



BEAT EXPEDITIONS

EXPEDITION MOUNT ELBRUS

'Top of Europe'

BROCHURE 2022

OVERVIEW



BEAT Expeditions offers the opportunity to climb one of the seven summits, namely Mount Elbrus. Mount Elbrus is the highest mountain in Europe (5,642 meters), located in the Caucasus Mountains in Russia near the Georgian border. The Mountain is well known for its challenging height and considerable distance between High Camp and the peak. Our highly experienced guides will make sure you are ready to overcome this challenge and reach the top.

ABOUT THE EXPEDITION

We will organize a 10-day expedition to the North Face of the Mount Elbrus that will take place between the **15th and 24th of July 2022**. Please note that no prior mountaineering experience is needed to sign up for this life changing experience. We got you covered and make will sure you are well prepared.

We will climb to summit Elbrus via the northern route in order to reach the Eastern summit. This side is famous for its virgin nature, powerful waterfalls and mineral springs. Don't expect restaurants or hotels, there are only tent camps and mountain huts. Also, there are no cable cars or snow-cats, so we must hike from the bottom to the top all by ourselves! Technically the Mount Elbrus hike is not too difficult, however the challenge will come from the considerable altitude. Therefore, the expedition takes 10-days because we will need a few days to acclimatize and increase in altitude slowly. BEAT Expeditions provides a tailored preparation program to make sure that you arrive in Russia in the best shape possible. The preparation program starts with a kick-off event in Amsterdam in **May 2022** where you get to know the rest of the team.

The costs for the trip including the preparation program and kick-off event (excluding flights) are **€2,350** per person. You can sign up until the **30th of April 2022**. When you sign up with a group of at least 2, the costs of this Expedition will be €2,200 per person.

INCLUDED	NOT INCLUDED	
PREPARATION	TRIP	
<ul style="list-style-type: none">Kick-off event in Amsterdam (May 2022)Personal intake with BEAT coachPhysical tests to assess fitness level10-week personalised physical training program based on your goals and fitness levelBEAT Merchandise	<ul style="list-style-type: none">10-day Expedition including overnight stays and meals (two nights at hotel in Kislovodsk, upon arrival and before return, all nights at camps on the mountain with full board)BEAT Expeditions tour operators and professional local mountain guides (1 guide per 4 participants)Transfer to/from Airport Minerlhye Vody to/from hotel in KislovodskAll local transfers	<ul style="list-style-type: none">Return flight to Mineralnye Vody Airport.Not mentioned mealsEquipment hireExtra nights at hotelTourist tax (paid locally) and visaOptional additions to the preparation program

HIGHLIGHTS



Summit the highest peak of Europe
(5,642 meters)



Kick-off:
may 2022



12 spots available



Personalised performance coaching and
local guiding to help reach your goal



Expedition:
15 until 24 July 2022



€2,350,-



PRACTICAL

RECOMMENDED FLIGHTS

Flights to/from Mineralnye Vody are not included in your booking. In case you will be flying in from Amsterdam, we would recommend to book the flights below. We are ready to advise you before you book your flights.

PROGRAM

In May we will organise the kick-off event. During this event you will be introduced to your fellow adventurers and the BEAT crew. The kick-off event will be held in Amsterdam and will mark the start of your journey leading to the Expedition.

During the event we give you more details about the Expedition and what you can expect when climbing a giant like the Elbrus. Additionally, there will be information about your preparation program and physical/technical requirements.

After bringing in practise some of the lessons learn we will have an elite athlete telling you how to prepare for a challenge like this.

TRAINING PROGRAM

Your fitness level will be assessed by our professional coach David Lipman. Based on this assessment we will provide you with a 10-week personalized preparation plan in order to get you to the required fitness level.

Your training program will focus on endurance, strength and flexibility. Additionally, there will be a clinic by experienced mountaineering guide to teach you about the technical aspects of mountaineering and the required gear.



ALTITUDE DREAM

"Live High, Train Low" is primarily intended to increase the number of red blood cells. More red blood cells means improved oxygen transport to the muscles and organs. Altitude Dreams enables you to sleep in a height tent to reduce the chance of altitude sickness. A good possibility to optimize your preparation for this expedition.



ABOUT MOUNT ELBRUS



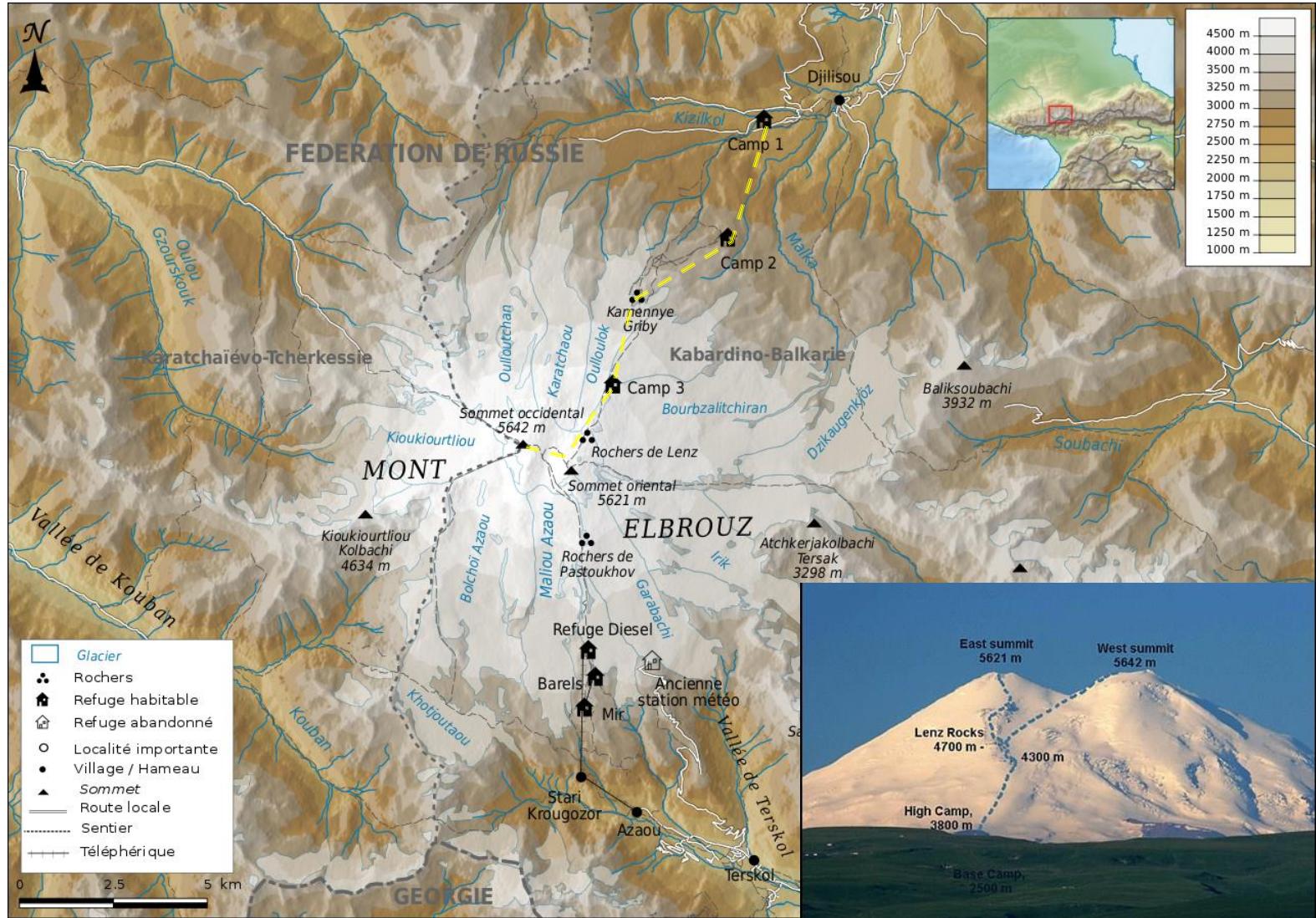
The highest peak of Europe is not a very technical climb but do not consider it a walk in the park. In order to reach the summit, it is more important to have a very good physical condition than being an expert in climbing.

Mt Elbrus is notorious for severe weather which can be an additional obstacle to a successful summit. Reaching the summit is possible year-round, but the best season to climb the mountain is during the summer, generally from May to September. It provides the most accommodating weather to embark on a journey to the peak, though it does not completely mitigate the hazards.

There are no technical difficulties on Mt. Elbrus, but it is quite challenging in terms of altitude acclimatization. Although Mt. Kilimanjaro is higher than Mt. Elbrus, it is easier to summit and requires less days for acclimatization. This is because Mt. Kilimanjaro is located near the equator and there is more oxygen in the atmosphere.

We will go on a 10-day expedition, in order to make sure everyone gets sufficient time to get used to the high altitude. A couple of days extra will result in better acclimatization and better chances to reach the top.

The region around Mt. Elbrus is safe and much visited by both Russian and foreign tourists. It is a popular tourist destination for skiers and mountaineers. There are no military activities or terrorist threat in the area.



EXPEDITION – PART 1



Day 1 – Friday 15th of July 2022



We arrive on Friday at the airport in Mineralnye Vody airport (MRV). Busses will be ready to pick us up from the airport and we will be heading to the city of Kislovodsk. The ride will take around one hour. Upon arrival at Green Spa hotel, the guide will check our equipment to make sure that everyone is properly equipped for the climb. If deemed necessary, you can hire missing items in the rental shop next morning. We will have a dinner together at night.

Day 3 – Sunday 17th of July 2022



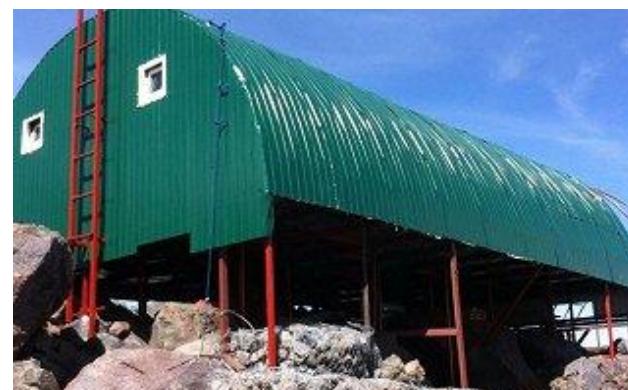
Carry to the High Camp (3,800 m). On this day we will carry our climbing gear to the next camp - crampons, ice axes, high-mountain boots, etc. Altogether this will make 10 - 15 kilos. The hike will take four hours up and two hours down. We will sleep at the Base Camp.

Day 2 – Saturday 16th of July 2022



After breakfast we load the backpacks onto an off-road vehicle and head towards Mt. Elbrus north side, having visited the rental shop on the way. The ride will take around 2.5 hours. Upon arrival at the base camp (at 2,500 m), there will be a lunch and a walk in the surroundings, where we can see waterfalls, mineral springs and green hills. At night we will have a dinner and a briefing at the camp.

Day 4 – Monday 18th of July 2022



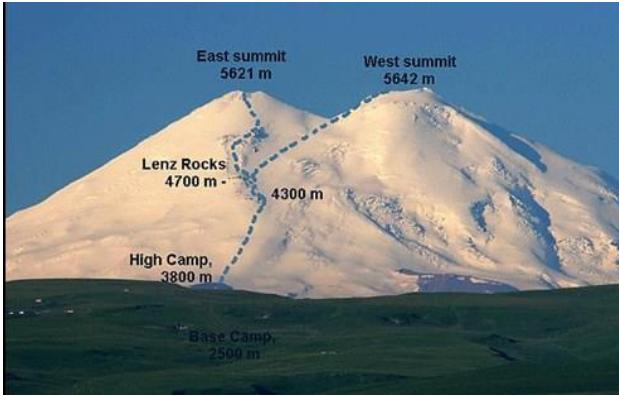
Move to the High Camp with the rest of our personal belongings. Lunch at the High Camp and some time off.

If you wish it is possible to use porter services to carry your belongings to High Camp.

EXPEDITION – PART 2



Day 5 – Tuesday 19th of July 2022



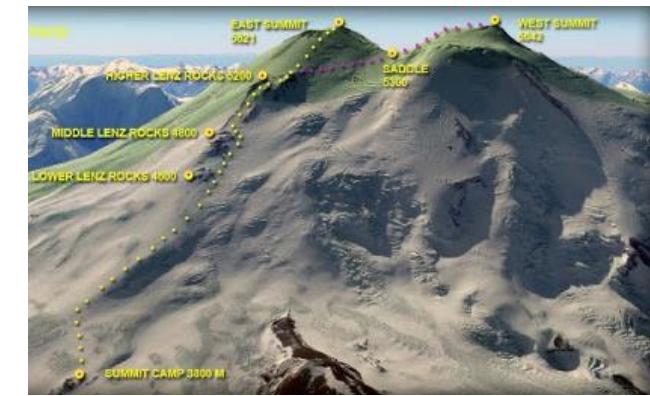
Acclimatization hike-up to the Lenz rocks (4,800 m). This is a challenging day. The way up will take 5 - 6 hours and another two hours on the way down. We will sleep in the hut at 4,300 meters altitude.

Day 6 – Wednesday 20th of July 2022



Rest day. Today there will be no hikes, only a snow- and ice course near the camp. The guide will show you how to use an ice axe when you are sliding down the slope. Every participant will be trained in the technique of stopping the slide with an ice-axe. We will sleep at High Camp.

Day 7 – Thursday 21st of July 2022



Summit day. We will leave high camp at 2 AM after having breakfast very early in the morning (or night).

When you climb from the northern side, the east summit (5,621 m) is closer than the west one (5,642 m). So, on summit day a group can split, with participants better acclimatized heading to the west summit and others climb to the east one. The decision is made by the guide. Descent to the hut by 4 - 5 PM and overnight there.

EXPEDITION – PART 3



Day 8 – Friday 22nd of July 2022



This is the reserve day for summit attempt if the weather was bad on the previous day. Otherwise, descent to the base camp (2,500 m).

Day 9 – Saturday 23rd of July 2022



Another reserve day for the summit attempt. Transfer to Kislovodsk. In the afternoon there will be a celebration dinner at a restaurant where we will celebrate a (hopefully) successful expedition.

Day 10 – Sunday 24th of July 2022



After a good rest in the Green Resort Hotel & Spa and a good breakfast there will be a transfer to the airport.

PAYMENT



PAYMENT

After signing up we request you to pay a deposit of 10% (€235,-). When we have sufficient registrations (+8 participants), we will send you a final booking confirmation. After final booking confirmation we will send you an invoice for the remainder of the costs. We will ask you to complete the payment within 21 days.

COVID-19

Unfortunately, the Covid-19 situation causes uncertainty. We expect borders to be open in July 2022. However, in case we can't travel to Russia, the expedition will be cancelled and 100% of your costs will be refunded. We will take the final decision whether or not we will organize the expedition before the kick-off event in May. Please take this into account when booking your flights.

ALTERNATIVE ROUTE IN ALPS

In case it will not be possible to travel to Russia for any reason we will organize an alternative expedition in the Alps. The alternative route will be around 7 days and includes long hikes as well as climbing at least one 4.000 peak. If case we need to cancel the trip to Mount Elbrus, there is no obligation to join the alternative expedition in the Alps.

CANCELLATION

In case you decide to cancel before your final booking confirmation we will return your deposit. However, in case you decide to cancel after receiving the final booking confirmation but before the kick-off event in may 2022, we will return 90% of your payment.

In case you decide to cancel after the kick-off event but before 21 days before departure, we will return 50% of your payment.

Please note that we won't be able to refund costs for the preparation program and opening event.

PASSPORT AND VISA

In order to travel into Russia, you need to have a valid passport (minimum valid of 6 months after the planned leave from Russia) and a visa. In order to apply for a visa, you need a formal invitation from Russia, BEAT Expeditions arranges the invitations and assists during the visa application.

BOOKING

Enthusiastic about climbing the highest peak in Europe with BEAT Expeditions?

Great! Please send us an email that includes your name, phone number, relevant climbing experience and one sentence stating why you want to be part of the expedition. We then contact you to have an introduction phone call.



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