

# Elbrus (North) Itinerary

<p><b>Day 1</b></p>	<p><b>Arrival in Mineralnye Vody, transfer &amp; briefing.</b> Arrival at Mineralnye Vody airport and transfer to the town of Kislovodsk to overnight at the hotel. Your Mountain Expeditions Leader will do a kit check and help arrange any hire requirements.</p>
<p><b>Day 2</b></p>	<p><b>Travel to Base Camp (2500m).</b> Today we will drive 3 hours Elbrus North Base Camp, the Hathansu Meadow (2500 m), which is at the base of the mountain. The final 4km is quite exciting off-road and we sometimes get out and walk into camp. If time allows we may take a short acclimatisation hike in the in the surrounding area and overnight at base camp in tents.</p>
<p><b>Day 3</b></p>	<p><b>Acclimatisation hike to the Valley of Stone Mushrooms (3100 m)</b> After breakfast at base camp we will take an acclimatisation day hike to the interesting geological feature of the Valley of the Stone Mushrooms, which lies at the base of the mountain. We will then descend back to base camp for our second overnight in tents.</p> <p><b>Trekking time 3-4 hours   Altitude gain: 600m.</b></p>
<p><b>Day 4</b></p>	<p><b>Acclimatisation hike to high camp at North Hut (3800m)</b> Today is a bigger day as we take an acclimatisation hike up to high camp and back sticking to the gold rules of acclimatisation to climb high and sleep low. We walk through grassy terrain, vast open volcanic landscape and boulder fields to reach the bottom of the Mikelchiran glacier. We deposit the kit we have been carrying at the hut before descending back to base camp for dinner.</p> <p><b>Trekking time 7-8 hours   Altitude gain: 1300m.</b></p>
<p><b>Day 5</b></p>	<p><b>High camp at North Hut (3800 m)</b> Final preparations are made before we move to the high camp at North Hut (3800 m) following the same route as the previous day. Some items of our kit will be sorted separately and portered up to high camp for us. Overnight at North Hut where our high camp cook prepares a delicious dinner.</p> <p><b>Trekking time 7-8 hours   Altitude gain: 1300m.</b></p>
<p><b>Day 6</b></p>	<p><b>Acclimatisation hike to the Lenz Rocks (4800m)</b> Our first day on the glacier Mikelchiran and a chance to use your crampons, harness and ice axe for the first time.</p> <p>The team will rope up and move together today on this acclimatisation hike to Lenz Rocks. There are a few small crevasses in the early stages, but the icier snow eventually becomes better and easier to walk as you make your way to Lenz Rocks. You will then descend back for your second night in the North Hut.</p> <p><b>Trekking time 3-4 hours   Altitude gain: 1000m.</b></p>

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<b>Day 7</b>	<p><b>Day of relaxation</b></p> <p>Today is a full day of rest. A chance to dry kit out, sort everything in preparation for the summit attempt and of course drink plenty of tea and play cards!</p>
<b>Day 8</b>	<p><b>Summit day Mount Elbrus (5642m)</b></p> <p>Summit day has arrived! We begin with a very early start around midnight retracing our steps to Lenz rocks where we will get the first glows of the sunrise.</p> <p>The angle then eases and the route goes directly through an area of rocky outcrops. You will then traverse towards the saddle between the east and west summits. Once at the saddle the route makes a rising traverse out right that eventually curves around to the summit plateau. At the summit (5,642m) you will see the most incredible views of the entire Caucasus mountain range.</p> <p>We will then descend retracing your footsteps back to the North Hut where we will stay overnight. This is a big, challenging and incredible day in the mountains and you should expect to feel pretty tired at the end.</p> <p><b>Trekking time 8-12 hours up, 3-4 hours down   Altitude gain: 1842m.</b></p>
<b>Day 9</b>	<p><b>Reserve day</b></p> <p>Today is reserved just encase of bad weather on summit day.</p>
<b>Day 10</b>	<p><b>Return to Kislovodsk</b></p> <p>After breakfast we descend back to base camp, where we take lunch before our transfer back to Kislovodsk arrives to take us back to the hotel. for showers and a celebratory meal.</p>
<b>Day 11</b>	<p><b>Transfer to airport &amp; trip ends</b></p> <p>Today we say our goodbyes and you will be transferred to the airport for your return flight.</p>

**Please Note:** Every effort will be made to adhere to the above itinerary, but as this is adventure travel in a high altitude mountain region, we cannot always guarantee it. Weather conditions and the health of team members can all affect the plan. Your Expedition Leader and our local team will do their best to ensure that the trip runs according to plan, and cheerfulness in the face of adversity is an asset in the mountains!