



# Mission: Ararat



*Twin mountains of Ararat: 12,782-foot/3896-meter Little Ararat, left, and 16,946-foot/5165-meter Great Ararat from Armenia. (Photo by Art Salisbury)*

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## Welcome to Mission: Ararat!

*“... and on the seventeenth day of the seventh month the ark came to rest on the mountains of Ararat.” — Genesis 8:4 (NIV)*

### Turkey History

**Capital:** Ankara

**Population:** 76,805,524

**Area:** 302,535 sq. mi /  
783,562 sq. km

**Official Languages:** Turkish &  
Kurdish

The debate has raged for some time: Where did Noah’s Ark come to rest? It may be on modern-day Mount Ararat in eastern Turkey or on another peak found in neighboring Armenia or Iran. We do not search for timber possibly preserved since the The Flood (historically documented in the Book of Genesis, chapters 6 to 9). We are called to one of His majestic peaks (16,946 foot/5,165 meter) Ararat in search of those who do not know Jesus Christ, specifically, the Kurdish people.

Kurds, who number about 25 million people, are the largest ethnic group in the world without a state of their own. They are unevenly distributed between Turkey, Iran, Iraq, Syria, Armenia and Azerbaijan. They have always lived in the same area, tracing their roots back to ancient Persia.

The Kurds are tribal people and many of them lived, until recently, a nomadic lifestyle

in the mountainous regions of Turkey, Syria, Iraq and Iran. Their refuge has always been in the mountains.

Nearly all Kurds are Muslim. Among the Northern Kurd of Turkey, with a population of more than 8 million, there reportedly are only 551 Christians.

In his 1867 account of Dr. Freiderich Parrot’s first modern ascent of Mount Ararat, Rev. E. Greenwald wrote: “One, and perhaps the chief reason, why the mountain of Ararat is not more frequently visited, is the hostile character of the people that inhabit the region through which travelers must pass. They are bitter Kurds, and Turkmans, and other tribes, who profess the religion of Mahomet, and are so hostile to Christians as to make it extremely dangerous to travel among them.”

It is more dangerous to be a Kurd, a people who live in very poor conditions (good water supplies are scarce and diseases such as malaria and tuberculosis are common) and who are oppressed by governments. In Turkey, it was a crime to speak Kurdish in public until 1991.

The needs are great for the Kurds, but the biggest need is

to hear about the freedom found in Christ. We will explore ways to do that while exploring the mountains of Ararat, wherever those might be.

### Flights

Team will meet up in Rochester, NY or New York City and fly to Istanbul together. Two free bags, 50 lbs. (23 kg) max weight, 62 inches (158 cm) max dimensions.

### Tentative Itinerary

**Day 1:** Travel from North America.

**Day 2:** Fly to Van, drive to Dogubeyazit.

**Day 3:** Trek begins – Eli Village (6,562-7,874 feet / 2,000-2,400 meters, depending on road conditions) to Base Camp (10,500 feet/3,200 meters). 4 hours, ascending 2,625-3,937 feet/800-1,200 meters.

**Day 4:** Trek. Acclimatize – climb to Camp 2 (13,800 feet/4,200 meters), return to sleep at Base Camp. 5-6 hours, ascending 3,280 feet/1,000 meters.

**Day 5:** Trek. Move to Camp 2/High Camp (13,800 feet/4,200 meters). 3-4 hours, ascending 3,280 feet/1,000 meters.

**Day 6:** Summit day (16,853 feet/5,137 meters). Descend to Kup Lake (11,800 feet/3,600 meters). 12-13 hours, ascending 3,074 feet/937 meters and descending 5,043 feet/1,537 meters.

**Day 7:** Trek. Descend to KorhanYola (7,875 feet/2,400 meters).

**Day 8:** Trek. Stay at KorhanYola (7,875 feet/2,400 meters).

**Day 9:** Trek. Descend and drive 28 miles/45 kilometers to Cevirme Village.

**Day 10:** Exit Ararat to Van.

**Days 11-12:** Return flights.

#### Vaccinations

**Routine:** Measles/Mumps/Rubella (MMR), Diphtheria/Pertusis/Tetanus (DPT), Polio vaccine

**Plus:**

Hepatitis A  
Hepatitis B  
Typhoid  
Rabies

#### Visa

US\$20 **cash** upon arrival for US and Canadian citizens.

#### Currency

. US\$1 = 1.81465 Turkish Lira

#### Time Difference

GMT + 2 hours.

+7 from Rochester, NY, USA;  
+9 from Alberta, Canada

#### Electricity

220 volts

#### Altitude

This trek involves moderately high altitudes. This is not something that you should worry about. There is plenty of oxygen even at the highest point of the trip. However, the process of adapting to (acclimatization) does take time. The most important rule is to gain height slowly. Remember to bring Diamox.

#### First Aid

A medical kit will accompany the trek. You should bring your own personal first aid kit consisting of the following: A broad spectrum antibiotic/antiseptic cream, throat lozenges, Imodium (diarrheal treatment), Diamox (altitude sickness), painkillers, Band-Aids and blister treatment, and Dioralite (rehydration salts). Glucose tablets and multi-vitamin tablets are also a good idea to include.

#### Mount Ararat Weather

**July 15-Sept. 5** Best climbing; warm and dry.

**Sept. 15-Feb. 29** Blizzards may delay climbing.

At Camp 2, even in August, temperatures turn extremely cold after sunset, and you crawl into your sleeping bag to arise at 1 a.m. for the summit climb. The last 400 meters are snow- and ice-

covered year-round, requiring crampons. Winds can be 40 knots (46 mph) or more on the summit, making it bitterly cold even in August. You must dress in layers to keep warm, including your hands.

#### Communication

The team will have a satellite phone and will send daily dispatches to allow friends and family to follow along on our trip.

#### Before You Go

Return the following to [info@ClimbingForChrist.org](mailto:info@ClimbingForChrist.org)

- Acknowledgement of Risk form
- Certificate of Physical Fitness
- Paper copy of passport
- Travel insurance information
- Membership Profile

Note: This paperwork will be emailed to you with Team Updates.

#### Suggested Reading

- *True Religion* – By Palmer Chinchin
- *Radical* – By David Platt
- *Before You Go – A 40 day Devotional* – By Jack Hempfling.

#### Required Gear

- Sleeping bag (-15C or -20C)
- Backpack or soft-sided duffle bag for horse to carry

- Small daypack you carry
- Sturdy trekking shoes
- Waterproof rigid boots for crampons for summit
- Gaiters (recommended)
- Jacket
- Waterproof heavy coat with hood
- Waterproof pants
- Thermal under clothes
- Waterproof poncho
- Waterproof ski gloves
- Warm glove liners
- Hat for sun protection
- Cotton neck scarf
- Warm wool hat
- Wool scarf or neck guard
- Facemask (optional)
- 2 pairs thick wool socks
- 2 pairs inner socks
- 2 water bottles
- Ski goggles (optional)
- Dark reflective
- Sunglasses
- Headlamp for summit
- Mini pocket flashlight
- Walking poles
- #30+ sunscreen
- Chapstick or lip balm
- Tissue packs
- Water purification tablets (a team water filter will be brought)

#### Food and Water

Food and water is supplied by trekking company.

#### Tipping

5% - 10% in restaurants.  
Don't tip taxi drivers or minibus drivers.

#### United States Embassy

Istanbul  
Uçsehitler Sokagi No. 2,  
34460, Istinye, Sariyer

Telephone: (90) (212) 335-9000

#### Canadian Embassy

Istanbul  
209 Buyukdere Caddesi,  
Tekfen Tower – 16<sup>th</sup> Floor,  
Leven 4, Istanbul, Turkey  
Tel: 90 (212) 385-9700

#### Turkish Language

Welcome	Hos geldiniz
How are you?	Nasilsin?
I'm fine	Iyiyim
Pleased to meet you	Memnun oldum
See you soon	Görüşmek üzere
Can you help me?	Bana yardım Edebilir misiniz?
What time is it?	Saat kaç?
Excellent!	Çok güzel!
Goodbye	Güle güle
Thank you	Tesekkür ederim
Yes / No	Evet / Hayir

#### Kurdish Language

Welcome	Bi xêr bî, Bi xêr hatî
Hello	Silaw
How are you?	Çonî?
What's your name?	Nawî tu çiye?
Good morning	Beyanî baş
Good afternoon	Roj baş
Good evening	Êware baş
Good night	Shaw Khosh / Shaw bash
Goodbye	Xuda li gel
Sorry	Bibûre

Thank you Sipas dekem

#### Training Suggestions

*Prepared by Al Robinson, Board member of Climbing For Christ Canada.*

There are three key principles that every trainee should understand before training begins.

**The first principle** is to begin your training program at your present level of fitness. Too much too soon is the path to injury and disappointment. If you have been inactive for the past six months or more, then two sessions per week for the first two weeks would be plenty of training for you. This could be increased to three sessions for weeks 3 and 4, then a further increase to 4 sessions per week for the remainder of the training period, weeks 5-12. If the trainee is age 40 or older, I recommend 3 sessions per week for the full 12 weeks.

**The second key principle** is gradual weekly increases in time, distance and weight of your back pack. This will help you avoid injury as your body learns to adapt to the stress you are putting it through, at a slow and reasonable pace.

**The third key principle** to remember is that rest is very good for your body while training. In the running world they are called recovery days, and your body needs them just as much a rigorous work out.

Suggested Training Schedule							
3 Sessions Per Week							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30 min run	Rest	30 min walk/pack 10lbs	Rest	Rest	30 min/hike
2	Rest	35 min run	Rest	35 min walk/pack 10lbs	Rest	Rest	35 min/hike
3	Rest	40 min run	Rest	40 min walk/15 lbs	Rest	Rest	40 min/hike 10 lbs
4	Rest	45 min run	Rest	45 min walk/pack 15 lbs	Rest	Rest	45 min/hike 10 lbs
5	Rest	50 min run	Rest	50 min walk/20 lbs	Rest	Rest	50 min/hike 15 lbs
6	Rest	55 min run	Rest	55 min walk/20 lbs	Rest	Rest	55 min/hike 15 lbs
7	Rest	60 min run	Rest	60 min walk/25 lbs	Rest	Rest	60 min/hike 20 lbs
8	Rest	65 min run	Rest	65 min walk/ 25 lbs	Rest	Rest	65 min/hike 25 lbs
9	Rest	70 min run	Rest	70 min/ walk 30 lbs	Rest	Rest	70 min/hike 30 lbs
10	Rest	75 min run	Rest	75 min/ walk 30 lbs	Rest	Rest	75 min/hike 35 lbs
11	Rest	80 min run	Rest	80 min/walk 35 lbs	Rest	Rest	80 min/hike 40 lbs
12	Rest	90 min run	Rest	90 min/walk 40 lbs	Rest	Rest	90 min/hike 45 lbs
Tuesday Note – Run 6, walk 1.							
Thursday Note – Find a road with many hills.							
4 Sessions Per Week							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min run	Rest	30 min walk/pack 10lbs	Rest	30 min/hike	Rest	30 min/hike
2	35 min run	Rest	35 min walk/pack 10 lbs	Rest	35 min/hike	Rest	35 min/hike
3	40 min run	Rest	40 min walk/15 lbs	Rest	40 min/hike	Rest	40 min/hike 10 lbs
4	45 min run	Rest	45 min walk/15 lbs	Rest	45 min/hike	Rest	45 min/ hike 10 lbs
5	50 min run	Rest	50 min walk/20 lbs	Rest	50 min/hike	Rest	50 min/hike 15 lbs
6	55 min run	Rest	55 min walk/20 lbs	Rest	55 min/hike	Rest	55 min/ hike 15 lbs
7	60 min run	Rest	60 min walk/25 lbs	Rest	60 min/hike	Rest	60 min/hike 20 lbs
8	65 min run	Rest	65 min walk/25 lbs	Rest	65 min/hike	Rest	65 min/hike 25 lbs
9	70 min run	Rest	70 min/walk 30 lbs	Rest	70 min/hike	Rest	70 min/hike 30 lbs
10	75 min run	Rest	75 min/walk 30 lbs	Rest	75 min/hike	Rest	75 min/hike 35 lbs
11	80 min run	Rest	80 min/walk 35 lbs	Rest	80 min/hike	Rest	80 min/hike 40 lbs
12	90 min run	Rest	90 min/walk 40 lbs	Rest	90 min/hike	Rest	90 min/hike 45 lbs
Monday Note - Run 6 walk 1 – if you find it too easy, increase your speed.							
Wednesday Note – Walk a road with lots of hills if possible.							
Friday Note – Use the same steep incline as your Sunday climb, but for this one don't use a pack.							
Sunday Note – Find a trail/road with a good elevation increase for your climb. Sunday's climb is your bread and butter day.							