

Mount Elbrus

Climb

2022 & 2023

actionchallenge.com



actionchallenge

challenge events worldwide



About Us

Action Challenge

We are Action Challenge, and we bring people together through challenge & adventure.



Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.



Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!

Why Choose Us?



100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & challenge briefing. By the time you are due to travel you'll be ready & raring to go!

6 OUR ITINERARIES

OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS

7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.

The Challenge



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THE HIGHEST PEAK IN EUROPE

On this 12-day adventure we spend a total of 9 days on the slopes of Elbrus. First we spend time acclimatising to higher altitudes, upskilling and practicing our mountaineering skills and carrying loads to High Camp. We then move upwards to the high altitude glaciated world of High Camp and beyond. Here we fine tune our crampon and ice axe techniques further and complete a last acclimatisation round up to Lenz Rocks. Then it's time for the real challenge, summit night! We tackle the remote and quiet Northern Route to the saddle and then upwards to the Western Summit, the highest point in Europe at 5642m. The long descent to base camp is tough, but is rewarded with a sauna, perhaps a vodka or two, and a real Russian celebration back in the spa town of Kislovodsk.

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DAYS 1&2 - ARRIVE IN RUSSIA

We depart the UK and head to Mineralny Vody Airport, via Moscow. On arrival we transfer to the town of Kislovodsk, the last town before the Caucasus mountains rise out of the steppe. At the hotel we meet your local guides who'll be with us for the journey. We'll have a full briefing and organise our gear for the climb. Meals: meals on flight, LD (day 2) Accom: Hotel

DAYS 3-5 - 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 2,500m for three days to carry out acclimatisation climbs. We ascend progressively higher each day to 3,100 m and 3,800 m, taking supplies to our next camp and practicing our crampons, rope and ice axe technique.

Meals: B,L,D Accom: Tent or simple cabin

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 Mikelchiran Glacier before we arrive at our camp.

Meals: B,L,D Accom: Tent or simple cabin

DAYS 7&8 - HIGH ALTITUDE ACCLIMATISATION

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: Tent



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DAY 9 - ELBRUS SUMMIT 5642m

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 long hard day.

Meals: B,L,D Accom: Tent or simple cabin

DAY 10 - RETURN TO 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 acclimatization.

Meals: B,L,D Accom: Tent or simple cabin

DAY 11 - KISLOVODSK

We make our way from Base Camp 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 to the airport for our return flight from Mineralny Vody to Moscow. Here we catch the onward flight back to London.

Meals: B



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INCLUSIONS

- . Fully supported 12-day group challenge
- . 8-9 days trekking
- . International Flights
- . Accommodation, Transfers & Meals
- . National Park entrance fees
- . Full support team, including local guides
- . Action Challenge Trek Leader
- . UK Qualified Medic
- . Pre-challenge support

DATES & PRICES

Visit website for dates in 2022.

PAYMENT OPTIONS

An online Registration Deposit is required to secure your place on this challenge. Once registered, there are 3 payment options available to cover the remaining cost of your trip.

SELF FUNDING

You pay the registration deposit, and then the full final balance directly to us.

CHARITY SPONSORSHIP

You pay the registration deposit & fundraise twice the amount of the final balance. Your chosen charity pays us the final balance from this fundraising.

MIXED FUNDING

A bit of both. You pay the deposit and split the final balance with your chosen charity. You will fundraise twice the amount that the charity is due to pay.



Contact Us

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