

# EUROPE HIGHEST PEAK

## ELBRUS (5.642m)

Normal route  
(12 days)

**“Technically accessible for good training people, but with respect to high mountain atmosphere and glaciers surroundings, to deal with climb up to the Europe highest peak”**

### The expedition:

During long time the 5.642 meters Elbrus peak was forgot it, but is the no C.E.E. Europe highest peak. Thanks to flight companies facilities last years it became easily fly to this area, and joint to the political aperture to the active tourism, did Elbrus peak the objective for a lot of climbers.

Placed in the Kabardino Balkaria Russian republic, is called in this place, the Mangitau, with meaning “The top over thousands of mountains”. In this Caucasus mountainous area there are more than 160 peaks over 4.000 meters and 8 over 5.000!

On 1829 July 22, the caucasian Illar Khashirov, scientific-army Russian expedition leader, reached the pass between massif both peaks. Thirty nine years later Douglas Frehfield, British expedition member, reached the 5.626 meters East peak.

The main peak was first time climbed, by British expedition lead by F. Crauford Grove, on 1874 July month.

In a 12 days expedition, we'll attempt to reach the West peak Elbrus massif. If the acclimatized group is good, the climb up speed correct and good climatology conditions, we'll have the possibility for reach the 5.626 meters East peak during the same day.

**Technically easy**, you need a big resistance for succes it. Other important element is the personal wear equipment: clothing, climb shoes, gloves or sleeping bag, because is not scarce to reach -25°C.

You find at the end of this program a suggest list equipment for go to this great mountain and reach the Europe roof.

**Xavi Llongueras i Orriols**  
High Mountain Guide  
C/ Rodeig, 1  
25727 PRULLANS  
**676 51 06 55**  
[guia@xavillongueras.com](mailto:guia@xavillongueras.com)

# Route

## Day 1: **Flight Barcelona – Moscow – Mineralnye Vody.**

Four hours transfer to Terskol village in Baksam valley. Stay in hotel Balkaria at 2.300 meters.  
**Hotel Balkaria [\*\*] (D).**

## Day 2: **Aclimatize at Cheget summit of 3.600m high.**

Today we will hike up to the summit of Mt. Cheget, 3600 meters high, with 1500 meters difference in 4 hours approximately. From here you will have your first wonderful view of Mt. Elbrus. We will spend the night in Hotel Balkaria  
**Hotel (B,L,D).**

## Day 3: **Aclimatize at Prijut Hut a 4.050m.**

After breakfast we will go to the Elbrus Cable Car Station and take the lift up to the Mir Station at 3500m. From here we will hike to 4050 m, to the site of the prijut hut. We'll up 550 meters in 3 hours. After descending with the lift to Elbrus middle station, we will stay in a nice hotel at Elbrus middle station.

**Hotel Krugozor [\*] (B,L,D).**

## Day 4: **Aclimatize.**

Today we will take the lift again to 3800m. From here we will hike up to Prijut hut. After lunch, we will acclimatize hiking on a hike up to 4400 m, a point in between the Prijut hut and the Pastukhov rocks, at 350 meters difference higher from Prijut hut. We will spend the night at Prijut hut.

**Hut (B,L,D).**

## Day 5: **Aclimatize at Pastukhov rocks.**

After breakfast, we will hike up to the Pastukhov Rocks at 4600 meters. We'll up 550 meters in 3 hours approximately, and again will spend the night at the Prijut hut.

**Hut (B,L,D).**

## Day 6: **Aclimatize.**

Today we will provide you some technical training: use of crampons, ice-axe, self-arrest, rope techniques. Then we will have dinner and stay the night at the Prijut hut. This day already can be our summit day depending of weather conditions.

**Hut (B,L,D).**

## Day 7: **Elbrus summit day.**

Summit day! We will have breakfast at 2 am and leave at 3 am. Time to the Europe highest mountain is normally 6 to 10 hours, and the descent to the hut takes another 4 to 6 hours. Reaching the hut between 3 to 6 pm. The night we will spend at the Prijut hut.

**Hut (B,L,D).**

## Day 8: **Descent.**

In the morning we descend to Terskol and stay overnight in Hotel Balkaria.

**Hotel Balkaria [\*\*] (B,L,D).**

## Day 9: **Reserve day.**

Reserve day. If the weather in the area is not good, will be a reserve day for the summit.

**Hotel Balkaria [\*\*] (B,L,D).**

## Day 10: **Flight to Moscow.**

Flight day from Mineralnye Vody Moscow.

**Hotel not set yet (B).**

**Day 11: Moscow.**

Free day in Moscow. You should order city tourist programs, not included in the expedition price.

**Hotel not set yet (B).**

**Day 12: Flight to Barcelona.**

Flight day from Moscow to Barcelona.

**(B).**

**B: breakfast**

**A: lunch**

**C: dinner**

# More information

## Participant

Minimum **4** - Maximum **10**

### Prices for **fixed dates**:

4 pax -> <b>2.525€</b> /person.	8 pax -> <b>2.060€</b> /person.
5 pax -> <b>2.335€</b> /person.	9 pax -> <b>2.010€</b> /person.
6 pax -> <b>2.215€</b> /person.	10 pax -> <b>1.970€</b> /person.
7 pax -> <b>2.125€</b> /person.	

(Prices for double room; single extra charge: **300€**.)

### Include:

- ✓ Flight tickets. It could change the end price, depending of reserve dates, company and available seats.
- ✓ All airport *transfers*.
- ✓ All land private transfers.
- ✓ One High Mountain Guide.
- ✓ Up and down lifts when needed.
- ✓ Meals and hotels as the program detail (B=breakfast, L=lunch, D=dinner).
- ✓ High mountain First-aid kit.
- ✓ Walki-talki comunication VHF.

### Not included:

- x Visa entrance procedure for Russia, in the same way that send passport to Madrid, Barcelona or other countries by transport agency.
- x Personal equipment (mattress, sleeping bag, mountain shoes, crampons, ice-axe, etc).
- x Mountain insurance. It's recommended to have a Mountain Club insurance.
- x Meals not listed in the program.
- x Expenses for early return caused by health problems or other urgency trouble.
- x Items not listed in the program.

# High mountain equipment

**“ This is a help list. The mountain shops offer a big products variety . We suggest to use this list as a basic information and contact with us for any technical question. ”**

- ✓ T-shirts.
- ✓ Light polypropylene T-shirt and short.
- ✓ Polypropylene T-shirt and short polypropylene or similar (type Polartec 200).
- ✓ Wind stopper jacket and pant (Gore-tex o similar).
- ✓ Down jacket.
- ✓ Polypropylene inner clothes.
- ✓ Trekking pant.
- ✓ Short pant.
- ✓ Polypropylene socks or similar.
- ✓ Mountain socks (2 pair).
- ✓ Polypropylene Inner gloves or similar.
- ✓ Windstopper winter Gloves.
- ✓ Sun cap.
- ✓ Polartec winter cap.
- ✓ -30 °C sleeping bag. Suggested down sleeping bag.
- ✓ Sleep mattress like Therm-A-Rest, Karrimat, etc.
- ✓ 30-40 liters rucksack.
- ✓ 70-90 liters rucksack.
- ✓ Expedition big bag.
- ✓ Trekking shoes.
- ✓ Leather or plastic high mountain shoes. Top range: Koflach Arctis Expedition, or La Sportiva Nuptse, (it's a very cold mountain).
- ✓ Snow gaiters.
- ✓ Ice axe.
- ✓ Harness.
- ✓ 3 locking karabiner.
- ✓ 2 cords 3 meters long each, 6 or 7 mm diameter.
- ✓ Crampons. Automatic lock.
- ✓ Head torch and batteries.
- ✓ Sunglasses.
- ✓ Glacier glasses.
- ✓ Knife and lighter.
- ✓ Watter bottle. Camel back type is not useful, because the frozen problems tube.
- ✓ Warm bottle thermo.
- ✓ Sun cream high protection and lips protection. The atmosphere it's to dry.

- ✓ Comfortable city clothing and shoes.
- ✓ Trekking sticks.
- ✓ Personal First-aid kit.

# General conditions

“ This conditions must be accepted to make up in the expedition. ”

- ✓ The prices are for one person.
- ✓ The prices are calculate with Russian exchange to Euro rate. The value exchange variations could change the expedition end price.
- ✓ The flight ticket value variations by someone else's to our organisation, could change the expedition end price.
- ✓ The expedition reserves will be closed after pay **25% of total bill**.
- ✓ In the price is not included a travel insurance (not for a risk sports as climb Elbrus peak), but you could order it.
- ✓ We keep the law to modify the program after did start, if for members security reasons or unpredictable motive, we are compel to do it.
- ✓ We don't take the responsibility for delay flight departure and arrivals expense because of weather, technical, strike or other troubles, that could change the good expedition operation and program.
- ✓ **Climbing Elbrus** peak activity develop it in natural environment, where not everything is 100% controlled and **it's considered high risk activity**. Our organisation and the Go-Elbrus Ltd. colleagues, minimize the risk and try to negotiate it with caution, but always exist a non control margin risk. The expedition members must know and accept it.
- ✓ Kabardino Balkaria Russian republic is located between some big political war conflict republics, Dagestan and Chechenia to the East and Georgia to the South. In principle these conflicts don't affect to Kabardino Balkaria republic. Our organisation and Go-Elbrus Ltd colleagues, don't keep the responsibility of the secondary effects than these conflicts could trouble and/or change our expedition or inclusive to cancel. In that case, if we had reach the mountain area, there is no any economic devolution. If we to have to must cancel the expedition and still we are in Terksol village, the devolution will be according the Go-Elbrus Ltd. Devolution for don't used services.

**Xavi Llongueras i Oriols**  
High Mountain Guide  
C/ del Solà, 8  
25727 PRULLANS (SPAIN)  
**676 51 06 55**  
**[guia@xavillongueras.com](mailto:guia@xavillongueras.com)**