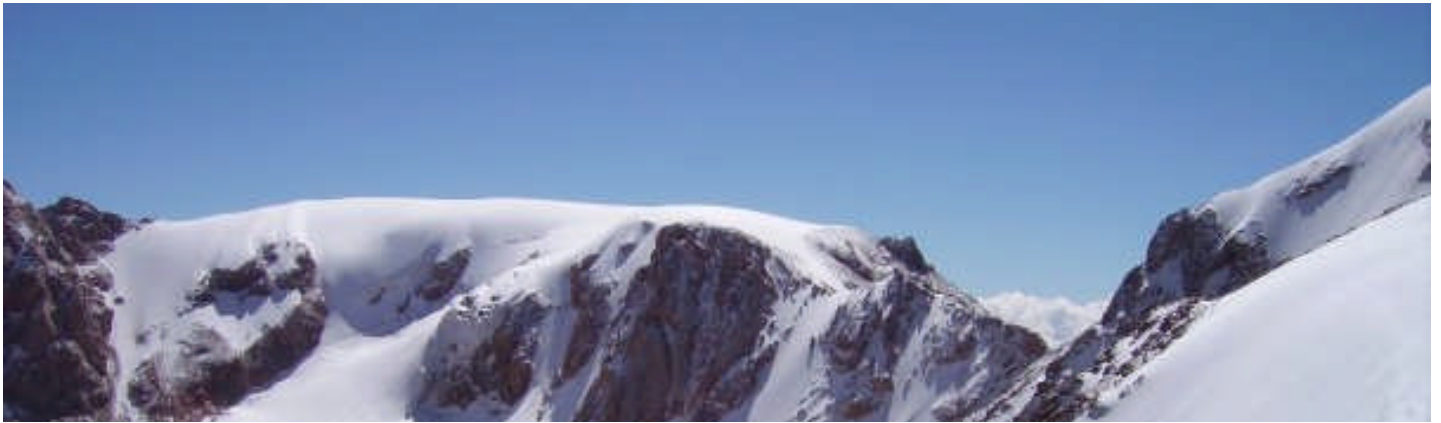


Executive stretch

June 2009



Kyrgyzstan — Virgin Summit

Stretching Personal Development

In late June 2009, a small expedition will leave the UK for just over two weeks to explore unclimbed peaks in Kyrgyzstan.

Kyrgyzstan is a landlocked country bordering Kazakhstan, China, Tajikistan and Uzbekistan. The country is often referred to as the Switzerland of the Central Asia, as mountains cover more than 80 per cent of the country.

This unique wilderness area lies hidden deep within a remote part of Central Asia, in a part of the world that has been off limits to travellers for many years.

It is a land of harsh beauty and stark contrasts. A wild and majestic country, rolling grass plains, miles of pine forests, and high fertile valleys lead to range after range of snow capped mountains, reaching higher and higher as they approach the border with China.



'Whilst there was undoubtedly a physical challenge to the event I personally benefited greatly from being outside of my comfort zone for so long.

'As one of the few not to have done some form of serious climbing/mountaineering, the remoteness of the place we were in and mental challenges that it placed on you forced me to dig deep for personal strength and team-working skills.'



Six miles from the border, severe reminders of the tension that once existed between two great empires remain on guard. Rolls of barbed wire, crumbling concrete fortifications, and forlorn watchtowers mark the 'no-mans land', still standing sentinel over some of the most spectacular untouched scenery in the world.

Beyond the wire and the concrete, across the rivers and across the high plains are the areas

to which we will return. Magnificent unclimbed mountains, snow covered jagged peaks, wide glaciers dip into unexplored valleys. Silence reigns, eagles and vultures sit and watch, as herds of Ibex graze peacefully.

It is a spiritual, serene paradise, vast lakes lay in isolation, hidden between the virgin summits.

We look forward to returning when the winter snows retreat, this area is too beautiful to remain unvisited for long.

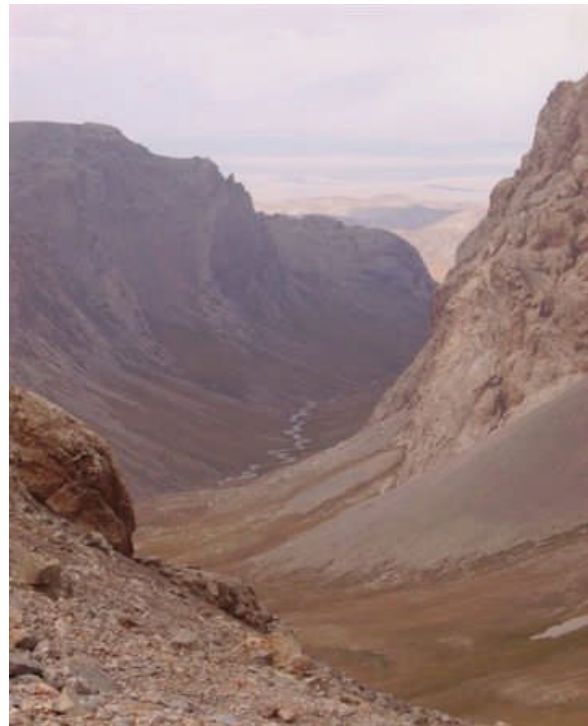
The challenges presented by this expedition are powerful. In the words of Chris Burke – an executive team member of the successful team of novice climbers that visited the area last year: -

"We were the first expedition to visit the area and had the challenge of negotiating with local people for the resources we needed,"

"We climbed in pairs from base camp at 3,000 metres to the peak over rock, ice and snow. We climbed two uncharted mountains and getting to name one was fantastic."

The team climbed in a remote and wild area. Animals made many of the tracks they walked along. The terrain was steep and often unstable underfoot, and the team needed good core balance and resilience as they moved deftly from rock to rock or crossed mountain rivers.'

This next venture will push out the limits even further. The physical and mental challenges will be demanding. We are bringing with us a strong support team to maximise our chances of hitting some stunning peaks that are currently unclimbed...



This challenge is suitable for everyone who has the drive and determination to succeed, so why wait...?

Register your interest at
info@executivestretch.co.uk