email cafes are common and are the preferred way for our leaders and travelers to stay in touch.

If someone wishes to contact you in an emergency while you are on an AdvenTour trip we recommend that they contact our operator by phone + 374 10 48 22 71 or E-mail: adventour@netsys.am.

6. Accommodation

We choose hotels/guesthouses that combine comfort and great service with unique ambiance and appreciation of the natural beauty of a region. The emphasis is on location and practicality.

Our tours are based on 3 star properties. In capital cities and other places where higher-class accommodation is available you can upgrade if you wish. Your tour leader will help arrange this and the extra cost will be paid by you. In areas where hotels are not available, particularly in small towns in the regions, the group will stay at a local guesthouse (often with shared facilities). Some campsites we stay in are equipped with showers, toilets, electricity and a common eating area. Where no campsites are available we go wild camping (no facilities). These are limited to once or twice a tour and are in areas where you can enjoy the scenery. All other nights will be in campsites/hotels as described above.

Single Supplement

Should you want more privacy during your trip, you can upgrade by the requesting your own room, often at a little extra cost.

Pre / Post-Tour Accommodation

If you require additional accommodation either before or after the trip, we can book this for you. Please contact AdvenTour for current prices.

7. Transport and private transfers

The mode of transport we use is chosen to suit the environmental aspects and local infrastructure. During tours we use comfortable, air-conditioned cars, minibuses and buses as well as some local transport that is well-maintained and supplied with a first-aid kit. In fact, we often use more than one type of

transport per trip. And just in case you are wondering – we also travel by foot.

Airport transfers are not included in the cost of the trip. Please, let us know at the time of booking if you would like us to arrange a private transfer for you.

8. Staff and support

While on AdvenTour trips, you will be accompanied by a tour leader/driver. The tour leader is in charge of general organization of your trip making sure that you have a most enjoyable time. He/she has broad general knowledge of the places visited, including historical, cultural, religious and social aspects. The tour leader is able to provide suggestions on what to do and see and can recommend great local eating venues. Local guides are an important part of AdvenTour team, they are trained by us and support our groups in sites and locations where their special knowledge of the trails, particular activities or communities will add to the enjoyment of the tour.

9. Meals

The tour cost includes bed and breakfast in the hotels and guesthouses. Meals, when included, will feature local cuisine. For other meals, you are left to choose what and where to eat, though your tour leader will be on hand to suggest venues and arrange where necessary. This can be one of the great joys of this trip as the food in Armenia is superb. Vegetarians should have no problems on this tour.

10. Laundry

Facilities are offered by most hotels for a charge.

11. Visas

Citizens of EU, USA, Canada, Australia, New Zealand and a number of other countries can obtain Armenian visa upon arrival at the airport or land border. All other nationals are advised to consult Armenian Embassy in their country of residence. Georgian visa is not required for EU, USA, Canada, Australia, New Zealand citizens. All other national are advised to consult the Georgian Embassy in their country of residence. Turkish visa is obtained upon arrival at the airport or land border. Iranian visa support is provided by AdvenTour through local partners in Iran. Visa regulations can and do change without notice. Please check the current regulations in good time to obtain a visa if one is required.

12. Travel luggage

Because of limited luggage space on transfer vehicles, we limit each passenger to ONE main suitcase or frameless backpack (the size not more than 75cm x 45cm x 25cm, the weight no more than 20 kg) and one day bag. The daypack is practical for keeping general items (e.g. camera, books, wallets etc.) at hand when your main pack is out of reach. Please note many hotels in the regions do not have porters and you will need to carry your own luggage.

Travel tip 1: On some tours, if you wish, it is possible to leave surplus clothes and other personal equipment in hotels where you will return after your circular trip. Please bring a small bag to pack excess items in and leave the bag at the hotel. Mark your luggage with your name and arrival date. Please ask your tour leader to advise where this may be possible / advisable.

Travel tip 2: You might be tempted to buy a few souvenirs here and there, so leave a little room for those extra purchases!

13. Safety

We always recommend the use of a neck wallet or money belt while traveling, for the safe keeping of your passport, air tickets, cash and other valuable items. All the hotels we use have safety deposit boxes, which can be used to store your valuables.

14. Mount Ararat Equipment List

14.1. Climbing Gear

Rucksack: Duffle bag that will be carried by horses with size 80-100 liters, Small backpack for hikes and summit climb with size 35-45 liters.

Sleeping bag: for -10 / -15 centigrade for summer and -15 / -25 for winter minimum.

Crampons: (automatic or regular), Snow gaiters, Ice axe (General Mountaineering or Alpine Pick An ice axe), Protectors for ice axe and crampons, optional, Headlamp\torch, Trekking poles: optional, highly recommended, Harness: with a short piece of rope for self belay, 2 carabineers.

Gloves: Fleece windproof gloves, Waterproof over mitts (to protect gloves from snow).

14.2. What to wear

Crampon-compatible heavy leather mountaineering boots in summer, in winter plastic boots are necessary, Camp shoes: running shoes or trail shoes, sneakers or sandalets. Sunglasses: with side-shields / glacier glasses / goggles.

Clothing: A robust waterproof and windproof outer shell. must have breathable membrane like

Gore-Tex or equivalent. Fleece jacket as the main warm layer. A combination of 2 to 3 mid-weight fleece tops. Fleece layers are more versatile than one heavy layer when combined with a good thermal base layer. One of the fleece layers can be carried as a spare layer. If you feel the cold then add or carry an extra layer. Hiking pants, hiking socks (minimum 3 pairs), T-shirts, Thermal Liner, Long sleeves and zip polo necks recommended.

Warm hat: Fleece hat with a windproof membrane. Make sure that any hat can cover the ears and the back of the head and neck. Sun hat
Bandana: It is optional but something that will protect your neck from direct sun light is highly recommended, Balaclava.

14.3 Trekking / Travel accessories:

Sun protection material, Sun and Lip block: necessary and very important, Water bottles / Thermos (minimum 2 litres), Pocket knife or multi-tool, Toiletry kit, Small quick-dry towel, Personal first-aid kit, Adapter for any electrical appliances. The 220V current in Turkey, Camera, film and spare batteries.

15. Responsible tourism

Tourism can be a real help to local communities providing income, positive cultural exchanges and the financial incentive to protect the natural environment. Our trips are designed to use family-based guesthouses in the regions, buy local food, hire local guides, drivers and rent trucks to ensure that as much money as possible is retained within the local economies.

16. Feedback

After your travel, we would like to hear from you. Within two weeks after your departure we will send you a feedback form to complete.

Information in this document has been compiled with care and is provided in good faith. However it is subject to change and does not form part of the contract between the client and AdvenTour.