



ELBRUS - TRIP 1

5,642M / 18,510FT



2023 EXPEDITION TRIP NOTES





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2023 EXPEDITION DETAILS

Dates: July 3–16, 2023

Duration: 14 days

Departure: ex St Petersburg, Russia

Price: €4,995 per person

▲ Spectacular views from Elbrus. Photo: Mike Roberts

Mount Elbrus is a giant dormant volcano which separates Europe from Asia in Russia's Caucasus range. The Adventure Consultants expedition to Elbrus combines the ascent of the peak with a short but in-depth look into the cultural and architectural wonders of this ancient country.

ELBRUS OPTIONS

Adventure Consultants offers two options for climbing Elbrus. Trip 1 is 14 days in duration and starts in St Petersburg and finishes in Moscow. Trip 2 is 12 days and starts in Moscow and finishes in Moscow. Please see our website for further information on Trip 2.

HOW THE EXPEDITION OPERATES

We begin the trip in St Petersburg and return home via Moscow with itinerary highlights that include visits to museums, art galleries and major architectural attractions.

After exploring St Petersburg, we fly south to Mineralnye Vody on the edge of the Caucasus, followed by a short drive to the beautiful tree-covered valleys into the mountains themselves. We base ourselves from hotels in the Baksan Valley and

partake in daily acclimatisation hikes with good food and pleasant surroundings to help us enjoy the region.

After several days we move into the high mountain huts for more training followed by the ascent itself. We have included several contingency days to allow for inclement weather and our proven ascent program assures a very high chance of success.

We stay in hotels, lodges and huts to avoid the need for tents, so you can simply bring along a sleeping bag and your climbing gear and enjoy the climb!

Attaining a relatively high elevation at 5,642m/18,506ft, Elbrus certainly demands respect for its altitude and we deliberately focus on climbing high each day and sleeping low to facilitate effective acclimatisation.

Once the climb is finished we'll return to the valley floor for celebrations and then move on to Moscow.



▲ Views of the Caucasus mountains as climbers ascend the mountain on an acclimatisation hike. Photo: Mike Roberts.

PREREQUISITE SKILLS

As with any foray to high altitude, it is imperative that expedition members are fit and strong and in good health.

The skills necessary for the climb are relatively straightforward, with the initial 1,000m/3,300ft involving moderate snow climbing of 20–30 degrees. Higher up, the slope steepens to 35 degrees in spots and can be icy if the wind has scoured the upper mountain, so good crampon technique is important.

We do recommend that you join an introductory mountaineering instruction course prior to the expedition, but it is not essential, as there are opportunities to practice and review the requisite snowcraft skills prior to the final ascent, which makes an ascent of Elbrus a great option for any fit mountain enthusiast.

TEAM SIZE

The team will have a minimum size of 6 members and 2 guides and a maximum size of 12 members and 3 guides.

ITINERARY

Trip 1: July 3–16, 2023

Day 1 Arrive St Petersburg, Russia. Team meeting, welcome meal and gear check.

Day 2 St Petersburg tour. View the incredible architecture, visit the Hermitage Museum with its art classics and the remarkable Peter and Paul Fortress.

Day 3 Depart St Petersburg and fly to Mineralnye Vody. Travel by coach to Terskol in Baksan Valley.

Day 4 Acclimatisation ascent (using ski lifts) of Cheget Mountain (3,600m/11,800ft). Stay in a local hotel.

Day 5 4WD to a waterfall (2,700m/ 8,850ft), acclimatisation hike to Ice Camp (3,700m/12,100ft). Return to the hotel.

Day 6 Ride ski lifts. Acclimatisation hike. Overnight stay in the newly renovated Heart of Elbrus Hut (3,900m/12,800ft) on the slopes of Elbrus.

Day 7 Acclimatisation hike to the Obelisk (4,100m/13,450ft).

Day 8 Acclimatisation hike to Pastukhov Rocks (4,600m/15,100ft), return to the hut.

Day 9 Summit day. Leave hut about 3am for the climb of Elbrus' west summit (5,642m/18,510ft). Overnight in the hut.

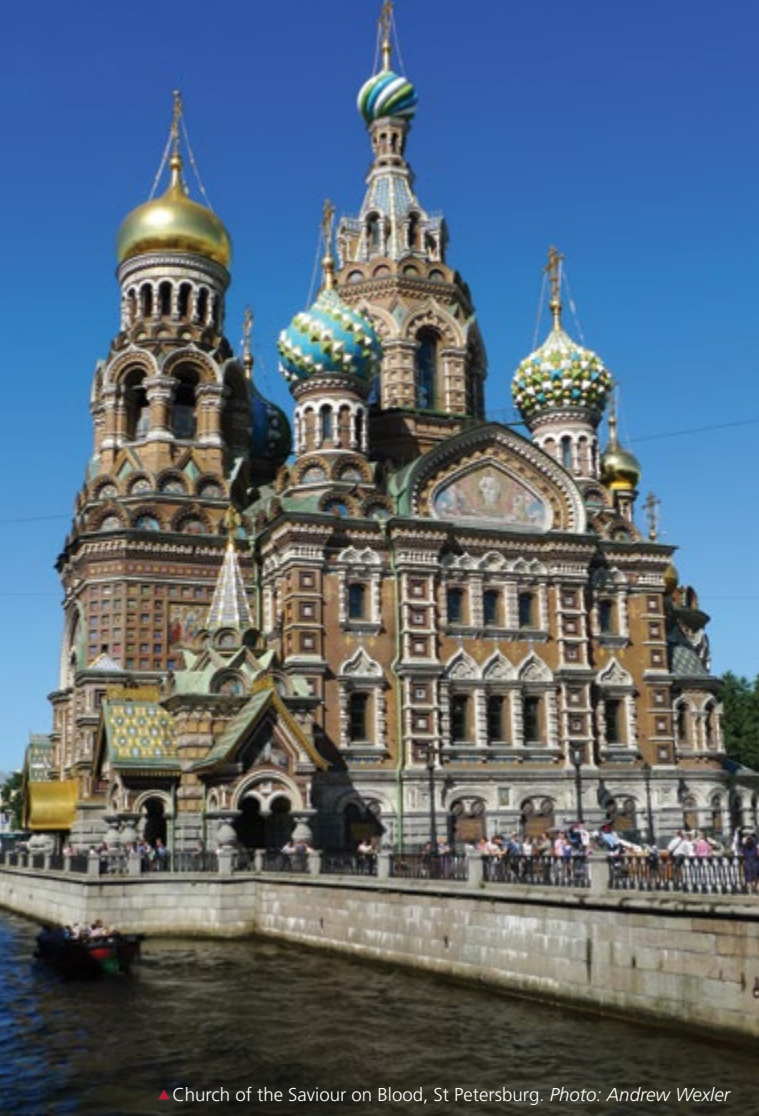
Day 10 Spare summit day. Overnight in hut.

Day 11 Spare summit day, descend to the valley and return to hotel.

Day 12 Drive to Mineralnye Vody. Fly to Moscow, stay at a hotel.

Day 13 City tour in Moscow, visit famous Russian landmarks like the Kremlin, Red Square and enjoy the modern Russian culture in this entertaining city.

Day 14 Depart hotel for the airport. Fly home.



▲ Church of the Saviour on Blood, St Petersburg. Photo: Andrew Wexler



▲ Descending through flower fields on an acclimatisation hike. Photo: Mike Roberts



▲ Heart of Elbrus Hut from the top of the gondola. Photo: Mike Roberts

NOTE: We also operate a shorter 12-day Elbrus Trip 2 initiating and concluding in Moscow between July 17–28, 2023.

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition Leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. If you have any special dietary requirements, please advise us at the time of registration. For special diets such as vegan and gluten/dairy free, we will call you to discuss your needs and how this will work on the expedition in Russia.

MEDICAL EXAMINATION

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and asked to visit their family physician and receive a full medical examination. This information will be sighted only by the expedition leader and our medical adviser and treated with full confidentiality.



▲ Self arrest practice outside Heart of Elbrus Hut. Photo: Mike Roberts



◆ Hanging out in one of Heart of Elbrus Hut's bunkrooms. Photo: Mike Roberts



▲ A waterfall on one of the acclimatisation hikes. Photo: Andrew Wexler

DOCUMENTATION & PHOTOGRAPHS

Expedition members will need to provide 3 passport photographs for the permit and a photocopy of their passport biodata page.

VISAS

Almost all foreign travellers to Russia require a visa. The process begins at the balance payment date for your expedition, when your trip has been paid for and confirmed and we have received your flight details. We will then be able to provide an invitation letter and the support documentation necessary to procure your Russian visa.

The visa process normally takes about 4 weeks, although it has been known to take up to 10 weeks. You can begin the visa process up to 3 months in advance so we advise that you submit your application as soon as you have received the relevant documentation from our office.

Please note that you will need to send your passport to your nearest Russian embassy along with the necessary paperwork. Your travel agent or a visa processing service should be able to assist.

EQUIPMENT

Adventure Consultants will supply all group gear (e.g., ropes, stoves, food) whilst expedition members are to provide their own personal clothing and equipment. A comprehensive equipment list will be provided to expedition members upon confirmation of your participation.

COMMUNICATIONS & INSURANCE

To safeguard members of the expedition we will be carrying a satellite telephone.

We require expedition members to carry additional insurance for evacuation and repatriation as well as normal travel medical expenses. Contact us for expedition insurance advice.



▲ Elbrus' shadow breaks across the Caucasus at dawn. Photo: Dean Staples

THE EXPEDITION FEE

The cost of the expedition is €4,995 per person ex St Petersburg, Russia.

The expedition fee includes:

- Adventure Consultants mountain guides
- All expedition organisational requirements
- Hotels in St Petersburg and Moscow, two nights each city, twin share
- Breakfasts in St Petersburg and Moscow
- City tours in St Petersburg and Moscow
- All lodging and food while on the expedition after departing St Petersburg until arriving Moscow, according to the itinerary
- Group climbing equipment, food and fuel when on Mount Elbrus
- Transfers from hotel to airport for Mineralnye Vody flight and return
- Flights from St Petersburg to Mineralnye Vody to Moscow
- Transport Mineralnye Vody to Elbrus region
- Chairlift transport and snowcat lift up fees

The expedition **does not** include:

- Airport transfer from international airport to hotel and return
- Lunch and dinner whilst in St Petersburg and Moscow
- Personal clothing and equipment
- Entry visa for Russia
- Climbing/travel/trip cancellation insurance or rescue costs
- International round-trip travel costs into St Petersburg and out from Moscow, Russia
- Excess baggage charges over 20kg allowance on domestic flights
- Spending on personal items such as gifts, alcohol/bottled drinks, laundry etc.
- Snowcat or skidoo lift down fees (if you choose not to walk down)
- Hotel costs and meals in the Baksan Valley if you descend early from the mountain
- Gratuity to guides



▲ Climbing Elbrus at sunrise. Photo: Mike Roberts



▲ Climbers above the saddle between the East and West Peaks. Photo: Mike Roberts



▲ Summit euphoria! Photo: Mike Roberts

PAYMENT DETAILS

All payments should be made by bank transfer to the following Euro bank account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington, New Zealand

For the account of Adventure Consultants Limited

Account Number: 1000-594771-0002

Account Type: Euros

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex), plus a 3% transaction fee.

DEPOSIT

A non-refundable deposit of €500 is payable to secure a place on the expedition.

BALANCE

The balance of €4,495 is payable 90 days prior to trip start date.

CANCELLATION & REFUND POLICY

An expedition member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 60 days of the departure date, a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.



▲ Sunrise from Elbrus. Photo: Mike Roberts

HOW TO JOIN THIS EXPEDITION

If you would like to join one of our Elbrus Expeditions, please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/expeditions/seven-summits/elbrus/book-now>.

CONTACT US

If you require more information, please contact us at:

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▲ Elation at reaching the top of Europe. Photo: Mike Roberts



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



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