



2015 Elbrus 5,642 m
Expedition
Europes highest peak

Elbrus 5,642 m 2015

Elbrus 5,642 m is the highest mountain in Europe and like Kilimanjaro it is one of the "seven summits" and "Volcanic 7 summits". Whilst slightly smaller than Kilimanjaro it is considered to be harder and as such makes for an ideal progression for those who have climbed Kili and a great introduction to altitude for those who haven't.

Dates

The expedition dates are the 16th of May to the 25th of May 2015

Leadership

Philip de-Beger will lead the expedition. He is a qualified mountain leader and experienced mountaineer with experience over 8,000m. We will also be assisted by experienced local guides.

Medical/Backup

Philip de-Beger is a qualified Remote Medical Practitioner, W-EMT and a Fellowship of the Academy of Wilderness Medicine Candidate. You will carry your own basic supplies for blisters etc.

How hard will the route be?

Elbrus is fairly straight forward. Just need to pace yourself and be of reasonable fitness. We will cover ice-axe and crampon skills during the expedition.

How much will I need to carry?

On summit day you will carry a day bag.

Visas

Visas need to be obtained ahead of time. Once we have recieved your deposit we will provide you with an invitation letter for Russia.

Can I upgrade to a single room?

If you don't want to share a hotel room you can pay an extra £100 for a single suppliment. Note on the mountain we'll be sharing.

Not included

Flights, personnel kit, laundry, alcoholic and soft drinks and compulsory insurance.

International flight

Book a flight that fits in with the above dates building in extra days if you can or booking a flight that is easy to change is a good idea. Our airport for the expedition is Mineralnye Vody.

Itinerary

It is a 10 day expedition but we have found that keeping the day to day itineray flexible results in more summits.



What if I don't have some of the kit?

Some of the technical kit can be rented in Russia or before departure. Contact us to discuss your needs.

To secure your place you will need to pay a £400 nonrefundable deposit and fill in the medical form, sign the booking conditions and acceptance of risk forms. The remaining fee needs to be paid at least a month before the expedition.

Total cost £1,300

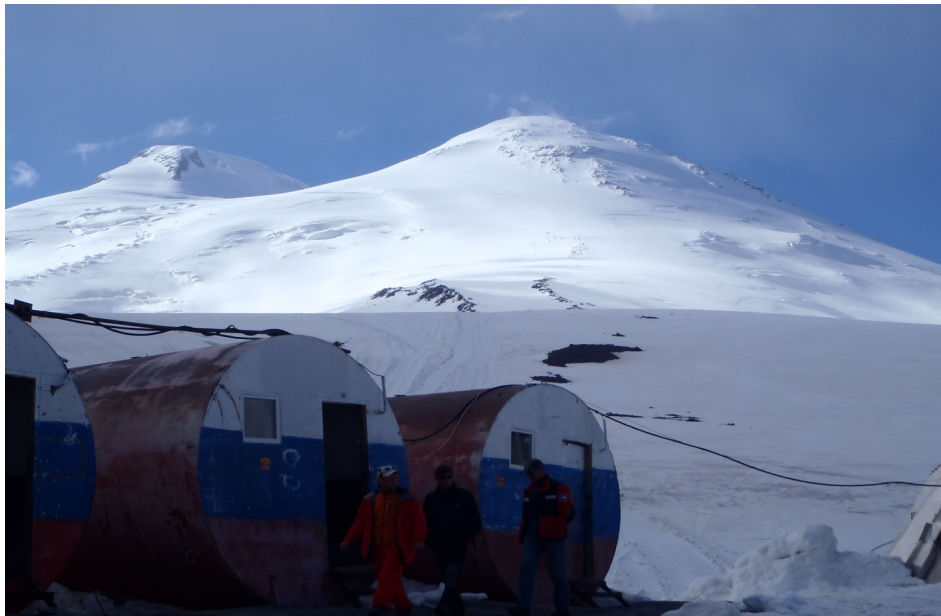
For more information contact info@expeditioncompany.co.uk

Deposits can be sent to:

Account name: EXPEDITION COMPANY LIMITED

BIC: ABBYGB2LXXX

IBAN: GB10ABBY09015162082282



Insurance

Insurance Cover- You should be adequately covered by insurance, which must cover the altitude and activities in your itinerary, and the cost of repatriation and evacuation by helicopter if you become too ill to continue. You must declare any pre-existing medical conditions to the insurance company. We advise you to take out appropriate insurance at the time of making the booking, as this will safeguard your payments should you subsequently have to cancel for an insured reason.