



EXPEDITION CLUB

LONDON BUSINESS SCHOOL

Mount Elbrus Expedition - Information Package

07. – 14. September 2019



A very real adventure...



A packed itinerary for an unforgettable journey

Date	Day	Activity	Altitude
07. Sep	Saturday	<ul style="list-style-type: none"> • Flight from London to Mineralnye Vody (via Moscow or St. Petersburg) • Transportation from airport to Elbrus mountain (~4 hours, private buses) 	2,100m
08. Sep	Sunday	<ul style="list-style-type: none"> • Breakfast at the hotel, scenic acclimatisation hike on Cheget Mountain • Equipment organisation/ equipment rental; dinner and night at the hotel 	3,450m
09. Sep	Monday	<ul style="list-style-type: none"> • Transportation via bus and lift to base camp • Acclimatisation hike and first night in base camp huts 	4,300m
10. Sep	Tuesday	<ul style="list-style-type: none"> • Acclimatisation hike and night on the base camp • Optional: Safety session on ice climbing and self-belay 	4,500m
11. Sep	Wednesday	<ul style="list-style-type: none"> • Summit day! • Leave base camp at night time (optional + extra charge: snow cats to 5,000m) 	5,642m
12. Sep	Thursday	<ul style="list-style-type: none"> • Reserve day for bad weather conditions 	Tbd
13. Sep	Friday	<ul style="list-style-type: none"> • Descend to Baksan valley • Over night stay in the hotel 	2,100m
14. Sep	Saturday	<ul style="list-style-type: none"> • Breakfast at the hotel and transportation to the airport • Flight back to London or follow-on destinations 	n/a

Prior experience is not needed, but preparation

Fitness & experience

- Prior **mountaineering experience is not required** as climbing Elbrus is not very technical
- However, the climb will include mountaineering techniques that you will have to get familiar with:
 - Hiking with mountain boots and **crampons**
 - Using an **ice axe** for self-belay
 - **Roping up** in a group
- Medium to high endurance fitness level and prior high-altitude experience is recommended for the trek – if you are unsure, speak to your GP!
 - Individual training before the trek through running or long hikes with heavy luggage
- Reduce risk of high-altitude sickness by drinking at least 5L of water on acclimatisation & summit hikes and/ or using medical supplements

Equipment (selection, details to follow)

MUST OWN

- Thermal, multi-layer clothing, incl. down jacket
- Day backpack + big (duffle) bag

OWN OR RENT

- Sleeping bag (own recommended)
- Headlamp (own recommended)
- Gloves and mittens (own recommended)
- Mountaineering boots, gaiters
- Crampons, ice axe
- Harness, rope, carabiners
- *All technical (and non-technical) equipment can easily be rented with our touring company on site in Russia (i.e. crampons for £ 2.50 per day)*





What is included

- Group transportation to and from Mineralnye Vody airport in private buses
- Local transportation and lifts
- Overnight stays in local hotel, full board (twin or triple rooms)
- Base camp hut accommodation, full board
- Permits and guides (1 for acclimatisation hikes, 3 guides for summit day)
- 1 summit attempt
- Group equipment (ice screws, ropes,...)
- Cash tips for guides

What is not included

- Flight to and from Mineralnye Vody (see next slide for options)
- Visa costs
- Insurance
- Equipment rentals
- Snow cat service on summit day (optional, price to be discussed, cash on site only)
- Beers and other additional food/ drink outside of main itinerary
- Any follow-on trips (recommendation: 3-4 days stopover in St. Petersburg on return)



Low price option with limited comfort

Outbound 07.09.	 14:50 – 02:15⁺¹ Pegasus	9 h 25 m STN–MRV	1 stop 3 h 20 m SAW
Return 15.09.	 03:40 – 11:30 Pegasus	9 h 50 m MRV–STN	1 stop 3 h 35 m SAW

£265

Stopover in Istanbul; first hike right after arrival; two nights at airports

High price option with higher comfort

Outbound 07.09.	 08:50 – 18:55 Aeroflot	8 h 5 m LHR–MRV	1 stop 1 h 50 m SVO
Return 14.09.	 13:05 – 21:25 Aeroflot · Operated by Rossiya	10 h 20 m MRV–LHR	1 stop 3 h 50 m SVO

£488

Best option for stopover in Moscow; multiple time alternatives