

## CLIMBING MOUNT KAZBEK

### ***Character:***

Conquer one of the highest and most beautiful peaks of the Caucasus accompanied by experienced mountain guides. Every day is full of unforgettable experiences. Mount Kazbek is a formidable test of endurance and stamina, but the challenge and satisfaction are all yours! The journey begins in Tbilisi, with familiarization with the Georgian capital. Continues in the harsh edge of restrained Highlanders, surrounded by eternal snow, glaciers, fantastic scenery and leads to the conquest of one of the most significant peaks of 5047m.

### ***Activities:***

Climbing, high altitude trekking, alpine trails, culture, people.

### ***Duration:***

7 days / 7 nights

### ***Accommodation:***

Tourist hotels, mountain lodge

### ***Meals:***

7 breakfast, full board on Mt Kazbek

### ***Mode of travel:***

4WD vehicles/on foot

### ***Tour support:***

AdvenTour tour leader/driver fluent in English, local mountain guides

### ***Included:***

Accommodation for 7nights in hotels and camps(all camping equipment provided)

Meals as specified in the itinerary

AdvenTour tour leader/driver fluent in English, local mountain guides

All activities as per itinerary with all entry fees

All transfers in 4WD vehicles

Travel permits in protected areas

### ***Excluded:***

Optional activities

## ***Itinerary***

### **Day 1**

#### **Tbilisi**

The day begins with a meeting with your tour leader and members of the group. We begin exploration of Tbilisi with the largest Christian church in the Caucasus, Holy Trinity Cathedral, continue to Metekhi and on to the old town. Take a walk in the streets, feel the rhythm and pace of Tbilisi, new and old. After lunch we will drive via the Georgian Military highway to the North, Village Kazbegi. This is the center of a mountainous area Khevi, populated by stern and courageous mountaineers “mokheve” (distance 150 kilometers). The landscape you can view from your window will change all the time. Wooded edges of narrow ravines replaced by subalpine zone, continue to the alpine zone. In the evening enjoy a stroll through the village, with breathtaking mountain views from every point.

***Overnight:*** Hotel in Kazbegi

***Meal plan:*** Breakfast

### **Day 2**

#### **Kazbegi Weather Station**

In the morning we begin the phased conquest of the proud peak of the Caucasus. Climb from the village of Kazbegi up by Darial Gorge and on to the weather station. The path lies along picturesque rocky slopes and gorges. We rise to the meteorological station at the altitude of 3,650 meters, the length of today’s trek is 12 kilometers, degree of difficulty is medium, horses carry our luggage. The weather station is a mountain refuge, a base camp used for overnight and acclimatization (basic conditions).

***Overnight:*** Weather station

***Meal plan:*** Full board

### **Day 3**

#### **Acclimatisation Treks**

This day is dedicated to acclimatization and training of climbing equipment. Acclimatization takes place at the altitude of 4100-4200 meters. The group, accompanied by a mountain guide / climber, adapts and enjoys truly incredible views and the healing energy of the mountains. After the introductory walk around the camp, time for rest. In the evening, we check climbing equipment and get ready for the climb of the next day.

***Overnight:*** Weather station

***Meal plan:*** Full board

### **Day 4**

#### **Summit Day**

In the morning we start the most important part of the trip, climbing Mount Kazbek (distance 12 kilometers, start at the height of 3600 meters, level of difficulty high). The upper slopes of Kazbek are permanently snow-covered and present a challenging objective for every mountaineer. Reach the summit of Kazbek at the altitude of 5,033.8 meters (Baltic system of heights). After time to take in the scenery and enjoy our achievement, we begin our descent using the same route.

***Overnight:*** Weather station

***Meal plan:*** Full board

### **Day 5**

#### **A Reserve Day**

This day is designed as reserve in case of adverse weather conditions and can be used as appropriate. In any event, the unsurpassed views of the mountains and challenging active experiences are guaranteed.

***Overnight:*** Weather station

***Meal plan:*** Full board

### **Day 6**

#### **Back to Valleys**

The day begins with preparing to move down to village of Kazbegi. We start the walk and the landscape changes as we progress back to civilization. Glaciers and moraines are replaced by rocks, we can now see a marked trail. Closer to the evening we reach the village where our car is waiting for us. We are coming back to the comfort and warmth of the hotel.

***Overnight:*** Hotel in Kazbegi

***Meal plan:*** Breakfast, lunch

**Day 7****Back to Tbilisi**

After breakfast, we drive back to Tbilisi. In Tbilisi, check in at hotel and have a relaxing day enjoy the city at your own pace. For the late afternoon we have two unique options to choose from: Museum of Ethnography or Museum of Soviet occupation. The evening will see us relaxing in one of the shady terrace coffees along river Kura or medieval center Kala.

**Overnight:** *Hotel in Tbilisi*

**Meal plan:** *Breakfast*

## ***Tour Notes***

### **1. Special notes**

The information in these Special Notes covers the average range of conditions likely to be found on this trip. In remote destinations unexpected conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

### **2. Travel health and insurance**

No vaccination is required for traveling in the Caucasus. The region's climate is very pleasant, with no health risks. Water is very clean and safe. However, travelers usually prefer bottled spring and mineral water, which can be found in shops and supermarkets.

There are registered pharmacies in all cities and towns with all basic medications. Travelers with special needs are advised to take a supply of those medications that they are likely to require. Medical facilities are numerous with many qualified doctors practicing in all specialties. Doctors and hospitals often expect cash payment for their services. Travelers are advised to consult their medical insurance company prior to traveling to confirm whether their policy applies overseas and covers emergency expenses such as medical evacuation. When selecting a travel insurance policy we require that it cover medical expenses including emergency repatriation and personal liability. We also strongly recommend that the policy cover loss of luggage and personal effects.

### **3. Physical preparation and tour grade**

#### *Grade D - ice axe and crampons required*

Some glacier crossings and easy rock climbing could be involved. Short sections of steeper snow and some ice may be encountered. A familiarity with the use of crampons is essential. Ropes may be used where deemed necessary by the guide.

### **4. Money**

You will need to allow enough money for meals as well as optional activities. An average meal in a restaurant should cost between EUR 8-10. Tipping is customized and not compulsory. You should be aware that Caucasus is still a cash-only economy and credit cards are not accepted in the majority of shops and restaurants. There

are several ATM machines in major cities where you can obtain cash.

### **5. Communication during the tour**

If you need to be contacted while traveling we recommend that you set up an email address that can be accessed on the road. Email cafes are common and are the preferred way for our leaders and travelers to stay in touch.

If someone wishes to contact you in an emergency while you are on an AdvenTour trip we recommend that they contact our operator by phone + 374 10 48 22 71 or E-mail: adventour@netsys.am.

### **6. Accommodation**

We choose hotels/guesthouses that combine comfort and great service with unique ambiance and appreciation of the natural beauty of a region. The emphasis is on location and practicality.

Our tours are based on 3 star properties. In capital cities and other places where higher-class accommodation is available you can upgrade if you wish. Your tour leader will help arrange this and the extra cost will be paid by you. In areas where hotels are not available, particularly in small towns in the regions, the group will stay at a local guesthouse (often with shared facilities). Some campsites we stay in are equipped with showers, toilets, electricity and a common eating area. Where no campsites are available we go wild camping (no facilities). These are limited to once or twice a tour and are in areas where you can enjoy the scenery. All other nights will be in campsites/hotels as described above.

#### *Single Supplement*

Should you want more privacy during your trip, you can upgrade by the requesting your own room, often at a little extra cost.

#### *Pre / Post-Tour Accommodation*

If you require additional accommodation either before or after the trip, we can book this for you. Please contact AdvenTour for current prices.

### **7. Transport and private transfers**

The mode of transport we use is chosen to suit the environmental aspects and local infrastructure. During tours we use comfortable, air-conditioned cars, minibuses and buses as well as some local transport that is well-maintained and supplied with a first-aid kit. In fact, we often use more than one type of transport per trip. And just in case you are wondering – we also travel by foot.

Airport transfers are not included in the cost of the trip. Please, let us know at the time of booking if you would like us to arrange a private transfer for you.

### **8. Staff and support**

While on AdvenTour trips, you will be accompanied by a tour leader/driver. The tour leader is in charge of general organization of your trip making sure that you have a most enjoyable time. He/she has broad general knowledge of the places visited, including historical, cultural, religious and social aspects. The tour leader is able to provide suggestions on what to do and see and can recommend great local eating venues. Local guides are an important part of AdvenTour team, they are trained by us and support our groups in sites and locations where their special knowledge of the trails, particular activities or communities will add to the enjoyment of the tour.

### **9. Meals**

The tour cost includes bed and breakfast in the hotels and guesthouses. Meals, when included, will feature local cuisine. For other meals, you are left to choose what and where to eat, though your tour leader will be on hand to suggest venues and arrange where necessary. This can be one of the great joys of this trip as the food in Armenia is superb. Vegetarians should have no problems on this tour.

### **10. Laundry**

Facilities are offered by most hotels for a charge.

### **11. Visas**

Citizens of EU, USA, Canada, Australia, New Zealand and a number of other countries can obtain Armenian visa upon arrival at the airport or land border. All other nationals are advised to consult Armenian Embassy in their country of residence. Georgian visa is not required for EU, USA, Canada, Australia, New Zealand citizens. All other national are advised to consult the Georgian Embassy in their country of residence. Turkish visa is obtained upon arrival at the airport or land border. Iranian visa support is provided by AdvenTour through local partners in Iran. Visa regulations can and do change without notice. Please check the current regulations in good time to obtain a visa if one is required.

### **12. Travel luggage**

Because of limited luggage space on transfer vehicles, we limit each passenger to ONE main suitcase or frameless backpack (the size not more than 75cm x 45cm x 25cm, the weight no more than 20 kg) and one day bag. The daypack is practical for keeping general items (e.g. camera, books, wallets etc.) at hand when your main pack is out of reach. Please note many hotels in the regions do not have porters and you will need to carry your own luggage.

*Travel tip 1:* On some tours, if you wish, it is possible to leave surplus clothes and other personal equipment in hotels where you will return after your circular trip. Please bring a small bag to pack excess items in and leave the bag at the hotel. Mark your luggage with your name and arrival date. Please ask your tour leader to advise where this may be possible / advisable.

*Travel tip 2:* You might be tempted to buy a few souvenirs here and there, so leave a little room for those extra purchases!

### **13. Safety**

We always recommend the use of a neck wallet or money belt while traveling, for the safe keeping of your passport, air tickets, cash and other valuable items. All the hotels we use have safety deposit boxes, which can be used to store your valuables.

### **14. Responsible tourism**

Tourism can be a real help to local communities providing income, positive cultural exchanges and the financial incentive to protect the natural environment. Our trips are designed to use family-based guesthouses in the regions, buy local food, hire local guides, drivers and rent trucks to ensure that as much money as possible is retained within the local economies.

### **15. Feedback**

After your travel, we would like to hear from you. Within two weeks after your departure we will send you a feedback form to complete.

Information in this document has been compiled with care and is provided in good faith. However it is subject to change and does not form part of the contract between the client and AdvenTour.