

MOUNTAINEERING

CLIMB MOUNT ELBRUS (5,642 MTS)

Elbrus: Europe's highest peak and one of the legendary Seven Summits



B4Experience

RUSSIAN FEDERATION



All-inclusive 9-day expedition to climb Mount Elbrus (5,642 m) via the South route—Europe's highest peak. Expert guides, full logistics, mountain huts and transport. Pre-acclimatization on Mount Cheget to gain altitude and improve performance.

[View Web Program](#)

<https://b4experience.com/climb-mount-elbrus-5642-mts>



RECOMMENDED MONTHS

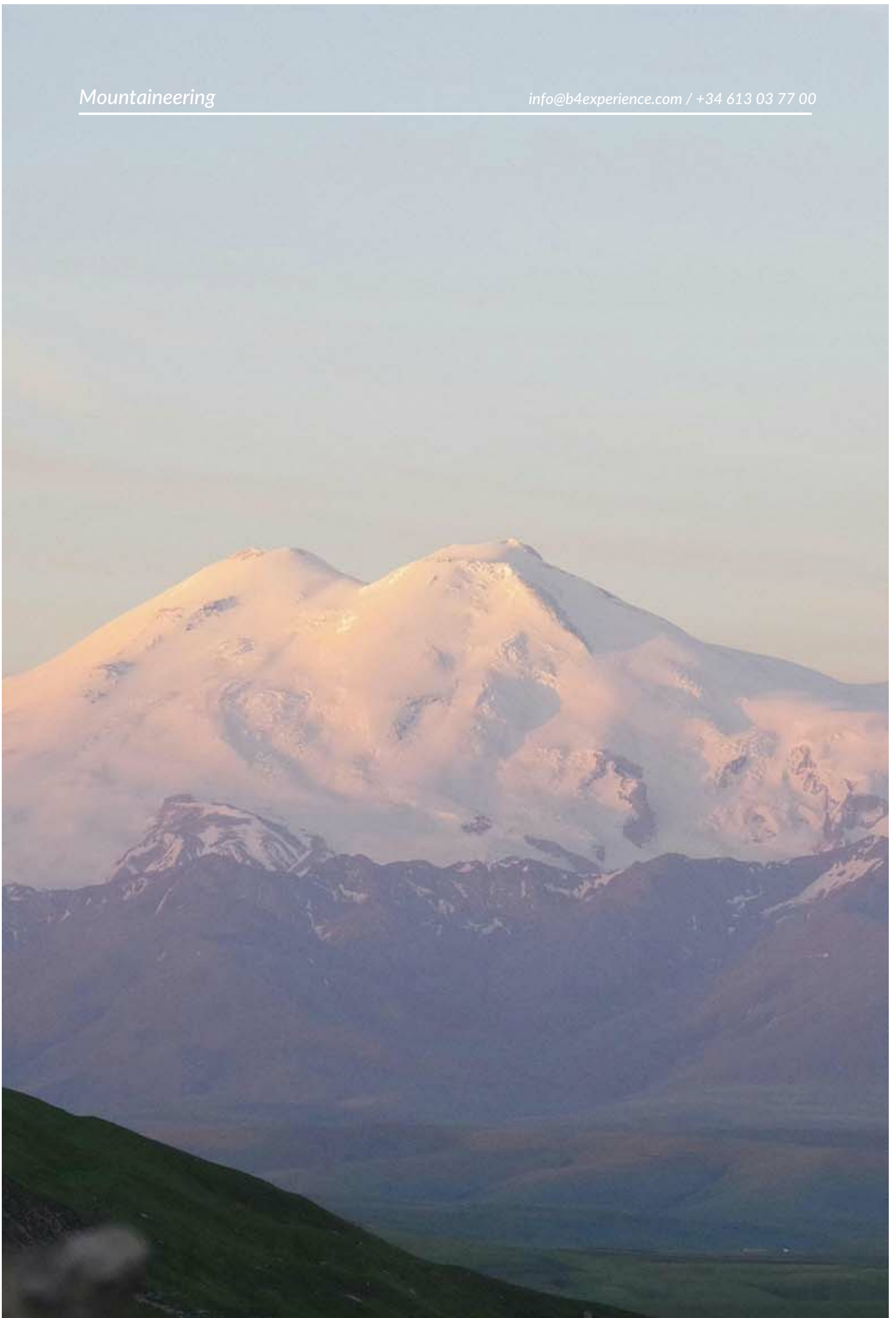
JUNE, JULY, AUGUST, SEPTEMBER



PRICE

From 1.565€ /person

Group discounts





Highlights

- HIGHEST PEAK IN EUROPE.
- PART OF THE 7 SUMMITS.
- MODERATE TECHNICAL DIFFICULTY.
- 9-DAY PROGRAM WITH ACCLIMATIZATION.

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
✕ No private group options available, only open groups				

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

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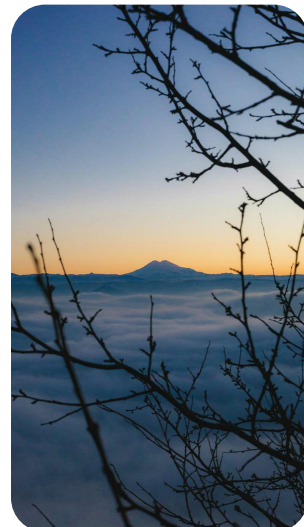
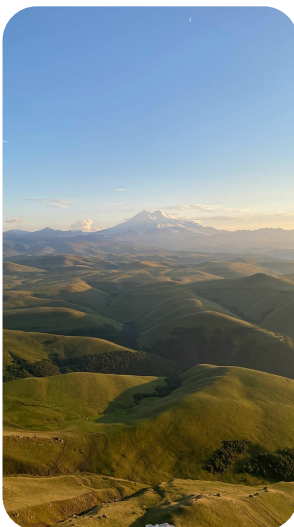
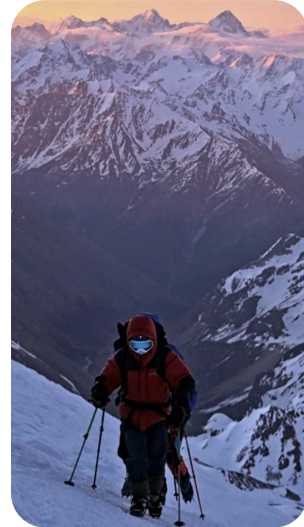


Included

- Experienced mountain guide in the region.
- Maximum of 4 participants per guide on summit day.
- Payment of the National Park entrance fee.
- Transfers to Mineralnye Vody Airport (MRV).
- All internal transfers during the program days.
- 4-night stay in a hostel for 6-8 people.
- Accommodation for 4 nights in a mountain hut.
- Full board throughout the trip.
- All ascents and descents via Elbrus and Cheget cable cars.
- Group equipment (ropes, gas, cooking, etc.).
- All safety devices: satellite phone, GPS navigator, first aid kit, emergency register.
- Mountaineering oxygen equipment for assistance in case of altitude sickness.
- Achievement certificate for reaching the summit of Mount Elbrus.
- Technical advice and equipment guidance prior to the trip.

Not Included

- Flights to Mineralnye Vody (MRV), Tbilisi (TBS), or Kutaisi (KUT) (can be arranged)
- Personal equipment and clothing: all available for rent locally
- Accommodation and meals before and after the tour
- Transfer from Tbilisi or Kutaisi (if arriving there)
- Mountaineering insurance for all days of the tour (mandatory)
- All personal expenses
- Tips (optional)
- Travel/cancellation insurance: optional but recommended (can be arranged)
- Anything not described in the "INCLUDED" section



Itinerary

DAY 1 : ARRIVAL

We will meet at Mineralnye Vody airport (no later than 12:00) or at Tbilisi airport (in this case, you must arrive the day before). Transfer to the Baksan Valley, equipment distribution, and meeting with the guide. Group briefing about the route and Q&A session. Accommodation and dinner at the hotel.

Accommodation: Hotel

Meals: dinner

DAY 2 : MOUNT CHEGET

We will climb Mount Cheget with light backpacks. Before the hike, everyone will receive a packed lunch, and we will have lunch on the mountain with views of Mount Elbrus. From the summit, we will enjoy stunning panoramic views of Mount Elbrus and the Baksan Gorge. For the descent, we will use the cable car to save strength in the legs and conserve energy. Dinner at the hotel.

Accommodation: Hotel

Meals: breakfast + lunch + dinner

DAY 3 : DEVICHI KOSI WATERFALLS

Another acclimatization day. We will walk to the Devichi Kosi waterfall, where we will have lunch and take a refreshing dip. Then we will ascend toward the Observatory. We will return to the hotel in the afternoon.

Accommodation: Hotel

Meals: breakfast + lunch + dinner

DAY 4 : ELBRUS 3.800

Transfer to the cable car and ascent to the south face of Mount Elbrus up to 3,800 m.

Accommodation in a mountain hut. The guide will provide training in basic mountaineering techniques: rope skills and walking with crampons.

Accommodation: Mountain hut

Meals: breakfast + lunch + dinner

DAY 5 : ACCLIMATIZATION TO 5.000

We will start early in the morning. We will hike with light backpacks, carrying only snacks, a thermos with hot tea, and water. We will ascend approximately 1200 m and reach an altitude of 5000 m. On this day, we will experience the effects of altitude, which can be challenging, but it will provide good acclimatization and ease the subsequent climb.

Accommodation: Mountain hut

Meals: breakfast + lunch + dinner

DAY 6 : REST DAY

Rest day before the ascent. We will practice self-arrest techniques on the icy slope using the ice axe. We will also review other previously learned skills. We will take a short walk to keep our muscles and respiratory system active. We will prepare our backpacks for the ascent. We will go to bed early to get enough rest before the climb. In case of bad weather forecast for the coming days, we may skip the rest day and proceed with the ascent.

Accommodation: Mountain hut

Meals: breakfast + lunch + dinner

DAY 7 : ELBRUS SUMMIT 5.642

We begin the ascent at midnight and head towards the summit of Mount Elbrus. From the high camp, we climb roped up, wearing crampons, carrying ice axes, helmet, and headlamp. We bring snacks, a thermos with hot tea, and water. We move very slowly to regulate breathing and conserve energy. The ascent usually takes between 8 and 10 hours, with an additional 3 to 4 hours for the descent. (If you wish to use supplemental oxygen during the climb, it can be rented.) We will spend the next night at the mountain hut.

Accommodation: Mountain hut

Meals: breakfast + lunch + dinner

DAY 8 : DESCENT TO VALLEY

Descent by cable car to the valley. Transfer to the hotel. Lunch at the hotel. The rest of the day's program will be coordinated and decided on site with the group. It is possible to take a walk through the forest to the mineral spring or do other activities. In the evening, a festive dinner and awarding of medals and certificates. If necessary, this day will serve as a reserve day for the summit attempt.

Accommodation: Hotel

Meals: breakfast + lunch + dinner

DAY 9 : RETURN

After breakfast, we will transfer as a group to Pyatigorsk. On the way, we will stop at Narzan Meadows to enjoy the natural mineral water. At the agreed time, you will have an individual transfer to the airport. Please make sure your return flight on this day does not depart before 14:00 from Mineralnye Vody.

Meal: breakfast

Payment and cancellation policy

Initial Deposit: To secure your spot, a deposit of €550 is required at the time of booking.

Final Payment: The remaining balance must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: Clients may purchase travel cancellation insurance to recover the full amount paid (subject to the policy terms).

The client may cancel the contracted trip and is entitled to a refund of amounts paid, except for the penalties indicated. The client must also pay the agency the amounts specified below once the trip is confirmed. If the trip does not take place due to insufficient minimum bookings, the client may keep the credit for future trips or request a full refund.

Cancellation Policy 3:

FULL REFUND UP TO 24 HOURS AFTER PURCHASE.

Up to 60 days before the trip: 100% refund of the trip cost.

Up to 45 days before the trip: 50% refund of the trip cost.

For shorter notice periods than those described in the cancellation policy, no refund will be given.

*A management fee of €250 applies.

*Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable expenses already incurred, these will also not be refunded and will be deducted from any refund.

*Cancellation costs for issued flights are 100% of the flight cost.

Packing List

MANDATORY CLOTHING

Available for rent:

- Mountain boots
- Down jacket suitable for mountaineering at -10 degrees Celsius
- Down gloves
- Membrane jacket
- Softshell pants
- Compressible sleeping bag

Not available for rent:

- Thin thermal underwear
- Thick thermal underwear
- Polartec 200 shirt
- Lightweight pants or shorts
- Fleece balaclava
- Trekking socks
- Wool socks
- Polar gloves
- Cap
- Thin balaclava
- Synthetic shirt

FOOD:

- Snacks, nuts, gels, hydration supplies and enough energy bars, protein bars, mixed nuts, magnesium tablets, and recovery supplements

TRAVEL GEAR:

- Casual clothes
- Passport, visa, cash, insurance documents, vaccination card
- Microfiber towel
- Mobile phone and watch with route tracking
- Powerbank, camera, charging cables, headphones...

MANDATORY EQUIPMENT

Available for rent:

- Crampons
- Ice axe
- 100-liter backpack or bag
- Mountaineering helmet
- Belay system
- Headlamp + 6 batteries
- Sleeping bag (comfort temperature -10°C)
- Trekking poles
- Mountain goggles
- Ski mask
- Gaiters
- Disposable shoe covers
- Thermos (minimum 1 liter)

Not available for rent:

- Personal hygiene items
- Personal dishware: cup, spoon, bowl
- SPF 50 sunscreen
- Waterproof document case
- First aid kit
- Thermal blanket
- Swimsuit

FAQs

How do I travel to Mineralnye Vody from Istanbul or Tbilisi, and why can't I find those flights on the usual search engines?

The most direct route is with Azimuth Airlines, which operates nonstop flights from Istanbul (IST) in about 2 hours 15 minutes and from Tbilisi (TBS) in about 1 hour 15 minutes. These flights are not daily (usually 2-4 times per week depending on the season), and since the Russian regional airline doesn't share its fares with major aggregators, its seats rarely appear on Skyscanner, Google Flights, etc. To check availability and book, you must go directly to its official website (azimuth.ru) or contact our logistics team.

What technical level is required and why is it ideal as a "first five thousand"?

Elbrus doesn't present any seriously difficult sections; all you need to master is the basic use of crampons and an ice axe. This makes it a perfect first major mountain, although its altitude requires excellent physical fitness and proper acclimatization.

What is the guide-client ratio on peak day?

To maximize safety, we work with a maximum of one guide for every four climbers during the final summit attempt. On other days, the ratio may be higher, with a total group of 9-10 participants and two guides. We offer various outings throughout the season with a maximum of four participants to enhance your experience. Ask about them.

Is the transfer between Mineralnye Vody (MYV) and the Baksan Valley included? Are there mandatory schedules?

Yes. Round-trip shared van service is included in all programs. For open group departures, you must arrive at MYV on Day 1 before 12:00 PM and, on your return, book a flight that departs after 2:00 PM. If your arrival or departure falls outside this timeframe, we will arrange a private transfer with a fixed surcharge of €100 per trip and per vehicle. For private groups, we are more flexible: we can adjust schedules or connect connections without an additional charge, provided it is agreed in advance.

What routes and variants are available to me besides the Southern Route?

We offer five additional options: the Northern Route (12 days, pioneering atmosphere), the Eastern Route (13 days, wilderness), Elbrus + Kazbek, Winter Elbrus, and Kazbek Solo; all share the same guiding standards and logistics, with only the duration and level of adventure varying.

Do I need a visa for Russia, and how can you help me get one?

Citizens of 64 countries can enter without a visa, and 55 can apply for an e-visa in 4 days. If your nationality requires a consular visa, we'll issue the invitation letter and, optionally, process the process for €55 + fees.

Can I rent equipment at the destination?

Yes; crampons, ice axes, helmets, harnesses, and technical clothing are available for local rental and delivered on day 1. Ask for the price list when booking.

What insurance should I take out?

Rescue and medical insurance of at least USD 50,000, covering mountaineering, is mandatory; if you wish, we can arrange it for a €15 administration fee plus the premium. This requirement is essential for obtaining an entry visa to Russia.

What key differences should I keep in mind when choosing between climbing Elbrus and Ararat?

Elbrus (5,642 m) requires more acclimatization and technique: you walk on the glacier from 3,800 m, crampons are worn all day, and there are crevasses and fixed ropes on slopes of up to 40°, in addition to the changeable Caucasian climate. It also requires a Russian visa and a flight to Mineralnye Vody, where flights are limited. Ararat (5,137 m) is essentially a high trek: snow only in the last 400 m, slopes of 20-30°, no crevasses or fixed rope, and acclimatization is completed in fewer days. Logistics are simpler because most nationalities enter with a Turkish (e-)visa or without a visa, and there are daily flights via Istanbul to Van, so the preparation, costs, and paperwork are lower.

Can I book a private Elbrus ascent outside of the group dates?

Yes. We organize 100% private expeditions—from single climbers to closed groups—at any time of the season (June to September, or even in winter). We tailor the dates, routes (South, North, East), and service level to your needs: exclusive UIAGM guides, premium shelters or camps, pre-training, and door-to-door logistics. Write to us or request a call back, and we'll send you a technical plan and detailed quote tailored to your needs and availability within 24 hours.

What is the accommodation like?

3-star hotel/hostel according to rate (4 nights), mountain refuge (4 nights).



Contact us!

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[View web Program](#)

