



TRIP TO MOUNT ARARAT (5137 M) WITH ACCLIMATIZATION ON MOUNT ZEG (3190 M)

SEEING EASTERN TURKEY AND ISTANBUL

PLAN OF THE TRIP

We prepared the plan of the trip to maximally enhance your chances of conquering Mount Ararat.

Our plan is gradual acclimatization and spreading the mountain climb on seven days, and one spare day, which will allow you to face the mountain in a safe manner, as long as you are physically prepared and do not have any health contraindications (even if you don't have any previous high mountain experience). During the trip, we will not only conquer Mount Ararat, but also visit some of the most interesting places in Eastern Turkey and spend time in magical Istanbul. During the whole trip, you will be accompanied by our team: trip leader and high mountain guides (also trained in medical rescue in the mountains) who will be responsible for your safety. Our team consists of a English-speaking leader and Turkish guides, whose English allows effective communication throughout the whole trip. **There will be one guide in every five**

participants, and one additional guide, who could go back with part of the group during the summit push (if necessary). This guarantees the highest level of safety and maximizes chances of conquering the mountain. It is also important that we are going to help you prepare every single detail of the trip. You will get access to our private Facebook group for participants, where we can share our thoughts, motivate each other, exchange ideas, advice etc.





DAY 01



Our meeting point for this trip will be Istanbul. You can reach it by plane. Of course, we can help you organize good flight connection. On the airport, you will be welcomed by our team leader. After landing and meeting our leader, you will go to a hotel in Istanbul.

It is also possible to join the group there, in case you arrive earlier. In the evening, we will have a dinner and take a walk around the biggest and the most densely populated city in Turkey. Overnight stay in the hotel.



EQUIPMENT NEEDED FOR THE MOUNT ARARAT CLIMB:



- ▶ hat + mask + buff;
- ▶ breathable underwear (we especially recommend wool underwear from Merino wool);
- ▶ warm polar blouse + sweater/down jacket;
- ▶ Gore-Tex jacket;
- ▶ Gore-Tex trousers;
- ▶ warm socks;
- ▶ gaiters;
- ▶ warm high mountain (not trekking!) shoes;
- ▶ very warm gloves + thin gloves;
- ▶ backpack, around 75 liters, as main luggage;
- ▶ backpack, around 45 liters, as a hand luggage;
- ▶ glacier glasses;
- ▶ crampons compatible with your shoes;
- ▶ headlamp + spare batteries;
- ▶ canteen + cutlery;
- ▶ big thermos (min. 0.7 l. or 1 l.);
- ▶ camping stove, preferably JETBOIL;
- ▶ warm sleeping bag (we recommend one with a comfort temperature of -10 Celsius);
- ▶ trekking sticks.





DAY 02

Breakfast in the hotel, next we will go to the airport and fly to Van, a city in East Turkey. After landing we will start exploring the surroundings of Van. First, we will go to Geves, from where we will take a ferry and cruise beautiful Van Lake to the Akdamar Island. We will also visit Armenian Holy

Cross Church, built in the 10th century. After a lunch break, we will visit the Van Castle and a place where amazing Van cats are breed. Next, we will to Dogubayazit, where we will check-in and eat dinner in a local restaurant.



DAY 03

On this day, after breakfast, we will go to the foot of Mount Zeg (3190 m), located 1 hour by car from Dogubayazit. Next, we will start trekking to the Zeg's peak, which should take us around 6-7 hours (route: 12 km, ascent: 700 m, descent: 700 m). After

the trekking, we return to Dogubayazit, where we will visit Turkish hammam (sauna, swimming pool and traditional massage). In the evening - dinner and an opportunity to try the original shisha. Overnight stay at a hotel.



DAY 04

After breakfast, we will pack our high mountain equipment and head towards the foot of Mount Ararat. We will stop near the Cevirme village (2200 m), from where we will start a climb towards our first base (3200 m). Our main luggage will be carried and transported straight to our base by horses.

The trekking should take us around 5 hours (route: 7.5 km, ascent: 1000 m). Then, we will set up our first camp (tents) and spend the night there.



DAY 05

Acclimatization day. On this day, we will acclimatize during trek to the main (second) camp. For an overnight stay, we will go back to the first camp. The trekking should take us

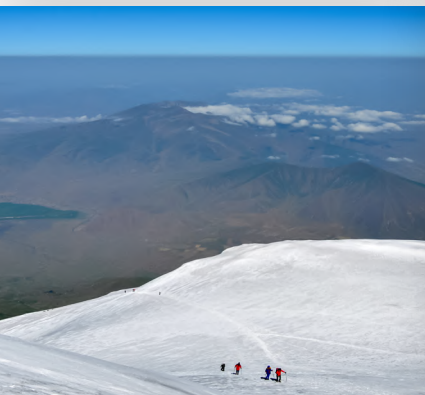
5-6 hours (route: 12 km, ascent: 1000 m, decent: 1000 m).



DAY 06

We will eat breakfast and pack our main luggage. It will be taken by horses to the next camp (4200 m), which we should reach in 5-6 hours' trek (route: 6km, ascent: 1000 m).

Then, we will set up the second camp (tents) and spend the night there.



DAY 07

We need to wake up very early (usually around 1 – 2 a.m.), we will have breakfast and drink hot tea. Next, we will start climbing Mount Ararat (5137 m). We should reach its peak after around 5-7 hours' trekking. After conquering the mountain, we will start going back to our second camp (4200 m). In the camp, we will have hot tea and eat lunch, as

well as have some rest. Next, we will pack our backpacks and start going back to the first camp (3200 m). There, we will set up our tents and spend the night. The ascent and descent on this day should take us around 12 – 14 hours (route: around 14 km, ascent: 950 m, descent: 1950 m).



DAY 08

Spare day in case of bad weather conditions.



DAY 09

After breakfast, we will go down to the Cevirme village. On this day, the trekking should take us around 3 – 4 hours (route: 7.5 km, ascent: 1000 m). Next, we will go back to Dogubayazit, to our hotel. After a shower and quick rest, we will set out to see the surroundings of Dogubayazit. We will visit wonderful Ishak Pasha Palace (Ottoman

palace build in 17th century) and see the place where Noah's Ark stayed. If the participants will be interested, we can go to a small town called Diyadin, where you can bathe in natural volcanic hot springs. Overnight stay in the hotel in Dogubayazit. Dinner in a local restaurant.



DAY 10



After breakfast, a transfer to the airport in Van, Igdir or Agri and flight to Istanbul. We will spend this day walking around Istanbul, shopping in local bazaars and trying Turkish

tea and baklava. In the evening, a goodbye dinner and an overnight stay in the hotel in Istanbul.



DAY 11



Early morning we will go to the airport, from where you can fly back to your country. If you want to stay in Istanbul, you don't have

to check-out from the hotel until noon. We finish our trip on the airport or in the hotel.





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 FOR THE TRIP:

1390,00 EURO

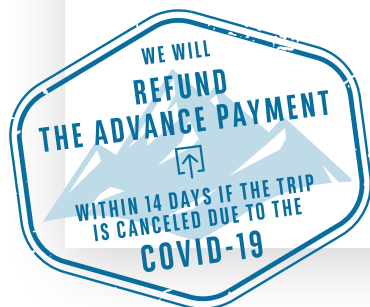
METHOD OF PAYMENT:

01ST ►
INSTALLMENT

390 EURO
paid to our bank account
upon signing up.

02ST ►
INSTALLMENT

1000 EURO
paid to our bank account at least 14
days before the start of the trip.





THE PRICE INCLUDES

- ▶ **English-speaking leader and Turkish high mountain guides during the trip (one guide for every five participants during the climb plus one additional guide), which guarantees the highest level of safety and maximizes chances of conquering the summit;**
- ▶ help in organizing the trip; online consultation (email, Facebook) regarding physical preparation, buying proper equipment, organizing flights to Turkey and anything else connected with the trip;
- ▶ access to a facebook group for trip participants, where we can talk, motivate each other, share thoughts, ideas, advice etc;
- ▶ 2 nights in 3* hotel in Istanbul (2 people per room with a bathroom);
- ▶ 2 breakfasts in Istanbul;
- ▶ 2 dinners in Istanbul;
- ▶ a local flight Istanbul-Van-Istanbul;
- ▶ all car and bus transportation during the trip;
- ▶ local guide for sightseeing in Van and Dogubayazit;
- ▶ luggage transport with horses during the Ararat climb (max. 15 kg per person);
- ▶ 3 nights in best 3* hotel in Dogubayazit (2 people per room with a bathroom);
- ▶ 3 breakfasts in Dogubayazit;
- ▶ 3 dinners in Dogubayazit;
- ▶ tents needed during the climb;
- ▶ all entrance fees;
- ▶ permission to climb Mount Ararat;
- ▶ ferry to the Akdamar island on Lake Van;
- ▶ a trip to hot springs in Diyarbakir;
- ▶ gas for camping stoves – one large gas (450 g) for each participant,
- ▶ full board during the mountain part of the trip, because we will have an expedition cook! - breakfasts, dinners, sweet and salty snacks, hot drinks (coffee and tea),
- ▶ one additional night, breakfast and dinner in Dogubayazit during our spare day, which we will have if we manage to conquer Mt. Ararat according to our plan,
- ▶ visit to the Turkish hammam in Dogubayazit (sauna, swimming pool and traditional massage),
- ▶ set of souvenirs.

THE PRICE DOES NOT INCLUDE



other personal expenses: souvenirs,
water, alcoholic beverages;



air tickets to Turkey and back.

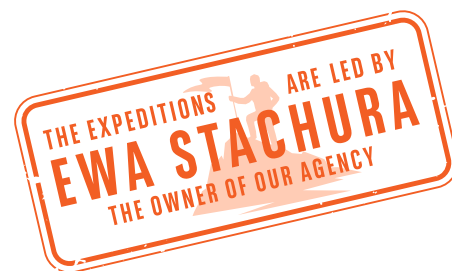




AVAILABLE DATES

FOR OPEN GROUPS IN 2022:

08.09.2022 – 18.09.2022





SIGNING UP, ADDITIONAL QUESTIONS, CONTACT:

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E-MAIL: INFO@MOUNTAINFREAKS.GE • FACEBOOK: [MOUNTAIN FREAKS - MOUNTAIN TRAVEL & ADVENTURE AGENCY](https://www.facebook.com/MountainFreaks-Georgia)