



Mt Elbrus 5642m is the highest mountain in Europe it's twin summits sits north of the main Caucasus chain. As well as being one of the seven summits Elbrus is a great objective for anyone wishing a high altitude mountaineering experience without having to use too much holiday.

We would like to offer a number of different ways for our clients to climb Mt Elbrus so we are working with our Russian partners headed by Alexey Shustrov to come up with a range of options that will suit most people.

This season we offer fixed departure dates for those people wishing to join a group. This group may be made up of climbers from different nationalities and will be guided by one of our experienced Russian guides. These fixed departures are all 9 day trips and plan to climb by 3 possible routes the North, South or West sides, details below.

We also offer a private trip if you have a group already and would like a private Russian guide, alternatively we can arrange for a western IFMGA guide to accompany you throughout your trip. There would also be a local Russian guide with you should you choose this option.

The programs we offer below are about the minimum time you would need to climb a mountain of this altitude should you wish a longer acclimatisation period or to extend your trip in any other way please get in touch.

All the trips offer the same level of service to and from Mineralnie Vody airport.

The price includes:

- All necessary transfers required for carrying out the trip;
- Accommodation according to the program;
- Full board throughout the trip, excluding farewell dinner;
- Russian guide;
- Russian Cook;
- Necessary formality (visa support, passport registration, border permit);
- National Park fee.

Not included:

- Flights to / from MinVody airport;
- Unexpected preliminary evacuation cost;
- Insurance;
- Personal expenses, alcohol;
- Visa costs.

Sample Program

Elbrus from the North

- Day 1 Arrive Min Vody Transfer to Piatigorsk
- Day 2 Transfer to Hathansu Meadow 2500m (depending on snow conditions you may have to walk part of the way carrying your equipment.
- Day 3 Acclimatisation climb to Mushroom rocks 3400 or Uncle Nicks hut 3760m
- Day 4 Climb to Uncle Nicks hut 3760m our base for our summit climb
- Day 5 Acclimatisation on Slopes of Mt Elbrus usually we climb to about 4500m
- Day 6 Climb Mt Elbrus 5642m
- Day 7 Spare day
- Day 8 Descend to Hathansu 2500m transfer to Piatigorsk
- Day 9 Transfer to airport and home.

All programs will follow a similar program

The Routes

Elbrus from the North

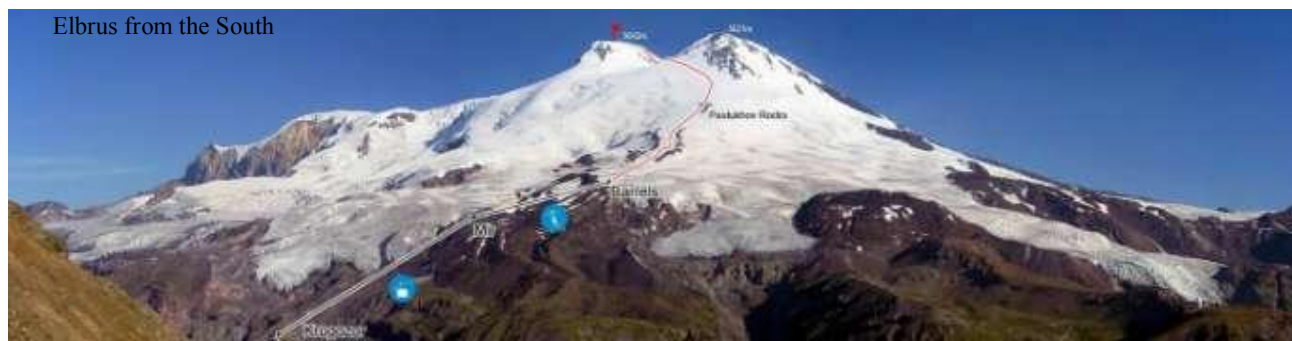
This is our favourite way of climbing the mountain as it is much less crowded than on the south side.



Fixed Dates; 2-10 June 2012 / 6-15 June 2012 / 21-29 July 2012 / 04-12 August 2012 / 11-19 August 2012 / 18-26 August 2012

Elbrus from the South via the Baksan valley and barrels huts.

Elbrus from the South



Fixed Dates; 9-17 June 2012 / 16-24 June 2012 / 23 June - 01 July 2012 / 30 June - 8 July 2012 / 28 July - 05 August 2012 / 01 Sept - 9 Sept 2012 / 08 - 16 Sept 2012

Elbrus from the West - This is unusual and spectacular route climbing from the Ullu - Khurzuk Gorge



Fixed Dates; 21-29 July 2012 / 28 July - 05 August 2012 / 04-12 August 2012.

Prices

The prices for all our fixed dates Elbrus climbs are €1400 with the inclusions and exclusions as described above.

If you would like a private trip the cost based on a party of 4 climbers would be €1400 per person with an IFMGA guide the price would be €2650. Other party sizes are no problem but the price may vary slightly.

Flights

We would strongly suggest flying with Aeroflot. If there are any problems with your transfer on your way through Moscow they are much more helpful if your whole flight is booked through them.

Visa

You will need a visa to enter the Russian Federation. The process for obtaining a visa is relatively simple. When you book your Elbrus trip you need to supply us with a copy of your passport and nominate a Russian Embassy or Consular office you would like to deal with. A list of world wide offices can be found at

www.russianembassy.net

We will then generate an invitation which will be sent or e-mailed to you, you then take this to the Embassy or Consular office that you have nominated and they will issue you with a visa. This usually takes 2 days and a fee will be payable. Some offices offer postal services and there are a number of companies that exist who will organise obtaining your visa for you. The local embassy or consulate will be able to advise you of the specific details as they do vary from office to office.

Fitness

With any mountaineering holiday the fitter you are the more you will enjoy the experience. On any high altitude peak, endurance and stamina are more important than speed. When you are preparing for your Elbrus climb, long, hilly walks carrying a weighted rucksack is the best training. Starting with about 10-20kg building this up to 30kg will build strong legs and stamina.

The summit day can take up to 8hrs in ascent and is about 1800m of climbing and then you will have to get back down again, so the fitter you are, the more you will enjoy your holiday.

Ski programs

We also offer spring ski touring trips to Elbrus and other parts of the Russian Federation including the Kola Peninsula, Kamchatka and the main Caucasus chain.

More information on our trips can be found at

<http://www.mountainadventurecompany.com/index.php/eng/Elbrus/Essential-Information>

If you require any further information please do not hesitate to contact us on;

bruce@mountainadventurecompany.com

0033450913278 or 0033631175515

We hope you will choose to climb Elbrus with us this year.