Elbrus Expeditions
Climb Mount Elbrus with Mountain Madness

We invite you to Russia and an exciting adventure to climb Mount Elbrus, one of the more accessible of the seven summits and the highest peak in Europe. Starting with a city tour of Moscow, you’ll immerse yourself in an intriguing culture before travelling to the incredible Caucasus Mountains. Test yourself at high altitude in less than two weeks and experience a part of the world that was closed off and rarely visited by foreigners until recently. While there you’ll enjoy the widely-acclaimed service on which Mountain Madness has built its reputation. Our all-inclusive program allows you to focus on your experience and the mountain.

I would not even consider using another trip operator. The high success rate, the high quality of guides, food and accommodations, concern for safety, and attention to detail made the trip outstanding.”
-Steve S.

Often compared to the Alps in both beauty and climbing opportunities, the Caucasus Mountain Range stretches from the Black Sea in the northwest to the Caspian Sea in the southeast. The range forms both a geographical divide and cultural barrier between Europe and Asia. The location of Elbrus allows for an exciting experience at the crossroads of Europe and Asia into Turkish, Georgian, Azerbaydzhani and Russian cultures.

Mount Elbrus, the highest peak in Europe, is a volcanic cone in the Central Caucasus and soars above the surrounding valleys and mountains. The western spur of Mount Elbrus is connected to the Caucasus Mountains proper by a ten kilometer ridge. The two main summits of Mt. Elbrus are the West Peak (18,510 feet/5642 meters) and the East Peak (18,442 feet/5621 meters). With more than 145 square kilometers of snow and ice, the range has been nicknamed the “Little Antarctica.”

Although the ascent of Mount Elbrus is not technically difficult, the crevasse fields, high altitude, weather, and variable snow conditions make this a challenging climb for beginners and experienced climbers alike, requiring the use of crampons and ice axe. Our friendly and expert leaders will teach you everything you need to know to be successful.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Why go with Mountain Madness?

Mountain Madness has always stamped its own brand on the trips we offer and with it an expertise gained from over 30 years of experience. In the 1980s we began our journey to guide the Seven Summits, starting with an ascent of Mount Elbrus. Since then we’ve gained in-depth knowledge of the mountain, local culture, and perhaps most importantly, how to navigate travel and logistics in Russia, a country known for cumbersome bureaucratic challenges to this day.

Combine this knowledge with our trademark “Mountain Madness-style” and you will enjoy our all-inclusive package and be able to focus on the experience— from the moment we meet you at the airport to the summit of Europe, and back.

Decades of Experience in Russia and Local Knowledge

Mountain Madness has a long history climbing Elbrus, from founder Scott Fischer’s first guided trip there in the ’80s to Mountain Madness’ current owner Mark Gunlogson and his first trip to the region in 1990, shortly after the collapse of the Soviet Union. Since the time when the country experienced food shortages to now, our program has been carefully crafted to take in the best of Russian culture, food, accommodations, and people.

Along with an experienced western leader, you will be traveling with local Russian guides that know the area as their home.

All this defines Mountain Madness-style and offers you the perfect Russian experience, to an area that remains as intriguing and adventurous as ever.

The Mountain Madness Style

The Perks:

- Success rate greater than 90%
- Low client to guide ratio on summit day
- Outstanding food service
- All-inclusive package
- No heavy packs or tents

Sheets and Eats

The food and lodging during your trip has been carefully chosen. Trip participants will stay at comfortable hotels in Moscow. And as with all our trips, we can help accommodate any special diets. Your guides will share their hospitality and local knowledge to make you feel special and help ease your way into the adventure in comfort.

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No Hidden Costs

We eliminate the “hidden costs” associated with many expeditions by offering more services for the same price. We pay for virtually everything from the moment we pick you up at the airport to the end of your trip and everything in between. If something is not included we let you know so you can accurately plan your budget. Keep your wallet in your pocket!

### Included

- Scheduled hotel nights, based on double or triple occupancy
- Food while on the mountain and hut fees
- Assistance with obtaining visa (fees may apply)
- Moscow city tour
- Lift fees on Mt. Elbrus
- Scheduled group restaurant meals
- Group climbing and cooking gear
- Airport transfer to hotel

### Not Included

- Airfare to Moscow
- Domestic excess baggage fees
- Staff/guide gratuities
- Items of a personal nature: phone calls, laundry, room service, etc.
- Medical/evacuation and trip insurance
- Alcoholic beverages
Who are the guides?

From the first step to the summit and back, Mountain Madness is there to provide you with an incredible experience and world renowned guides. At Mountain Madness, we go to great lengths to ensure that every aspect of your trip is enjoyable and comes with the best possible leadership.

Our guides are highly skilled professionals with an enthusiasm for climbing and teaching you the skills necessary to be successful. Each has a passion for the mountains that makes it easy to form new friendships and create memorable experiences for everyone.

On Elbrus you can expect your trip leader to be from one of our U.S. or Ecuador programs and have extensive expeditionary experience. These guides work alongside our local Russian guides that provide indispensable local knowledge of both the mountain culture and the mountain itself.

Furthermore, Mountain Madness is an AMGA accredited guide service. The AMGA accreditation program was developed for guiding programs, schools and services to ensure the highest quality service available. Accreditation examines such things as operating guidelines, permits, insurance, employment, business practices, and guide training. Many of our guides hold full certification with the AMGA - the highest level of guide training available in the U.S. and/or have extensive expedition guiding experience. The end result is that accreditation provides a consistent and meaningful standard by which to judge the reliability and professionalism of a climbing service and its guides.

"Madness has the expertise for success. I felt especially comfortable that I would make the summit. Your guides and support staff made it happen" -Bob E.
Am I ready?

For the Skier or Snowboarders

The downhill terrain on Elbrus is not extremely technical. Several short pitches of no more than 40 degrees will be found, but generally slopes average a modest 15-30 degrees. Natural hazards do exist however, including: rocks, crevasses, variable snow, and ice to breakable crust. Due to these hazards, in addition to the strenuous nature of skiing at 18,000 feet, we require that the participants in the Elbrus descent be advanced skiers or boarders, preferably with some off-piste experience. Mountain Madness staff will evaluate your skill level. Participation in a Mountain Madness clinic may be required. AT gear is required, as well as split boards for snowboarders.

For the Climber

We suggest that you have some previous hiking and camping experience. Skills will be taught during this trip so mountaineering experience is not required; this expedition is suited for strong beginner to intermediate climbers. Team members are expected to be in excellent physical condition. Please refer to the Training section for more detailed information. If you feel like getting a bit of climbing experience before attempting Elbrus, we offer an array of training climbs and glacier schools, such as Mount Baker, Intro to Mountaineering, or custom climbs and courses.

Reaching the summit of Mount Elbrus Peak. MM collection

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Getting There

**Travel information**

The total number of days for this trip includes all travel from the U.S, with some exceptions. You will need to arrive in Moscow on day 2 anytime during the day. You will be met at the airport by a Mountain Madness representative and transferred to the hotel. If you are traveling from Europe it’s possible to eliminate one day from the itinerary provided you arrive on day 2 of the itinerary.

Domestic flights to Mineralnye Vody are included in the cost of your trip. If you choose to fly direct to Mineralnye Vody, thus eliminating time in Moscow, we can carefully coordinate this with you so that you meet your group at the domestic terminal in Moscow before continuing on to Mineralnye Vody.

**Passport**

You will need a passport valid for at least six months from the date you apply for your visa. It can take from four to six weeks from the time you file your paperwork to receive your passport.

You will also need three extra passport photos: one for entry into the country, and one or two for your visa application.

**Visa**

You must have a visa to visit Russia. Because obtaining a Russian visa can be complicated and time consuming we will send you the “Mt. Elbrus Visa Information” packet after submitting your application and deposit.

'It can take as long as three months to make your travel plans and obtain the necessary passport and visas for your trip. We strongly recommend that you begin this process as soon as possible.'
Classic Climb with ski option

14-Day Itinerary

After acclimatization hikes in the Baksan Valley through wildflowers and forests, and a day spent reviewing skills, we take a cable car up the mountain to the shelters at Kharabashi. Here we spend several nights before our summit attempt. The climb offers great introductory level glacier climbing that includes the use of crampons, ice axe, and roped travel.

Included in the cost of your trip are scheduled group restaurant meals. Meals provided are listed as B, L, and D at the end of each day. You will be responsible for those meals not listed while in towns and cities. All meals in the mountains will be provided.

2016 Classic Elbrus Dates* (14 days total):

June 19-July 2 (optional ski descent); July 3-16
$5,175 ($5,350 two months or less prior to departure date).
$5,375 for optional ski descent

Day 1
The first day is allocated for those requiring an overnight flight to Moscow.

Day 2
Arrive in Moscow. A Mountain Madness representative will meet you at the airport. You will be transferred to your hotel where you will spend the night. D

Day 3
Tour the city of Moscow, including a visit to the Kremlin Cathedral and Armory. Overnight at hotel. Orientation meeting and gear check. B, L, D

"Would absolutely use MM for any future mountain climbing adventures."
-Chris B.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
**Day 4**
Transfer to domestic airport for the two hour flight to the city of Mineralnye Vody. Continue by bus to a hotel in the Baksan Valley, where you will spend the next several nights. B, L, D

**Day 5**
To prepare for our summit attempt of Elbrus, and enjoy the magnificent Caucasus Range, we take a day hike in the Baskan River Valley. At the end of the day you overnight at the hotel. B, L, D

**Day 6**
To further prepare for the climb, we will do another acclimatization hike either above Cheget or Terskol. Overnight at hotel. B, L, D

**Day 7**
Ride the cable car up to Kharabashi, Balkarian “where black rock meets glacier” (approx. 12,800 feet). We settle in for a rest day in comfortable barrel shelters. Crampon/Ice Axe skills review, time permitting. B, L, D

**Day 8**
Acclimatization hike to Pastukhov Rocks (approx. 15,420 feet) and return for another night at the Barrels. B, L, D

**Day 9**
Further review basic mountaineering skills. Rest and prepare for the climb. B, L, D

**Days 10, 11, 12**
Two days are scheduled for one summit attempt. We increase our chances for a successful summit climb by riding a snow cat to just below our previous highpoint near the Pastukhov Rocks. If the weather allows our group to summit on the first day, we descend the following day and have an extra day in the Baksan Valley. Cancelling the attempt due to inclement weather will be at the guide’s discretion.

B, L, D (Meals not included during extra Baksan Valley days that result from an early descent.)

**Day 13**
Drive to Mineralnye Vody. Fly back to Moscow. Transfer to Hotel. B, L, D

**Day 14**
Depart for home.

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For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
11-day Itinerary

If you are just a bit short on time, the Elbrus Express is a great way for those with previous climbing experience at higher altitudes to shorten the time needed to reach the highest point in Europe. You’ll bypass some of the cultural attractions in Moscow experienced during the classic trip and instead get down to business and travel to the mountains as soon as is reasonably possible. The result is a climb of Elbrus three days shorter than our classic itinerary. Along the way though, you’ll still enjoy the expertise and experience of the more than two decades that Mountain Madness has been travelling to the Caucasus.

2016 Elbrus Express Dates (11 days total): July 20-30; July 31–August 10  $4,575

Day 1
The first day is allocated for those requiring an overnight flight to Moscow.

Day 2
Arrive in Moscow. A Mountain Madness representative will meet you at the airport. You will be transferred to your hotel where you will spend the night.

Day 3
Transfer to domestic airport for the two hour flight to the city of Mineralnye Vody. Continue by bus to a hotel in the village of Terskol in the Baksan Valley, where you will spend the next several nights. B, L, D

Day 4
To prepare for our summit attempt of Elbrus, and to enjoy the magnificent Caucasus Range, we take a day hike in the Baksan River Valley. At the end of the day you overnight at the hotel. B, L, D

Day 5
To further prepare for the climb, we ride the cable car and practice crampon and ice climbing skills. Overnight at hotel. B, L, D

“Thanks for all the help with the Elbrus trip. We had an awesome time and the guides were just fantastic. They really made the trip worth it. We all had a great time. It was a wonderful experience and the whole thing went smoothly. Mountain Madness did make it happen!!” – Khalid T.

Day 6
Ride the cable car up to Kharabashi (approx. 12,800 feet). We settle in for a rest day in comfortable barrel shelters. Additional skills review, time permitting. B, L, D

Day 7
Acclimatization hike to Pastukhov Rocks (approx. 15,420 feet) and return for another night at the Barrels. B, L, D

Days 8-9
Two days are scheduled for our summit attempt. We increase our chances for a successful summit climb by riding a snow cat to just below our previous high point near the Pastukhov Rocks. If the weather allows our group to summit on the first day, we descend the following day and have an extra day in the Baksan Valley.

B, L, D (Meals not included during extra Baksan Valley days that result from an early descent.)

Day 10
Optional summit day with 10pm or later flight from Min Vody. Overnight at airport hotel. B, L

Day 11
Depart for home.
Elbrus-Kilimanjaro Combo Climb

19-day Itinerary

Join Mountain Madness for a journey to Russia and Africa - two of the most exciting and dynamic places on earth. Climbing Mount Elbrus, the highest peak in Europe, and Mount Kilimanjaro, another of the Seven Summits, is an admirable feat and the best way to truly experience these fascinating parts of the world.

2016 Elbrus / Kilimanjaro Combo Climb (19 days total):

July 20-August 7  $10,175

Day 1-9
Mount Elbrus climb (same itinerary as the Express Climb).

Day 10
Flight to Moscow from Mineralnye Vody and continue on late flight to Amsterdam. This flight is not included in the cost of the trip, you will need to make your own arrangements. You will take the KLM direct flight from Amsterdam to Arusha, Tanzania.

Day 11
Arrive in Arusha, Tanzania. Mountain Madness Land Cruisers transport you from Kilimanjaro International Airport to an exclusive Private Tented Camp nestled in beautiful Arusha National Park.

Day 12
Today is spent relaxing and recovering from your travels. There may be time for a walk or game drive, which will be out into the grasslands for views of game and Mount Kilimanjaro.

Day 13
Lomosho approach on Kili starts today. After a drive through the beautiful grasslands and scattered Maasai villages we arrive at the trailhead. From here we will walk through the undisturbed lush jungle to our camp for the night.

Day 14
Hike to Shira Plateau Camp. Upon waking, your Tanzanian guides will greet you at your tent with tea and hot water to wash up before enjoying breakfast. Today’s hike will take us through the Montane Forest and the Hagenia Zone.

Day 15
Moir Camp today. Hike across the Shira Plateau and up the western slope of the Kibo Massif. We pass the Fischer Camp, which has a plaque dedicated to Scott Fischer, friend and founder of Mountain Madness.

Day 16
We make camp near the Arrow Glacier at 15,300 feet. This camp is famous for the absolutely magnificent sunsets, which illuminate the African sky.

Day 17
After breakfast, we will leave camp for our summit push. We will climb up the Western Breach to the summit crater and hike to the top of the crater rim. From there it is just a ten-minute hike to Uhuru Summit, the highest point in Africa at 19,340 feet! We then descend to the Mweka Camp.

Day 18
We descend 4,500 feet to the road head where we say good-bye to our mountain staff before heading off to the hotel. At the Moivaro Hotel you can relax, swim in the pool and enjoy a celebratory dinner! Transfer to the airport for a night flight home.

Day 19
Arrive home.

Other options available. Call our office for details and prices.
St. Petersburg Extension

Two-Day Tour of St. Petersburg—enjoy the best of St. Petersburg with this private tour!

Why stop your fun and adventures after a successful summit of Mount Elbrus? Instead of returning to Moscow you say your goodbyes to your climbing team and head off for a quick flight to one of Russia’s, and arguably the world’s, most stunning cities. A UNESCO World Heritage site, St. Petersburg offers an array of cultural, artistic, and historical attractions making it one of the world’s leading centers of culture.

Most mountain guiding companies only visit this intriguing city for a day or less, but the Mountain Madness extension does this city justice with an all-encompassing tour, which includes the main attractions and then some!

Day 1
You will be picked up at your hotel and shown the main sights of St. Petersburg; including Nevsky Prospect, St. Petersburg's lively main street; the Kazan Cathedral; and the Church on the Spilled Blood, so called because it was built as a memorial on the spot where Emperor Alexander II was assassinated on March 1, 1881.

No trip to St. Petersburg is complete without a trip to the Hermitage. This national museum boasts over 2.7 million exhibits and displays a diverse range of art and artifacts from all over the world and from throughout history. It occupies six magnificent buildings including the Winter Palace, Small, Old and New Hermitages.

Day 2
Today your excursion will take you to Pushkin and include an entrance to Ekaterina Palace. This is a magnificent baroque-style palace and was the favorite summer residence of Empress Elizabeth and Catherine the Great. The true glory of the Palace is the Amber Room, an exquisite space made of several tons of amber.

Includes: ground transportation, local guide, entrance fees for Hermitage and Ekaterina Palace in Pushkin. Fly home in the evening.

Ski/Snowboard Descent
If schussing down the wide open slopes of 18,540 foot Mount Elbrus catches your fancy, then join us on this ski and snowboard odyssey on Europe’s highest peak.

With your Mountain Madness guides you will cut up the corn on the diverse terrain offered by the mountain. Time is built in to acclimatize and review avalanche evaluation techniques and climbing skills needed for the ascent and descent. Then with the assistance of Sno-Cats to about 15,000 feet, we climb Mount Elbrus and enjoy a descent of more than 6,000 vertical feet. This option is a tad bit more expensive than the regular Elbrus climb, but worth it to be able to descend a seven summit on skis or snowboard!

Ski Descent Extra Equipment

- AT or Telemark Skis or Splitboard
- Poles
- Skins
- Ski crampons
- Ski/snowboard boots
- Boot crampons that fit your ski/snowboard boots
- Ski Goggles
- Skin wax (globstopper)
- Repair tool for ski equipment

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Mountain Madness believes that all mountain travel equipment should follow two simple tenets: Lightweight and Functional. Lightweight equipment increases your chance of success and helps make you more comfortable. Functional equipment determines how warm, dry, and safe you will be, so always choose equipment that is of good quality, is dependable, and is adaptable to a variety of extreme conditions.

**Climbing Gear**

- **Alpine climbing harness**: Must have adjustable leg loops and fit over all clothing
- **Two locking carabiners**: Large, pear-shaped is best. Screw gate type recommended
- **Two wire-gate carabiners**
- **Ice axe with leash**: Light weight; ex. Petzl Summit or Black Diamond Raven
- **Plastic mountaineering boots**: La Sportiva Spantik is a good investment for those who are pursuing other high altitude climbs (such as Aconcagua or Denali), whereas the Koflach Degre would be the choice for those looking for a warm boot, but not more than is needed. Hybrid leather/plastic boots should be rated for 6,000-meter peak climbs or winter mountaineering
- **Crampons**: Fit to plastic boots. New-matic/hybrid type recommended, such as Black Diamond Sabertooth or Petzl Sarken
- **Adjustable trekking poles**: Black Diamond flick-lock style is best

**Ski Descent**

- **AT or Telemark Skis or Splitboard**
- **Poles**
- **Skins**
- **Ski crampons**
- **Ski/snowboard boots**
- **Boot crampons to fit ski/snowboard boots**
- **Ski goggles**
- **Ski wax (globstopper)**
- **Repair tool for ski equipment**

**Pack**

- **Summit pack**: Light, about 2500+ cubic inches

**Sleeping Gear**

- **Expedition quality sleeping bag**: Down or synthetic, rated from 15-20 degrees Fahrenheit
- **Thermarest sleeping pad**: Recommended for the beds in the barrels

**Miscellaneous**

- **Glacier glasses**: 100% UV protection with side shields and hard-sided storage case (i.e. Julbo or Cebe)
- **Headlamp and extra batteries**
- **Personal first aid kit**
- **Lip balm**
- **Sunscreen**
- **Water bottles & insulators + Hydration bladder**: Two 1-liter wide mouth Nalgene
- **Mug**: Plastic with snap-on lid, 16 oz. or larger
- **Pocket knife**: Small, Swiss Army type
- **Ear plugs**
- **Water purification**: Iodine tablets or Polar Pure crystals
- **Toiletry kit**: Include toilet paper stored in a plastic bag
- **Large plastic bags (2)**: For keeping gear dry
- **Nylon stuff sacks**: Food and gear storage
- **Bandanas**: one or two
- **Duffel bag**: 7,000+ cubic inch capacity, durable
- **Small padlock**: for duffel bag
**Clothing**

Clothing impacts not only your comfort but also your safety. Always be critical of the quality and the proper fit of your clothing. Cotton clothing must be avoided because it dries very slowly and is a poor insulator when wet. Instead, **choose merino wool or synthetic fabrics** that “wick” the sweat and moisture away from your skin. Our recommended clothing system has four layers. You will receive a more detailed list upon trip registration.

**Base layer**

Manages moisture and wicks perspiration away from your skin.

- **T-shirt**
- **Long sleeve shirt** (Lightweight, light color for sunny days)
- **Liner socks (2 pair)**
- **Long underwear bottoms**
  - 1 light weight
  - 1 medium or expedition weight

**Soft shell**

Durable, comfortable, insulating wind/water resistant layer that breathes well. The main Softshell fabrics are Polartec Wind Pro, Gore Windstopper N2S, Schoeller, and each clothing manufacturer has their own. 200 weight fleece can be substituted for our Soft Shell recommendations but is not as versatile on how it may be used when layering.

- **Wind shirt/jacket** (Patagonia Super Guide jacket for example)
- **Pants** (Patagonia Guide or Granite; Schoeller fabrics)

**Insulating layer**

- **Down or synthetic jacket**
- **Heavy wool socks (3 pair)**

**Footwear**

Find the best sock combination that works with your boots.

- **Light hiking boots/trail shoes**
- **Gaiters**
- **Sandals** (optional)

**Gloves**

- **Liner gloves (2 pair):** Thin fleece or windstopper
- **Warm gloves:** Fleece or wool with water resistant shell
- **Shell mitts:** Gore-Tex, with textured rubber palms and taped seams. Nylon shells will not keep you dry.

**Hats**

- **Warm hat**
- **Balaclava or buff**
- **Shade hat or baseball cap**

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Training

This trip is rated as strenuous and we cannot over emphasize the importance of conditioning.

By getting your heart, lungs, and legs in top physical condition, you can focus on enjoying the high mountain environment. It is recommended that you have camping and hiking experience, and be versed in basic glacier mountaineering skills such as self-arrest and roped travel prior to this trip, but this is not required. This expedition is suited for beginner to intermediate climbers.

We suggest you begin your training program at least four to six months prior to departure. Walking up hills and stairs are both excellent ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take a long hike (4-6 hours) several times with a weighted pack. The best training for mountaineering is to carry a weighted pack (40+ lb.) up and down hills, stairs, or small mountains. To avoid knee stress while training, use full water containers for weight and empty out the water prior to your descent. Supplement this with running, cycling, swimming, racquet sports, etc. for additional aerobic conditioning.

Don’t underestimate the descents. Many people find descending one of the most difficult parts of the climb. For those with weak knees or past injuries, make sure to use trekking poles or consider bringing an athletic knee brace to take the weight off your knees. Training for the descent is hard to simulate and is a skill that is acquired with practice.

It is strongly suggested that you have a full medical checkup at least one month prior to departure and to speak with your doctor two months prior to departure regarding immunizations. Awareness of physical problems such as high blood pressure, allergies to medications, and so forth is important for both yourself and your guide.

Please call Mountain Madness to discuss the creation of a personal training program to help you prepare for your climbs, or if you have any other questions about your fitness or training.
Questions + Answers

**How many days is the trip?**

The total number of days for these trips includes all travel from the U.S.: 14 days for the classic, 11 days for the Express, and 19 days for the Elbrus/Kilimanjaro combination. If you are traveling from Europe it’s possible to eliminate one day from the itinerary provided you arrive on day 2 of the itinerary. For ways to shorten the duration of your trip, please call our office.

Domestic flights to Mineralnye Vody are included in the cost of your trip. If you choose to fly direct to Mineralnye Vody, thus eliminating time in Moscow, we can carefully coordinate this with you so that you meet your group at the domestic terminal in Moscow before continuing on to Mineralnye Vody.

**Will I be sharing a room?**

All accommodations are based on double or triple occupancy. If you are traveling solo and wish to share accommodations, we will pair you with another traveler. We will always try to have you share a room with another traveler of the same gender, but this is not always possible.

**Can I request single accommodations?**

We can arrange for you to have your own room at hotels in the cities, based on availability. We can give you a quote upon your request and payment needs to be made in full prior to departure. There are no single accommodations available at the Barrels camp.

**Will I be able to interact with the locals?**

Absolutely! Mountain Madness recognizes our trips as physical, scenic, and cultural odysseys into foreign lands, and we encourage you to interact with the local people. Your Mountain Madness guides are experienced in the appropriate cultural courtesies and will be able to advise you along the way regarding these considerations.
Questions + Answers

What kind of food is eaten? Can you accommodate a vegetarian diet or other dietary restrictions?
All of the meals served on Mountain Madness trips are a combination of the best local and regional fares along with some specialty items brought from the U.S. Your guide or your personal cooks are experienced in working with vegetarian diets and dietary restrictions due to food allergies or intolerances.

Can I arrive earlier or depart later than the trip dates?
Mountain Madness is happy to help you arrange accommodations before and after your trip. Our area directors can recommend side excursions and restaurants for the extra time.

How do I get from the airport to the hotel when I arrive?
A Mountain Madness guide or representative will pick you up at the airport on the scheduled arrival date and time. For easy identification consider wearing your Mountain Madness T-shirt!

Can I leave luggage in Moscow?
Yes, there is a secure place to store your valuables in Moscow while you are away on the climb. There is a nominal charge of about $5 to $10 per day for this service.

Should I get insurance?
Mountain Madness highly recommends the purchase of trip cancellation, travel and medical evacuation policies. Once we have received your application and have confirmed your spot on the expedition we will send you information about the various types of insurance and the companies we recommend.

How heavy will my pack be?
On Elbrus we stay in huts so there are no camps to supply and no heavy backpacks to carry. On the acclimatization hikes and the summit climb you will need to carry your own snacks, camera, water and some extra clothing which should be less than 20 pounds. Not too bad, huh?

Can I rent my gear through Mountain Madness? Will the guide check my gear before we leave for the mountain?
Yes, some items will be available - call our office for details. We will check your gear in Moscow. Our equipment list is very complete and we ask that you bring all the items listed. Russia is a very difficult place to purchase gear and as such it is unlikely that we could find the proper items. We will be happy to help you solve any gear issues prior to departure!

What if someone on my rope team gets sick? Will I have to descend and lose my summit opportunity?
Safety is the primary consideration on all Mountain Madness trips. For all of our trips participants must remember that they are part of a team and that the safety and security of everyone on the team is more important than any one individual reaching the summit. If the entire group is required to get a team member down, they will be called to assist the guides and staff. However, we have a very high success rate in part because we often hire skilled local guides to assist on summit days, decreasing the client-to-guide ratio. This offers additional safety and increases everyone’s chance for success. Additionally our schedule has an extra summit day built in which gives us all a second opportunity if weather or other problems cause us to miss the first opportunity.
### 2019 DATES AND PRICES

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<td>June 29 - July 12</td>
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<td>Elbrus / Kilimanjaro Combo</td>
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### 2020 DATES AND PRICES

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<tr>
<th>Route</th>
<th>Dates</th>
<th>Price</th>
<th>Price (2 months or less from departure date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elbrus Classic</td>
<td>June 13 - 26</td>
<td>$5,575</td>
<td>$5,675</td>
</tr>
<tr>
<td></td>
<td>June 27 - July 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elbrus Express</td>
<td>July 11 - 21</td>
<td>$5,575</td>
<td>$5,675</td>
</tr>
<tr>
<td></td>
<td>July 22 - August 1</td>
<td>$4,875</td>
<td></td>
</tr>
<tr>
<td>Elbrus / Kilimanjaro Combo</td>
<td>July 11 - July 29</td>
<td>$11,175</td>
<td></td>
</tr>
</tbody>
</table>

All prices subject to change