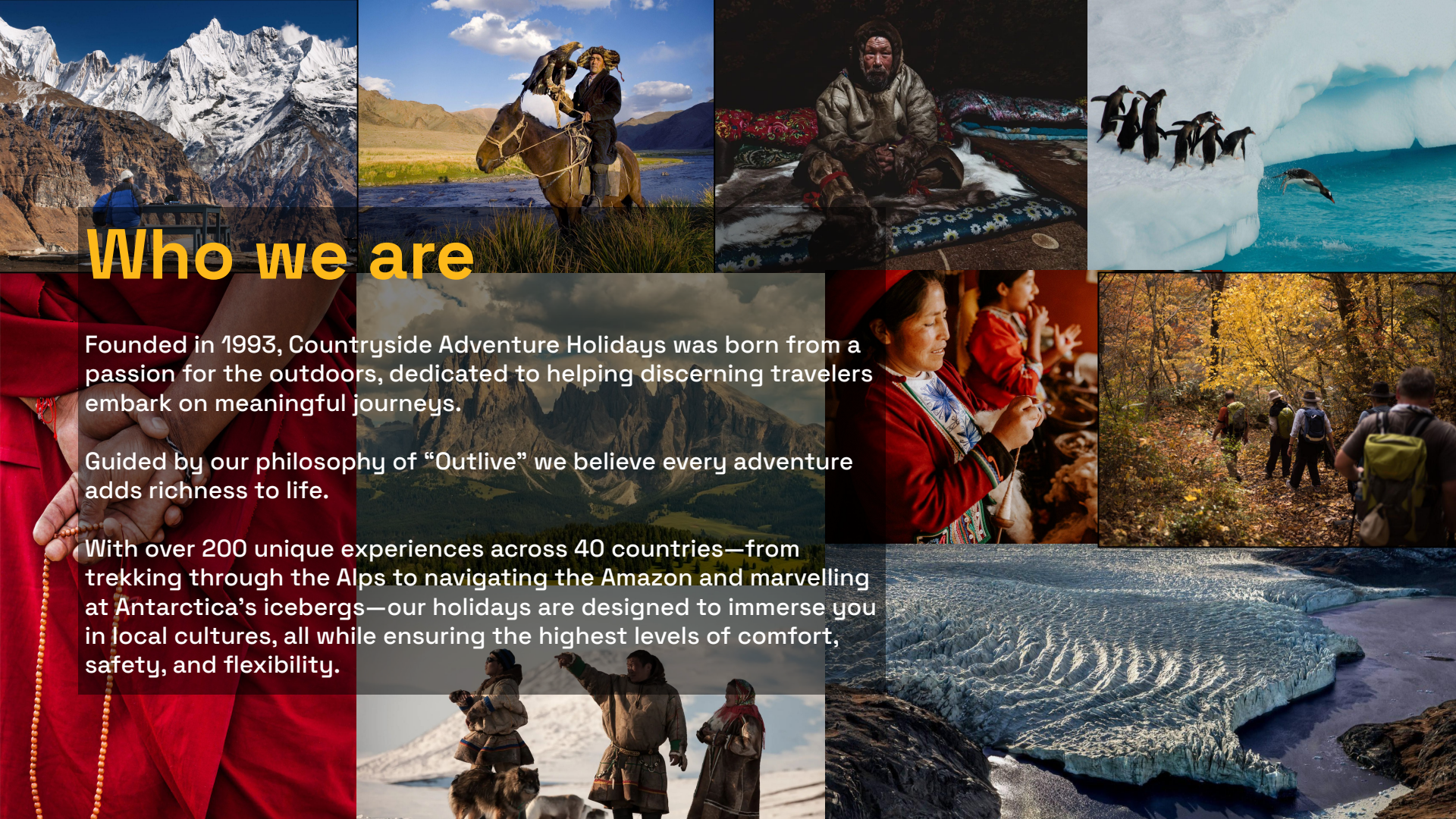


Mt. Elbrus Climb

5642m

The highest peak in Europe and Russia
Caucasus Mountains, Russia
04- 13 July 2026



Who we are

Founded in 1993, Countryside Adventure Holidays was born from a passion for the outdoors, dedicated to helping discerning travelers embark on meaningful journeys.

Guided by our philosophy of “Outlive” we believe every adventure adds richness to life.

With over 200 unique experiences across 40 countries—from trekking through the Alps to navigating the Amazon and marvelling at Antarctica’s icebergs—our holidays are designed to immerse you in local cultures, all while ensuring the highest levels of comfort, safety, and flexibility.

About

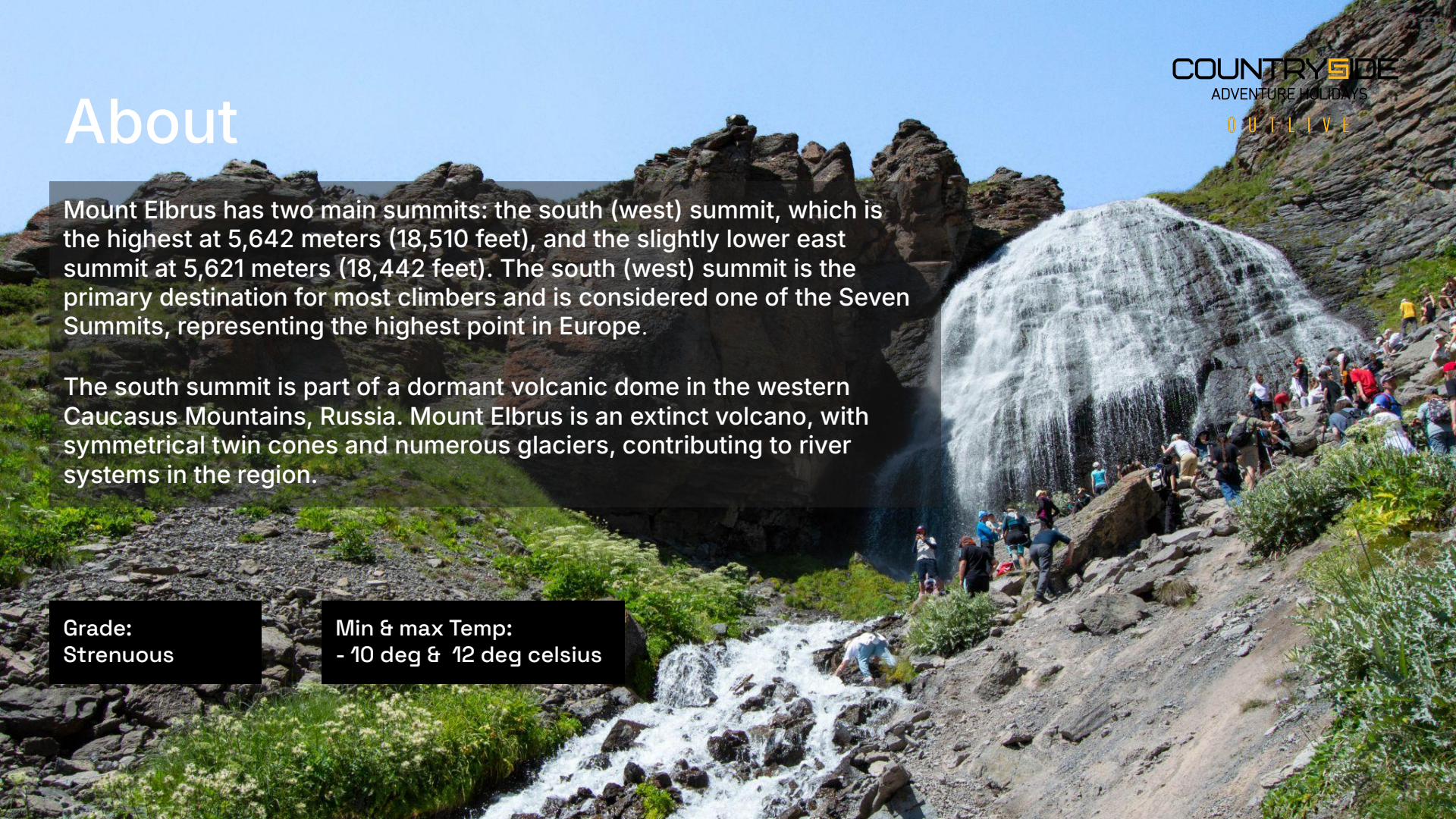
COUNTRYSIDE
ADVENTURE HOLIDAYS
OUTLIVE

Mount Elbrus has two main summits: the south (west) summit, which is the highest at 5,642 meters (18,510 feet), and the slightly lower east summit at 5,621 meters (18,442 feet). The south (west) summit is the primary destination for most climbers and is considered one of the Seven Summits, representing the highest point in Europe.

The south summit is part of a dormant volcanic dome in the western Caucasus Mountains, Russia. Mount Elbrus is an extinct volcano, with symmetrical twin cones and numerous glaciers, contributing to river systems in the region.

Grade:
Strenuous

Min & max Temp:
- 10 deg & 12 deg celsius



Brief Itinerary

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Day 01 (04-Jul) Arrival in Mineralnye Vody, drive to Azau village (2250m / 7381 ft; 191 kms / 3.5hrs)

Day 02 (05-July) Acclimatization Walk- Devichye Kosy (3400m / 11154 ft; 6-7 hrs)

Day 03 (06-Jul) Acclimatization walk to Mt. Chaget (3000m / 9842 ft; 5-6 hrs)

Day 04 (07-Jul) Take a cable car to Krugozor station. Acclimatization walk -Mir Station (3500m / 11,482ft)

Day 05 (08-Jul) Take a cable car to Garabashi station (3850m) and transfer to Leprus Shelter (3900 m / 12,795 ft)

Day 06 (09-Jul) Acclimatization trek to Pastukhov rocks (4800 m / 15,748 ft)

Day 07 (10-Jul) Training Day - Practice moving in crampons on snow and ice terrain, walking in harness.

Day 08 (11-Jul) Summit Push (12-13 hrs). Descend to Azau or a reserve day for climbing to the top.

Day 09 (12-Jul) Rest day at Azau village.

Day 10 (13-Jul) Transfer to the Mineralnye Vody Airport. Final departure.

Trip Overview

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- The dormant volcanic summit features two cones: the higher West Summit and the slightly lower East Summit.
- The region, Prielbrusye National Park, hosts diverse flora—like bellflowers, Caucasian lilies, and rhododendron—and rare fauna such as brown bears, West Caucasian tur, and endemic birds.
- Unlike other major peaks, climbers use a modern cableway system and chair lifts to quickly reach the high-altitude Gara-Bashi huts at 3,800 m, facilitating acclimatization and base camp life.
- Successful climbers enjoy 360° panoramas across the Caucasus Range, with clear views stretching from the Black Sea to the Caspian Sea

**Stay in 3 star hotels /
Dormitories on twin &
multiple sharing rooms**

**9 Breakfasts, 03 packed Lunches
+ 06 lunch & 9 Dinners Incl**

**Trek Cost : US\$ 3260 per
person**

**Pricing is based on 1 USD= INR 86 and is subject to change. Exchange rate on day of booking will be applicable*

Day 01 Arrival in Mineralnye Vody, drive to Azau village (2250m / 7381 ft; 191 kms / 3.5hrs)

Upon arrival in MRV, transfer to Azau village of the Kabardino Republic. Check in the hotel. Evening spean exploring Azau village with visit to rental shop and orientation.

Meals included: Dinner.

Day 02 Acclimatization Walk- Devichye Kosy (3400m / 11154 ft; 6-7 hrs).

Post breakfast, we will hike up to Devichi Kosi waterfall, where we will have our packed lunch and take a refreshing dip (voluntarily). The path to the Devichye Kosy Waterfall runs along the marked trail of the Elbrus National Park through a pine forest and basalt sculptures. Post that, we will ascend to further to the Observatory of Russian Academy of Sciences.

Meals included: Breakfast, packed lunch & Dinner.

Day 03 Acclimatization walk to Mt. Chaget (3000m / 9842 ft; 5-6 hrs)

Today, we hike up Mount Cheget with light daypacks. Before the hike, everyone will receive a packed lunch, and we'll have lunch on the mountain with a view of Mount Elbrus. We will guide you on proper walking and breathing techniques in the mountains to minimize fatigue. From the top, enjoy stunning panoramas of Mount Elbrus and the Baksan Gorge.

Meals Included: breakfast, packed lunch & dinner

Day 04 Cable car to Krugozor station. Acclimatization walk -Mir Station (3000m / 11,482ft)

Post breakfast we will take a cable car to Krugozor station. Check in the hotel (4-5 bedded rooms) at Cheeper Azau. Post lunch we will go for acclimatization walk to Mir station (3500mtr). Dinner and overnight at the Cheeper Azau.

Meals included: Breakfast,lunch & dinner.

Day 05 Take a cable car to Garabashi station (3850m) and transfer to Leaprus Shelter (3900 m / 12,795 ft)

After breakfast we take a Elbrus cable car to Garabashi station and transfer to Leaprus. Post lunch we go out for acclimatization walk upto 4200 m.

Meals included: Breakfast, lunch & dinner.

Day 06 Acclimatization trek to Pastukhov rocks (4800 m / 15,748 ft)

A crucial day to prepare your body where we gain sufficient altitude upto 4800m.The landmark known as Pastukhov Rocks will be our high point for the day post which we descend to the huts to recover. The hike is roughly 3-4 hours up and about 2 hours down. We return in time to have a hot lunch at the mountain refuge.

Day 07 Training Day - Training session, practice moving in crampons on snow and ice terrain, walking in harness.

Final checks before your summit push – today we brush up on our snow and ice craft.

We'll practice roping up, walking in crampons and using your ice axe, especially to self-arrest in case of slips. The afternoon and evening is utilized relaxing and sleeping so that one is fresh for the next day's gruelling adventure.

Day 08 Summit Push (12-13 hrs). Descend to Azau or a reserve day for climbing to the top.

Finally, Summit Day! Wake up at midnight and depart by mid night– the ascent will take roughly 6-8 hours and the descent will take an additional 3 hours. The route is physically demanding and mentally challenging, but incredibly rewarding with sunrise views from the roof of Europe. If we return just after noon by around 1 pm, we'll descend to Azau by cable car today itself.

In case of bad weather or a collectively slower pace of the group, if we return to the huts by 3pm or later, the night will be spent at our cozy mountain shelter and we'll descend to Terskol next morning.

Day 09 Rest day at Azau village.

This day is kept as a reserve/buffer day in case of bad weather on the previous day. If because of the weather conditions, the group takes an attempt of reaching the summit on this day, it is necessary to descend to the valley on the same evening. Overnight at the hotel in Terskol celebrating the group's success!

Day 10 Final departure

The group checks out of the hotel in Terskol after breakfast and departs for Mineralnye Vody. In case one needs a separate transfer because of an early or late flight, the same can be coordinated at a marginal cost of transport! We finally depart Russia with a bag full of memories and life experience to be proud of!

Inclusions & Exclusions

- ✓ Accommodation in 3* hotel in Azau village on twin sharing on breakfast and dinner
- ✓ Accommodation in the hotel 'Cheepper-Azau' at the station ' Krugozor' multiple sharing occupancy.
- ✓ Accommodation in the alpine shelter 'Leaprus' in a 12 bedded wagon at Garabashi station for 4 nights, including hot water, shower, toilet and wifi.
- ✓ Airport group transfers on arrival and departure.
- ✓ Truck transfer from Garabashi station to the leaprus shelter and back.
- ✓ 1 certified IFMGA english speaking main guide +1 guide 2-8 days.
- ✓ Day 6 - 1 certified IFMGA english speaking main guide +1 local english speaking guides.
- ✓ Day 8 - 1 certified IFMGA english speaking main guide +3 local english speaking guides.
- ✓ Permit to the Elbrus National Park.
- ✓ Countryside Outdoor Professional + 01 local english speaking guide throughout the trip.
- ✗ GST & TCS as applicable.
- ✗ Visa fees.
- ✗ Vehicle is not at disposal.
- ✗ Rental of specialized equipment and equipment for climbing. We will help you rent everything you need for each client. For example, Snow Boots, crampons, ice axe, Mittens and Helmets.
- ✗ Any expenses of personal nature such as additional mineral water, laundry, liquor, soft drinks etc
- ✗ Any kind of insurance, such as travel, accident, theft, medical, evacuation, etc.
- ✗ Any extra costs incurred due to extension/change of the itinerary, because of natural calamities, flight delays, roadblocks, vehicle breakdown, etc. factors beyond the control of "Countryside Adventure Holidays Pvt. Ltd." and its associates.
- ✗ Items not specified in the above in "Cost Includes"

About Kiran

An experienced Outdoor Professional with a demonstrated history of working in the Adventure Travel Industry for 14+ years. A passionate Trekker at heart with a knack for exploring new destinations, be it cycling or at times running barefoot! His friendly nature, compassionate attitude and above all acute sense of self awareness sets him apart from the rest.

His love for the outdoors and steady leadership make him the perfect guide for those ready to take on new trails and discover the joy of hiking.

For more details or to join an upcoming adventure, reach out at

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Whatsapp [+91 9869201443](https://wa.me/919869201443)



Extend your Journey



St. Petersburg & Moscow
05 nights



Azerbaijan
05 nights



Helsinki
2 nights

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ADVENTURE HOLIDAYS

O U T L I V E