



Trek the highest mountain in
Europe...

Mt Elbrus

...for a spectacular taste of Russia



Mt Elbrus is the highest mountain in Europe; it stands 5,642m above the Baksan Valley in the Caucasus mountain chain. For this expedition **no advanced mountaineering experience is required**. It is a winter trek in glaciated mountains achievable by anyone who is reasonably fit.

Trip Dates: Friday 31st July to Monday 10th August 2026

Please be aware that the departure date may change by around one week due to guide, permit and flight availability.

Details: The stunning Caucasus mountain range forms a chain of high, alpine mountains separating Georgia from Russia. Elbrus forms part of this range and is the highest peak in Europe at 5642m of snow and rock.

At the start of the trip you fly from London Heathrow via Moscow and on to Mineralnye Vody - the nearest city to the Baksan Valley. A 3 hour drive will then take you to the hotel in Terskol with panoramic views of the mountains.

From the hotel you will undertake 3 separate day walk expedition in the local mountains with hotel overnight accommodation in between. This enables you to enjoy beautiful forested valleys, alpine meadows and glaciated mountain passes. This also helps you to acclimatise and gain experience in using an ice axe and crampons on some of the easiest slopes, while experiencing superb panoramas of the Caucasus mountain range.



For the ascent of Elbrus itself we take the cable car system to the Garabashi Huts at 3800m. Here you will spend a couple of days relaxing and walking part of the way for acclimatisation before ascending the peak at night. If the weather conditions are unsuitable on the first night this trip is flexible enough to give you a second opportunity to reach the summit on the following night.

After the ascent of Elbrus is complete you will use the cable car system to return to the hotel. The next full day is for resting and relaxing and the following day you will fly back to UK.



OUTLINE ITINERARY

Day 1 – Arrive at London Heathrow for check in and departure.

Day 2 - Arrive in Mineralnye Vody on the plains north of the Caucasus. Drive to hotel (about 3,5 hours) in Baksan Valley near Elbrus at the altitude of 2100m.

Day 3 - Acclimatisation walk in the Terskol Valley up to the Observatory, 3100m, ca. 6hrs walking up, providing very close and magnificent view of Mt. Elbrus. On the way we pass the wonderful waterfall, called “The virgin’s hair”. Return back to the hotel.

Day 4 - Walk to the Mount Cheget spur up to 3100m - a magnificent viewpoint over Elbrus. About 7 hours walking up. Return to the hotel.

Day 5 Transfer to Terskol, climb the Ice Base, 3550m, descent to Terskol. Transfer to hotel.

Day 6 - We take the cable car up to the Mir station, 3500m, then the chair lift up to Garabashi station, 3800m. Accommodation in the Barrels hut. Acclimatisation walk to the Priut hut at 4100m, Overnight in the Barrels hut.

Day 7 - Acclimatisation walk to Pastukhova Rocks up to 4700m. 4 hours walking up. Return to the hut.

Day 8 - Summit day. We begin in the early morning hours to ascend the highest of Elbrus' twin peaks - the West Summit. You carry your day pack with the day's requirements. Optionally you can use a snowcat up to 4650m. We return to spend the night at the hut.

Day 9 - Spare day to attempt Elbrus if the weather on the previous day was bad. Overnight in the hut.

Day 10 - Return to the hotel and relax.

Day 11 Drive to the airport in Mineralnye Vody for the flight home. Land back in the UK same day or following day depending of the flight schedule.

Kit Information

Boots: 4 season (B3) boots are a must and these must have the capability of using with crampons, such as the Scarpa Manta and Cumbre or La Sportiva varieties, although there are plenty of other makes out there. Boots are the one of the most important pieces of kit to get right so please go to a reputable shop and book a boot fitting. You will also need a basic walking ice axe. Boots can be rented out in the Elbrus region and this very cost effective when compared to buying new boots and crampons.

Sleeping bag: A 3-4 season bag is essential and if you tend to feel the cold then perhaps invest in fleece sleeping bag liner as well. There are plenty of good synthetic sleeping bags for around £80-£100 that are light weight, comfortable and can be washed in a standard washing machine and dry quickly.

Waterproof: Please invest in a good waterproof jacket and trousers, as a good waterproof acts as a wind proof and this is definitely needed at high altitude.

Roll mat: This is incredibly important, but really does suite your taste and budget. For a very thick foam roll mat you'll pay around £10 but if comfort is really important to you (and it is for most!) invest in a ThermoRest. This is a self-inflating (but very light weight) roll mat and will give you a great night sleep.

Clothing: The two most important layers are the base layer and the outer layer (waterproof). The base layer is designed to wick moisture away from your body before you get cold and regulate your body temperature.

We provide a detailed kit list within the trip booklet (sent out at time of booking) but if you need any further advice then please email or call at any time.

Climate and weather

When you arrive at Mineralnye Vody you will find it considerably warm. Mountain weather is variable. In the valleys it is possible for daytime temperatures to rise to 25°C. At night, especially at the highest campsites, you may experience slight frosts. Rain, storms and snowfall on the passes could be encountered at any time although this is generally the drier side of the Caucasus.

Costs: The trip cost is **£2,795** and is all-inclusive (except insurance, tourist VISA and kit hire). This includes all flights, accommodation (hotels, huts and camps), all food on the expedition Breakfast and Dinner in the hotel, transfers, National Park permits, guides, cooks and porters.

Payment: So the full amount doesn't come as too much of a shock, we have arranged payment dates where smaller amount can be paid in regular instalments. These also coincide with flight and trip payments that we will make for you.

Costs and payment structure

The cost of the trip is **£2,795**. There is a £250 trip deposit (non-refundable) to book your place and the remaining balance is paid in small instalments.

Trip deposit (at time of booking)	£250
1 st September 2025	£1,000
1 st December 2025	£600
1 st February 2026	£500
1 st April 2026	£400
1 st June 2026	Balance payment

Training Event – May 2026

A local training event is provided for all Mt Elbrus participants. The day provides an opportunity for the whole team to get to know each other prior to your departure and to run through important information about the trip. It also gives you plenty of opportunity to ask questions and collect advice.

How to reserve your place on the trip

To book a place on the trip simply email or phone and a reservation form can be sent out via email or post. Please return the reservation form to Jonathan Reilly, The British Expedition Company, Meriden House, Park Road, Tisbury, Wiltshire, SP3 6LF with a deposit cheque of £250 payable to...*'The British Expedition Company'*.

Alternatively you can send through your trip reservation form via email and your trip deposit via internet banking to the following HSBC business bank account;

Account Name: TheBEC Limited,
Account Number: 62049414
Sort code: 40-40-14

British Expedition Company, Tel: 01747 871564. Email: Info@thebec.co.uk. Registered Company number: 6957339. ATOL 10222.

Reference: **Your Name** (this is very important as we can link the payment with your reservation form)

When your deposit is received a trip booklet is sent out detailing every element of the trip. This includes information on VISA's, insurance, fundraising ideas and kit information.

On advancement of deposit for a booking on any of our trips or expeditions the deposit acknowledges that he/she has read and understands the below booking conditions and agrees to be bound by them.



Alternatively feel free to email any questions that you have and if you would like to see some of the previous years' photo's then these can be sent out. Please email info@thebec.co.uk or call on 01747 871564.

Reservation form follows on the next page



British Expedition Company

Reservation Form

Please fill in and email **or** print off and post with your deposit to:

Jonathan Reilly, British Expedition Company,
Meriden House, Park Road, Tisbury, Wiltshire SP3 6LF.

Full Name This must be exactly as is appears on your passport	Mr / Mrs / Miss / Other _____ First name: _____ Middle names (if applicable) _____ Surname _____	
Date of Birth		
Home Address		
Phone - Land line		
Phone - Mobile		
Email address 1		
Email address 2		
Nationality		
Which Expedition and trip date do you prefer?	Expedition	
	Trip date	
Passport details	Passport number	
	Passport expiry	
Any special food requirements?		

Next of Kin / Emergency Contact

Name	
Relationship	
Address	
Telephone number (Land and Mobile)	

Medical Details

Know allergies to food/medication/insects etc...

Do you have any specific medical conditions that we need to be aware of when you are away on expeditions?

Please give any additional information concerning your health that you think is necessary for us to know, especially in the case of an emergency.

Questionnaire

1. Briefly describe your reasons for wanting to attend the trip

2. Where did you find out about the trip?

3. Which description below best matches your level of fitness? (Tick or highlight)

- ☐ Very good level of fitness
- ☐ Quite strong level of fitness
- ☐ Normal fitness level e.g. can do a day walk in hills with a small rucksack
- ☐ Need to improve my fitness

4. Briefly describe your camping and walking experience...

Booking Conditions and Specific Information

All the flights and flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate

The British Expedition Company recognises that hill walking, trekking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

1. All bookings are made with The British Expedition Company whose office is Meriden House, Park Road, Tisbury, Wiltshire, SP3 6LF, UK. Registered company number: 6957339

2. All our package expeditions are ATOL protected and our ATOL number from the Civil Aviation Authority is 10222.



Your Financial Protection

When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable)."

If we, or the suppliers identified on your ATOL certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. You agree that in return for such a payment or benefit you assign absolutely to those Trustees any claims which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme."

3. The terms and conditions of all agreements made with the Company shall be subject to, and governed by, English Law.

4. In order to make a booking, complete and sign the Booking Form and post it to The British Expedition Company with your deposit. Unless the trip is full you will receive confirmation of booking and further details.

5. It is important to be aware that once your deposit/installments are paid, should you wish to cancel at any time thereafter, these are non-refundable/transferable. In addition the cancellation penalties detailed below will be applied. It is strongly recommended that you have suitable cancellation insurance coverage from the time of booking. It is a condition of the booking that clients follow the agreed payment plan to ensure that flights and permits can be purchased by the company at the appropriate time. The company has a right to cancel the booking if the client fails to pay the installment within 14 days of the agreed payment date (in this instance no refunds will be issued) or charge additional fees up to 10% of the total trip cost - this is at the discretion of the company.

6. Cancellation of a trip by the BEC will entitle you to a part refund unless cancellation has been forced by unforeseen government (or similar) intervention in which case costs incurred by the Company will be subtracted from any refund due. No other compensation will be allowable.

7. Cancellation of bookings must be notified in writing. The £250 trip deposit is non-refundable as are 100% of all installment and balance payments.

8. Whilst every effort will be made to adhere to the planned itinerary, it must be realised that in this type of adventurous travel, changes to the itinerary may occur for which the Company accepts no responsibility, however caused. The BEC will make every effort to inform you of any change. Your final itinerary may differ in respect of the places where you stay overnight. In particular it may be necessary to alter your itinerary at short notice due to adverse weather, mountain conditions, client or leader illness, road conditions, or to operating conditions imposed by owners and operators of accommodation, facilities, aircraft, vessels and other forms of transport. Should such conditions involve clients in extra costs such as accommodation, transportation and meals, such costs should be borne by the client.

9. The BEC cannot be held responsible for any missed connecting transport.

10. The Expedition Guides will do their utmost to ensure that any problems are solved for the benefit of the group as a whole. Signing the booking form signifies your acceptance of the Guides authority to make decisions affecting the group or individuals. For instance, he/she may require an individual to leave the group if he/she believes that person's health is at risk, if an illegal act is committed, or their behaviour becomes detrimental to the safety, enjoyment or well-being of the group. Should the Guide take such action, that person would not be entitled to any refund.

11. Please understand that there are certain hazards involved in climbing and trekking, which you must accept at your own risk. The Company will not be liable for any illness, injury or death sustained during an expedition, or course, nor will it be liable for any uninsured losses of your property.

12. The Company cannot be made liable for the consequences of strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences.

13. It is a condition of booking, that you are adequately covered by insurance prior to departure, which must cover the cost of repatriation and evacuation if you become too ill to continue. Failure to provide a copy will result in the cancellation of your expedition.

14. Trip prices are based on an exchange rate of US\$1.40 - UK£1 and operating costs at the time of booking. The Company reserves the right to levy fuel and/or currency surcharges following currency fluctuations or operating costs beyond our control. We sincerely hope that surcharges will not be necessary, but in the unlikely event that they are, you may cancel your booking without penalty if the surcharge amounts to more than 10% of the cost of the trip.

15. Any air travel that is part of any trip is subject to the conditions as stipulated by the airline concerned and liability is limited in accordance with International Convention.

16. If the UK Foreign Office does not issue advice against travel, and you decide not to travel on the basis of a perceived threat or hazard, howsoever formed, will be interpreted as a voluntary cancellation and the charges set out in booking condition 8 applied.

17. Non-UK Nationals should consult their own government for advice on travel to the destination country and all countries transited en route.

18. Having made every effort to ensure correctness of the trip details and booklets we cannot be held responsible for any inaccuracies, errors or omissions.

19. The Company can use photographs supplied by its Guides or members of the expedition for future marketing and publishing without further permission from those featured on the images. I also give my permission for my contact details to be shared with other clients booked on the same departure.

20. On advancement of deposit for a booking on any of our trips or expeditions the deposit acknowledges that he/she has read and understands the above booking conditions and agrees to be bound by them.