

# Mt. Elbrus: Climb the Highest Peak in Europe

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

**Mt. Elbrus**

## ACTIVITY

**7 Summits**

## ACCOMMODATION

**Hotel/Tent**

## WALKING

**4-6 hrs**

## MAX ALTITUDE

**5,642**

m

## DURATION

**8**

Days

## DIFFICULTY

**Difficult**

Difficult

## GROUP SIZE

**5**

People

## Expedition Overview

Mount Elbrus, standing at 5,642 meters (18,510 ft), is the highest peak in Europe and one of the prestigious Seven Summits. Located in the heart of the Caucasus Mountains in Russia, it is a dormant volcano with twin summits and permanent glaciers. The region stretches between the Black Sea and the Caspian Sea, forming a stunning natural boundary between Europe and Asia. The climb is known for its high snowline, glaciated slopes, and a blend of Alpine and Himalayan mountaineering experiences. This 8-day expedition offers a challenging yet achievable summit experience, ideal for trekkers and aspiring mountaineers with good physical fitness and basic climbing experience. The itinerary is designed to include acclimatization hikes, cable car access, and an efficient summit strategy, supported by professional Sherpa and Russian guides. The climb is non-technical but requires good preparation and the right gear due to altitude and cold conditions.

## INCLUDES

- 1. Airport Transfers: Mineralnye Vody to Terskol (Round Trip) –
- 2. Climbing permits and park entry fee –
- 3. Expedition leader (Tashi Lakpa Sherpa), Sherpa and Russian guides –
- 4. All expedition logistics for 6–8 days –
- 5. Meals during mountain days –
- 6. Hotel in Terskol and mountain hut at base camp –
- 7. Tents if required (weather-dependent) –
- 8. Cable car transport to/from base camp –

## EXCLUDES

- 1. International airfare to/from Russia –
- 2. Russia entry visa fee –
- 3. Extra nights in Terskol due to early return or delay –
- 4. Travel & high-altitude medical insurance –
- 5. Emergency rescue evacuation costs (rescue, repatriation, medical care, tests) –
- 6. Personal climbing gears, bags, and medical kit –
- 7. Internet services during the climb –
- 8. Tips for guides, porters, and local staff –

# Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival at Mineralnye Vody Airport, Drive to Terskol (2,100m), Hotel stay	B/L/D	Hotel	
2	Acclimatization hike to 3,100m, Return to hotel	B/L/D	Hotel	
3	Cable car to mountain hut at Base Camp (3,800m)	B/L/D	Hut	
4	Climb to Pastukhov Rocks (4,700m), Overnight in tent if weather permits, else return to hut	B/L/D	Tent/Hut	
5	Summit Day – Climb to Mt. Elbrus summit (5,642m), Return to mountain hut	B/L/D	Hut	
6	Reserve day (in case of bad weather)	B/L/D	Hut	
7	Descend to Terskol, Drive to Mineralnye Vody	B/L/D	Hotel	
8	Departure from Mineralnye Vody Airport	B	-	

## Trekking Gear List

### Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

### Medicine / First Aid Kits

Paracetamole

### Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

### Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

### Foot Wear

Summit Boot - 8000m   Sport Shoes

### Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

### Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

### Eating & Drinking

Water bottle   Thermos

### Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

### Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker