



OPEN EXPEDITION TO **MT. ELBRUS** (5642 M A.S.L.)

THE HIGHEST PEAK OF EUROPE AND ONE OF THE PEAKS OF THE SEVEN SUMMITS!

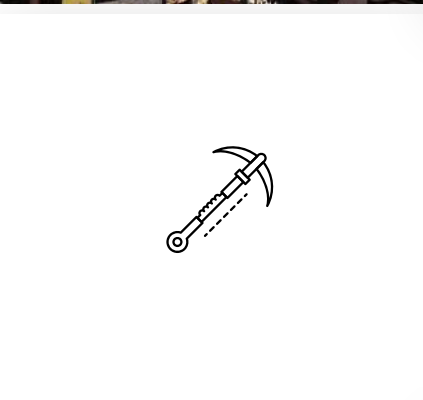
THE PLAN OF OUR EXPEDITIONS

has been prepared by us so that each of you will be able to get Mt. Elbrus in the maximal possible way.

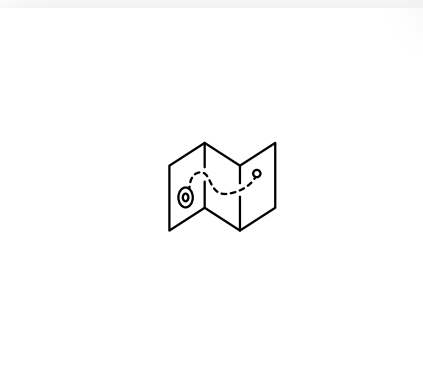
The plan assumes a gradual acclimatization, spreading the whole mountain action for a few days and a backup day, which will allow you to face the mountain safely if you are in good physical condition and do not have health contraindications (even without previous experience in high mountains). The most important thing is that during the whole trip our team will be with you - the leader of the expedition and certified high-mountain guides (also trained in the field of emergency medical services in the mountains), who will be responsible for your safety. Our team consists of a English speaking leader and Russian guides. **As the only mountain agency we lead groups to Elbrus according to European standards, that is one guide for 3 participants of the expedition. This guarantees maximum safety during the mountain action, as well as maximum chances of reaching the summit.** An additional convenience is the fact that during

the trip we sleep in a good hotel (in Azau) and in enclosed spaces on bunks with a mattress, pillow and blanket (on Mt. Elbrus). It helps to regenerate and save strength on the most important moment of the trip, that is the peak attack. It is also important that we will assist you in preparing for the expedition at each stage – you will get access to a closed group on Facebook for participants of the expedition, where we will talk, motivate, exchange advice, etc., and also take part in the training before the expedition (through an online platform), which will help you to prepare for the meeting with Elbrus even better. Of course you can ask us anything via e-mail and our Facebook page.





DAY 01



EXPEDITION PLAN

At 6:00 am we meet at the place where the trip begins, in Tbilisi in Georgia (at the airport or in the city center). You need to get there on your own. Of course we can help you organize a good air connection or additional drive from other parts of Georgia. Then we go to Azau in Russia – a village at the foot of Mt. Elbrus. Upon arrival you are accommodated in a hotel that will act as our base in Azau. During the trip we have a break for breakfast in Kazbegi (Stepancminda) with a view to another Caucasian peak – Mt. Kazbek (5054 m). If you do not have your high-mountain equipment with you, you can borrow everything that is needed to attack the summit – crampons, ice axes, harnesses, sleeping bags and others – in our Kazbegi office. In our office you can also buy gas for tourist cookers and lyophilized products. We reach Azau about 3:00 pm –

6:00 pm (depending on how fast we cross the Georgian-Russian border). We spend the rest of the day on resting and preparing for the start of the mountain action which takes place on the next day. In the evening - dinner in the hotel. Important: The expedition can also start in Russia at the airport in Mineralnye Vody.

List of equipment needed during the expedition to Mt. Elbrus: [HERE](#)

Boots needed during the expedition to Mt. Elbrus: [HERE](#)



DAY 02



Trekking
DISTANCE:
14 km



Trekking
TIME:
6 h



Total
CLIMB:
800 m



Total
DESCENT:
800 m

At 9:00 am we eat breakfast. Then we go for a few hours (approx. 5 – 6) of acclimatization trekking to the waterfall in Terskol. On this day, we plan to approach the altitude of 3000 m. After trekking we return to the hotel for the night. In the evening - dinner in the hotel.



DAY 03



Trekking
DISTANCE:
15 km



Trekking
TIME:
7 h



Total
CLIMB:
1300 m



Total
DESCENT:
1300 m

At 9:00 we eat breakfast. Then we drive to the neighboring town (approx. 10 minutes drive) and we start another acclimatization trekking (approx. 5 – 6 hours) towards the Cheget peak (3700 m). We will reach the altitude of

about 3400 m, from which there is the most beautiful view of Mt. Elbrus. After trekking we return to the hotel for the night. In the evening - dinner in the hotel.



DAY 04



Trekking
DISTANCE:
6 km



Trekking
TIME:
3 h



Total
CLIMB:
300 m



Total
DESCENT:
300 m

Breakfast in the hotel and then free time to around 13:00 pm. We recommend a visit to the store where you can buy bread, water and other products needed during the mountain action. This is the last chance to replenish stocks. This is also the last chance for a normal dinner. In the hotel you can leave a deposit for the time of the peak attack (everything that you will not need in the mountains). To the vicinity of the so-called Barrels (approx. 3900 m) we get via the cable car. From there we get to the place

of our accommodation with our luggage (about 30 minutes of trekking). We spend the night in the vicinity of Barrels (in enclosed spaces, in the so-called "containers", on wooden bunks with mattresses, not in tents). Later that day we will approach 4150 m (up to the height of the old Prjut and the symbolic cemetery of people who died on Mt. Elbrus). During the mountain part of the trip (that is from the tonight's supper) we prepare all meals on our own – tourist cookers and gas will be necessary.



DAY 05



Trekking
DISTANCE:
12 km



Trekking
TIME:
7 h



Total
CLIMB:
1100 m



Total
DESCENT:
1100 m

Another acclimatization day. As a part of acclimatization, we go on a few-hour trek (approx. 5 – 6 hours), during which we

approach the border of 5000 m. After the trekking we return to our base for the night.



DAY 06

Another acclimatization day. This day we mainly rest and gain strength in the base

before the peak attack that awaits us the next day.



DAY 07



This day we plan to stand on the top of Mt. Elbrus (5642 m). Between 00:00 am and 3:00 am we start the peak attack (the start time depends on the weather conditions as well as on whether we cover the entire route on foot or with the help of a snowcat). The whole action takes about 10 – 12 hours. We start from our base. It is possible to rent a snowcat, which will get us to a height of about 5000 m (the altitude that we reach during our acclimatization trekking), which shortens the peak attack by approx. 3 – 4 hours. It is possible to divide the group into a part that starts from the base on foot at 00:00 am and the part that starts with the help of the

snowcat around 3 hours later. After returning from the summit, we immediately go down via the cable car to Azau, where we rest and spend the night in a hotel. Dinner in the hotel.



THE WHOLE ROUTE
ON FOOT:

PART OF THE ROUTE
WITH A SNOWCAT:



Trekking
DISTANCE:
20 km



Trekking
TIME:
10-12 h



Total
CLIMB:
1700 m



Total
DESCENT:
1700 m



Trekking
DISTANCE:
10 km



Trekking
TIME:
7-8 h



Total
CLIMB:
700 m



Total
DESCENT:
1700 m

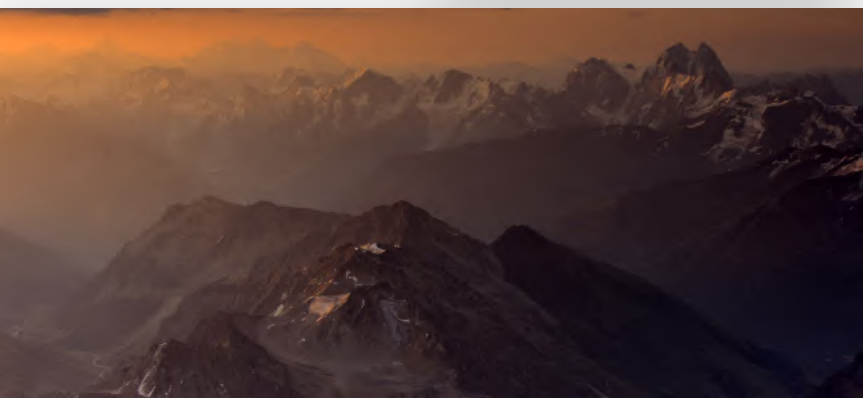


DAY 08

Backup day in case of bad weather conditions in the mountains.



DAY 8 OR 9



After breakfast we set out on our way back to Georgia, to Tbilisi. Journey time is about 10-12 hours (depending on the time at the border and conditions on the roads). Along the way - a possible break in Kazbegi (Stepancminda) for the return of borrowed mountain equipment. We arrive to Tbilisi in the evening. In Tbilisi the expedition program

to Mt. Elbrus officially ends. Depending on the group's plans - we will organize transport directly to the airport or hotels where you will be accommodated until the end of your stay. Important: The expedition can also finish in Russia at the airport in Mineralnye Vody.



- ▶ **A MT. ELBRUS EXPEDITION IS A HIGH-MOUNTAIN EXPEDITION, SO ITS COURSE MAY CHANGE DESPITE OUR PLAN FOR EXAMPLE BECAUSE OF THE WEATHER, PHYSICAL AND MENTAL CONDITION OF PARTICIPANTS ETC. WE DO NOT GUARANTEE THAT YOU WILL GET TO THE SUMMIT DURING THE EXPEDITION. WE GUARANTEE THAT WE WILL MAKE EVERYTHING WHAT IS POSSIBLE TO GIVE YOU A MAXIMUM SAFETY DURING THE WHOLE EXPEDITION.**
- ▶ **IN THE PLAN OF THE EXPEDITION ONE SINGLE ATTEMPT TO REACH THE TOP OF MT. ELBRUS IS INCLUDED.**
- ▶ **IN CASE OF INABILITY TO CONTINUE CLIMBING DURING PEAK ATTACK BY EVEN ONE OF THE EXPEDITION PARTICIPANTS (AS A RESULT OF ALTITUDE SICKNESS, PHYSICAL INABILITY, ACCIDENT, INDIVIDUAL DECISION ETC.), THE GUIDE WILL INSURE THIS PERSON AS A PRIORITY. IT MAY CAUSE THAT THE ENTIRE GROUP WHO IS LED BY THE GUIDE IS FORCED TO FINISH CLIMBING AND GETTING DOWN TO THE BASE.**



OUR AWARDS CONFIRMING THAT
**WE ARE THE BEST AGENCY OF ACTIVE
TOURISM IN GEORGIA AND THE
BEST ORGANIZER OF EXPEDITIONS
TO THE CAUCASIAN PEAKS**



OUR CUSTOMERS ALSO KNOW THAT **WE ARE THE BEST!**

Check the opinions of our guests and how they rate our expeditions!



Marius Raskevicius

2 reviews

★★★★★ a month ago

Mountain Freaks are true professionals and do an amazing job. Fantastic team with a lot of passion for the business and for the clients.

Me and my wife did a private expedition to Kazbek without any previous experience. Preparation was easy and communication was smooth. They have many blog posts and detailed explanations about the expeditions on their website and social media as well. Our guide Ramazi was excellent and easy to communicate with. Very much recommended for anyone with a thirst for adventure!



Sarah Atwood

7 reviews

★★★★★ 2 months ago

Positive: Professionalism, Quality, Responsiveness, Value

We joined an expedition to mount Kazbek recently and had the experience of a lifetime. In the months leading up to the trip Aga fielded dozens of questions and during our stay she continued to oversee every aspect. Our expedition leader Ewa was clear and extremely knowledgeable in the mountains. Our guide Lexo was literally a life-saver. All the staff were helpful and patient. Highly recommended. N.B. if you need to rent gear do so early as there is limited availability.



Steven Boon

1 review · 1 photo

★★★★★ 2 months ago

Best adventure agency in Stepancminda! Trustworthy and professional guides, great and clear communication upfront to prepare for the Kazbeg summit trip. Definitely recommended! Thank you Nika, Ewa and Aga :)



Roderick de Raad

1 review · 3 photos

★★★★★ 2 months ago

Great company that made this exhausting challenge to the top alot of fun! Fantastic team with a lot of passion for the business and for the clients.



Onno Rombout

1 review · 1 photo

★★★★★ 2 months ago

Professional agency, good guides and small groups on one rope. Reached Mt Kazbek summit. Would recommend.



John Brandauer

2 reviews

★★★★★ 2 months ago

Mountain freaks is a great agency. We climbed mount kazbek with them, everything was in hand, was really well structured & we really had a very good expedition. Ewa & Nika are a really good team & never felt unsafe, also really great mountain guides. Would recommend it to anyone, thank you!





PRICE PER PERSON:

1190,00 EURO

PAYMENTS:

01ST ►
INSTALLMENT

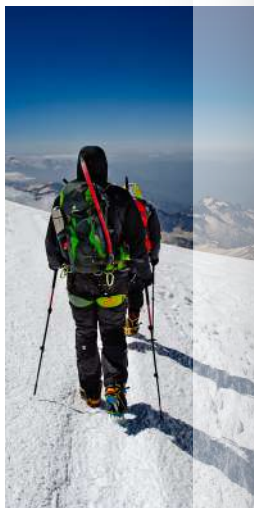
290 EURO
payable upon registration
to our bank account.

02ST ►
INSTALLMENT

900 EURO
payable 14 days before the start of
the expedition to our bank account.

Payment for the rental of high-mountain
equipment, gas purchase, lyophilized
products, etc. in our office, in cash
(euro / dollars / lari) or with a card.





PRICE INCLUDES

- ▶ **care of English speaking leader and Russian high mountain guides during the whole expedition; one guide for the three participants of the expedition during the action, which guarantees maximum safety and maximum chances to reach to the summit,**
- ▶ help in preparation for the expedition: consultations via email and our profile on Facebook on physical preparation, purchase of equipment, arranging flights to Georgia and every other matter related to the expedition,
- ▶ access to a closed group on Facebook for the participants of the expedition, where we will talk, motivate, give advice and train before the expedition (through the online platform), which will help you to prepare for the meeting with Mt. Elbrus even better,
- ▶ all transports listed in the trip plan: transport from the airport in Tbilisi or from the center of Tbilisi and transfer to Azau in Russia (or from airport in Mineralnye Vody to Azau), transfer Azau – Cheget – Azau (during acclimatization in Cheget) and transfer Azau – Tbilisi (or Azau - Mineralnye Vody),
- ▶ four nights in a hotel in Azau (double or triple rooms with private bathrooms),
- ▶ breakfasts and dinners included in the trip plan (during the mountain part of the trip all meals are prepared by the participants tourist cookers and gas will be necessary!),
- ▶ return ticket for a cable car during the mountain action on the Mt. Elbrus,
- ▶ fee for a night during the mountain action on Mt. Elbrus (we spend the night in so-called “containers” by the Barrels, indoors, not in tents, on wooden bunks with mattresses, pillow and blanket),
- ▶ fee for entrance to the National Park on Mt. Elbrus,
- ▶ permit for the mountain action,
- ▶ set of souvenirs.

THE PRICE DOES NOT INCLUDE



borrowing a set of basic equipment - according to the price list of our rental; check prices [HERE](#),



purchase of gas for tourist cookers
– 12 € (large gas, 450 g),



tourist visa to Russia, which is required
(we help in obtaining a visa),



individual guide for acclimatization and summit attack:
600 €,



one additional night at the hotel, meals and a possible trip on a backup day, if we reach the summit in the first planned date,



food during the mountain part of the expedition
(we prepare all meals on our own),



use of snowcat on the day of the peak attack to a height of approx. 5000 m (the price depends on the number of volunteers and is about 100 €).

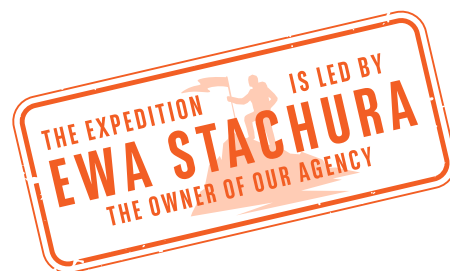




DATE

OF OPEN GROUP IN 2022:

29.08.2022 – 06.09.2022*



* Depending on the course of the mountain action the expedition may last one day shorter. One day constitutes a backup day.

Details in the expedition plan.



BOOKING, ADDITIONAL QUESTIONS, CONTACT:

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E-MAIL: INFO@MOUNTAINFREAKS.GE • FACEBOOK: [MOUNTAIN FREAKS - MOUNTAIN TRAVEL & ADVENTURE AGENCY](#)