

SKIING ELBROUZ'S WILD SIDE

With its 5641m high, Elbrouz is the genuine 'Top of Europe'.

The normal path on the Southside of this legendary volcano is very busy and doesn't represent a major interest. However, the Northside isn't harder technically but is clearly much more preserved and wild. It is the ideal side for us as it allows us to immerse ourselves into the traditional Russian mountain spirit.

After a flight to Mineralnya Vody via Moscow, we hit the road towards Piatigorsk. Then we take jeeps to Djilisu where we'll spend two nights and two days acclimating. We then climb up to the Uncle Nik refuge which becomes our base camp. Once up there, we finalize our acclimation in order to get started on our trek to the summit in a bright night. We'll make it to the top, standing stock still, open mouthed and agog, facing the incredible view.

Once back at the refuge, after a good rest, we get back to the Djilisu camp, and then, on fantasy slopes in the middle of meadows, we'll join the town of Piatigorsk.

 Region	Great ascent
 Activity	Ski Ski trip
 Duration	10 days
 Group	5 to 8 people
 Code	SRRELN
 Price	From €2,995
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 **Moscou - Piatigorsk**

Departure from Paris. When in Moscow, we continue our travel to Mineralnye Vody. From there, we'll be transferred to Piatigorsk (30km) where we'll spend the night in a hotel.

Accommodation : Hotel

Day 2 **Piatigorsk - Djilisu (2300 m)**

Around 100km separates Piatigorsk from Djilisu : this will take us 3 to 4h to arrive. The road is long, starting on a tarred road (1h) and then on a track. We'll finally arrive and settle in the refuge at 2300m altitude for two nights.

Positive difference in altitude : 1100m | Negative difference in altitude : 1100m | Altitude Max : 3650m | Accommodation : Refuge

Day 3 **Acclimatization**

Acclimatization day in which we will climb up to the Uncle Nik refuge at 3760m. To have a good night sleep, we'll get back down to Djilisu to spend the night at the camp.

Accommodation : refuge

Day 4 **Djilisu - 'Uncle Nik' refuge**

Today is our departure day : we get to the 'Uncle Nik' refuge at 3750m, and it will be our base camp from now on, surrounded by ice.

Our bags are loaded because we are carrying our personal belongings for 5 days.

Positive difference in altitude : 1200m | Altitude Max : 3750m | Accommodation : Refuge

Days 5 to 6 **Acclimatization in altitude**

We climb in high altitude today, in direction of the Eastside peak, at around 4800m.

Positive difference in altitude : 1000m | Negative difference in altitude : 1000m | Altitude Max : 4800m | Accommodation : Refuge

Day 7 **Elbrouz ascent (5641 m)**

Today is the big ascent day ! Thus, we wake up very early in the morning to start our trek towards the summit, walking on tilted slopes (30 to 35°) and firstly joining "Lens Rock" (stone camp). We then make it to Sedloy (5400m), between the East and West summits, where we encounter mountain climbers arriving from the normal path.

We have to compose ourselves to glean the 200 and a few meters remaining before the top. And here we are, at the 'Top of Europe', enjoying our victory and breathing in the incredible breathtaking view.

We will finally get back down to the refuge to rest our weary feet and have a well deserved relaxing night.

Positive difference in altitude : 1900m | Negative difference in altitude : 1900m | Altitude Max : 5641m | Accommodation : Refuge

Day 8 **Safety day**

If weather conditions aren't good, we'll ascend Elbrouz on this extra day. We can also use this day as a rest day. The skills and knowledge of our guide will allow us to ascend safely the summit, depending on the groups capacity and on weather conditions.

Accommodation : Refuge

Day 9 **'Uncle Nik' refuge - Djilisu - Piatigorsk**

We descend to get back to the Djilisu base camp from where 4X4 are waiting for us to get us back to Piatigorsk where we spend

the night.

Negative difference in altitude : 1200m | Altitude Max : 3780m | Accommodation : Hotel

📍 Day 10 **Piatigorsk - Paris**

In the middle of the day, we get to the airport to hop on our flight back to Moscow and finally to Paris. We'll say goodbye after a wonderful trek together, our heads full of unforgettable memories.

PROGRAM MODIFICATION

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: SRRELN

Included

A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.

- The technical organization of the stay
- Mountaineering with high-mountain guides
- International and domestic flights, flight taxes
- Planned transfers
- Accommodation in hotels or refuges
- Meals except in Piatigorsk and Moscow
- Licences
- Collective equipment
- Services from a local team

Not included

- The Russian visa
- Individual technical equipment
- Meals in town (Piatigorsk, Moscow)
- Tips
- Drinks and personal expenses
- Sightseeing and activities non included in the program
- Luggage supplement (ski cover)
- Insurance / assistance : research fees and helicopter rescue, hospitalisation and repatriation mandatory
- Registration fees : 18€/person

International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

The tour is supervised by a mountain guide who has been chosen for his field experience, his specific knowledge of one geographical area and the culture attached, as well as his passion for the region.

Food

Meals

- Very good quality and tasty local food, meals are prepared by chefs : they are excellent !
- Take some snacks according to your own tastes (cereals bars, chocolate bars, dry fruits,...).

Drinks

- We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring cash for coffees, fruit juices, coke or beers during breaks...

Accommodation

- We advise you to bring protection against noise (ear plugs).
- A few electrical plugs are available in refuges, but plan to bring an external battery to charge your camera and switch off your phone during the day.

Transportation

On Day 3, 5, 6, 7 & 8, we will have a light back with our belongings for the day. On Day 2 & 4 and on Day 9 when descending, we'll carry all of our personal belongings.

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

Ropes and technical equipment

Vital equipment

- 1 pair of hiking shoes with skis, poles and knives
- 1 harness + 2 carabiners + 1 swivel carabiner + 2 cords
- 1 pair of gaiters
- 1 ice axe
- 1 ice anchor
- 1 pair of crampons
- 1 avalanche transceiver + 1 shovel + 1 probe
- 1 duvet sleeping bag (double thickness / -15°C)
- 1 foam mattress with closed air cell
- 1 safety blanket
- 1 headlamp + long lasting batteries + extra bulb
- 1 pair of glacier sunglasses with nose protector + 1 extra pair
- 1 thermos (1.5L)
- Sunscreen (total protection) + after sun cream
- Total protection lip balm + after sun lip balm
- 2 100L bin bags
- 1 waterproof pouch in which you will put your identity papers, your phone, your money and your insurance/assistance contract with all of your emergency phone numbers

Helpful equipment

- 1 wool bonnet
- 1 silk balaklava + 1 shawl
- 1 pair of wool or thermolactyl underwear (tee-shirt and pants)
- 1 polar jumper
- 1 pair of mountain rousers
- 1 duvet jacket
- 1 Goretex jacket
- 1 pair of Goretex trousers (or equivalent)
- 2 pair of thick wool gloves + 1 pair of silk gloves
- 3 pairs of thick wool socks
- 2 pair of thin socks
- Sports clothes for small walks
- 1 pair of light trekking shoes
- 1 pair of swimming trunks
- 1 sewing kit

Luggage

This equipment has to be split into 2 or 3 bags :

- 1 heavy and compact bag (50-60L backpack)
- 1 check-in bagage (under 20kg)
- 1 cover for the skis

Medicine

Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

Please make sure your passport and travel documents are valid. We advise you to travel with a copy of your travel documents in case of theft or loss.

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the mountains by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its

particular foods and flavors which we would like you to explore and appreciate.

- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.