



## TREKKING EXPEDITION TO GEORGIA AND RUSSIA:

THE MOST BEAUTIFUL TREKKING IN GEORGIA

– FROM **OMALO** THROUGH **SHATILI**

TO **STEPANCMINDA** THROUGH  
THE MAGICAL AND MYSTERIOUS

MOUNTAINS OF THE

**TUSHETI AND KHEVSURETI**

+ EXPEDITION TO MT. **KAZBEK** (5054 M)

AND **MT. ELBRUS** (5642 M)

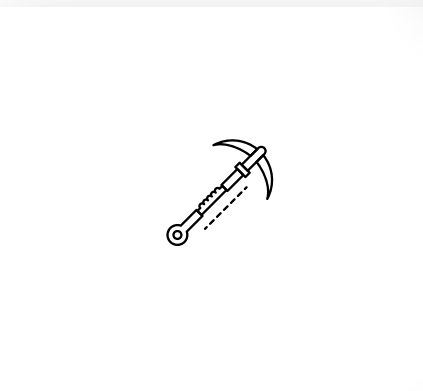


# THE PLAN OF OUR EXPEDITIONS

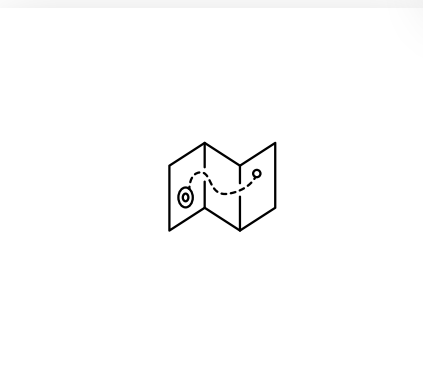
The most beautiful trekking route in Georgia according to National Geographic, which leads through two of the wildest regions of the country: Tusheti and Khevsureti.

During this trekking, we will drive off-road vehicles along the most dangerous way in Georgia and the highest passable pass of the country, namely the Abano Pass (2850 m), and then we will cross the Atsunta Pass (3431 m) and the Chaukhi Pass (3338 m) on our feet. On the trekking route we will meet the inhabitants of the region, mysterious shepherds, and we will get to know local beliefs and traditions. There will be no time to rest from the breathtaking views. For a dessert we will climb Mt. Kazbek (5054 m) and Mt. Elbrus (5642 m).





## DAY 01



## EXPEDITION PLAN

In the morning (5:00 am – 6:00 am) we meet in Tbilisi (at the airport or in the city center). You need to get there on your own. Of course, we can help you in organizing a good air connection and transfers from other parts of Georgia. If you do not have your trekking equipment with you, you can rent everything you need – sleeping bag, tourist cookers, trekking poles etc. with us and we will deliver equipment to our meeting place in Tbilisi. In our office you can also buy gas for tourist cookers and lyophilized products. Straight from Tbilisi, we drive to Omalo by off-road car (approx. 7 hours of travel, but on the way we see amazing views that compensate for a long journey - we pass, among others, through the

Abano Pass, which rises to a height of 2850 m!). By the way – shopping at the supermarket, because Tbilisi is the last place where you can find shops (there are no shops in Omalo). In Omalo – accommodation in a guesthouse, rest, free time to visit the Keselo Fortress and relax in the Omalo countryside. In the evening – dinner with wine. We spend the night in Omalo in the guesthouse.

**List of equipment needed during climbing Mt. Kazbek and Mt. Elbrus: [HERE](#)**



## DAY 02



Trekking  
**DISTANCE:**  
25 km



Trekking  
**TIME:**  
9 h



Total  
**CLIMB:**  
800 m



Total  
**DESCENT:**  
600 m

We leave Omalo after breakfast. We pass through the magical villages of Tusheti (including the amazing Dartlo!) And get to Girevi, where we spend the night in the guesthouse. In the evening – dinner with wine. Throughout the trekking from Omalo to Stepancminda the horses carry our main luggage. We carry only small backpacks. During our trip there is always a high mountain guide (who speaks English) and leader of the expedition (English-speaking),

as well as local guides who are responsible for looking after the horses and help during our possible ride on horseback from Omalo to Girevi.



## DAY 03



Trekking  
**DISTANCE:**  
15 km



Trekking  
**TIME:**  
7 h



Total  
**CLIMB:**  
1000 m



Total  
**DESCENT:**  
600 m

We leave Girevi after breakfast in the guesthouse. Today, we approach the Atsunta Pass (3431 m), from which we can admire beautiful views of the entire Caucasus. This day, we spend the first night in our camp, which we will set up (in tents). During the mountain part of the trip (that is from the today' supper until breakfast on day five) we prepare all meals on our own – tourist cookers and gas will be necessary. Expedition leader

and guides, of course, help in the preparation of meals, but in principle – we prepare them on our own, so gas and tourist cookers will be necessary.



# DAY 04



Trekking  
**DISTANCE:**  
17 km



Trekking  
**TIME:**  
9 h



Total  
**CLIMB:**  
1400 m



Total  
**DESCENT:**  
1170 m

Today we cross the Atsunta Pass and descend, so we spend the night in Khevsureti. We spend the next night in tents in the camp, which we set up ourselves.



# DAY 05



Trekking  
**DISTANCE:**  
20 km



Trekking  
**TIME:**  
8 h



Total  
**CLIMB:**  
300 m



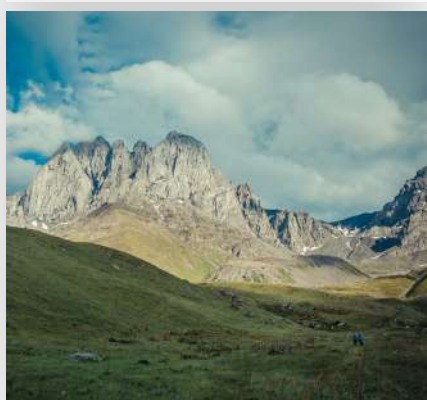
Total  
**DESCENT:**  
1500 m

Tonight we get to Shatili. Shatili is a unique monument from the late Middle Ages (approx. 12th century). It is a perfectly preserved village-fortress, which rises in the ravine of the river, just 4 km from the border with Chechnya. This historic complex consists of about 60 towers that are connected with walls or piers. Towers standing outside often have wooden

balconies. The whole complex creates a compact, spectacular fortress. On our way to Shatili we pass beautiful Georgian towers in Mutso, shepherds' huts, abandoned villages and „houses of the dead“. Overnight and dinner in the Shatili Fortress, so it is an adventure in itself, because we will sleep in place from the 12th century!



## DAY 06



Trekking  
**DISTANCE:**  
18 km



Trekking  
**TIME:**  
8 h



Total  
**CLIMB:**  
1360 m



Total  
**DESCENT:**  
1290 m

After breakfast we leave Shatili and drive by off-road car to Roshka (2 hours). This day we go from Roshka through the Chaukhi Pass (3338 m! + a beautiful view of the Chauki mountain range) to Juta. From Juta, we drive an off-road car to Stepancminda (Kazbegi). We spend the night at the guesthouse in Stepancminda. In the evening we take part

in a dinner with a masterclass of khinkali (a local specialty!).



## DAY 07



Breakfast and free time to prepare before mountain expedition to Mt. Kazbek 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.



## DAY 08



## DAY 09



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), 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. 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. 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 10



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. 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 axe 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 11



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). 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 12



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 13

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 13 OR 14

At 9:00 breakfast and 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. We will arrive to Azau late afternoon (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. Dinner in hotel in Azau.



## DAY 14<sup>OR</sup>15



Trekking  
**DISTANCE:**  
1 km



Trekking  
**TIME:**  
30 min



Total  
**CLIMB:**  
0 m



Total  
**DESCENT:**  
250 m

At 8:00 breakfast. Then, for willing, we drive to the neighbouring town (approx. 10 minute's drive) and take cable car to the view point on altitude 3400 m, from which there is the most beautiful view of Mt. Elbrus. After we return to Azau where we have 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 15<sup>OR</sup>16

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 16 OR 17

Backup day in case of bad weather conditions on Mt. Elbrus.



# DAY 16 OR 17 OR 18

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 (Stepanminda) 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.





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:

**2590,00 EURO**

## PAYMENTS:

**01<sup>ST</sup>** ►  
INSTALLMENT

**390 EURO**  
payable upon registration  
to our bank account.

**02<sup>ST</sup>** ►  
INSTALLMENT

**2200 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 the Georgian guide and the leader of the expedition (English-speaking) as well as local guides responsible for caring for horses during our trekking in Tusheti,**
- ▶ **care of the English-speaking leader of the expedition and high-altitude guides during climbing Mt. Kazbek and Mt Elbrus; one guide for three participants of the expedition during the mountain action, which guarantees maximum safety and maximum chances of reaching the summit of Mt. Kazbek and Mt. Elbrus,**
- ▶ 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 every other matters related to the trip,
- ▶ access to a closed group on Facebook for participants of the expedition, where we will talk, motivate ourselves, exchange advice etc.,
- ▶ training before the expedition (via the internet platform), which will help you to prepare for a meeting with the Caucasus,
- ▶ horse rental for luggage transport on the trekking route from Omalo to Stepancminda,
- ▶ all mentioned transports by off-road car (Tbilisi-Omalo, Shatili-Roshka, Juta-Stepancminda),
- ▶ 3 x nights in Stepancminda (Kazbegi) – a double or triple room with bathroom,
- ▶ 1 x accomodation Omalo (guesthouse), 1 x accomodation in Girevi (guesthouse), 1 x accomodation in Shatili (guesthouse) - double, triple or quadruple rooms (in Tusheti and Khevsureti the tourist infrastructure is not very extensive and the guesthouses are very basic, but there is always a normal toilet, bathroom with hot water, delicious food, nice hosts),
- ▶ all breakfasts and wine dinners mentioned in the program (during the trekking, some meals are prepared individually from products bought by the participants during shopping in Tbilisi – specified in the plan of the trip!),
- ▶ 2 x Georgian gala dinners, including one traditional supra with wine and traditional Georgian music,
- ▶ tents needed during the expedition,
- ▶ two-way ride by off-road vehicles to the hill with the Holy Trinity Church, where the trail to Mt. Kazbek begins,
- ▶ transport of the main luggage on horseback to the Meteo Station and back,
- ▶ payment for accomodation in tents at Meteo Station (accomodation in Meteo Station with additional payment 15 euro/1 night),
- ▶ transfer Kazbegi – Azau and Azau – Tbilisi,
- ▶ 2 x accomodation in hotel in Terskol (Azau) – double and triple rooms with bathroom,
- ▶ 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 on Mt. Elbrus,
- ▶ training in glacier and alpine tourism techniques, which takes place during the expedition,
- ▶ set of souvenirs.

# ADDITIONAL OPPORTUNITIES



rental of a mountain 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,



transfer by off-road car from Shatili to Kazbegi (if the participant is tired and does not want to continue trekking through the Chaukhi Pass) - 170 EURO (for a car with a maximum capacity of 6 people),



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



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 €),



return tickets for cable car to Cheget view point (15 EURO).





## DATES

### OF OPEN GROUPS IN 2022:

12.07.2022 – 29.07.2022\*

10.08.2022 – 27.08.2022\*



\*Depending on the course of the mountain action the expedition will last 16, 17 or 18 days. One day is a backup day.

Details in the trip plan above.

If you are not satisfied with any of our open dates, remember that we also organize individual trips on dates selected by you, the offer of which can be found [HERE](#).



## ENROLLMENT, ADDITIONAL QUESTIONS, CONTACT:

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