

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

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

Trowser 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

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