



Elbrus Expedition

TRIP INFORMATION PACKET



📍 Russia, Europe

🏔️ 18,850 ft. (5,642 m)

📅 July 29 – August 7,
2026 and August 9 - 18,
2026

💰 USD \$5,800

The trip begins and ends in Minerlyne Vody, Russia.

Please make your flight arrangements to arrive in Minverlyne Vody before 12:00 in the afternoon on the start date of the trip, 2026.

Please follow this 5-step checklist to complete your trip registration:

1. Signed Policies Document
 2. Signed Health Questionnaire
 3. Signed Waiver Form
- Please complete, scan, and return these three documents in an email to info@mtnpprofessionals.com. If you prefer to mail the documents, please use the address below:

Mountain Professionals
PO Box 1468
Boulder, CO 80306

4. Make \$500 USD deposit to secure your spot
5. Final payment balance due 60 days before trip

Price Includes:

- Mountain Professionals Guides
- Transports to/from Mineralnye Vody in private van
- Visitor invitation to Russia
- Registration with OVIR
- All mountain transports
- All Baksan Valley hotel nights in Hotel
- All hut fees for the climb
- All meals and cooking utensils on mountain
- Group cook for our team at the hut
- Snow Cat transport on summit day from hut to Pastukhov Rocks
- Access to power at huts and satellite phone
- Daily dispatches from the team

Price Does Not Include:

- Items of personal nature, individual travel costs, delays, taxis, etc
- Personal Russia entry visa
- Personal clothing and climbing gear
- International Airfare
- Alcoholic drinks and personal snacks
- Recommended Travel/Trip Cancellation Insurance
- Staff gratuities

Important Travel/Flight information:

If you would like additional time in Russia, please notify us as soon as you know this information. This way, you can fill out your visa request properly and we can make arrangements with our local staff as your Visa Invitation Letter will need specific travel information.

Projected Itinerary

Please reference the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch, or dinner is included in the cost of your trip.

- DAY 1** Arrive in Mnerlyn Vody International Airport (MRV). Please make sure to arrive prior to 1200 in the afternoon. Travel via team van to our team hotel for the initial meeting. Overnight in the hotel and gear check. (D)
- DAY 2** Day hike and acclimatization up to 11,800' in Baksan Valley, then return to our hotel (B,L,D)
- DAY 3** Ride the cable car to the low huts near Elbrus and do a higher acclimatization hike, then return to the valley floor and our hotel (B,L,D)
- DAY 4** Ride the cable car near the hut and use this hut as a base for the climb. Rope team travel review and crampons/ice axe lesson (B,L,D)
- DAY 5** We climb to acclimatize to the Pastukhov Rocks located at over 15,000'. (B,L,D)
- DAY 6** Summit day to the top of Elbrus (B,L,D)
- DAY 7** Extra day for summit attempt (B,L,D)
- DAY 8** Extra day for summit attempt (B,L,D)
- DAY 9** Return to the Baksan Valley and overnight in the hotel (B,D)
- DAY 10** Transport to Mineralnye Vody airport and return flight onward. (B)



The Climb

Making a successful ascent of Mt. Elbrus is an incredible achievement. It is one of the “Seven Summits”, or the highest mountain on each continent. The summit of Elbrus is 18,850’ (5,642m) above sea level.

It is a true big mountain, one that rises from the surrounding plains rather dramatically, so it is exposed to all the usual weather changes one would expect on a mountain of such height. As such, we want to be mentally prepared for all conditions while on the mountain. The first days will be based in the valley below the mountain. We will use local trails and even the chairlifts on Elbrus itself to properly acclimate before moving to the huts on the mountain. In the valley and on the acclimatization treks, the temperatures can range from hot (wearing just shorts or trekking pants) all the way to very cool, where we might be wearing light mountain clothing. Rain is also a possibility on the lower altitude days. Once we have moved to the hut on Mt. Elbrus, the weather can be warm and sunny, cold and windy, or even snowing. If you follow the gear list and come prepared with everything we recommend, then you will be prepared for anything the mountain will throw our way!

The “national park huts” will be our base for the climb to the summit. We will use the slopes above to acclimatize and review basic skills. From the hut we will make a final climb up to the Pastokhov Rocks at 15,000’ in order to properly acclimate prior to our summit climb.

The route travels via moderate snow and ice slopes up the glacier. After several hours of ascending snow on the slopes above Pastokhov Rocks, we begin to traverse toward the saddle between the east and west summits. A traverse along moderate terrain leads to the west summit of Elbrus.

Training

The most important thing to think of when training for Mt. Elbrus is to remember “the better shape you're in, the easier and more enjoyable the climb”. You do not have to be an expert climber or have lots of high altitude trekking or climbing experience. What you need is to have strong cardiovascular fitness and be in good hiking shape. Being mentally prepared and excited about the challenge is equally important in our opinion.

We encourage people to use a goal like this as an excuse to get in great shape. Part of the fun of going on expeditions is the preparation. It is a lot easier to go to the gym or hit the trail for a nice, hard hike if you know you are going to a mountain, and it is fun to see yourself getting more and more fit as the trip approaches. Our training mentality for big climbing peaks is to train to go up and over the mountain.... not just to get to the top.

This is one of the world's classic first-time or intermediate glaciated mountain climbs. Each individual should be in good “hiking shape” and capable of traveling for a full day with a relatively light pack that includes extra clothing, lunch, water bottle, camera, etc.

In short, the best way to get in shape for the trip is to start early, get on a nice regiment of walking in the hills, biking, walking up stairs, and running. A nice way to do it is to slowly increase your regimen as time goes on so you can feel that you are making progress.

Skills

One of the days at the mountain hut will be spent as a skills overview. Your guides will demonstrate the use of crampons, which will include practice with 3 basic steps you can use on the climb. We will also cover the ice axe with self arrest basic technique, harnesses, and overall rope team travel. The skills needed for a successful and safe ascent of the mountain will be reviewed for all participants. For some, this may be a refresher and for others it may be their first experience using the specific skills.

Staffing

Your climb will be led by a senior Mountain Professionals veteran Elbrus and Himalayan Mountain Guides with assistance from our local Russian guides. Other staff will include a cook while we are based in the mountain hut.

Visa

Please make sure your passport is valid for 6 months after the trip and has empty pages in it. Russia does not grant visas upon arrival, so you will need to apply for it well in advance of the trip. Travelers who arrive in Russia without an entry visa will not be permitted to enter the country, and face immediate return to the point of embarkation at their own expense. This visa is also required to exit the country, so be sure to keep it with you over the course of the trip. Visitors to Russia also need to possess an invitation letter, which Mountain Professionals will be providing to all trip participants. We will cover the visa application process in greater depth with all confirmed trip participants.

Additional Information

Please start taking precautions regarding your health from the moment you step onto the plane for travel. Wash your hands regularly and drink plenty of water.

Please bring a small personal bottle of Purell-type alcohol hand sanitizer.

Russia has it all, from remote, wild locations to the most cosmopolitan cities. We recommend drinking bottled water while in Russia, though you also can drink from taps. On the expedition, you will be able to fill your water bottles from our cooks' large bottled water containers. While in towns, you will want to buy bottled water if overly cautious, or simply use the tap.



Packing Information

Our expedition begins in Minerlyne Vody on Day 1. Further travel information will be sent to each team member as to available flights and from which destinations. We will do a gear check with everyone the following morning, hold a team meeting to answer questions, and give a briefing of the trip and immediate logistics.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photocopy of your passport and extra passport-sized photographs of yourself.
- Arrive at the airport with plenty of time to ensure your baggage is within weight limits and is properly checked through all the way to Russia.
- Once we are in the Baksan Valley, we will be based at a hotel for day hikes. Here we will use our backpack during the day. When we move to the mountain, the way we will move is to pack your personal items in your expedition gear duffle. Additionally, you will be carrying your backpack with daily needed items. Your gear duffle will be moved along with the group by the team pitching in until we move through the chairlift progression and reach near our hut. Then that duffle bag will be moved up to the hut on a snow cat where your expedition duffle will be dropped off.
- From the High Hut we will use the backpacks for the climbing days and your duffle bag will stay in the hut in your locked rooms.

Food

Baksan Valley - Breakfasts, lunches, dinners in our hotel or on-trail lunches

Mountain huts - All meals, including utensils, plates, and cups

Please have additional small snacks that you really enjoy on hand each day. Examples include candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. For reference, plan to bring about 6-8 bars or assorted snack foods. Snacks and other food items are available for purchase close to our hotel in the Baksan Valley, but in a limited variety. We will provide a lunch bag to carry with you for your summit day climb.

Great food is a priority for our team. Our goal is to ensure a constantly varied and satisfying menu. We aim to have everyone feeling full and ready for rest each and every night!

Bringing Money

It is a hard suggestion to make, because personal tastes dictate the amount. However, a good general suggestion is to bring \$500 in cash in U.S. bills or Euros. This petty cash will be more than

needed for small things along your travels, buying presents, beverages, and some meals. There currently is no option to use ATM machines in Russia due to international banking restrictions, so it is better to bring spending cash from home.

Note: If you plan to rent any gear in the Valley, it is preferable to pay in cash, either Russian or USD.

First Aid

Our team will be carrying a full expedition kit. This kit will include high-altitude medications as well as a complete expedition kit with antibiotics and wound management. If you choose to carry a personal kit, contents could include:

- Personal prescription medications in their original containers
- Over-the-counter anti-diarrhea medication
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- If you have a history of severe allergic reaction - Epinephrine auto-injector (e.g., EpiPen)

Please note: If for any reason you choose to or must leave the expedition earlier than our team's scheduled departure, you will be responsible for any costs incurred. Trip evacuation and cancellation insurance is highly recommended.

Mountain Professionals works closely with and recommends [Globalrescue.com](https://www.globalrescue.com) for emergency evacuation and medical services. Click [here](#) for information on their policies.

Currently Global Rescue may not cover trips to Russia, so we can recommend options if you would like to get trip insurance. Contact us for information.

Charging Electronics

On the Elbrus trip we are based in hotels and huts, so there are always charging opportunities in your rooms. Please think through any cords and chargers you will need as well as a converter for the local plug. Universal kits are available in outdoor/travel stores.

Additionally, our team will have power outlets in the mountain hut for charging. These are standard European / Russia outlets, so you may need a converter.



Communication

While in the hotel in the Valley: There are plenty of telephones and WiFi is available, which will offer every type of communication.

While on the mountain: There is generally good WiFi at our hotel in the Baksan Valley. At the mountain hut there is fairly good WiFi, or you may prefer to use your own device's cell phone signal with a local SIM card which can be purchased on the trip. Many people buy a Russian SIM card to use for data on their own phone to stay connected to the internet while at the hut. We will have a satellite telephone that you can use at a cost of \$3 per minute.

Our team will post dispatches with text and photo descriptions on our Social Media Channels primarily at Instagram and Facebook at @mountainprofessionals and on the Mountain Professionals website under the NEWS tab. Friends and family can follow the adventure there.

A Note on Diamox

While on the climb, it may be helpful to use a drug called Diamox. This is a prescription drug that helps climbers acclimate faster and can be taken prophylactically to help your body begin producing red blood cells faster. If you are interested in taking this drug, please consult your doctor. We do carry Diamox in our First Aid kit, but do not have enough to supply every climber.

Tips

We generally contribute ~\$25 USD/person into a group pool for our expedition cook, who will be with us at the huts to prepare our meals. She does a great job for our team!

We are often asked about tipping guides; our team of mountain guides are passionate about what they do for a living and work hard to deliver the best expedition experience possible. Tipping from either individuals or a combined group is not a requirement, but is greatly appreciated. This has always been the custom for our hard-working Russian Assistant Mountain Guide who works with our team for the entire time near the mountain. Also, tipping is common in the American Mountain Guiding industry.

Contact Information

Mountain Professionals Direct Line:



(1) 303.956.9945



admin@mtnprofessionals.com

Main Contact: Ryan Waters, Director

Secondary Emergency Contact While on Expedition:

Dave Elmore,



daveelmore@mtnprofessionals.com

Insurance and Embassy Details

Trip Insurance:

Travel Guard



www.travelguard.com

Rescue Insurance:

Global Rescue



www.partner.globalrescue.com/mtnprofessionals/

American Embassy

Bolshoy Deviatinsky

Pereulok No. 8

Moscow 121099

Russian Federation



Tel: +7 (495) 728-5000

Accommodations

Please contact us if you prefer a single occupancy room at an additional charge:

If you prefer a single room while in the Baksan Valley at our hotel, the additional charge is \$200 USD.

Mountain Professionals Elbrus History

Mountain Professionals is in a strategic position to offer over 20 years of experience leading expeditions to the summit of Elbrus. Our senior guides have worked in Russia for many years and have developed a top-notch trip to climb Mt. Elbrus. From our very comfortable hotels to the private transports and superb hut meals, we have fine tuned each and every detail along the way for a seamless experience. We have operated multiple expeditions each year since 2005. Our trips have enjoyed a very high success rate of approximately 95% and many of our expeditions have 100% summit success. This is due to our careful acclimatization schedule and professional guide staff.

