



OPEN EXPEDITION TO **MT. KAZBEK**

(5054 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 in the maximal possible way.

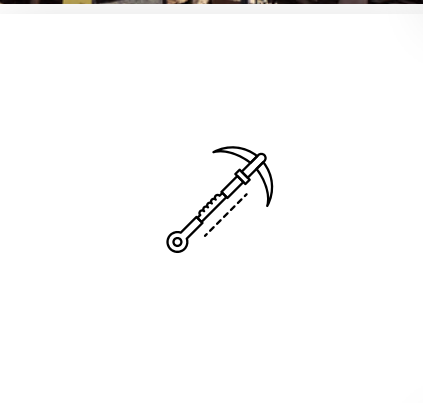
The plan assumes a gradual acclimatization, spreading the whole mountain action for 6 days and a backup day, which will allow you to face the mountain safely if you are in good physical condition and do not have health contraindications (even without previous experience in high mountains). The most important 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 Georgian 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 Mt. Kazbek 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. 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. Of course you can ask us anything via e-mail and our Facebook page.





EXPEDITION PLAN



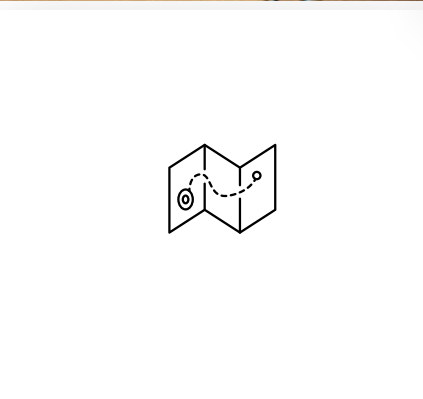
We pick you up from Tbilisi airport (or from Tbilisi if you have arrived earlier) in the early hours of the morning. Transfer by bus through the Georgian Military Road to Kazbegi (4 hours). Upon arrival (12:00 am – 1:00 pm) you are accommodated in a guesthouse that serves as our base in Kazbegi. If you 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. During the day we go on a 3-4 hour trip to the Darial Gorge, which is called the Gates of the Caucasus and is 1000 m deep. During this tour we visit all the most important places of the Gorge and stop at several viewpoints from which you take fantastic pictures. First of all, we visit the mysterious Tsdovillage, in which only 5 people live and in which old Georgian rituals are still cultivated. In the

village, we go up the hill and see the altar where ritual slaughter of lambs takes place once a year in order to guarantee the peace and prosperity of the village. We also visit the traditional Georgian cemetery. Then we visit two Gveleti waterfalls (small and large one). The last point of our trip will be a complex of monasteries, which is located at the very border with Russia. In the evening (at 7:00 pm) we have a Georgian dinner (with masterclass of khinkali – the most popular Georgian dish) 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 expedition to Mt. Kazbek: [HERE](#)
Our office in Kazbegi: [HERE](#)



DAY 01





DAY 02

Breakfast at the guesthouse and then we start the trek (8-9 h) to Mount Angel (3096 m) or to the Chaukhi Pass (3341 m). We reach the starting point of the trekking by off-road vehicles and return to Kazbegi in the same way. Description of these trekking routes can be found: [HERE](#). In the evening - dinner and overnight at the guest house.



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).





DAY 04



Trekking
DISTANCE:
8 km



Trekking
TIME:
4 h



Total
CLIMB:
650 m

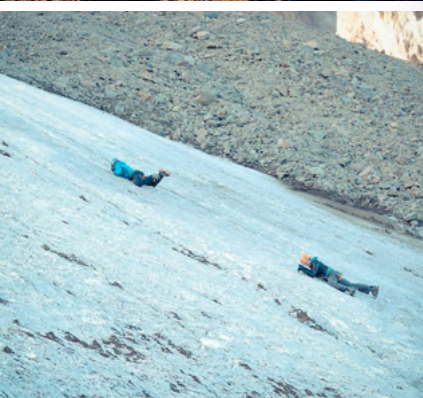


Total
DESCENT:
0 m

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 05



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 06



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](#)**



Trekking
DISTANCE:
16 km



Trekking
TIME:
5 h



Total
CLIMB:
100 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 learn to play on panduri, listen to Georgian songs and discover the secrets of Georgian toasts.



DAY 07



DAY 08

Backup day in case of bad weather conditions in the mountains. If this day is a day off, because we manage to conquer Mt. Kazbek on the first planned date, we will organize a trekking to the Truso Valley - the most beautiful valley in Georgia (22 km, 6-7 hours

of trekking). Description of this route can be found: [HERE](#). But you can also just relax in our guesthouse or use this day for culinary attractions - visits to local restaurants and tasting regional delicacies. Breakfast, dinner and overnight at a guesthouse in Kazbegi.



DAY 09



Breakfast at the guesthouse and then we go by bus to Tbilisi (with stops to visit the Georgian Military Road), where our trip officially ends (in the center of Tbilisi near the Old Town). If you want, we can visit Tbilisi together on that day and in the evening go to a restaurant for dinner with live music and a Georgian dance show, after which we

will organize a transfer to the airport for you (if you have a plane that night). If you have your own individual plans for your further stay in Georgia, we will of course help you organize an additional stay in Georgia and transport to Kutaisi or other places. We are at your disposal until you board the plane back home.



- ▶ **A KAZBEK 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. KAZBEK 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 WHICH IS LED BY THE GUIDE IS FORCED TO FINISH CLIMBING AND GETTING DOWN TO THE BASE.**
- ▶ **EACH INDIVIDUAL PARTICIPANT MUST HAVE AN INSURANCE THAT INCLUDES THE LIFE RESCUE ACTION WITH THE USE OF A HELICOPTER. IF THE PARTICIPANT IS SUFFERING FROM A CHRONIC DISEASE (DIABETES, ASTHMA, HYPERTENSION), WE MUST BE INFORMED OF THIS FACT PRIOR TO THE EXPEDITION AND THE PARTICIPANT NEEDS TO BUY AN ADDITIONAL INSURANCE EXTENDED FOR CHRONIC DISEASES.**





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 Stepancinda! 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:

990,00 EURO

PAYMENTS:

01ST ▶
INSTALLMENT

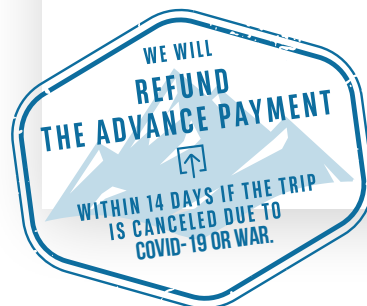
190 EURO
payable upon
registration to our
bank account.

02ST ▶
INSTALLMENT

400 EURO
payable 3 months
before the start of
the expedition to
our bank account.

03ST ▶
INSTALLMENT

400 EURO
payable 30 days
before the start of
the expedition to
our bank account.



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



PRICE INCLUDES



- ▶ care of the English speaking leader of the expedition and high mountain guides during the whole trip; **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 every other matters related to the trip, access to a closed group on Facebook for participants of the expedition and online briefing one month before the trip,
- ▶ **acclimatization trekking, during which we climb Mount Angel (3096 m) or Chaukhi Pass (3341 m) with transfers by off-road cars to the starting point of the trekking and back to Kazbegi (as the ONLY AGENCY, we plan this additional acclimatization trekking before the start of the action on Mt. Kazbek, but good acclimatization is the most important during this expedition),**
- ▶ organization of everything from A to Z during the trip, so that you can enjoy the mountains and experience the adventure of a lifetime,
- ▶ three nights in Stepancminda (Kazbegi) – a double or triple room with bathroom in good guesthouse,
- ▶ three breakfasts in guesthouse,
- ▶ a trip to the Darial Gorge on the first day,
- ▶ transfer from Tbilisi airport (or from Tbilisi) to Kazbegi and back after the trip - bus transfer for the whole group (not individual transfers!),
- ▶ 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 (15 kg per person),
- ▶ tents needed during the expedition (one tent for two people),
- ▶ one dinner in guesthouse and one welcome dinner with a masterclass of khinkali (local specialty),
- ▶ traditional supra (Georgian dinner) with wine, toasts and traditional music live,
- ▶ payment for accommodation in tents at the base camp at the Meteo Station,
- ▶ training in glacier and alpine tourism techniques, which takes place during the expedition,
- ▶ gadgets with Mt. Kazbek as souvenirs of the trip.



! WE NEVER HIDE THE "ADDITIONAL COSTS" THAT THE PARTICIPANTS OF THE EXPEDITION MUST PAY. THE PRICE OF OUR TRIP IS ALWAYS TRANSPARENT AND INCLUDES EVERYTHING EXCEPT:

- ▶ plane tickets to Georgia and back,
- ▶ personal expenses: souvenirs, water, etc.,
- ▶ food during the mountain action (all meals in the mountains are prepared on our own and the price of the trip includes full board during the stay in Kazbegi),
- ▶ fees for accommodation inside the Meteo Station - 60 GEL per night per person - <https://www.facebook.com/BethlemiHut/> (the price of the trip includes tents and the fee for accommodation in them in the Meteo Station, but you can change it for an additional fee for accommodation inside the Meteo Station),
- ▶ fees for accommodation and meals in AltiHut - <https://www.altihut.ge> (the price of the trip includes tents and the fee for accommodation in them in the first base camp on the way to Mt. Kazbek, but this can be exchanged for accommodation in AltiHut for an additional fee),
- ▶ additional services, transfers, etc. related to the fact that the expedition participant wants to change the expedition plan or separate from the group and perform some additional activity individually during the expedition,
- ▶ one additional night with breakfast and dinner at the guesthouse in Kazbegi + a trip to the Truso Valley or another place at our backup day, if we reach the summit on the first planned date - 200 GEL,
- ▶ additional attractions while visiting Tbilisi or additional services after the official end of the trip.



PRICE
NOT INCLUDES





ADDITIONAL OPPORTUNITIES



rental of a set of basic equipment – crampons, ice ax, harness with carabiners, trekking poles and a helmet for the whole trip - according to the price list of our rental, check prices : [HERE](#),



purchase of gas for tourist cookers
– 16 € (large gas, 450 g),



individual guide for the acclimatization and summit attack (the price of the expedition includes one guide for every three participants): 700 EURO,



individual transfer from the Tbilisi airport or to the airport after finished mountain action (the price of the expedition includes bus transfer for whole group) – 140 € (for a car which can fit 1-6 people plus luggage),



individual transfer from the Kutaisi airport or to the airport after finished mountain action (the price of the expedition includes bus transfer for whole group) – 200 € (for a car which can fit 1-6 people plus luggage).





WHY WITH US?

WHAT MAKES US STAND OUT?

- ▶ **As the only mountain agency we lead groups to Mt. Kazbek 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. **The number of people for one guide is specified in our contract, so our professionalism is not an advertising slogan, but a fact.**
- ▶ **Mountain Freaks Mountain Travel & Adventure Agency** is a professional mountain and travel agency, as well as an officially operating company registered in the Register of Entrepreneurs in Georgia under the number **441485028**. We have all of the required permissions to run a company, coupled with certificates for mountain guiding. We also provide invoices and bills for all services, and we insure expedition members. **We strongly support the local community, develop local emergency services and train young guides. All our employees work legally and receive a very good salary for their work.**
- ▶ **Our guides are the best guides in country.** They are a passionate about everything that they do in

the mountain and in the rocks. Every spare moment they sacrifice to broaden or deepen their skills and knowledge. Thanks to this, we're working with the best! Our mountain guides conquered Himalayan summits many times, they are the winners of international competitions for the best guides and lifeguards, moreover one of them is a multiple sport-climbing champion in Georgia. We've been working exclusively with a solid group of guides for years. We're sure of them responsibility and professional because of they all have certificates of completion high-mountain courses, first aid course and international training. Our mountain guides speak English, Russian, and some of them speak Polish, German or Spanish! The vast majority of them are professional mountain rescuers, who work in ski resorts during winter season. Therefore most important to our mountain guides is your safety during the expedition. From the other side they do their best to give you a lot of positive energy and unforgettable memories.

- ▶ You can count on our professionalism, experience, responsibility and organization for every detail. We want your trip with us to be the journey of a lifetime. We do not want you just to stand on the summit. We want you to feel the real atmosphere of mountain expedition and the brotherhood of the rope. **You will not be customers, you will be our guests. Because we are here at home. We live in Kazbegi, our guides come from here, our office is located also here.**
- ▶ We really love what we do, so from the moment you sign up on the list of participants of our expeditions, we will surround you with care and support. We will answer your questions, we will dispel doubts, we will advise you and we will motivate you. There are no stupid questions for us and we don't get nervous when we hear the same question again. We know that it will be your first expedition to Mt. Kazbek, so we share our experience with you and we will advise you at every stage of the trip. **We treat each participant of our expeditions individually, we devote time and attention to each of them, everyone is important to us.**



DATES

OF OPEN GROUPS IN 2023:

15.07.2023 - 23.07.2023

24.07.2023 - 01.08.2023

05.08.2023 - 13.08.2023

14.08.2023 - 22.08.2023

23.08.2023 - 31.08.2023

04.09.2023 - 12.09.2023

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





ENROLLMENT, ADDITIONAL QUESTIONS, CONTACT:

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