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Date	Day number	Notes
24 th June	1	Depart UK for Moscow. We will direct you to the time you need to arrive at Mineralnye Vody airport (MRV).
25 th June	2	Arrival at the MRV before 2 pm (final time TBC). We will meet one of our in-country team here and then we will travel for 4 hours overland to our hotel. Once we arrive here will have some free time to relax before having a full briefing and sorting kit ahead of the next few days then dinner.
26 th June	3	Today we will stretch our legs out and head out for a bit of acclimatisation with an ascent of Terskol (3100 m). This is steady trekking for around 5 hours. Overnight at the hotel.
27 th June	4	Transfer to Azau lift station on Mount Elbrus which will take around 10 minutes. Ascend up to Mir station (3500m). Acclimatization trek up to 4100m. Descent to hotel. As this is the last day where we will be based in the valley before moving to the hut at 3800m, once we come back to the hotel we will visit the local outdoor hire store for any additional equipment required and get packed for the next day. Overnight at hotel.
28 th June	5	Today we will ascend to the mountain hut at 3800 m. You can leave a bag with kit at the hotel as we will only need our mountain kit for the next few days. Using the cable car it will take around 1 hour. After reaching the hut, which is about 10 minutes from the top of the lifts we will have a short break and check how everyone is feeling. We will then done our full mountain kit, including crampons and head to 4300 m. Overnight at hut.
29 th June	6	Acclimatization trek up to Pastukhov rocks (4800 m). This will take around 6 hours and will include some further winter skills. Overnight at hut.
30 th June	7	Day of rest. There will be no planned treks this day but we will get out and practice our ice axe and crampon skills plus a few other games to keep us amused. We won't be far from the hut and keeping well hydrated is key. Early to bed for tomorrow.
1 st July	8	Summit day. After early breakfast at 02:00 where we will be picked up by a snow-cat and taken up to 4800 m or even higher. From here the summit takes on average 4-6 hours. Overnight at hut.
2 nd July	9	Descent to the hotel or reserve day for the summit if there has been poor weather. Overnight at hotel and a celebration meal.
3 rd July	10	Depart to the airport depending on flight times. If this time doesn't suit you, it is possible to order a private airport transfer.

#QuitTalkingStartDoing

RAW Adventures Mountain Activities Ltd

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