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## ELBRUS CLIMB with TREK TOURS – 10 days

10 days program with hiking in **Irik-chat, Adyl-su, Adyr-su gorges** – the most beautiful in the Caucasus. Not difficult routes and motorways, passes in the pine forests and alpine meadows, for good physical training and acclimatization before Elbrus summit.

### Short description of the tour

Day 1. **Meeting in Min Vody airport.** Transfer to Prielbrusye. **Accommodation in private hotel near village Elbrus.**

Day 2. **Acclimatization hike to the Irick-chat gorge, till the tongue of the glacier (2610m).**

Day 3. **Acclimatization hike to the Adyl-Su gorge, driving till the camp “Djan-Tugan” (2400 m) then continue the way on foot to pass “VCSPC” (3500m).**

Day 4. Transfer from hotel to gorge Adyr-su till camp “Djailyk” (2300 m). Hiking to the glacier Yunom (3050).

Day 5. **Transfer to Azau. Climbing to tourist’s hotel “Gara Bashi” (3800 m) by cable-ways “Elbrus” and “Gara-Bashi”.**

**Acclimatization hike till base “Priut 11” (4200 m). Returning to Gara-Bashi.**

Day 6. Climbing for acclimatization to Pastukhov’s rocks (4800 m). Returning to tourist’s hotel “Gara Bashi”.

Day 7. Climbing to a top of mount Elbrus. Descent to Gara-Bashi.

Day 8. Spare day for climbing. Descent to valley.

Day 9. **Free day.** This day we can walk to the Shkhelda gorge. Over the glade of Shkhelda river.

Day 10. Transfer to Min Vody. Departure to Moscow..

The personal equipment	The group equipment
<ul style="list-style-type: none"> <li>• The tourist plastic boots</li> <li>• The ice axe or ski sticks</li> <li>• The sleeping bag</li> <li>• Crampons</li> <li>• Rucksack</li> </ul>	<ul style="list-style-type: none"> <li>• The first – aid set</li> <li>• The electric torches</li> <li>• A rope</li> </ul>

### The cost of 10 days Elbrus tour – 56 000 Rubles per person

#### includes:

1. Transfer from Mineralnye Vody airport to Elbrus hotel and back to Min Vody.
2. Accommodation in private hotel in vil. Terskol, according the program 6 days.
3. Accommodation in barrels Gara-Bashi, according the program about 3 days.
4. All meals FB everyday (breakfast and supper in hotels, dinner – packed lunch).
5. All internal transfers incl. valleys Adyl-su, Adyr-su, Irik-chat.
6. Cable-ways and lifts.
7. Qualified guide-instructor for acclimatization and climbing.
8. Extra Guides for summit day, one guide for 3-4 climbers.
9. Cook and all kitchen stuff in barrels “Gara-Bashi”.
10. Visa support, local registration, Border permits.

#### doesn't include:

1. Snow-tractor.
2. Personal equipment.
3. Air flights.

## The detailed description of the tour

### DAY 1

Arrival from Moscow (St. Petersburg, Istanbul or Munich etcetc.) to Mineralnye Vody airport. Meeting and **transfer to Elbrus area**. Accommodation in hotel 3\* on Cheget glade, dinner. The road from Min Vody to hotel takes about **3-4 hours**.

### DAY 2

Acclimatization hike to the **Irick-chat gorge** till the tongue of the glacier (2610m).

*The glade of the river Irik is considered as one of most beautiful rivers in the Elbrus region. The river flows out from the glacier with the same name and runs into the Baksan river near the Elbrus vil. The glade is situated between south-east and eastern ridges of Mt. Elbrus. Its level 500 m higher than the Baksan glade. Before the confluence into the Baksan river it flows in a deep canyon, the slopes of which are covered with a pine forest.*



The route starts on the northern outskirts of the **vil. Elbrus (1770 m)** near a pier on the left bank of the Irik river. Two paths leave from here. The first one passes by the rocky exits below on the left side of the glade and in 25 min. brings you out to the **narzan sources**. The second path goes along the herbaceous slopes above the rocky exits to the inclined glade with a spring. The narzan sources are 50m lower, it's not difficult to go down

there.

*On this part of the route you should be especially attentive, as even a small uncarelessly removed stone on the steep herbaceous slopes can get you into trouble.*

From the glade it is necessary to mount in a direction of huge fungoides with yellow sandstone. Steep screes are replaced by slopes, grown with a century pine forest, above which as a white cupola raises the Mt. Elbrus. As the theatrical sceneries appear snow-white summits - **Djan-Tugan (4012m), Ullukara (4302m), Bgeduh (4163m), the Eastern Ushba (4697m) etc.** The path traverses the slope of the glade and enters a pine forest. Here there are a lot of mushrooms and berries. Having passed the glade with the coshi, the tourists intercept some gullies and descend to the Irik river. In 3,5 hours from the vil. they reach the edge of the forest (2250m). On the background of Mt. Elbrus the **glacier Irik** is seen. Continue the rout to the upper reaches of the **Irik-Chat river**.

Over the path of the left bank it is necessary to leave to the coshi, located above a coalescence of the Irik River with the left influx Irik-Chat, then cross over the bridge to the right bank of the Irikchat. On the flat glade grown with grass, by the coalescence of both rivers, there are a lot of ground-squirrel holes. The path leads up to the right bank of the river Irik-Chat, and then along it – to the **tongue of the glacier (2610m)**. Here, about an ice cave, from which the river outflows, the path ends.

### DAY 3

Acclimatization hike to the **Adyl-su gorge**, then hiking to the pass VCSPC (3500m).

Above the **Elbrus vil. (1770 m)** from the Baksan highway is branched a road to the glade of the Adylsu river, the right tributary of the Baksan river. We need to go over the pine forest by the left bank of the river past the **camp "Adylsu"**. About in an hour we leave to the **Shkhelda river**. By the bridge there is a climbing camp of the same name. Behind the **camp "Shhelda"** we overcome a small ascent, and then we descend to the bridge on the right bank of the Adylsu river.





The forest remains behind. Now it'll be found by separate sites. On the right bank is situated the **climbing camp "Elbrus"**. From it if to look in the side of the Baksan, the **massif of Elbrus is seen**. On the left bank of the Adylsu river above the gray moraine slope the glade of the **glacier Kashkatash** opens. From under the glacier rumbles and outflows a swift flow. Below the greenish ice breaks on a moraine there is a pine forest and above the glacier – a sugar head of the **Bgeduch summit**. This is a show of amazing beauty!

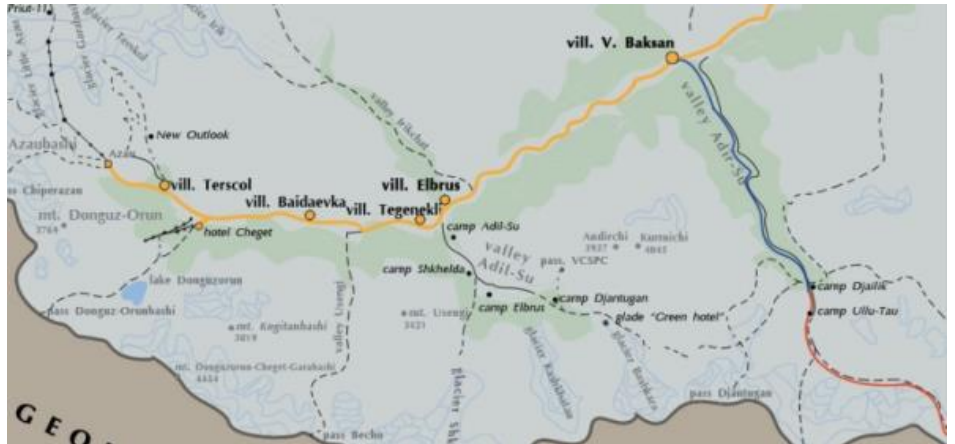
In two hours from Elbrus vil. we approach "**Djan-Tugan**" camp. Under the camp – mineral springs. Here we leave the car and ascend to the pass VSCPS above the Djan-Tugan camp. Rest and descend back the same way to the hotel.

**DAY 4**

Transfer from hotel to **the Adyr-Su gorge** till camp "Djailyk" (2300 m). Hiking to the glacier Yunom (3050).

*(Verhny Baksan – the Adyr-su river – climbing camp "Djailyk" – the river Klumkolsu river – the glacier Yunom – the Verhny Baksan. Expansion – 30 km, duration – 8 hours).*

The route gets acquainted with Upper reaches of the Klumkol glade from where opens a view on the **Adyrsu and Elbrus ridges**. To the climbing camp "Djailyk" is made the motorway. By the bus stop "Verhny Baksan" (1500 m) from the highway departs the road into the glade of the right tributary Baksan-Adyr-su. In a kilometer from the highway the river Adyr-su goes out the canyon, sawed in the rocks (a mouth step). The bypass of the mouth step is called the Doktorsky pass. In the 1970s here was constructed an **automobile jack (lift)** and a stairway by an altitude of 60 m consisting of 400 steps. Along its left bank there is a path. Rather narrow glade has grown with a forest. Behind it opens the glade of the Koiavgan glacier in the Adyr-su ridge. Soon the tourists pass on the right bank and past summer houses of shepherds make for the turn of the glade. Here in stone screens.



The path is hardly visible. From the port side of the glade flow off springs from the glaciers. Behind it in the Adyr-su ridge opens the Djalovchat glade with a typical moraine row and tumulus of Mt. Elbrus on horizon. The path leads to the final moraine of the **Yunom glacier**, to the small lake (3050 m). By the lake there are sites with traces of bivouacs – lower Kichkidarskie night lodgings. In the Upper reaches of the glacier is the Golubev pass, leading to the Chegem gorge. It takes 3-4 hours of an ascent from the climbing camp "Djailyk" up to the night lodgings. It will 4 hours more for coming back to Verhny Baksan village.

**DAY 5**

Climbing to tourist's hotel "Gara Bashi" (3800 m) by **cableways "Elbrus" and "Gara-Bashi"**.

From the **Azau Glade** up by the aerial tramways "Elbrus-1" and "Elbrus-2" and the chair-cable lift "Gara-Bashi". Accommodation in **camp base "Gara Bashi"**, dinner.



Training hike till base "Priut 11" ("To the Shelter of Eleven"). From Gara-Bashi to the "Shelter of Eleven" the path is made over the snowfields. The marking sticks mark the path. The motion direction is the north. Don't deviate of the path because the glacier on which the path is made has many **crevasses** covered by snow. The path comes to the Shelter of Eleven. Its altitude is **4,200 meters** above sea level.

*From here you can see the wonderful views of the mountains of the Central and West Caucasus. The both summits of Mount Elbrus are seen on the north. On the east, southeast and south you can see the Greater Caucasian Range and its northern spurs. The ranges of Svanetia (Gorgia) are seen behind the Greater Caucasian Range, on the Southwest, behind the Hotu-Tau Range, the West Caucasus and its ranges are seen.*

After the rest skiing down to the Gara-Bashi along the ascent line.

### DAY 6

Climbing for acclimatization to **Pastukhov's rocks (4800 m)**.

For the acclimatization effect there have to be two nights on altitude 4000m with climbing to Pastukhov's rocks (4800 m) on first day. Skiing to tourist's hotel "Gara Bashi".

### DAY 7

Early morning climbing to a top of **mount Elbrus**.

The beginning of climb is planned in 2-3 a.m., in direction of the Pastukhov Rocks (4,800 m), then to the **saddle** of Elbrus, here tourists have one hour rest and go to the Western or Eastern summit. Return to tourist's hotel "Gara Bashi" .

### DAY 8

Spare day for climbing. Descent to valley. Accommodation in vil. Terskol.

In case of free day we can walk to the **Shkhelda gorge**, over the glade of Shkhelda river.

A little further the Adyl-su river has received the short but impetuous river Shkhelda with its source in the Shkhelda glacier. The Adyl-su and Shkhelda Gorges are well known to climbers beyond the boundaries of our country. Along this gorges lie the routs to the more difficult ascents: **Shkhelda, Ushba, Shchurovsky peak, Chatyn-Tau, Free Spain, peak and Bzhedukh. Ushba peak (4,700 meters)**, one of the most taxing ascents in the Caucasus, is highly popular with mountaineers.

On the course of the route we observe also one of the largest glaciers of the Elbrus region – the **Shkhelda glacier** and admire the summit that is very popular for the climbers.

Passing by the tourist **base "Shkhelda"** not turning to the paths leading down to the river it is necessary to move hill up to the glade. Among the trees there is the snow summit with black a cuminated rocky needles now comes up and disappears - **the peak "Kavkaz"**.

Soon we leave the forest to the alpine meadows. In front of them is well seen the tongue of the **Shkhelda glacier** and in the depth of its glade are the rocky towers **Shkheldatau**.

Behind the left bank of the Shkhelda river- the path is splitted by the spring of Geologists. The upper one goes on the moraines ridge to the glacier, the lower – to the last pine island, where by the tongue of the glacier and the lake, there is the end of the route. **Altitude 2250 m**. The length of glacier Shkelda **9 km, and 8 sq.km**. The returning to vil. Elbrus takes 1,5 hour.

### DAY 9

Excursion day. *On this day we can transfer to **resort Nalchik** - capital of Kabardino-Balkaria, with visiting of hot springs. Hotel accommodation 3\* in park area. Evening excursion around the city. Dinner in the park.*



### DAY 10

Transfer to Mineralnye Vody airport. Departure to Moscow..