climb Mount Elbrus

Climb through the foothills of the Caucasus, cross the Mikelchiran Glacier moraine, learn to use crampons and enjoy the breathtaking views as we make our ascent to the summit of Mount Elbrus, the highest mountain in Europe.

actionchallenge on Mount Elbrus

Our ascent of Mount Elbrus begins in the foothills of the lower Caucasus. Elbrus, an inactive volcano, is one of the famous Seven Summits and, at 5,642 m, is the highest mountain in Europe. It’s a fantastic, rewarding challenge - all you need is an adventurous team spirit, good fitness and two weeks out of the office.

We begin our challenge from Kislovodsk, in the heart of the lower Caucasus. From here we carry out acclimatisation climbs, ascending progressively higher each day, practicing our crampon, rope and ice axe techniques. From Base Camp we climb through the rocky moraine of the Mikelchiran Glacier to our next camp at 3,600 m far above the grasslands, with stunning views across the glaciers and the lower Caucasus range. Together we make the climb to Lenz Rocks, crossing several crevasses, and prepare for our bid to reach the summit of Mount Elbrus.

The ascent to the top is tough but exhilarating, beginning with a glacier climb to the saddle between the two summits at 5,416 m. We work as a team to climb up the next steep section to the ridge and, after a final short push, we reach the summit at 6,642 m. We are rewarded with a breathtaking view over the Caucasus from the highest point in Europe.

Back in the spa town of Kislovodsk we celebrate our ascent to the summit of Mount Elbrus with a traditional Russian sauna, dinner and fine chilled vodka with our new friends.

at a glance

- Activity: Trekking - Altitude
- Location: Mount Elbrus, Russia
- Duration: 12 days / 8 - 9 days trekking
- Difficulty: Tough
- Distance: 40 km
- Group size: 15 -25

trip highlights

- Take on one of the seven summits of the world
- Trek through the heart of the lower Caucasus
- Climb through the Mikelchiran Glacier
- Use crampons and practice ice axe techniques
- Stand upon the magnificent Lenz Rocks
- Peer from the highest mountain in Europe
- Indulge in a classic Russian sauna

Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world’s most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.

www.actionchallenge.com
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introduction

This fully-inclusive adventure to the summit of Mount Elbrus will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings and training weekends in the UK, where you can meet our trek leaders, members of your group and others taking part in challenges around the world. On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you’re joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Moscow, ready to take on Mount Elbrus and the climb of a lifetime!

brief itinerary

Day 1   Depart London
Day 2   Kislovodsk
Day 3   Caucasus
Day 4   Base camp 2,200 m
Day 5   3,100 m
Day 6   High camp 3,600 m
Day 7   Acclimatisation
Day 8   Acclimatisation 5,000 m
Day 9   Elbrus Summit 5,642 m
Day 10  Base camp
Day 11  Kislovodsk
Day 12  Arrive in London

what’s included

- International and domestic flights
- Action Challenge trek leader
- Full support team, including local guides
- UK medic
- All accommodation
- All meals, except in free time
- Airline taxes
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner in Kislovodsk
- Invitation to a challenge briefing in London
- Discounted training weekends in the Peak District, Brecon Beacons & Snowdonia
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

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Itinerary

**Day 1 - Depart UK**
We depart from London for our overnight flight to Moscow.
*Meals: L,D*  *Accom: Flight / Hotel*  *(dependent on flight schedule)*

**Day 2 - Mineralny Vody**
We arrive in Moscow and change terminals for our two hour domestic flight to Mineralny Vody. On arrival, we transfer to the town of Kislovodsk, the last town before the lower steppes of the Caucasus. At our hotel and we meet our team of guides who’ll be with us for our journey. This afternoon we have a full briefing and organise our gear for the climb.
*Meals: B,L,D  *Accom: Hotel*

**Day 3 - Mt. Elbrus Base Camp**
We leave the luxury of our hotel and set off on a four hour drive that takes us into the heart of the foothills of the lower Caucasus. We stay in Mt. Elbrus Base Camp at 2,200m for three days to carry out acclimatization climbs. We ascend progressively higher each day to 3,100 m and 3,600 m, taking supplies to our next camp and practicing our crampon, rope and ice axe technique.
*Meals: B,L,D  *Accom: Tent*

**Day 6 - High Camp**
Today we start early, heading for High Camp. We climb out of the high grasslands and into the alpine zone, with stunning views across the glaciers of Mt. Elbrus and the lower Caucasus to the north. The last stretch of the climb leads over the rock moraine of the Mikelichirn Glacier before we arrive at our camp.
*Meals: B,L,D  *Accom: Hut*

**Day 7 - 8 - High altitude acclimatisation 3,900 m - 5000 m**
We base ourselves at High Camp for two days to further acclimatise. On the first day we climb up to the Lenz Rocks before spending a more relaxed second day in preparation for our bid to reach Elbrus summit tomorrow.
*Meals: B,L,D  *Accom: Hut*

**Day 9 - Elbrus Summit**
This is a long and tough day; we wake very early to prepare for our summit attempt. We focus on a sustained climb across the glacier to the saddle between the two summits at 5,416 m. Here the route steepens as we climb the next couple of hundred meters to the ridge. The final slope is an easier climb and in less than half an hour we reach the summit. Standing on the roof of Europe, weather permitting, we will be looking out across the magnificent Caucasus range. We return to our mountain refuge and rest after a hard day.
*Meals: B,L,D  *Accom: Hut*

**Day 10 - Base Camp**
We continue down to Base Camp for the night. In the event of bad weather, this day can be used as an extra summit day or for extra acclimatisation.
*Meals: B,L,D  *Accom: Tent*

**Day 11 - Kislovodsk**
We make our way from Dzhily-Su to Kislovodsk where we relax and soak our tired muscles in a traditional Russian sauna. After days at altitude and our ascent to the summit of Mount Elbrus it’s time to celebrate our achievement with a meal and, of course, a chilled Russian vodka or two.
*Meals: B,L,D  *Accom: Hotel*

**Day 12 - Flight home**
We leave early in the morning for our return flight from Mineralny Vody to Moscow. Here we catch the onward flight back to London.
*Meals: B*