



## Elbrus Expedition 2012 – Trip 2

### Trip Notes

July 29 - August 9, 2012

All material Copyright © Adventure Consultants Ltd, 2012

---

**This Adventure Consultants Mt Elbrus expedition ascends the mountain in a relatively quick time frame. The trip differs from our first Elbrus expedition (July 15 -28, 2012) because it is only 12 days long and starts and finishes in Moscow only, rather than taking in St Petersburg.**

---

#### How the expedition will run

Mt Elbrus is a giant dormant volcano which separates Europe from Asia in Russia's Caucasus range.

We begin and finish the trip in Moscow. From there we fly south to Mineral Vody on the edge of the Caucasus, this is followed by a short drive through the beautiful tree covered valleys into the mountains themselves. We base ourselves from hotels in the Baksan valley and partake in daily acclimatisation hikes with good food and pleasant surroundings to help us enjoy the region.

After several days we move into the high mountain huts for more training followed by the ascent itself. We have included several contingency days to allow for inclement weather and our proven ascent program assures a very high chance of success.

We stay in hotels, lodges and huts for the expedition to avoid the need for tents. So you can simply bring along a sleeping bag and your climbing gear and enjoy the climb!



Attaining a relatively high elevation at 5633m or 18,510 feet, Elbrus certainly demands respect for its altitude and we deliberately focus on climbing high each day and sleeping low to facilitate effective acclimatisation. As with any foray to high altitude, it is imperative that expedition members are fit and strong and in good health.

Once the climb is finished we'll return to the valley floor for celebrations, and then return to Moscow.

## Itinerary

**Dates:** July 29 - August 9, 2012

**July 29. Day 1** Arrive Moscow. Transfer to Hotel. Team meeting, gear check, dinner.

**July 30. Day 2** Two-hour flight to Mineralnye Vody (Caucasus). Three hour bus ride to Hotel in the Baksan Valley. Overnight stay in Hotel.

**July 31. Day 3** Acclimatisation ascent (using ski lifts) of Cheget mountain, 3600 m. Overnight stay in Hotel.

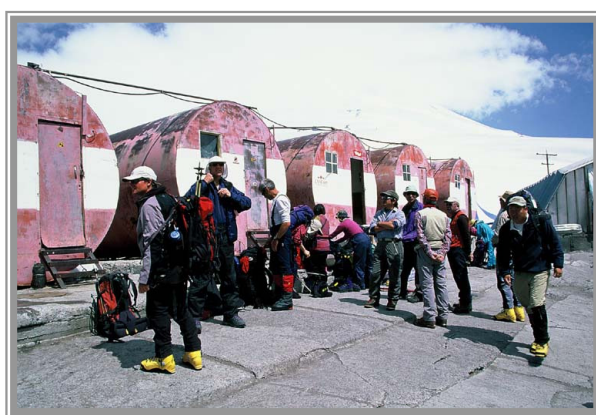
**Aug 1. Day 4** Acclimatisation hike to Terskol Peak. Return to Hotel

**Aug 2. Day 5** Ride ski lifts. Acclimatisation hike. Overnight stay in The Barrels huts or Cubes (3900 m) on the slopes of Elbrus.

**Aug 3. Day 6** Acclimatisation hike to the Obelisk.

**Aug 4. Day 7** Acclimatisation hike to Pastuhova rocks, return to hut.

**Aug 5. Day 8** Summit day. Leave Barrels hut about 3 am for the climb of Elbrus' west summit, 5642 m. Overnight stay in The Barrels hut (3900 m) on the slopes of Elbrus.



**Aug 6. Day 9** Reserve day for climbing Elbrus.

**Aug 7. Day 10** Descend to the valley and return to the Hotel.

**Aug 8. Day 11** Drive to Mineralnye Vody. Fly back to Moscow. Overnight in Hotel.

**Aug 9. Day 12** Trip ends, depart Moscow.

---

## The Expedition Fee

The cost of the Elbrus expedition is **US\$4,950** per person ex Moscow, Russia.

### The expedition fee includes:

- Adventure Consultants mountain guides
- All expedition organisational requirements
- Hotel in Moscow, one night either end of trip
- Breakfasts in Moscow
- All lodging and food while on the expedition after departing Moscow until arriving back in Moscow, according to the itinerary
- Group climbing equipment, food and fuel in Elbrus region
- Transfers from Hotel to airport for Mineral Vody flight and return

- Flights from Moscow to Mineral Vody to Moscow
- Transport Mineral Vody to Elbrus region
- Snow Cat lift up and chairlift transport fees

**The expedition does not include;**

- Airport Transfer from International airport to Hotel and return - \$85 per car (up to 2 pax)
  - Lunch and dinner while in Moscow \$50-\$100 a meal
  - Personal clothing and equipment
  - Entry Visa for Russia
  - Climbing/ travel/ trip cancellation insurance or rescue costs
  - International round trip travel costs into / out from Moscow, Russia
  - Excess baggage charges over 20kg allowance on domestic flights.
  - Spending on personal items such as gifts, alcohol/bottles drinks, laundry etc etc
  - Snow Cat lift down fees (if you don't want to walk down)
  - Hotel costs & meals in the Baksan Valley if you descend early from the mountain
  - Gratuities for guides
- 

## Visas

Almost all foreign travelers to Russia require a visa. Once your trip has been paid for, confirmed and we have your flight arrival/departure details we will provide the invitation letter necessary to procure your visa to visit Russia. We usually do this four weeks prior to the trip start date. The visa process normally takes approximately 2 weeks, although you can opt for a speedier service by paying a higher fee. You have to send your passport in to your nearest Russian embassy along with the necessary paperwork. Your travel agent or a visa processing service should be able to assist you with this process.

---

## Team Membership

The team will have a **minimum size of 6 members and 2 guides** and a **maximum size of 12 members and 3 guides**.

---

## Food

Food will be of the highest standard possible, given the remoteness of the situation. If you have any special dietary requirements, please advise us at the time of registration. For special diets such as vegan and gluten/dairy free we will call you to discuss your needs and how this will work on the expedition in Russia.

---

## **Equipment List**

Adventure Consultants will supply all group gear (e.g. ropes, stoves, food) whilst expedition members are to provide their own personal clothing and equipment. A comprehensive equipment list will be provided to expedition members upon confirmation of your participation.

---

## **Medical Examination**

Expedition members will be provided with a medical questionnaire and asked to fill this out and return it to our office. This information will be sighted only by Adventure Consultants' doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

---

## **Documentation and Photographs**

Expedition members will need to provide 3 passport-photographs for the permit and a photocopy of their passport bio-data page.

---

## **The advantages of climbing with us**

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

---

## **Safety Communications and Insurance**

To safeguard members of the expedition we will be carrying a satellite telephone. We require expedition members to carry additional insurance for evacuation and repatriation as well as normal travel medical expenses. Contact us for expedition insurance advice.

---

## Deposit

A non-refundable deposit of **US\$500** is payable to secure a place on the expedition.

---

## Balance

The balance of funds **US\$4,450** is payable by 29 April 2012.

---

## Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand  
Offshore Branch  
1 Willis Street  
Wellington  
New Zealand**

for the account of       **Adventure Consultants Limited**

Account #               **1000-594771-0000**

Swift Address:         **BKNZ NZ22**

We can accept your deposit payment by credit card – **Visa, Mastercard or Amex**. We can accept your **balance payment** by credit card with a 3% surcharge, or by bank transfer as per the details above.

---

## Cancellation & Refund Policy

An expedition member may cancel his/her participation on the following basis:

- A       Prior to 29 May 2012 a refund of 50% of the 29 April 2012 payment.
- B       After 29 May 2012 there will be no refunds.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation insurance and this can be obtained through your normal travel agent.

---

## How to join this expedition

If you would like to join the expedition please request an Expedition Application Form and forward along with a summary of your climbing and trekking experience to date and the deposit for the trip.

If you require more information please contact us at;

### Adventure Consultants Ltd

PO Box 739  
58 McDougall St  
Lake Wanaka, 9343  
New Zealand

Ph +64 3 443 8711

Fax +64 3 443 8733

Email: [info@adventure.co.nz](mailto:info@adventure.co.nz)

Web: [www.adventureconsultants.com](http://www.adventureconsultants.com)



Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA standards and are world leaders in high altitude guiding.

All material Copyright © Adventure Consultants Ltd 2012