



ELBRUS SKI

5,642M / 18,510FT



2020 EXPEDITION TRIP NOTES



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2020 EXPEDITION DETAILS

Dates: May 12–22, 2020

Duration: 11 days

Departure: ex Mineralnye Vody, Russia

Price: €4,450 per person

▲ Touring in Russia's stunning Adyrsu Valley.

Ski Elbrus, one of the Seven Summits! This journey involves more than an Elbrus Ascent on skis; on this expedition you get to ski tour in the Caucasus mountains and on the peaks around Elbrus before you make a ski ascent and descent of Europe's highest peak.

This great adventure starts and finishes in the Russian city of Mineralnye Vody, which is home to the closest international airport to Mount Elbrus. We tour in some remote locations on the way up the Baksan Valley towards Elbrus. We will be lodge and hotel based for the first few days below Elbrus before we move up to stay in an alpine hut on the mountain itself. Here we will enjoy more skiing and complete our acclimatisation process. A couple of days later, we make the ski ascent and descent of the west peak of Mount Elbrus.

ELBRUS OPTIONS

Adventure Consultants also offers three standard summer mountaineering options of different durations on Mount Elbrus, departing from St Petersburg, Moscow or Mineralnye Vody. Please see our website for further information.

HOW THE EXPEDITION OPERATES

On arrival into Mineralnye Vody, we will take a short shuttle to the spa town of Pyatigorsk, where group members will meet up for the first time and enjoy a welcome celebration together. The next morning, we drive to an alpine lodge in scenic winter tree glades for the Adyrsu Valley, which becomes our base from which to ski tour over the following couple of days.

These ascents and descents on skis will initiate our acclimatisation, and afterwards we will drive into the shadow of Elbrus itself in the upper Baksan Valley. Here we will be based in comfortable hotels for a couple of nights in pleasant surrounds. Bolstered by good food and lofty mountains surrounding us, we will ski at progressively higher elevations until we move onto the upper slopes of Mount Elbrus, staying at a lodge at 3,900m/12,800ft from where we stage the summit attempt and ski descent.



▲ Heading up the Garvash Pass is ideal acclimatisation.

Throughout our program we stay in hotels, lodges and huts to avoid the need for camping, so you can simply bring along a sleeping bag and your ski gear and enjoy the trip!

Attaining a relatively high elevation at 5,642m or 18,506 feet, Elbrus certainly demands respect for its altitude and we deliberately focus on moving higher 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 mission is completed, we'll return to the valley floor for celebrations, and then on to Mineralnye Vody for our home-bound flights.

PREREQUISITE SKILLS

As with any foray to high altitude, it is imperative that expedition members are fit and strong and in good health.

To make a ski ascent and descent from Mount Elbrus, participants need to be strong skiers with experience in back country ski touring. The skiing on Elbrus is by no means extreme but we are in the mountain environment where conditions can be changeable.

Skiers joining the Elbrus Ski program must be capable of skiing in any conditions that may range

from powder through to ice. You will need to be familiar with your own touring gear and be proficient at changing from skinning to ski mode at interchanges. Your equipment must be in very good condition as a breakage could ruin your trip.

TEAM SIZE

The team will have a minimum size of 4 members and 2 guides and a maximum size of 12 members and 3 guides.

ITINERARY

Dates: May 12–22, 2020

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| Day 1 | Arrive into Mineralnye Vody airport, transfer to Pyatigorsk. Gear checks and welcome dinner. Overnight in hotel. |
| Day 2 | Take a shuttle to Ullutau Lodge in Adysu Valley. Short tour for equipment shakedown and to warm up the legs. |
| Day 3 | Acclimatisation tour to Mestia Pass (3,757m/12,326ft). Overnight in Ullutau. |
| Day 4 | Acclimatisation ascent to Garvash Pass (3,665m/12,024ft). Transfer to Terskol hotel. |
| Day 5 | Acclimatisation ascent (using ski lifts) of Cheget Mountain (3,600m/11,800ft). Overnight in hotel. |



▲ Skiing and snowboarding uncrowded slopes.



▲ Skinning up the Garvash Pass.



▲ Taking a break under blue skies in the Azau Valley.

- Day 6 Ride ski lifts. Acclimatisation tour. Overnight stay in Heart of Elbrus Hut (3,900m/12,800ft) on the slopes of Elbrus.
- Day 7 Acclimatisation tour to the Pastukhov Rocks (4,600m/ 15,100ft), return to the hut.
- Day 8 Summit day. Leave the hut about 3am for the ski ascent of Elbrus' west summit (5,642m/ 18,510ft). Overnight in the hut.
- Day 9 Contingency day or ski in the Elbrus ski area. Overnight in the hut.
- Day 10 Contingency day or ski in the Elbrus ski area. Descend to Terskol and return to the hotel.
- Day 11 Drive back to Mineralnye Vody, return home.

NOTE: We also operate standard summer mountaineering expeditions on Mount Elbrus, initiating in St Petersburg, Moscow or Mineralnye Vody. Please see our website for more information.

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers, ski tourers and trekkers 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.



▲ Ullatau Lodge.



▲ Pristine landscapes around Azau.



▲ Above the forest zone at Cheget Glade.

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.

MEDICAL EXAMINATION

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and be asked to visit their family physician and receive a full medical examination. This information will be sighted only by the expedition leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION & PHOTOGRAPHS

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

VISAS

Almost all foreign travellers to Russia require a visa. The process begins at the balance payment date for your expedition, when your trip has been confirmed and we have received your flight details. We will then be able to provide an invitation letter and the support documentation necessary to procure your Russian visa.

The visa process normally takes about 4 weeks, although it has been known to take up to 10 weeks. You can begin the visa process up to 3 months in advance so we advise that you submit your application as soon as you have received the relevant documentation from our office. Please note that you will need to send your passport to your nearest Russian embassy. Your travel agent or a visa processing service should be able to assist you with this process.

EQUIPMENT

Adventure Consultants will supply all group gear (ropes, stoves, food, etc.) whilst members are to provide their personal clothing and equipment. A comprehensive equipment list will be provided upon sign up.



▲ Views of Dzhntugan, Bashkara and Ullukara.

COMMUNICATIONS & INSURANCE

To safeguard members of the expedition we will be carrying a satellite telephone.

We require expedition members to carry insurance for evacuation and repatriation as well as normal travel medical expenses. Contact us for expedition insurance advice.

THE EXPEDITION FEE

The cost of the expedition is €4,450 per person ex Mineralnye Vody, Russia.

The expedition fee includes:

- Adventure Consultants mountain guides
- All expedition organisational requirements
- 1 night hotel in Pyatigorsk
- Breakfast in Pyatigorsk
- All hotel, lodging and food while on the expedition, including breakfast before return to Mineralnye Vody for departure flights on Day 11
- Group climbing equipment
- Transfers from the airport upon arrival into Mineralnye Vody to Pyatigorsk and Elbrus region and back to Mineralnye Vody airport for return flight, as per the itinerary
- Snowcat lift up and chairlift transport fees

The expedition **does not** include:

- Airfares to and from Mineralnye Vody, Russia
- Entry visa for Russia
- Lunch and dinner while in Pyatigorsk, Day 1
- Meals after breakfast on departure day
- Personal clothing and equipment
- Ski touring equipment and avalanche gear
- Skiing/climbing/travel/trip cancellation insurance or rescue costs

- Spending on personal items such as gifts, alcohol/bottled drinks, laundry etc.
- Snowcat or skidoo lift down fees (if you choose not to ski down)
- Hotel costs and meals if you descend early from the mountain
- Lift passes if you summit early and ski on the resort on remaining days
- Gratuities for guides

PAYMENT DETAILS

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

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited

Swift Address: BKNZNZ22

Account Number: 1000-594771-0002

Account Name: Adventure Consultants Limited

Beneficiary's Address: 20 Brownston Street, Wanaka 9305, New Zealand

Account Type: Euro

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A non-refundable deposit of €500 is payable to secure a place on the expedition.



▲ Ski with confidence alongside your fully qualified IFMGA mountain guide.



▲ Ullatau Lodge dining room.



▲ Snow reaching low into the Adyrsu Valley.

BALANCE

The balance of €3,950 is payable 90 days prior to trip start date.

CANCELLATION & REFUND POLICY

An expedition member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89–60 days of the trip commencement date, we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 59 days of the departure date, a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join one of our 2020 Elbrus Expeditions, please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/expeditions/seven-summits/elbrus-ski/book-now>.

Or contact us if you'd like further information and assistance in planning your trip.

CONTACT US

If you require more information, please contact us at:

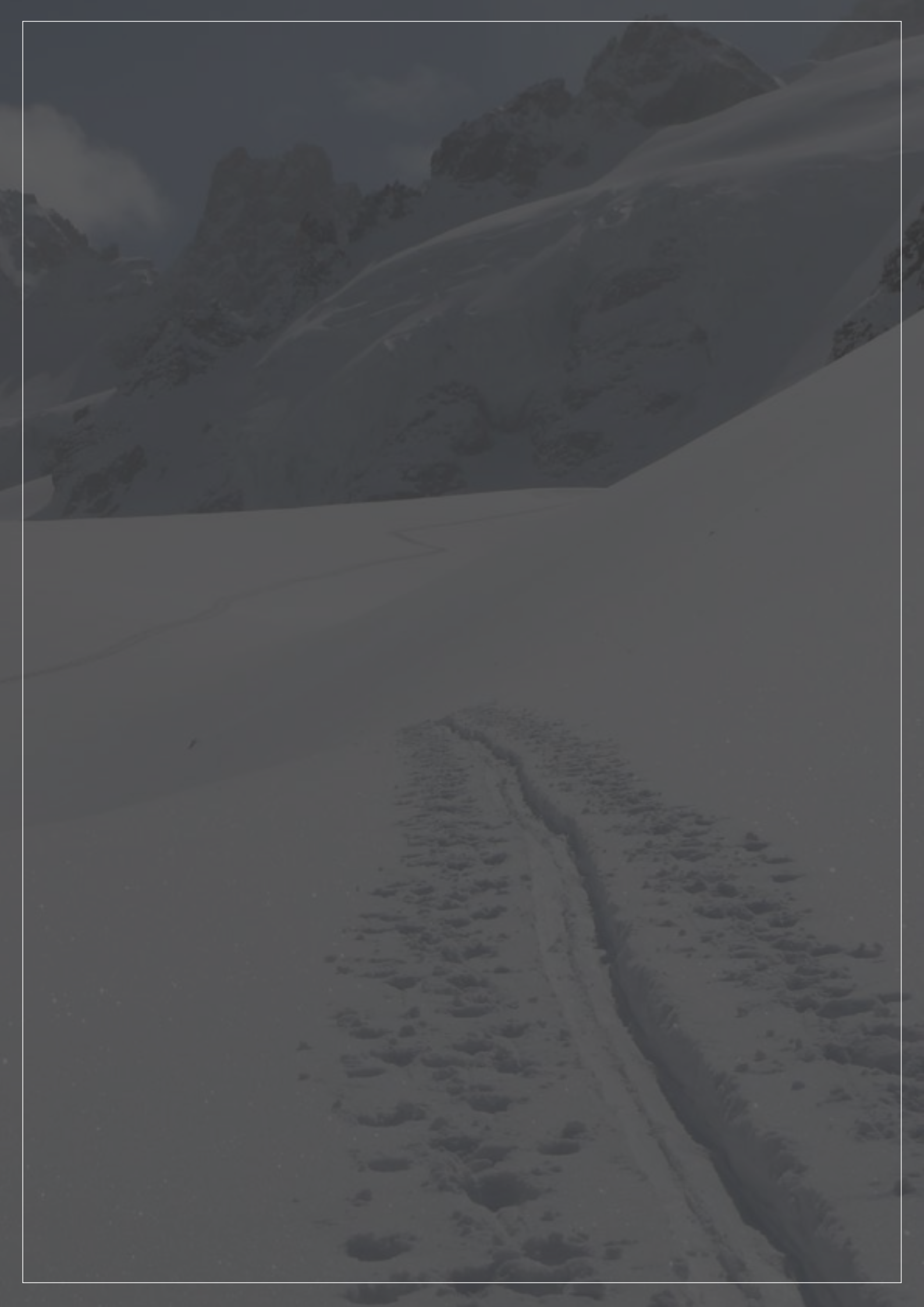
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Contemplating the approach to the Garvash Pass.



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 is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

