

# Let's go to Mount Elbrús

**(5,642 meters) Europe**

**More info about Elbrus Expeditions Tours:** The two-headed Elbrus is an ornament and a symbol of the entire Caucasus, a huge and majestic massif dominating a mountainous country. From the point of view of non-emotional science, this is an extinct volcano in the central part of the Caucasus Mountains. The two peaks of Elbrus are almost equal in height to the top. The lowest eastern peak (5621 m) has a distinct horseshoe crater, while the western peak crater (5642 m) is more destroyed and implied... The highest peak in the Caucasus, Russia, Europe, is easily reachable, since its slopes are flat and smooth. However, this lightness should not be misleading: Elbrus is dangerous due to its height, sudden changes in weather, and is used to punishing for a frivolous attitude towards oneself.

## Highlights and hidden gems

**MOUNT ELBRUS:** Unfortunately, we are canceling our Elbrus Expeditions until further notice. Climb Mount Elbrus in six days with 7 Summits Club style. Pre-acclimatize for 4 weeks at home and arrive on the mountain within 2 days of leaving home. Elbrus is the highest point in all of Europe, making this climb one of the renowned 'Seven Summits'.

Mt. Elbrus, a dormant, double-coned volcano, rises to 18,510 feet. (5,642 meters) Its double peaks tower over the stunning western Caucasus Region of Russia, near the border of Georgia. Boasting 22 glaciers on the peak, this is the perfect climb for anyone with a strong fitness level who wishes to build on basic glacier climbing skills, climb a moderate high altitude peak, and explore the fascinating and diverse Russian culture in the Caucasus mountains and the famed city of Moscow.

## Sustainable tourism

**Peru Expeditions Tours:** Travel Group genuinely cares for the well being of the local communities, indigenous groups and the environment. We practice sustainable tourism to not only protect the Earth now, but so that many generations to come may be able to enjoy our planet as we do now, while also creating a positive, inclusive and creative work environment for our employees.

## We are certified by

Our efforts of sustainable practices related to social, cultural and environmental tourism have been recognized and rewarded by the ISO 9001: Quality management for customer satisfaction & CALTUR organization, who are recognized internationally as experts in responsible tourism. **Peru Expeditions Tours** is certified until 2023; the recertification process will be realized before the expiry date.

## Contact us

On this page you find examples of what Peru has to offer, do not hesitate to [contact us](#) for more information about its destinations and activities. We offers an exceptional level of competency, safety, and comfort to Elbrus expeditions, with certified guides and the best local staff and cooks available . We offer you great adventures in Elbrus.

## **Dorozhukov Alexander**

### **Guide**

**Mountain guide, ski and mountaineering instructor:** He has been fond of mountaineering since he was 12 years old.

More than 200 successful ascents of Elbrus, Kazbek and other Caucasian peaks.

I spent several seasons in Nepal, climbing Kalapatar and trekking to Everest Base Camp.

He also scaled the summit of Aconcagua many times.

## **Kuznetsova Anastasia**

### **Manager**

**Manager.** Sales Manager. She is our front office sales manager to assist all of our customers from our company 7 Summits Club.

## **Berezin Andrey**

### **Guide**

**Mountain guide since 2003:** 2nd category in mountaineering

Climbing: Elbrus (more than 250 times), Pico Lenin, Kazbek, Mont Blanc, Pico Mera, Pico Isla, Aconcagua  
About 200 ascents of Elbrus on the southern and northern slopes, even in winter

# **Russia: Expedition to Mount Elbrus (5642m), a trip with a Russian Mountain Guide 7 Summits Club Collection**

### **Trip overview:**

Mineralny Vody - Terskol - Elbrus (5642m) - Terskol - Mineralny Vody

### **Why go there?**

If asked about the highest and most dramatic mountains of Europe nine out of ten Europeans will answer "the Alps". Yet, the grandest and by far the highest mountain chain of Europe (seven summits over 5000m plus Mt.Elbrus with its 5642m) is the Caucasus stretching between the Black and Caspian seas in the continent's south-eastern corner. And undoubtedly, Mt. Elbrus, this white double-headed dormant volcano, is the highest, most beautiful and most alluring mountain in Russia.

Elbrus belongs to a handful of mountains with a very special and irresistible kind of beauty which lies in

their shape and setting. Most of them are volcanoes, such as Fujiyama, Ararat and Kilimanjaro, and like all these, this mountain is a world apart. It stands 11km north from the Main Range and exceeds its neighbors in height by 1200-2000m. The views from both the summits are breathtaking: to north it is a rolling carpet of pastures veiled by the blue haze of distance and on all the other sides the sea of snowy peaks. It is said that through the clear air of autumn you can see both the Black and Caspian seas.

## **Why go with 7 Summits Club?**

### **Six points to consider:**

1. Everyone knows: the key figure on any adventure trip is the guide. All our guides have international certificates, fluent English (plus some other European language) and can guide on all the three popular Elbrus routes: the classic, from north and south-west. All our guides work with our groups abroad: in Nepal, South America, Alaska and Africa.
2. We are the only Russian company, which has its own office in Terskol village. Our English speaking manager can solve practically all clients' problems.
3. Not many people are ready to buy all the gear needed for climbing to 5600m (the list is really long and expensive!), so gear rentals can be a good answer to this. We offer 10% discount if you rent in our office.
4. On the mountain we do not put our clients in the notorious Barrels. Instead we use the newly built shiny steel&glass LeapRus refuge at 3930m, modern, clean, with no rusty metal constructions and barracks around.
5. Last but not least: Elbrus climb certificates for clients who made it to the summit. And Elbrus T-shirts with Elbrus, of course!
6. The type of hotel is less important for the success on the mountain, but still most western clients would prefer the European level of service, i.e. with the hotel staff speaking good English and ready to solve quickly your problem.

- 08 Days/07 Nights
- April to September
- Easy

## **Difficulty Condition**

[More Info](#)

## **Travel Program**

**[Day 1: Arrival to Mineralnye Vody \(MRV\). Transfer to the Baksan Valley \(3,5-4h\). Accommodation.](#)**

### **IMPORTANT NOTE:**

Please plan your arrival to Mineralny Vody before 12PM. If you arrive much later, be ready to pay 60-70USD for an individual car transfer.

### **Overnight**

Hotel

### **Flight**

Arrival to Russia.

### **Driving**

1 hour aprox.

**Hiking**

1 hour aprox

**Meals**

-/-/-

**Day 2: Acclimatization climb to 2700m. Return to the hotel. Visit the rental gear office to organize and try on rented gear.**

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/D

**Day 3: Arrival to Azau cable car station (2356m) by bus. Ascend (4000m) to the Base Camp.**

We leave our things in the mountain hut where we will stay later that night, and will ascend a bit further to acclimatise. We will pass several huts and in about 1,5h we will arrive to the famous Refuge of 11 (burnt down in 1998) 4100m. Here we spend a couple of hours on snow training (crampons, ropes) and then we go back down to our hut for the night

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/D

**Day 4: Acclimatization climb to 4600-4800m. Night in the Base Camp mountain hut.**

**Overnight**

Refugio

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Climbing**

5 hours approx

**Meals**

B/L/D

**Day 5: Rest-day and preparation. Dinner and night in the hut.****Overnight**

Refugio

**Driving**

1 hour aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/D

**Day 6: Elbrus summit day. Depending on weather and forecast we may start from 2 to 4am.**

While ascend we can take a lift with a Snow Cat to ~4700m (see the 'price does not include' section). Ascend duration takes approximately 8-12h. Normally we descend the same day to the valley so we can enjoy our great hotel. In case of late arrival to the cable car station, we can stay in the hut.

**Overnight**

Refugio

**Driving**

1 hour aprox.

**Hiking**

5 hours aprox

**Climbing**

12 hours approx

**Meals**

B/L/D

**Day 7: Reserve day (in case if summit attempt (Day 6) was aborted because of the bad weather).**

Descent to the hotel (if we stayed in the hut). Full resting day in hotel (if the Elbrus was climbed on Day 6). Party in the evening!

**Overnight**

Refugio

**Driving**

1 hour aprox.

### **Hiking**

5 hours aprox

### **Climbing**

12 hours approx

### **Meals**

B/L/D

**[Day 8: The last breakfast in the hotel. Check out and transfer to the Mineralny Vody airport.](#)**

### **IMPORTANT NOTE:**

Our group transfer from the hotel to the airport starts in the afternoon, please, plan your flight to Moscow after 18.00.

### **Overnight**

Hotel

### **Driving**

1 hour aprox.

### **Hiking**

1 hour aprox

### **Flight**

Go back home by plane.

### **Meals**

B/-/-

**Included meals: B=breakfast; L=lunch; D=dinner**

## **What's Included**

### **Services included in the prices:**

- All land group transfers according to the program
- Accommodation (3-4 nights)
- Accommodation in our special huts on Elbrus (3-4 nights)
- Meals: full board (from dinner on Day 1 to breakfast on Day 8)
- One English speaking guide + extra guides during the night of ascent (one guide per 3 climbers)
- Elbrus cable cars return tickets
- Elbrus National Park fees
- Visa invitation if needed (depending on the nationality)
- 7 Summits Club t-shirt, buff and a small foldable backpack.
- Special 7 Summits Club Elbrus meda

## Not included:

- International and domestic flights expences
- Moscow services
- Single accommodation supplement
- Individual car transfers
- Personal equipment rentals
- Personal guides and porters during the ascent night
- Insurance (medical and other)
- Snow Cat service on summit day. (This must be paid in cash in Rubles, though if needed, your guides can assist if you only have USD left. The price for snow groomer depends on the height and day rate. The costs will be between 5000 and 20 000 rub, which is approximately \$75-300.
- Services of the assistant guides on reserve day (Day 7). If the first summit attempt (Day 6) took place but was aborted, the work of the assistant guides on Day 7 should be paid in cash on the spot (except bad weather circumstances).
- Changes in the program

## Would you like to customize this trip?

Build your tailor made trip in South America with our experts.

Our travel experts will help you plan the trip of your dreams. Customizing every aspect of your hollidays in South America to your specific preferences.

## [We Provide Satellite Internet access during Treks or Expeditions](#)

## Keep Exploring More Travel Ideas Across South America | Popular destinations

Discover a wide range of travel ideas throughout South America. Every one of our proposals is fully customizable to fit your preferences and make your journey truly unique.

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#### Accordion #1

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

#### Accordion #2

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

## What to Bring

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that this list has been carefully annotated by the organizer. Remember that mountaineering, climbing or mountain expeditions tours is an extreme, risky sport, therefore everything related to it is of great attention.

### Equipment Trekking

Hiking backpack for hiking 50 to 60 liters

Light gloves for hiking or (Optional Mittens waterproof)

Medium weight socks

Sleeping bag (-15º to 20ºC)

Small daypack for one day hiking 30 liters

Weather-appropriate clothing (think moisture-wicking and layers)

Hiking boots or shoes

Medium weight parka with fibber fill or down

Rain poncho (or rain gear)

Long-sleeved shirts  
Fleece or Wool sweater and/or trousers  
Lightweight pants  
Cotton short-sleeved shirts or t-shirts  
Water bottle for hiking or trekking  
Strong waterproof duffel bag  
Flashlight with spare batteries and bulb  
Towel for personal hygiene each participant  
First-aid kit  
Regular and long underwear  
Knife or multi-tool  
Light cap and wool hat  
Sunglasses with UV certification, Sun block, lips  
The rest of the list Essentials as appropriate for your hike  
Grooming and personal hygiene kit  
One Hiking Buff per person

[See More](#)

### **Equipment Mountain**

3 Locking carabiners, we recommended per person  
We recommend 2 ice screws for each client  
1 Daisy Chain (Life Line) per each person  
2 Ice axes (per person) technical, we recommended GRIVEL company  
1 ATC descender (Rappel), this is very necessary for technical mountains  
2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)  
Gloves(Good gloves) for expeditions over 6000meters  
Harness for climbing  
Sleeping pad / Mattress, we recommend with air or inflatable mattress  
Crampons, we recommended GRIVEL company  
Walking sticks - Trekking Poles (optional), a pair per person, we recommended GRIVEL company  
Down Jacket for expedition

Very important to have personal clothing such as pants and jacket with GOROTEX certification

First aid kit, for high mountains, because we as guides cannot medicate clients

Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high camps, because here you have to carry all your personal things

Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

[See More](#)

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

**→ If you need to rent mountain equipment click here:**

## Prices & Dates

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 MAY 2026 / 08 MAY 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

08 MAY 2026 / 15 MAY 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

22 MAY 2026 / 29 MAY 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

29 MAY 2026 / 05 JUN 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

05 JUN 2026 / 12 JUN 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

12 JUN 2026 / 19 JUN 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

19 JUN 2026 / 26 JUN 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

26 JUN 2026 / 03 JUL 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

03 JUL 2026 / 10 JUL 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

10 JUL 2026 / 17 JUL 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

17 JUL 2026 / 24 JUL 2026

**\$ 2270**

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**PRICE (USD)**

**TRAVEL STATUS**

24 JUL 2026 / 31 JUL 2026

**\$ 2270**

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**PRICE (USD)**

**TRAVEL STATUS**

07 AUG 2026 / 14 AUG 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

14 AUG 2026 / 21 AUG 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

21 AUG 2026 / 28 AUG 2026

**\$ 2270**

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**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

28 AUG 2026 / 04 SET 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

31 AUG 2026/ 07 SET 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

04 SET 2026 / 11 SET 2026

**\$ 2270**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

11 AUG 2026 / 18 SET 2026

**\$ 2270**

[Join Now](#)

- Single Supplement (I want my own room and tent) – \$000 on request.

**Please note:** Insurance for emergency evacuation is required for this trip. [Call for more details.](#)

- » Additional dates available upon request
- » Rates may vary from July 26th to 31th for the national holidays

**Prices (per person):**

<b>1 PAX</b>	<b>2 PAX</b>	<b>4 PAX</b>	<b>6 PAX</b>	<b>8 PAX</b>	<b>10 PAX</b>	<b>12 PAX</b>	<b>14 PAX</b>
— USD	— USD	— USD	2270 USD	2270 USD	2270 USD	2270 USD	2270 USD

**Deposit for reservations:** \* 300,00 USD (38.019,00 Rubles) ✓ Full payment 30 days before. No refund if you cancel less than 30 days!

**Places:** \*Available

**Trip-code:** Number

**Duration:** 08 days

**Participants:** Minimal: 6 Maximal: 10

**Country / Location:** Russia

**Mountain Guide:** Alexder Abramov and Vladimir Kotlyar, 7 Summits Club managers

**Other dates / additional info:**

Marina Nemirova and Yury Kolomiets  
Manager-guide of 7 Summits Club for Elbrus – Russia  
[www.klub7vershin.ru](http://www.klub7vershin.ru)  
[www.7summits-club.com](http://www.7summits-club.com)  
7 Summits Club Ltd.

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+7 916 634 40 43 Anastasia  
+7 921 185 25 28 Luba  
+7 916 390 88 96 Alex  
+7 916 390 88 51 Luda  
+7 916 178 76 02 Marina

*3% early bird discount when booking 6 months prior to departure 2026*

**Legend Booking-information:**

**EZZ** Single room supplement

On this trip, places are still available.

On this trip, only a few places left.

□ This trip is sold out / closed.

### **Korobeshko Ludmila**

- **Phone:** +7 (495) 642-88-66
- Executive Director.
- The first Russian woman to complete the 7 Summits Project.
- Visited the North and South Poles.
- The third Russian woman to climb Everest
- World record in the speed of climbing 7 Peaks among women
- Mountain guide. Director of the 7 Summits Club.
- He has been climbing and organizing expeditions for 20 years.
- The last 15 years - professionally.
- He has about 100 ascents of varying degrees of difficulty in various countries of the world.
- In 2016, she climbed the summit of Everest three times. Leader of successful expeditions to Cho Oyu (8201) and Manaslu (8163)

[Read more](#)

### **Abramov Alexander**

- **Phone:** +7 (495) 642-88-66
- President of the 7 Summits Club.
- Master of Sports of the USSR in mountaineering, 54 years old, professional mountaineer. Mountaineering instructor, mountain guide, high-altitude cameraman. Active member of the Russian Geographical Society.
- Initiator and leader of several well-known projects, such as: "7 Peaks", "Land Rover on Elbrus".
- He has been climbing and organizing expeditions and competitions for 28 years.
- The last 25 years - professionally.
- Has made more than 150 ascents of varying difficulty in dozens of countries.
- Organizer and participant of 11 Himalayan expeditions.

[Read more](#)

### **Good advice**

#### **IMPORTANT NOTES:**

- Group transfers from the Mineralnye Vody Airport (MRV) to Terskol are included in the price. Please plan your arrival to Mineralny Vody before 12PM. If you arrive much later, you might need to pay 60-70USD for the individual transfer.
- For the same reason plan your return flight from Mineralny Vody to Moscow (on the last day of the trip) after 6PM.
- Most countries need a visa to visit Russia, see [https://en.m.wikipedia.org/wiki/Visa\\_policy\\_of\\_Russia](https://en.m.wikipedia.org/wiki/Visa_policy_of_Russia) for all details. Note that most of Latin American South African and Israeli citizens (amongst a few others) do NOT need a visa. If you do need a visa, we will supply the invitation letter.

### **Necessary travel papers (documents)**

Passport with a valid Russian visa, immigration card, voucher from the Russian tour operator (a part of an invitation letter). See [https://en.m.wikipedia.org/wiki/Visa\\_policy\\_of\\_Russia](https://en.m.wikipedia.org/wiki/Visa_policy_of_Russia) for details, we will supply the requested invitation letter/voucher.

### **By air and by land**

From Moscow to Mineralny Vody you will fly with a Russian air company. Normally it is "Aeroflot", but there might

be alternatives. Please plan your arriving to Mineralny Vody before 1PM in order to join our group transfer from

MRV Airport to Terskol (departure at 13.00/1 AM). If you arrive much later, be ready to pay extra for individual

transfer (60-70USD, could be more).

For land transfers we have comfortable private buses or minivans. To get to our Refuge we use Elbrus Cable-way;

from 3750m to 4600m/5100 on the Elbrus summit we normally take a Snow Cat (not included in the price!).

### **Accommodation**

A hotel in the Baksan Valley.

On Elbrus: our special huts. From 2019 we will use our new hut, which has single beds: no more dangerous and

annoying bunk beds with moving upstairs neighbours, enough space for your boots, clothes and gear!

### **Meals**

Full board from dinner on Day 1 to breakfast on Day 8.

### **Staff**

An English speaking guide from 7 Summit Club for the whole program and extra guides for the Elbrus summit day

(2-3 clients per guide); a cook at the hut.

### **Health and medical insurance**

Health-care on the mountain is limited to the first-aid kit the guide carries. Down in the valley in case of serious

health problems the local hospital and your insurance policy are to take over. Your policy must cover climbing to

6000m/20,000ft.

### **Weather**

As on any high mountain a wide range of weather conditions and temperatures should be expected: from freezing cold nights (down to -5/-10°C, 20-10F), to sizzling hot afternoons if it's still and sunny (especially on the snow);

from a delicious calm under a blue sky to a hurricane slashing your face like a whip. The higher you go, the harsher the conditions. So, the range of your clothes and footwear must comply with any of such possibilities. For

details see our gear list below.

### **Extra expenses**

In Caucasus meals are relatively cheap: you can have a decent additional meal with meat and beer for 8-10USD.

### **Internet, phone**

Wi-fi access to Internet in each room in our hotel; cell phone works in the Baksan Valley and on Elbrus up to

5000m.

### **Possibility of renting personal equipment**

Any climbing gear you can rent in our office in Terskol.

### **Personal gear**

- Heavy-weight fleece jacket
- Light/medium-weight, synthetic long underwear shirt (polypropylene/capilene)
- Water proof / breathable jacket with hood (Gore Tex is strongly recommended)
- Long sleeve, light weight shirt for sun protection (preferably synthetic)
- Down or synthetic fill jacket with hood, must fit comfortably over your fleece jacket
- Fleece pants (full side zips allow ventilation)
- Thermal under wear
- Wind- waterproof and breathable pants with full length zips
- Liner socks - 2-3 pairs
- Wool or poly socks (medium-heavy thickness) - 3 pairs
- Light weight trekking boots, or strong shoes
- Climbing boots, plastic or leather - must be right for step-in crampons
- Gaiters
- Liner gloves - 2 pairs
- Medium weight fleece gloves
- Wool or fleece mittens
- Wind-stop shell overmittens
- Wool or fleece hat
- Balaclava
- Glacier glasses with side flaps
- Extra pair of your normal glasses, or lenses
- Climbing gear:
- Double climbing boots
- Crampons (must fit your climbing boots)
- Collapsible ski poles
- Down or synthetic sleeping bag good for -10°C/-20F
- Sleeping closed cell foam pad
- Rucksack (40-50liters)
- Harness
- Prussik ropes
- Karabiners with screwgate lockers - 3 items
- 1-1.5 liters thermos
- Personal first aid kit
- Head torch
- Water bottle
- Lip balm (spf 25+) and glacier cream (spf 40)
- Pocket knife
- Favorite snacks

### **Hans Honold | Certified Mountain and Ski Guide**

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** [+49\(0\)7344 929144-0](tel:+49073449291440)

[More information](#)

We are a Private Company with a Specialized Peruvian Andean Rescue Team “Socorro Andino Peruano”, offering expert High Mountain Rescue Services. Additionally, we provide satellite internet access during treks or expeditions, ensuring the safety and connectivity of our clients at all times. For more information, feel free to contact us via email or phone

- **Tel:** [+1 \(617\) 459-4200](tel:+16174594200)

[More information](#)

## Frequently Asked Questions

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

### Suggested FAQs

#### [\*\*What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?\*\*](#)

**For our mountain climbing trips:** If they are easily accessible mountains: For easy-climb mountains, well, you don't need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above 6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

**Regarding the preparation of children:** Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your children, we can give you some advice or see how to prepare them before going with them.

**Regarding older people:** It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have any other questions, please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

#### [\*\*Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?\*\*](#)

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc. ) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: <https://peru-expeditions.org/equipment-rental/> . **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?**

**Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19.** Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners -Global Rescue**. If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?**

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps If you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **How far in advance should I start training and what kind of training do you suggest?**

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What is the average distance and altitude gain that we will hike each day?**

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if If you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **Will there be porters to help to carry group and personal equipment?**

**In our trips, either hiking or mountaineering:** Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are

some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

**Who are the porters?** They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[How will accommodation and meals be handled during the trek?](#)**

**About accommodation or meals during the tour:** Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

**If the tour is with camps and trekking:** During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

**If the trip is at altitude or in the mountains:** We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

### **[What is the guide-to-client ratio to climb this mountain?](#)**

**In mountains above 5000 meters:** A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

**In technical mountains:** In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[What is the best time of the year to climb this mountain?](#)**

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[Do I have what it takes to succeed on this expedition?](#)**

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to be the weakest link on a trip like this. By setting

expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

### **How can I get to the trailhead/meeting point?**

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a A representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What is the best time of the year for this hike?**

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What happens in the event of bad weather?**

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best season to have the best views and enjoy the selected trip but sometimes even is good season we can have bad weather, in this case on hiking or treks trips The complications are minimal, but when this happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **Can I join a group?**

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

**Why go in a private trip:** For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would

already be private .

For more information please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

## **Additional information**

**We help in the purchase of air tickets:** we set up convenient flight options with each participant of the trip and book tickets such as international flights and domestic flights in each destination city of the countries that we offer our trips. We recommend you booking international flights tickets well in advance so we can find current flights offer prices from the airlines. In order for us to search for and book your flight, please contact us and we will be happy to help you!. → [More information click here](#)

**About a Satellite Phone or inReach® Messenger - GARMIN:** On each trip we recommend having a satellite phone at your disposal. The possibility of quick contact from anywhere on the mountain will guarantee your safety on the road. In case of need (for example, contact with the family or the travel company), for this service the participants have to request to rent a satellite phone, of course this service has an additional cost, contact us or ask our office for more information. A practical device is to have an inReach® Messenger - GARMIN also helps for any emergency. → [More information click here](#)

**Many of the participants or clients** of our adventures, hikes and expeditions in the mountains are people who sign up alone, but in some of our trips you will be able to find a travel partner companion to join a group. We have many options for you from day tours, short treks, long duration tours, and even the most extreme climbing high mountains on each country or South American continent and other destinations, as like the destinations you can see on our website. The mountains are a great place for rapid integration and a very healthy sport. → [More information click here](#)

**Our mountain guides or tour leaders:** All of our Tour Leaders are multiple conquerors of the peaks they lead the expeditions to. Each of our cultural guides, high mountain guides, mountainbike guides, among others are internationally recognized and certified guides, such as the certifications of **(UIMLA)** Union of International Mountain Leader Associations & **(IFMGA)** International Federation of Mountain Guides Associations. The mountaineering experience, skills and knowledge of your guides are a priority for us. → [More information click here](#)

**VISA**

**CURRENCY**

**VACCINATIONS**

**FIRST AID KIT**

**WHY CHOOSE US?**

**JOIN A GROUP**

**VISA**

**VISA NEEDED**

Citizens traveling for tourism purposes are exempt from the **visa requirement for up to 90 days.**

The passport must be valid for at least 6 months from the date of return to the country.

There are some countries that have some restrictions on the visa to be able to **visit some countries in the world**, for this important information request us to be able to give you more exact information, since the information changes every year and then to be able to provide you for more accurate updated information, → [contact us!](#)

## **CURRENCY**

### **CURRENCY EXCHANGE DEPENDING ON WHERE YOU ARE:**

**Local money | \$1 = 000 | EUR 1 = 000** = Let us to know which destination would you like to travel to so we can send you the current information of the day to your → [E-mail](#), or by [WhatsApp](#).

Local currency is exchanged on site. You can change both dollars and euros, the two currencies are the most used. We recommend taking bills of different denominations.

**ATMs are available** in the larger cities. Attention! We avoid dollars from the years 1996-2006 (some series from these years are not accepted at all). It is better to take dollars issued after 2006 to better the most recent of the current year.

## **VACCINATIONS**

### **VACCINATIONS BEFORE YOU LEAVE**

#### **Compulsory vaccinations:**

- They are not required

#### **Recommended vaccinations:**

- Hepatitis A and B (3 doses: 0/1/6 months, at least 2 doses administered at least 2 weeks before departure)
- Tetanus
- Diphtheria
- Typhoid fever
- Yellow fever (yellow fever)
- Antimalarial prophylaxis is recommended for traveling in the jungle area

In some destinations that you are going to visit, the information that is on our website may not be updated. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

## **FIRST AID KIT**

### **TRAVEL FIRST AID KIT**

Everyone should have a personal first aid kit, and in it: medicines against diarrhea and stomach problems (sometimes appearing when the bacterial flora changes), painkillers and medicines for the throat. In addition, good creams with a UV filter or so-called blockers (sun radiation in the mountains is very high).

**ATTENTION!** Due to parasites and bacteria for drinking, we recommend using mineral water in the

original bottle and boiled. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

## **WHY CHOOSE US?**

### **WHO ARE WE AND WHY CHOOSE US?**

We are a travel agency that provides authentic and innovative experiences with a respectful relationship with the socio-cultural customs, the environment and the regulations of the countries we promote. We are characterized by the personalization of our tourist services, with empathy, attitude and professionalism; turning customer dreams into reality and exceeding their expectations. We are "Registered Travel and Tourism Agency". To know more about → [US click here please!](#)

The company Peru Expeditions Tours has the most experience in organizing commercial ascents and complex high-altitude expeditions.

We have the most **experienced and qualified guides** for cultural trip, climbing tours, MTB tours, Ski tours, including famous climbers.

We always give away team **jerseys-T-shirts, buffs, or a cap as a gift**

Good own **personal tents to live in height** and special big tents to dine inside the trekking or mountain.

The highest percentage of **successful ascents**.

We provide the best living and eating conditions. We take into account the peculiarities of nutrition (**you can order a vegetarian menu**).

Free conferences in the office with **own videos material and photographs**

## **JOIN A GROUP**

### **ARE YOU LOOKING FOR A TRAVEL PARTNER?**

**Join a group with us:** Trekking, hiking and expeditions. What is your profile? Are you planning to go on a trek or expedition in South America and you are not yet sure about the most suitable offer? If you are looking for a partner, we have the solution. **Peru Expeditions Tours** has some groups that you can join and share you experience with on an unforgettable journey. (» Upcoming Trips / Upcoming Departures / Open groups / Confirmed / Trips Guaranteed 100%) » WHERE **WOULD YOU LIKE TO CLIMB, WALK, HIKE, AND TREK?** For more information please click here! → [JOIN A TRIP WITH US!](#)

## **Why Travel with us**

### **Your Safety is Our Priority**

### **Expert Guides**

## **Sustainable Tourism**

### **Andean Chefs**

### **Food on the Trail**

### **Small Groups**

- Recommended Tours
- 

#### **Mount Everest 5**

[Asia 39 Days/38 Nights](#)

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#### **Mount Kilimanjaro 5**

[Africa 09 Days/08 Nights](#)  
[Recommended](#)

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#### **Mount Vinson 5**

[Antartica 16 Days/15 Nights](#)  
[Recommended](#)

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#### **Mount McKinley 5**

[USA 23 Days/22 Nights](#)

## Reviews

### Leave a Reply

**YOU ARE AN ADVENTURE LOVER and you want to experience something extraordinary and extreme?**

You are an adventure lover and you dream of leaving with a thrill. **Peru Expeditions Tours** is also an option for you. Take advantage of our travel offer that we have for you!

**“We don’t sell tours, we provide memorable lifetime experiences.”**

We are a recognized tour operator **100% peruvian company** that specializes in adventure and traditional tours service.