BLACK MOUNTAINEERING

MT. ELBRUS EXPEDITION

South Route | Russia | 5,642m Summit

LOCATION
Russia

DURATION
8 DAYS

ROUTE
SOUTH

GRADE
NON TECHNICAL

ALTITUDE
5,642M

DAILY ACTIVITY
8 HOURS

EXPEDITION INTRODUCTION



Location	**Russia**
Duration	**8 Days**
Route	**South**
Grade	**Non Technical**
Daily Activity	**8 hrs**
Altitude	**5,642m**

Mount Elbrus (5,642m) is the highest mountain in Europe and one of the world's prestigious Seven Summits. It stands in the Caucasus range, in the Kabardino-Balkaria region of Russia, and this 8-day expedition climbs it by the South Route.

The expedition is fully guided by Jason Black, with a maximum of 12 climbers and a 1:3 guide-to-client ratio on summit day. A proven acclimatisation programme builds from Mount Cheget (3,100m) to the Pastukhov Rocks (4,800m), with winter skills training throughout.

Climbers stay at the 3★ Hotel Snezhny Bars in Terskol and the VIP LeapRus Mountain Refuge at 3,800m, one of the highest and most comfortable mountain huts in Europe. A successful summit earns the Official Mount Elbrus Summit Certificate.







RUSSIA & REQUIRED EXPERIENCE

Mount Elbrus rises in the Caucasus Mountains, in the Kabardino-Balkaria region of Russia. At 5,642m it is the highest peak in Europe and one of the world's prestigious Seven Summits.

The expedition begins at Mineralnye Vody Airport (MRV), reached from Dublin via Istanbul, followed by a scenic 2–2.5 hour drive through the Caucasus Mountains to the mountain town of Terskol.

From Terskol, the team acclimatises on Mount Cheget before taking the cable car to the LeapRus Mountain Refuge at 3,800m. Hikes to around 4,100m and the Pastukhov Rocks at 4,800m prepare the body for summit day.

It is this combination of Seven Summits prestige, a proven acclimatisation programme and modern mountain accommodation that makes Elbrus an outstanding high-altitude objective.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Endurance & Cardio Fitness**
Summit day is 12+ hours with 1,000m+ of ascent at altitude. A strong cardio base is crucial.

02 **Technical Skills & Ice Travel**
No technical climbing, but the summit push includes a 35–40° ice slope. Walk in crampons and use an ice axe.

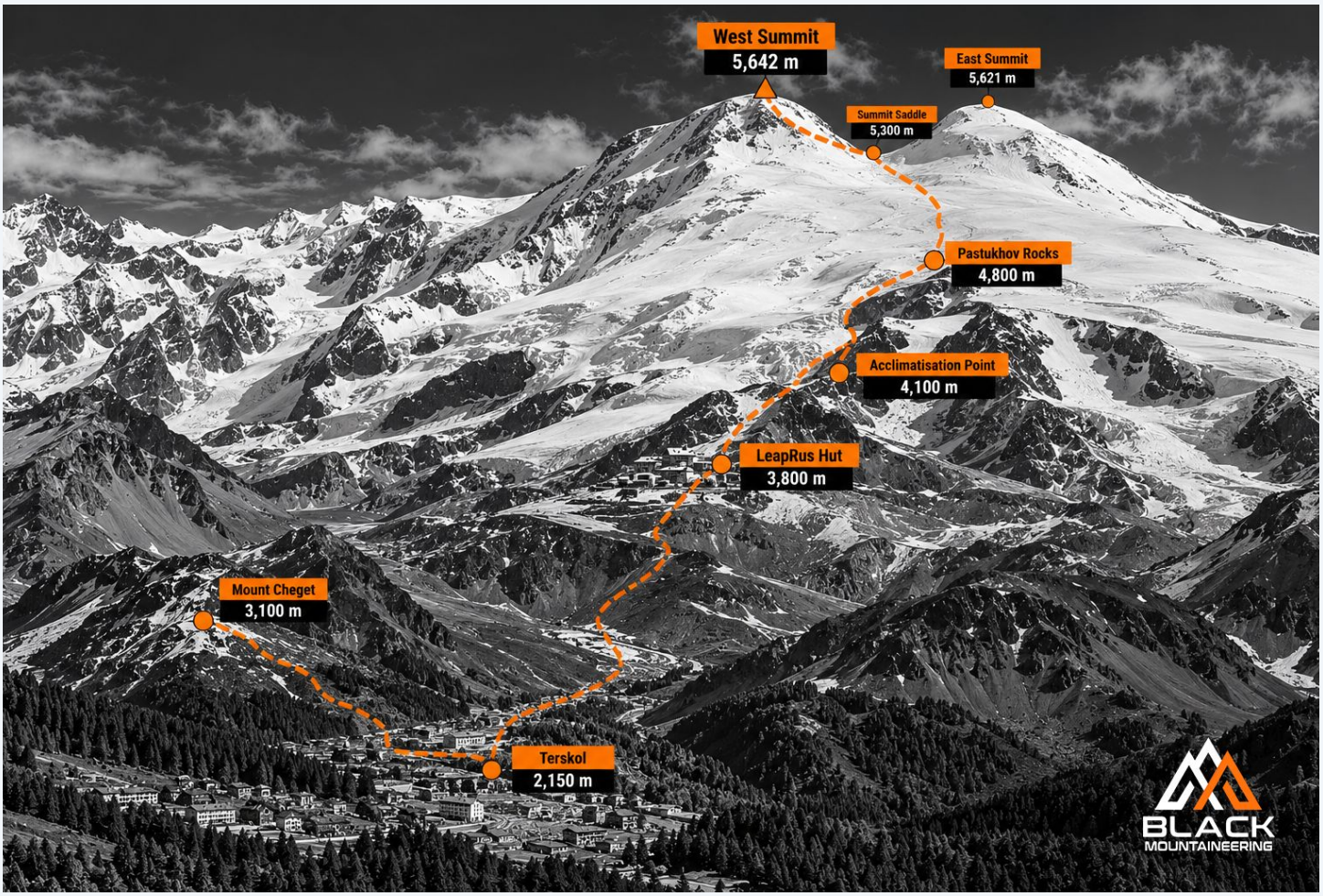
03 **High-Altitude Acclimatisation**
Altitude sickness (AMS) is a real risk. Be prepared for low oxygen levels, exhaustion and extreme cold.

04 **Strength & Load Carrying**
Expect to carry a 10–15kg pack on steep ascents, snowfields and glaciers, with strong legs, core and back.

05 **Mental Toughness**
Expect -20°C to -30°C, high winds and a slow, exhausting final 800m on summit day.

✔ **Minimum Fitness Benchmarks**
Hike 1,200m+ gain with a 12kg pack (6–8 hrs), run 10km in under 55 min, climb stairs for 45 min with 10kg, and carry 15kg for multiple days.

SOUTH ROUTE



Peak Altitude	**5,642 meters**
Total Duration	**8 days, arrival to departure**
Expedition Grade	**Non Technical**
Daily Activity	**Approx. 8 hours**

Acclimatization	**Cheget, 4,100m & Pastukhov Rocks**
Summit Day	**12+ hours, early alpine start**
Route	**South Route**
Group Size	**Max 12 climbers, 1:3 on summit day**

TERSKOL TO THE SUMMIT OF ELBRUS

DAY 1

Arrival & Transfer to Terskol

Fly Dublin → Istanbul → Mineralnye Vody (MRV), arriving ideally before 2:00pm. Met by the team for the 2–2.5 hour drive to Terskol, then welcome dinner, briefing and equipment check.

Location: Terskol
Elevation: 2,150m
Activity: Briefing & Dinner
Overnight: Hotel, Terskol

DAY 2

Acclimatisation Hike: Mount Cheget

A 4–5 hour hike to Mount Cheget (3,100m), following "climb high, sleep low", with views of Elbrus and the Caucasus. Equipment rental visit in the afternoon.

Location: Terskol
Activity: Cheget Hike (4–5 hrs)
High Point: 3,100m
Overnight: Hotel, Terskol

DAY 3

Cable Car to LeapRus Hut

Ascend by cable car to the LeapRus Mountain Refuge (3,800m), one of Europe's highest and most comfortable huts, then an acclimatisation hike to about 4,100m.

Hut: LeapRus (3,800m)
Hike: Approx. 4,100m
Transport: Cable Car
Overnight: LeapRus Refuge

DAY 4 - 5

Pastukhov Rocks & Skills Day

Day 4: climb to about 4,800m at the Pastukhov Rocks, then back to the hut. Day 5: rest and a snow and ice skills course covering crampons, ice axe and self-arrest.

Day 4: Pastukhov (4,800m)
Day 5: Rest & Skills
Activity: Acclimatisation
Overnight: LeapRus Refuge

MILESTONE | DAY 6

Summit Day – Mount Elbrus

An early alpine start from LeapRus Hut for the summit of Elbrus (5,642m), Europe's highest mountain, then a careful descent back to the hut.

Summit: 5,642m/18,510ft
Start: Early Alpine Start
Status: Seven Summits Peak
Overnight: LeapRus Refuge

DAY 7 - 8

Descent & Departure

Day 7: cable car down to Terskol, then the celebration dinner and Summit Certificates. Day 8: check out by 12:00pm and transfer to MRV.

Day 7: Terskol (2,150m)
Evening: Celebration Dinner
Day 8: Transfer to MRV
Overnight: Hotel, Terskol (Day 7)

WHAT'S INCLUDED

INCLUDED

- ✔ Russian visa invitation letter (handled by us)
- ✔ Black Mountaineering 80L expedition bag
- ✔ 3★ Hotel Snezhny Bars, Terskol
- ✔ All cable car tickets
- ✔ Elite mountain guides
- ✔ One full summit attempt
- ✔ Group transfers between MRV & Terskol
- ✔ All accommodation as per the itinerary
- ✔ VIP LeapRus Mountain Refuge (3,800m)
- ✔ All meals as specified in the itinerary
- ✔ 1:3 guide-to-client ratio on summit day
- ✔ Official Mount Elbrus Summit Certificate

NOT INCLUDED

- ✖ International flights to MRV
- ✖ Any item not listed under What's Included
- ✖ 2027 government climbing permit ($400)

TRAVEL INSURANCE (MANDATORY)

For Mt. Elbrus, climbers must carry travel insurance with the following minimum cover.

REQUIRED COVER
Your Policy Must Include

- ✔ Medical expenses: €10,000,000
- ✔ Trip cancellation: €9,000
- ✔ Personal liability: €2,000,000
- ✔ Trekking up to 6,000 metres

Recommended provider:
True Traveller

Traveller Plus · Ultimate Pack · Winter Sports

Get True Traveller Insurance



⚠ **IMPORTANT:** Insurance is mandatory. We strongly recommend True Traveller: Traveller Plus, Ultimate Pack with Winter Sports. Baggage cover (€3,000) is optional. Bring your policy details on the expedition.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Mount Elbrus is a non-technical climb, but a serious high-altitude objective. Climbers must be prepared for cold, strong winds, snow and glacier terrain, nights at the LeapRus Refuge (3,800m) and a long summit day to 5,642m.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BAGS

- [ ] Large 80L duffel bag (we supply)
- [ ] Expedition backpack 65L

02 | DOCUMENTS

- [ ] Passport (valid for 6 months)
- [ ] Debit / credit cards
- [ ] Insurance papers
- [ ] Photocopy of passport

03 | BASE LAYERS

- [ ] Merino wool underwear (4 pcs)
- [ ] Merino long-sleeve base layer (1 pc)
- [ ] Merino long pants base layer (1 pc)
- [ ] Short-sleeve T-shirt (2 pcs)

04 | MID LAYERS

- [ ] Fleece (1 pc)
- [ ] Mid-weight hiking pants (1 pc)

05 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | INSULATION LAYERS

- [ ] 800+ gram goose down jacket with hood
- [ ] Insulated pants
- [ ] Lite puffer jacket

07 | HEADWEAR

- [ ] Warm hat (1 pc)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Buff (1 pc)

08 | EYEWEAR

- [ ] Cat 4 glacier glasses

09 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner
- [ ] 7000m expedition mitts

10 | FOOTWEAR

- [ ] Wool or synthetic socks (3 pairs)
- [ ] Double skin mountaineering boots 6000m (Kailas / La Sportiva / Millet)
- [ ] Trekking approach shoes
- [ ] **Refuge shoes:** crocs or sandals

11 | SLEEPING EQUIPMENT

- [ ] Sleeping bag -20°C
- [ ] Earplugs

MANDATORY EQUIPMENT & LAYERING CHECKLIST

12 | MOUNTAINEERING GEAR

- [ ] Crampons (can rent)
- [ ] Climbing harness (can rent)
- [ ] Headlight 500–700 lumens (2 pcs), with batteries or charging leads

13 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

14 | HUT CLOTHING

- [ ] Tracksuit (1)
- [ ] Sliders / sandals (1)

15 | ADDITIONAL FOOD ITEMS

- [ ] Salty-sweet bars

17 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | MEDICAL / FIRST AID

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (10 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

18 | ADDITIONAL ITEMS

- [ ] Trekking poles
- [ ] Water bottles 1 litre (2 pcs)
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

19 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate plug adapters
- [ ] Power bank
- [ ] Phone
- [ ] Charging leads

16-WEEK INTERMEDIATE–ADVANCED PLAN

This 16-week intermediate–advanced programme is for athletes with an established fitness base. Expedition fitness is built through consistent work, not one huge training week. The plan develops the engine, leg strength, durability and recovery habits needed for long days in the mountains.

The Aim
"Move well. Recover well. Carry load. Climb steadily. Repeat the effort on consecutive days."

01 **Weeks 1–4 | Foundation**
Aerobic base + gym strength. Long hill day builds from 2 to 3.5 hr, 400–800m gain, 5–6kg pack.

02 **Weeks 5–8 | Build**
Strength + vertical volume. Long hill day 4 to 5.5 hr, 800–1,200m gain, 6–8kg. Heavier gym work.

03 **Weeks 9–12 | Specific**
Load carriage + tired legs. 6–7 hr mountain days up to 1,500m with 8–10kg and back-to-back weekends.

04 **Weeks 13–16 | Peak & Taper**
Simulation + freshness. Peak 7–8 hr day and 2-day simulation, then volume drops so you arrive fresh.

GETTING PREPARED | DO NOT UNDERESTIMATE WHAT YOU ARE SIGNING UP TO

Expeditions demand time on your feet, repeated climbing, load carrying and the ability to keep moving when tired.

FOUR PILLARS OF PREPARATION:
- **Endurance:** Build a strong aerobic base through regular walking and steady cardio.
- **Durability:** Condition feet, ankles, legs and back for repeated days of work.
- **Confidence:** Train in poor weather, on hills and with your expedition equipment.
- **Recovery:** Rest, sleep, mobility, nutrition and hydration are part of the plan.

THE FOUNDATION: Start from your current level. Build gradually. Use hills whenever possible. Train in the footwear and backpack you expect to use. Consistency is more valuable than chasing one heroic session.

THE PAY-OFF: Better fitness means more enjoyment, more confidence, improved recovery and greater capacity to deal with the unexpected.

TRAINING TERMS & MEASURING EFFORT

01 **Rest**
No structured training. Let the body absorb the work.

02 **Long Walks**
Build time on feet, endurance, kit confidence and fuelling habits.

03 **Hill Walking**
Develop climbing strength, descending control and mountain movement.

04 **Intervals**
Repeated work and recovery to improve cardiovascular capacity.

05 **Cross-Training**
Low-impact aerobic work such as cycling or swimming.

06 **Strength Training**
Gym-based full-body strength with emphasis on legs, posterior chain and load carrying.

MEASURING YOUR EFFORT | USE THE TALK TEST

ZONE	LEVEL	FEEL	TALK TEST
RECOVERY	**6–6.5**	Very easy	Full conversation. Cool down and recover.
EASY	**6.5–7**	Comfortable	Conversational pace. Builds aerobic base.
STEADY	**7–8**	Working	Short sentences. Sustainable effort.
THRESHOLD	**8–8.5**	Hard	Only a few words at a time. Controlled discomfort.

Heart-rate figures can be useful, but terrain, fatigue, heat, altitude and individual differences all affect the number. The talk test gives you a simple real-world check of effort.

TRAIN SMART: The goal is not to finish every session exhausted. The goal is to build a body that can work for hours, recover, and do it again the next day.

10 STEPS TO PREPARE

1 Start Walking Now
Build regular time on your feet. Start with manageable distances and progress gradually.

2 Make Leg-Based Cardio a Habit
Cycling, swimming, stair work and other aerobic sessions support your walking base.

3 Take the Stairs
Use everyday opportunities to strengthen glutes, quads and calves.

4 Analyse How You Move
Good posture, efficient stride and controlled descending reduce wasted energy.

5 Train on Different Terrain
Use hills, rough ground and varied surfaces to prepare feet and ankles.

6 Train in Bad Weather
Use wind and rain to test layers, waterproofs and your ability to stay organised.

7 Practise with Walking Poles
Develop a natural rhythm and learn to use poles effectively uphill and downhill.

8 Train with Your Expedition Kit
Use your boots and progressively load your pack on longer sessions.

9 Fuel & Hydration
Practise eating and drinking little and often during training so it becomes automatic.

10 Footwear
Train in the boots you intend to use. Test socks, lacing, blister prevention and foot care.

SIMPLE RULE: TEST EVERYTHING IN TRAINING

FUEL & HYDRATION ROUTINE:
- **Before:** Eat a familiar meal and start hydrated.
- **During:** Small regular snacks and frequent fluids.
- **After:** Refuel, rehydrate and recover.

EXPEDITION HABIT: Do not leave equipment testing until the final weeks. Long training walks are where you learn how your boots, socks, pack, poles, layers, food and hydration system actually perform.

REMEMBER: The expedition is not the place to discover that your boots rub, your pack does not fit, or your food strategy does not work.

WEEKS 1–4 | FOUNDATION

AEROBIC BASE + GYM STRENGTH

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	RECOVERY **Easy walk** 30 min 3 mi / 4.8 km	EASY **Aerobic** 45 min Conversational	STRENGTH **Strength A** 50 min Progress load	EASY **Aerobic** 45 min Easy
TUE	STRENGTH **Strength A** 45-50 min Technique first	STRENGTH **Strength B** 45-50 min Controlled load	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50 min Progress load
WED	EASY **Aerobic** 40 min Bike / incline walk	REST	REST	REST
THU	REST	HARD **Uphill intervals** 6 x 2 min Easy recovery	STEADY **Hill session** 75 min 400-500 m | 5-6 kg	HARD **Uphill intervals** 5 x 3 min Controlled hard
FRI	EASY **Hill walk** 75 min 300-400 m | 5 kg	RECOVERY **Recovery walk** 30 min Very easy	RECOVERY **Recovery** 30 min Walk / easy bike	RECOVERY **Recovery** 30 min Very easy
SAT	MOUNTAIN **Long hill day** 2 hr 5-6 mi / 8-10 km 400-500 m | 5 kg	MOUNTAIN **Long hill day** 2.5 hr 6-7 mi / 10-11 km 500-600 m | 5 kg	MOUNTAIN **Long hill day** 3 hr 7-8 mi / 11-13 km 600-700 m | 5-6 kg	MOUNTAIN **Long hill day** 3.5 hr 8-9 mi / 13-14.5 km 700-800 m | 6 kg
SUN	REST	EASY **Easy walk** 45 min Flat / gentle	REST	EASY **Easy walk** 60 min No pack

STRENGTH / EXPEDITION GUIDANCE

Strength A: squat or leg press, Romanian deadlift, step-up, row, calf raise, loaded carry. Strength B: split squat, hip hinge, step-up, pulldown, calf raise, carry. 2-3 sets each; finish with good form, not failure.

WEEKS 5–8 | BUILD

STRENGTH + VERTICAL VOLUME

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	STRENGTH **Strength A** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Easy	STRENGTH **Strength A** 55 min Final heavy block	EASY **Aerobic** 50 min Easy
TUE	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Conversational	STRENGTH **Strength B** 50 min Reduce load slightly
WED	REST	REST	REST	REST
THU	STEADY **Loaded hills** 90 min 500-600 m | 6-7 kg	HARD **Uphill intervals** 6 x 3 min Jog / hike recovery	STEADY **Loaded hills** 1 hr 45 min 600-700 m | 7-8 kg	HARD **Uphill intervals** 5 x 4 min Controlled hard
FRI	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy
SAT	MOUNTAIN **Long hill day** 4 hr 9-10 mi / 14.5-16 km 800-900 m | 6-7 kg	MOUNTAIN **Long hill day** 4.5 hr 10-11 mi / 16-18 km 900-1000 m | 7 kg	MOUNTAIN **Long hill day** 5 hr 11-12 mi / 18-19 km 1000-1100 m | 7-8 kg	MOUNTAIN **Long hill day** 5.5 hr 12-13 mi / 19-21 km 1100-1200 m | 8 kg
SUN	REST	EASY **Easy hills** 75 min 300-400 m | light pack	EASY **Easy walk** 60 min Recovery pace	REST

STRENGTH / EXPEDITION GUIDANCE

Continue Strength A/B with progressive resistance. Keep most aerobic work conversational. Long hill days are for efficient movement, fuelling, footwear and pack practice – not racing.

WEEKS 9–12 | SPECIFIC

LOAD CARRIAGE + TIRED LEGS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	STRENGTH **Muscular endurance** 45-50 min Step-ups + lunges	RECOVERY **Recovery** 35 min Very easy	STRENGTH **Muscular endurance** 45 min Moderate load	RECOVERY **Recovery** 35 min Very easy
TUE	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 45 min Step-ups + carries	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 40-45 min Do not chase fatigue
WED	REST	REST	REST	REST
THU	STEADY **Loaded climb** 2 hr 700-800 m | 8-9 kg	EASY **Aerobic** 60 min Easy	HARD **Uphill intervals** 6 x 4 min Strong but controlled	STEADY **Loaded climb** 90 min 500-600 m | 10 kg
FRI	RECOVERY **Recovery** 30 min Very easy	REST	RECOVERY **Recovery** 30 min Very easy	REST
SAT	MOUNTAIN **Long mountain day** 6 hr 12-14 mi / 19-22.5 km 1200-1300 m | 8-9 kg	MOUNTAIN **Back-to-back Day 1** 4 hr 8-10 mi / 13-16 km 650-750 m | 9 kg	MOUNTAIN **Long mountain day** 6-7 hr 14-16 mi / 22.5-26 km 1300-1500 m | 9-10 kg	MOUNTAIN **Back-to-back Day 1** 5 hr 10-12 mi / 16-19 km 850-950 m | 10 kg
SUN	EASY **Easy walk** 75 min Tired-leg recovery	MOUNTAIN **Back-to-back Day 2** 5 hr 10-12 mi / 16-19 km 750-850 m | 9 kg	EASY **Easy walk** 60 min Recovery pace	MOUNTAIN **Back-to-back Day 2** 6 hr 12-14 mi / 19-22.5 km 950-1050 m | 10 kg

STRENGTH / EXPEDITION GUIDANCE

Shift gym work toward muscular endurance: weighted step-ups, walking lunges, calf work and loaded carries. Back-to-back days teach you to recover and perform again on tired legs.

WEEKS 13–16 | PEAK & TAPER

SIMULATION + FRESHNESS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 40 min Reduced volume	RECOVERY **Recovery** 35 min Very easy	REST	EASY **Easy walk** 40 min No fatigue
TUE	EASY **Aerobic** 50 min Easy	STRENGTH **Light strength** 35-40 min No max efforts	EASY **Aerobic** 45 min Conversational	MOBILITY **Mobility** 25-30 min Hips, calves, ankles
WED	REST	REST	STRENGTH **Light strength** 30-35 min Mobility + activation	REST
THU	STEADY **Loaded hills** 90 min 600-700 m | 10-12 kg	EASY **Aerobic** 45 min Easy	REST	EASY **Easy hills** 60-75 min 300-500 m | light pack
FRI	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy hills** 60 min 250-350 m | 6-8 kg	REST
SAT	MOUNTAIN **Peak mountain day** 7-8 hr 16-18 mi / 26-29 km 1500-1800 m | 10-12 kg	MOUNTAIN **Simulation Day 1** 6 hr 12-14 mi / 19-22.5 km 950-1150 m | 10-12 kg	MOUNTAIN **Reduced hill day** 4-5 hr 9-11 mi / 14.5-18 km 700-900 m | 6-8 kg	EASY **Shake-out walk** 30 min Very easy
SUN	REST	MOUNTAIN **Simulation Day 2** 7 hr 14-16 mi / 22.5-26 km 1050-1350 m | 10-12 kg	REST	READY **Expedition ready** Arrive fresh

STRENGTH / EXPEDITION GUIDANCE

Weeks 13-14 are the peak specific block. Weeks 15-16 reduce volume so fitness is retained while fatigue falls. Do not add missed sessions or extra hard work during the taper.

LOGISTICS, VISAS & MOUNTAIN RULES







PASSPORT & VISA REQUIREMENTS

Passport Validity
- Must be valid 6+ months past return date.
- Minimum 2 blank pages for entry stamps.

Russian Visa
- Russian visa required for all climbers.
- Official visa invitation letter handled by Black Mountaineering.

Currency & Financials
- Local currency: Russian Rouble (RUB).
- Bring cash for the 2027 climbing permit ($400) and personal expenses.

FLIGHTS & MEETING POINT

Flight Route
- Leg 1: Dublin (DUB) → Istanbul (IST), regular direct flights.
- Leg 2: Istanbul (IST) → Mineralnye Vody (MRV), daily direct flights of about 2h 18m (Azimuth, Red Wings, Aeroflot).
- Arrive at MRV ideally before 2:00pm.

Flight Booking Advisory
- CRITICAL: Do NOT book flights until dates & schedule are confirmed by Jason Black.

Mandatory Meeting Point
- Day 1: met at MRV for the 2–2.5 hour transfer to Terskol, then welcome dinner, briefing and equipment check.

GUIDE AUTHORITY & RULES

Lead Guide Command
- Guide decisions on weather, pacing, route & turn-around times are FINAL.
- Team safety is the ultimate priority.

Zero Tolerance Policy
- NO illegal drugs or illicit substances.
- Violations result in immediate removal.

HAZARDS & EXPEDITION PROTOCOL

Objective Mountain Hazards
- Cold (-20°C to -30°C), high winds, a 35–40° ice slope on summit day and altitude illness (AMS/HAPE/HACE).
- Immediate reporting of distress is mandatory.

Permits & Departure
- 2027 government climbing permit: USD $400 (not included).
- Day 8: hotel check-out by 12:00pm and group transfer to MRV. Private transfers can be arranged on request.

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Mt. Elbrus Expedition

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

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