



info@raw-adventures.co.uk



www.raw-adventures.co.uk

Advice & inclusions

Below we have sought to set out some useful information for you relating to your expedition. We have made every effort to ensure that the details are correct but things often change so please do check any included links for up to date information.

VISAS

For UK citizens you will need to complete and print out an application form from <http://ru.vfsglobal.co.uk> then apply either in person or by post. Further information will be sent to you with your Letters of Invitation.

(If you are self employed, you may need to supply bank statements so give yourself plenty of time to arrange this). If you are not a UK citizen, please check with your in- country Russian Embassy about application procedures.

INSURANCE

Insurance which covers mountain rescue and medical expenses is **essential**. We will require details of your insurance prior to departure. The British Mountaineering Council will currently cover the Elbrus region for UK clients. If using other Insurer's, please check carefully to make sure they cover this area and the Foreign Office status 'advise against all but essential travel'.

FLIGHTS AND JOINING ARRANGEMENTS

When you book your flight our suggested route to Mineralnye Vody is via Moscow using the scheduled services of Aeroflot or similar but we recommend that you contact Sam Wotton from Travel Counsellors samantha.wootton@travelcounsellors.com who will hold all the trip timings and can assist you in finding a suitable flight plus aid in any additional stay over days you may wish to include.

Once you have made your way to Mineralnye Vody you will meet the rest of the group at the airport at on day 2 of the itinerary. It is important that you arrive at the agreed time as we have to travel onwards from here with the other team members ready for the transfer, so please ask for details if you wish to book your flights. Alternatively you can meet up with the rest of the group at Moscow Sheremetyevo airport early in the morning of Day 1 for the domestic flight to Mineralnye Vody (again, ask for details). The cost of this domestic flight is **NOT** included in the land only price.

#QuitTalkingStartDoing

RAW Adventures Mountain Activities Ltd

VAT Registration No. GB 213419439

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FCO

Foreign Office Advice is to avoid all but essential travel to this region.

“We advise against all but essential travel to North Ossetia, Karachai-Cherkessia and Kabardino-Balkaria (including the Elbrus area).” (from Foreign Office Website unchanged since 18/12/2007)

For more information please visit: www.gov.uk/foreign-travel-advice/russia

If you decide to participate in an Elbrus Expedition you must understand you are travelling against Foreign Office advice and accept the risk and any consequence. By running this expedition RAW Expeditions are not overrule Foreign Office advice and it is important that you fully understand and accept this.

Inclusions:

- Invitation letter for visa. We send this to you as soon as we get your deposit and passport copy.
- Local registration as required for all external visitors
- All land-based transfers and transportation from MRV - MRV
- Accommodation in accordance with itinerary (Huts and hotels)
- 3* hotel shared twin or triple room in the foot of Elbrus
- Mountain hut in mixed dorm (8 person)
- All cable car and chair lifts in-line with our itinerary
- All meals whilst on the scheduled itinerary (breakfast, lunch and dinner)
- One UK International Mountain Leader to a maximum ratio of 1:10 with additional in-country guides for the group throughout and additional guides for the summit day in ratio 1:3.
- Expedition commemorative technical top
- Climbing certificate on completion
- All Park fees

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Not Included:

- Personal clothing and equipment
- Flights to or from Mineralnye Vody (MRV)
- Personal travel insurance (recommended for all participants)
- Personal travel expenses – for souvenirs and duty free!
- Russian visa – between £85-110. You may be required to attend in person for identification verification and fingerprints being taken.
- Single room supplement, please contact us for further details but these are approximately £170 for all hotel stays. This is not an option on the mountain.
- Drinks at the valley base hotel
- Personal equipment hire. We can hire some directly to you and have links to UK based hire companies and discounts for specialist outdoor retailers.
- Any additional costs incurred due to the expedition finishing early, you having to leave the expedition early or trip being extended delays due to poor weather or other circumstance

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