

Itinerary of climbing Mt. Elbrus from the north side

Day 1. Flight from Moscow to Mineralnye Vody. From the airport we drive to the town of Kislovodsk, the last town before the lower steppes of the Caucasus. We spend the rest of the day sorting our gear and preparing for the climb. Overnight in Kislovodsk.



Day 2. We depart for Basecamp. With the vehicle loaded with all of our gear, a four hour drive takes us into the heart of the lush foothills of the lower Caucasus to Mt. Elbrus Base Camp (2200 m/ 8,300'). Once we establish our Basecamp, we take a short acclimatization hike to explore the remote valley and stretch our legs after the many long hours of travel.

Day 3. Acclimatization hike up to 3100 m. We'll see fascinating stone mushrooms with the height up to 5 m. It is a good place for rock climbing. Descend to the base camp. Overnight in the Base Camp.



Day 4. Carry to High Camp. We pack up a portion of our supplies and make a carry to High Camp (3800 m/ 12,300'). After depositing our cache and enjoying the views, we descend back to Base Camp for the night.

Day 5. Move to High Camp. An early start gives us ample opportunity to enjoy the climb up to High Camp. The route from Basecamp takes us above a narrow gorge and out of the high grasslands into the alpine zone, affording stunning views of the glaciers of Mt. Elbrus and the lower steppes of the Caucasus to the north. The last stretch of the climb leads through the jumbled rock moraine along side the Mikelchiran Glacier before cresting a steep pitch and putting us in camp.

Day 6. Acclimatization hike to the Lenz Rocks (4800 m/ 15,200'). The route brings us onto some moderate glacial terrain. We will rope up in order to protect ourselves from the several crevasses we must cross.

Day 7. Relax day. Final preparations are made for Summit Day.

Day 8. Summit Day! After an alpine start we climb from the High Camp across the upper portion of the Mikelchiran Glacier until we reach the Saddle at 5300 m/ 17,700'. Mount Elbrus has two large summit domes and the Saddle separates the East Summit from the West Summit. Both are comparable in size and height. After enjoying the summit and its impressive views of the Caucasus mountain range, we descend back to our High Camp.



Day 9. Today we breakdown our High Camp and descend back to Basecamp for the night. This day can also be used as an extra summit day in case we encounter bad weather or need additional time for acclimatization.

Day 10. Transportation from Dzhily-Su to Kislovodsk where we will enjoy hot showers and a good night's sleep.

Day 11. Drive from Kislovodsk to Mineralnye Vody airport.