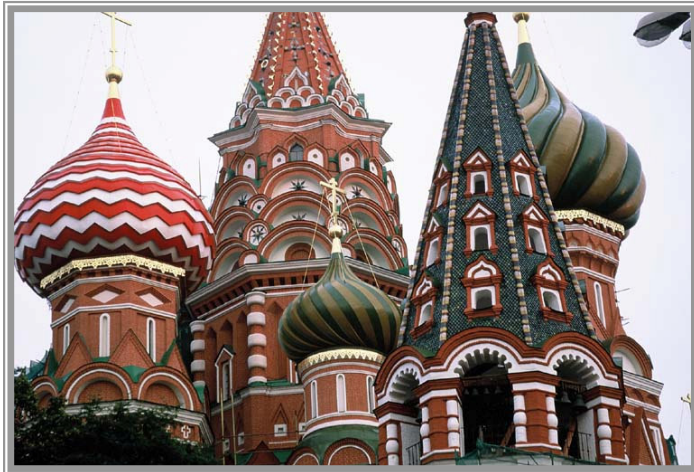




Adventure Consultants Elbrus Expedition 2010

Mt Elbrus is a giant dormant volcano which separates Europe from Asia in Russia's Caucasus range. The Adventure Consultants expedition to Elbrus combines the ascent of the peak with a short but in-depth look into the cultural and architectural wonders of this ancient country.



We begin the trip in St Petersburg and return home via Moscow with itinerary highlights to include visits to museums, art galleries and major architectural attractions.

After exploring St Petersburg, we fly south to Mineral Vody on the edge of the Caucasus followed by a short drive to the beautiful tree covered valleys into the mountains themselves. We base ourselves from hotels in the Baksan valley and partake in daily acclimatisation hikes with good food and pleasant surroundings to help us enjoy the region.

After several days we move into the high mountain huts for more training followed by the ascent itself. We have included several contingency days to allow for inclement weather and our proven ascent program assures a very high chance of success.

We stay in hotels, lodges and huts to avoid the need for tents so you can simply bring along a sleeping bag and your climbing gear and enjoy the climb!

Attaining a relatively high elevation at 5633m or 18,510 feet, Elbrus certainly demands respect for its altitude and we deliberately focus on climbing high each day and sleeping low to facilitate effective acclimatization. As with any foray to high altitude, it is imperative that expedition members are fit and strong and in good health.



Itinerary Elbrus Expedition 2010: 14 day program.

Dates: 14 – 27 July 2010

Day 1: July 14

Arrive St Petersburg. Team meeting and meal, gear check.

Day 2: July 15

St Petersburg tour. We tour around this remarkable city to view the incredible architecture and visit the Hermitage museum; famous for its array of art classics. Later we explore the remarkable Peter and Paul fortress.

Day 3: July 16

Depart St Petersburg for flight to Mineral Vody. Travel by coach to Terskol in Baksan Valley.

Day 4: July 17

Acclimatization ascent (using ski lifts) of Cheget mountain, 3600 m. Overnight stay in the hotel.

Day 5: July 18

Acclimatization hike to Terskol Peak. Return to Hotel

Day 6: July 19

Ride ski lifts. Acclimatization hike. Overnight stay in The Barrels hut (3900 m) on the slopes of Elbrus



Day 7: July 20

Acclimatisation hike to the Obelisk.

Day 8: July 21

Acclimatisation hike to Pastuhova rocks, return to hut

Day 9: July 22

Summit day. Leave base camp about 3 am for the climb of Elbrus' west summit, 5642 m.

Day10: July 23

Descend to the hotel in the valley. Spare summit day.

Day 11: July 24

A day for rest, hiking in the beautiful forests of the Baksan valley and eat! Spare summit day.

Day 12: July 25

Drive to Mineral Vody. Fly to Moscow, stay at hotel.

Day 13: July 26

City tour in Moscow, visit famous Russian landmarks like the Kremlin, Red Square and enjoy the modern Russian culture to be found in this entertaining city.

Day 14: July 27

Depart Hotel for airport. Fly home

Note: We also have a shorter Elbrus ascent starting and finishing in Moscow, without the sightseeing. See our Trip # 2, July 28 to August 8 2010.

Elbrus costs and inclusions

The cost of the expedition is **US\$5,150** per person ex St Petersburg, Russia.

The expedition fee includes:

- Adventure Consultants mountain guides
- All expedition organizational requirements
- Hotel in St Petersburg and Moscow, two nights each city, twin share.
- Breakfasts in St Petersburg and Moscow.
- City tours in St Petersburg and Moscow.
- All lodging and food while on the expedition after departing St Petersburg until arriving Moscow.
- Group climbing equipment, food and fuel in Elbrus region
- Transfers from Hotel to airport for Mineral Vody flight and return
- Flights from St Petersburg to Mineral Vody to Moscow
- Transport Mineral Vody to Elbrus region
- Snow cat and chairlift transport fees

The expedition does not include:

- Airport Transfer from International airport to Hotel and return - \$85 per car (up to 2 pax)
 - Lunch and dinner while in St Petersburg and Moscow \$50-\$100 a meal
 - Personal clothing and equipment
 - Entry Visa for Russia
 - Climbing/ travel/ trip cancellation insurance or rescue costs
 - International round trip travel costs into St Petersburg and out from Moscow, Russia
 - Excess baggage charges over 20kg allowance on domestic flights.
 - Spending on personal items such as gifts, alcohol/bottled drinks, laundry etc
 - Gratuity to guides
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Visas

Almost all foreign travelers to Russia require a visa. Once your trip has been paid for, confirmed and we have your flight arrival/departure details we will provide the invitation letter necessary to procure your visa to visit Russia. We usually do this four weeks prior to the trip start date. The visa process normally takes

approximately 2 weeks, although you can opt for a speedier service by paying a higher fee. You have to send your passport in to your nearest Russian embassy along with the necessary paperwork. Your travel agent or a visa processing service should be able to assist you with this process

Equipment

Adventure Consultants will supply all group gear (e.g. ropes, stoves, food) whilst expedition members are to provide their own personal clothing and equipment. A comprehensive equipment list will be provided to expedition members upon confirmation of your participation.

Safety Communications and Insurance

To safeguard members of the expedition we will be carrying a satellite telephone. We require expedition members to carry additional insurance for evacuation and repatriation as well as normal travel medical expenses. Contact us for expedition insurance advice.

Deposit

A non-refundable deposit of US\$500 is payable to secure a place on the expedition.

Balance

The balance of funds **US\$4,650** is payable by 14 April 2010.

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**
Account # 1000-594771-0000

Swift Address: **BKNZN22**

The corresponding USA bank to the Bank of New Zealand is **Citibank**.

We can accept your **deposit payment** by credit card – Visa, Mastercard or Amex. We can accept your **balance payment** by credit card with a 3% surcharge, or by bank transfer as per the details above.

Cancellation & Refund Policy

An expedition member may cancel his/her participation on the following basis:

- A Prior to 14 May 2010 a refund of 50% of the 14 April 2010 payment.
- B After 14 May 2010 there will be no refunds.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation insurance and this can be obtained through your normal travel agent.



Team Membership

The team will have a **minimum size of 6 members and 2 guides** and a **maximum size of 12 members and 3 guides**.

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements.

Marketing

While the official name of the expedition will remain the “Adventure Consultants’ Elbrus Expedition 2010”, you can for personal marketing purposes use another name if it will assist you in any way. You will also be completely free to enter into personal agreements with sponsors or supporters if you wish.

Medical Examination

Expedition members will be provided with a medical questionnaire and asked to fill this out and return to our office. This information will be sighted only by Adventure Consultants' doctor and treated with full confidentiality. Advice on immunizations will be provided at this time.

Documentation and Photographs

Expedition members will need to provide 3 passport-photographs for the permit and a photocopy of their passport bio-data page.

What do I do now?

If you would like to join the expedition please contact us for an expedition application form. If you require more information please contact us at;

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Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA standards and are world leaders in high altitude guiding.