



OPEN EXPEDITION TO

MT. KAZBEK

(5054 M A.S.L.)

&

MT. ELBRUS

(5642 M A.S.L.)



THE PLAN OF OUR EXPEDITIONS

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

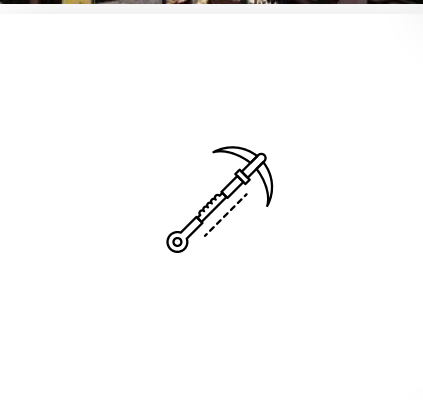
The plan assumes a gradual acclimatization, spreading the entire mountain action for several days and some backup days, which will allow you to face both mountains safely, if you are in good physical condition and do not have health contraindications (even without previous experience in high mountains). 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 English speaking leader and Georgian and Russian guides who speak English to the extent that allows trouble-free communication at every stage of the expedition. **As the only mountain agency, we lead groups to Kazbek and Elbrus according to European standards, that is one guide for 3 participants of the expedition.** This guarantees maximum safety during mountain action, as well as maximum chance of getting both peaks. 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 (via an online platform), which will help you to prepare for the meeting with Kazbek and Elbrus even better. What is more, of course you can ask us anything via e-mail and our Facebook page.





EXPEDITION PLAN



DAY
01

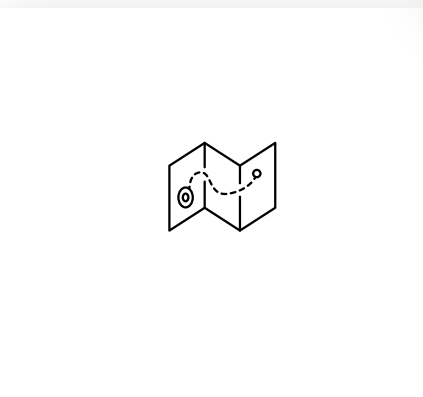


We meet at the place where our expedition starts, in Stepancminda (Kazbegi) in Georgia. You need to get there on your own. Of course we can help you to arrange a good air connection and then transfer from the airport (we organize individual trips and also arrange a minibus for a larger group of participants, so that the transfer costs are lower for you). Upon arrival you are accommodated in a guesthouse that serves as our base in Kazbegi. If you do not have your equipment with you, you can rent with us everything you need for peak attack - crampons, ice axes, harnesses, sleeping bags and others. In our office you can also buy gas for tourist cookers and lyophilized products. We spend this day on resting and preparing for the start of the

mountain action which takes place on the next day. In the evening (at 7:00 pm) we have a Georgian dinner together with all participants and Mountain Freaks team, as well as we conduct a briefing during which we discuss the whole course of the mountain action and answer all your questions.

List of equipment needed during the trip to Kazbek: [HERE](#)

Our office in Kazbegi: [HERE](#)





DAY 02



DAY 03



Trekking
DISTANCE:
8 km



Trekking
TIME:
4 h



Total
CLIMB:
1000 m



Total
DESCENT:
100 m

At 8:00 am we eat breakfast. Then we go to the store where we can buy bread, water and other products needed during the expedition. This is the last chance to replenish stocks. In our guesthouse you can leave a deposit for the time of the peak attack (everything that you will not need in the mountains). Then (at 12:00 pm) we start our journey to the top of Mt. Kazbek. We can get to the hill, where the church of the Holy Trinity is located and where the route to Kazbek begins (2170 m a.s.l.), on off-road vehicles. Our main luggage will be packed there and transported straight to the Meteo Station. We will travel with small backpacks

from now on. The estimated trekking time for this day is 3 – 4 hours. After this time we set up the first camp (tents) in which we stay for the night – 3100 m a.s.l. Important: Horses with main luggage go directly to the Meteo Station. You will not get there until the next day, so in small backpacks you must have everything you need during two days (the first day 3-4 hours of trekking + night in tents and the second day - 3-4 hours of trekking). During the trip we prepare all meals on our own (tourist cookers and gas will be necessary).



Trekking
DISTANCE:
8 km



Trekking
TIME:
4 h



Total
CLIMB:
650 m



Total
DESCENT:
0 m

We continue our journey towards the summit. That day we go through the first glacier on our way. The estimated trekking time for this day is 3 – 4 hours. Finally we reach Meteo Station - 3650 m a.s.l. We set up a camp (tents), where

we spend the next days and from which we start our summit attack.

A detailed description of the trekking route from Kazbegi to the Meteo Station can be found: [HERE](#)



DAY 04



Trekking
DISTANCE:
6 km



Trekking
TIME:
4 h



Total
CLIMB:
450 m



Total
DESCENT:
450 m

Acclimatization day. As part of acclimatization, we go on trekking, during which we surpass the barrier of 4000 m a.s.l. The expected time of trekking that day is 3 – 4 hours. After return, we organize a training on the principles of walking with a rope, assurance, using the ice ax and general safety in the

high mountains. Then we rest in the base at the Meteo Station and prepare for the peak attack.

A detailed description of the acclimatization process at the Meteo Station can be found: [HERE](#)



DAY 05



Trekking
DISTANCE:
16 km



Trekking
TIME:
10-14 h



Total
CLIMB:
1400 m



Total
DESCENT:
1400 m

This day we plan to stand on the top of Mt. Kazbek (5054 m a.s.l.). We begin the peak attack at 2:00 am – 3:00 am. The whole action takes about 10 – 14 hours. After

return from the summit we rest and spend the night in the base by the Meteo Station.

A detailed description of the summit attack can be found: [HERE](#)



DAY 06



Trekking
DISTANCE:
16 km



Trekking
TIME:
5 h



Total
CLIMB:
0 m



Total
DESCENT:
1550 m

We descent to Stepancminda (Kazbegi) in the morning. The descent will take about 5 - 6 hours. The off-road vehicle will take us from the Holy Trinity Church. Our luggage will return to the village on horseback from the Meteo Station and during trekking we will only have small backpacks with us. In Kazbegi we will stop in our guesthouse

again. We spend the afternoon on resting after the mountain action. In the evening (8:00 pm) we take part in a ceremonial supra (Georgian party), during which we make our own khinkali, learn to play on panduri, listen to Georgian songs and discover the secrets of Georgian toasts.



DAY 07

Backup day in case of bad weather conditions in the mountains. We can organize trekking in the Truso Valley, a trip to the Darial Gorge, or transport to Juta - the highest village in our region, from where is a view of the Chaukhi Massif, i.e. the Georgian Dolomites. But you

can also just relax in our guesthouse or use this day for culinary attractions - visits to local restaurants and tasting regional delicacies.



DAY 7OR8

We eat breakfast at 9:00 am and then head to Russia, Azau – the place from which we set off for Mt. Elbrus. Journey time is about 7-8 hours (depending on the time spent at the border and conditions on the roads). According to the plan, we should

arrive in the afternoon. Upon arrival, you are accommodated in a hotel that will act as our base in Azau. After arrival – dinner, free time, rest and time to prepare for the mountain action for Mt. Elbrus, which starts the next day.



DAY 8OR9



Trekking
DISTANCE:
1 km



Trekking
TIME:
30 min



Total
CLIMB:
0 m



Total
DESCENT:
250 m

We eat breakfast at 8:00 am. For those who are willing – a trip to the neighboring town and a cable car ride to Cheget (3700 m), from which you can see the most beautiful view of Mt. Elbrus. Then we return to Azau where we have free time (up to 1 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. We leave the hotel around 1 pm. 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. 4000 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). During the mountain part of the trip (that is from today's supper) we prepare all meals on our own – tourist cookers and gas will be necessary.

DAY 9OR10

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, 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 10^{OR}11

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



DAY 10^{OR}11^{OR}12

After breakfast we set out on our way back to Georgia, 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 (Stepanminda) for the return of borrowed mountain equipment. We arrive to Tbilisi in the evening. After arrival the

expedition program to Mt. Elbrus officially ends. Depending on the group's plans – we organize transport directly to the airport or hotels where you are accommodated until the end of your stay.





OUR AWARDS CONFIRMING THAT
**WE ARE THE BEST AGENCY OF
ACTIVE TOURISM IN GEORGIA
AND THE BEST ORGANIZER OF
EXPEDITIONS TO MT. KAZBEK**



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:

1890,00 EURO

PAYMENTS:

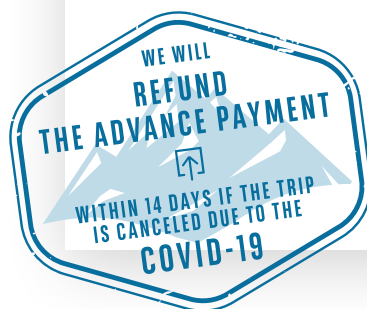
01ST ►
INSTALLMENT

390 EURO
payable upon registration
to our bank account.

02ST ►
INSTALLMENT

1500 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

- ▶ **protection of the English speaking leader and Georgian and Russian high-mountain guides during the whole expedition; one guide for three participants of the expedition during the mountain action, which guarantees maximum safety and maximum chances of reaching the summit,**
- ▶ help in preparing for the trip: consultations via e-mail and our Facebook profile regarding physical preparation, equipment purchase, organization of flights to Georgia and everything else related to the expedition,
- ▶ access to a closed group on Facebook for participants of the expedition, where we will talk, motivate, and train before the expedition (via an online platform), which will help you to prepare for meeting with Kazbek and Elbrus,
- ▶ journey on the Kazbegi - Azau and Azau - Tbilisi routes,
- ▶ two nights in a guesthouse in Stepancminda (Kazbegi) – a double or triple room with bathroom,
- ▶ two nights in a hotel in Tereskol (Azau) – double or triple room with bathroom,
- ▶ two Georgian gala dinners, including one traditional supra with wine and traditional Georgian music in Stepancminda,
- ▶ two breakfasts in Tereskol (Azau),
- ▶ two dinners in Tereskol (Azau),
- ▶ two-way ride by off-road vehicles to the hill with the Holy Trinity Church, where the trail to Mt. Kazbek begins,
- ▶ two-way ride via the cable car during the mountain action on Mt. Elbrus,
- ▶ transport of the main luggage on horseback to the Meteo Station and back,
- ▶ tents needed during the expedition,
- ▶ fee for accommodation in tents in the base by the Meteo Station (possible accommodation at the Meteo Station with additional charge of 15 EURO / 1 night),
- ▶ fee for accommodation during the mountain action on Mt. Elbrus (accommodation in the so-called “containers” near Barrels, in enclosed spaces, not in tents, on wooden bunks with mattresses, pillow and blanket),
- ▶ payment for entry to Mt. Elbrus National Park,
- ▶ permit for getting into the summit,
- ▶ set of souvenirs.

THE PRICE DOES NOT INCLUDE



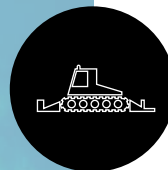
borrowing mountain equipment – according to the price list of our rental; check prices: [HERE](#).



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



getting a tourist visa to Russia, which is required,



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



individual guide for acclimatization and peak attack: 600 EURO for each peak,



additional accommodation in the guesthouse hotel, meals and possible trips in backup days, if we reach the peaks in the first planned dates,



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



two-way ride via cable car to Mt. Cheget - 15 €.





DATES

OF OPEN GROUPS IN 2022:

18.07.2022 – 29.07.2022*

16.08.2022 – 27.08.2022*



* Depending on the course of the mountain action, the expedition will last twelve, eleven or ten days. Two days in the plan are backup days.

Details in the trip plan below.





BOOKING, ADDITIONAL QUESTIONS, CONTACT:

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