



BEAT EXPEDITIONS

# EXPEDITION MOUNT ELBRUS

'Top of Europe'

BROCHURE

# OVERVIEW



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

## ABOUT THE EXPEDITION

We organize a 10-day expedition to the North Face of the Mount Elbrus that will take place between the **10<sup>th</sup> and 19<sup>th</sup> of September 2021**. Please note that no prior mountaineering experience is needed to sign up for this life changing experience. We got you covered and will make sure are well prepared before the trip begins.

We will summit Elbrus via the northern route 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 have to 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. This is the reason that the expedition takes 10-days, because we will need some 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 possible shape. The preparation program starts with a kick-off event in Amsterdam in **June 2021** where you get to know the rest of the team.

The costs for the trip including the preparation program and kick-off event (but excluding flights) are **€1,900** per person. You can sign up until the **1<sup>st</sup> of June 2021**. If you sign up with a group of at least 2, the costs of this Expedition will be €1,850 per person.

## INCLUDED

### PREPARATION

- Kick-off event in Amsterdam with inspirational speaker (**June 2021**)
- Personal intake with BEAT coach
- Physical tests to assess fitness level
- 12-week personalised physical training program based on your goals and fitness level
- BEAT Merchandise

### TRIP

- 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 Mineralnye Vody to/from hotel in Kislovodsk
- All local transfers

## NOT INCLUDED

- Return flight to Mineralnye Vody Airport.
- Not mentioned meals
- Equipment hire
- Extra nights at hotel
- Tourist tax (paid locally) and visa
- Optional additions to the preparation program (see page 5)

# HIGHLIGHTS



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



Kick-off:

June 2021



15 spots available



Personalised performance coaching and  
local guiding to help reach your goal



Expedition:

10 until 19 September 2021



€1,900,-





# PRACTICAL INFORMATION



## 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.

### AMSTERDAM (AMS) – MINERALNYE VODY (MRV) (9h)

*Aeroflot SU 2193 (3u 15)*

<b>From</b>	10/09/2021	00:10	Amsterdam
<b>To</b>	10/09/2021	04:25	Moskow Sheremetyevo

*Aeroflot SU 2193 (2u 25)*

<b>From</b>	10/09/2021	07:45	Moskow Sheremetyevo
<b>To</b>	10/09/2021	10:10	Mineralnye Vody

### MINERALNYE VODY (MRV) - AMSTERDAM (AMS) (10u 10)

*Aeroflot SU 2193 (2u 30)*

<b>From</b>	19/09/2021	13:25	Mineralnye Vody
<b>To</b>	19/09/2021	15:55	Moskow Sheremetyevo

*Aeroflot SU 2193 (3u 50)*

<b>From</b>	19/09/2021	19:45	Moskow Sheremetyevo
<b>To</b>	19/09/2021	22:35	Amsterdam



# PREPARATION



## PROGRAM

In June 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 can be accessed online) 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 a professional coach. Based on this assessment we will provide you with a 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 an experienced mountaineering guide to teach you about the technical aspects of mountaineering and the required gear.

## OPTIONAL ADDITIONS TO THE PREPARATION PROGRAM

BEAT Expeditions works closely with organizations that conduct physical and sports medical examinations or provide tailored nutrition programs. These aspects can be very useful when preparing for your Expedition to the highest summit in Europe. Please contact BEAT Expeditions for more information and discounted prices.

### Sport Medisch Centrum Amsterdam

1. Exercise test in which a sports doctor determines your VO2 max and lactate threshold; or
2. VO2 max Test + Small sports medical examination + lactate threshold measurement (this is possibly covered by your health insurance).



### Ancora Health

The most comprehensive (sports) medical examination available in the market. Next to a physical test your blood and DNA will be analyzed. After this you have every possible insight about your personal health.



### Hirschfeld Performance Nutrition

Personalized nutritional advice tailored to your needs and goals. Hirschfeld Performance Nutrition is a renowned nutritionist and has a lot of experience in guiding athletes with regard to nutrition.



### 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 change of altitude sickness. A good possibility to optimize your preparation for this expedition.





# ABOUT MOUNT ELBRUS



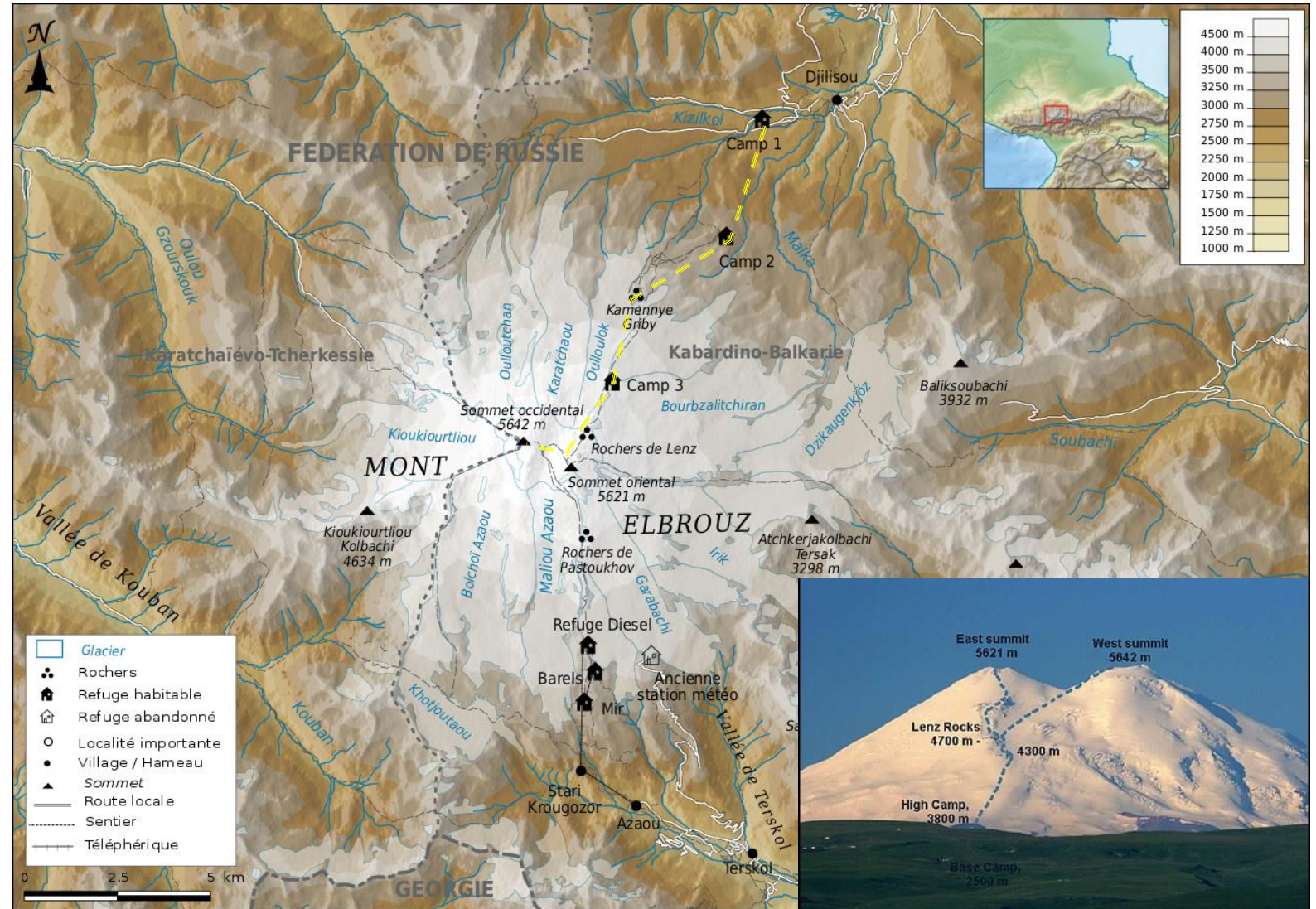
The highest peak of Europe is not a very technical climb but do not consider it a walk in the park. In order to reach the summit it is more important to have a very good physical condition than being an expert in climbing.

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 fewer 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 10th of September 2021



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 2 – Saturday 11th of September 2021



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 3 – Sunday 12th of September 2021



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 4 – Monday 13th of September 2021



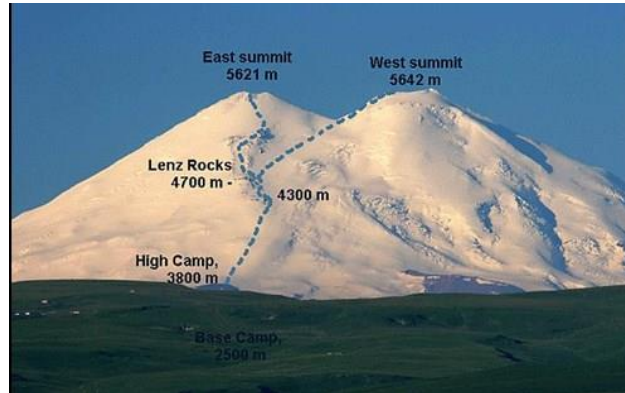
Move to the High Camp with the rest of our personal belongings. Lunch at the High Camp and some time off.

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

# EXPEDITION – PART 2



## Day 5 – Tuesday 14th of September 2021



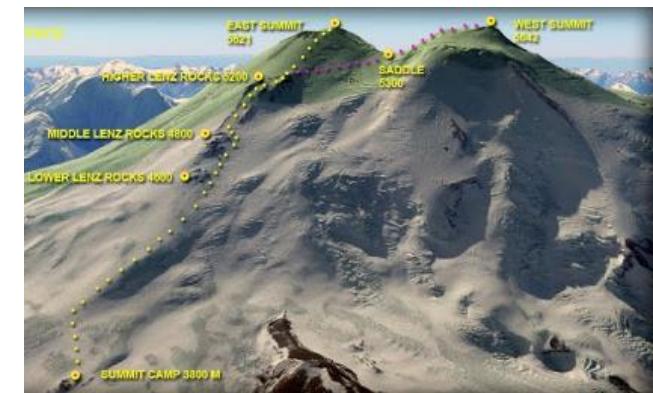
Acclimatization hike-up to the Lenz rocks (4,800 m). This is a challenging day. The way up will take 5 - 6 hours and another two hours for the way down. We will sleep at the hut at 4,300 meters.

## Day 6 – Wednesday 15th of September 2021



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 16th of September 2021



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 17th of September 2021



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 18th of September 2021



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 19th of September 2021



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% (€190,-). When we have sufficient registrations (+10 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 September 2021. However, in case we can't travel to Russia, the expedition will be cancelled and your costs will be totally refunded. We will take the decision whether or not we will organize the expedition before the kick-off event. Please take this into account when booking your flights.

## 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 June 2021, 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 why you want to be part of the expedition. We then contact you to have an introduction phone call.





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