



MOUNT ELBRUS

IN RUSSIA FROM AUG 22 - AUG 31



OX ADVENTURE

We are a community organization with a dream to enlighten members of our society by showing them the world from an entirely new perspective. We provide experiences with the aim to inspire people to make positive changes in their lives. We encourage people to be themselves and embrace other's differences, find their passion, chase their dreams, broaden their horizons, and open up their minds.

Joining us on an adventure means you'll step outside of your comfort zone, exchange with other cultures, challenge yourself, and give back to this beautiful world.

Such an experience may allow you to find meaning and significance, and a path to **Change Your World**.



“I’m happy with my way of life,
living in mountain caves amid mist and vines.
My wild moods are mostly unrestrained;
I’m carefree as my friends the clouds.
There are paths here, but they don’t lead to the world.
Emptied of illusion, what can the mind cling to?
I sit alone on my bed of stone all night long,
while the full moon ascends Cold Mountain.”

Hanshan [766-779] A Full Load of Moonlight: Chinese Chan Poems, trans.
Mary M.Y. Fung and David Lunde 2014

23.08.19 DAY TWO

Acclimatization hike on Mt. Cheget (3000m)
Rent any missing equipments
Icebreakers with the group
Overnight in hotel (2100m)

25.08.19 DAY FOUR

Transfer to Azau valley (3500m)
Acclimatization hike up Priut 11 (4100 m)
Last day shopping before leaving the valley
Overnight in hotel (2100m)

27.08.19 DAY SIX

Hike up to the Pastuckhov rocks (4800m)
(6 hours up and 2 hours down)
Overnight at the refuge

29.08.19 DAY EIGHT

Summit day
(it takes about 9 hours to reach the top and 5
hours to come back to the refuge)
Overnight at the refuge

DAY TEN 31.08.19

Airport drop-off to Mineralnye Vody airport
(3hr drive)

DAY ONE 22.08.19

Arrive to Mineralnye Vody airport
Airport pick up to the hotel (3hr drive)
Experience introduction
Arrival celebration at local restaurant
Overnight in hotel (2100m)

DAY THREE 24.08.19

Acclimatization hike on Terskol Peak (3150)
Outdoor picnic next to the river
Overnight in hotel (2100m)

DAY FIVE 26.08.19

Move to the mountain refuge (3800m)
Acclimatization hike up (4300m)
Overnight at the refuge

DAY SEVEN 28.08.19

Day of relaxation
Ice and snow training course
Overnight at the refuge

DAY NINE 30.08.19

reserve day in case of bad weather on the
previous day



What to Pack

everyone's body is different, so keep that in mind as you are going through this list! You're all experienced adventurers, so you know this, but, if you get cold easily, bring an extra down or more layers. If you lose your appetite at altitude bring more of your favorite snacks for summit day. We can't emphasize enough how important it is to use your own discretion and best judgement when packing for an adventure of this kind! Please don't hesitate to [email us](#) with any questions.

The list below are recommended things to pack for this experience:

- Plastic boots or crampon-compatible heavy leather mountaineering boots.
- Ice-axe
- Crampons
- Headlamp. - The climb starts at night and for some hours you walk in the dark.
- Big backpack (not less than 75 litres)
- Flask (thermos bottle) . Do not rely on those backpack flasks with a pipe - the pipe (for sure) and flask (probably) will freeze.
- Small backpack for hikes and summit climb.
- Ski/trekking poles/sticks.
- Windproof mask - in case of cold strong wind
- Harness with, 2 carabiners,
- Sleeping bag
- Insulated parka/jacket, down or synthetic
- Gore-tex jacket and pants(side-leg zippers are helpful)
- Midweight fleece jacket
- Fleece pants or tights
- Thermal underwear tops and bottom
- Hiking pants/skirt
- Hiking shorts
- Long-sleeve shirts/blouses
- T-shirts
- Hiking socks
- Hiking boots, sturdy, ankle-support, water-resistant, broken-in
- Sun hat
- Warm hat
- Fleece windproof gloves
- Waterproof overmitts (to protect gloves from snow)
- Snow gaiters, knee-length (supergaiters, which cover the whole boot, are excellent)
- Sunblock and lip balm.
- Glacier glasses or goggles

Equipments Rental

We collaborated with a local equipment store to provide you with any missing pieces of equipment for this experience. Also, you don't have to rent the equipment for the whole expedition, just for the days you need them.

Equipments	Price for per day (EUR)
Double plastic or double leather boots	9
Leather climbing boots or trekking boots	7
Crampons	4
Ice axe	3
Telescopic poles	3
Sleeping Bag	7
Harness (set)	3
Harness	2
Karabiners (2)	1
Selfbelay	1
Ski goggles	3
Glasses	3
Head torch	2
Warm mitten	3
Gloves (Fleece, Polar or Windstopper)	2
Down jacket	8
Jacket	5
Jacker Goretex	7
Warm pants	6
Pants	5
Pants Goretex	7
Gaiters	2
Warm gaiters	4
Rucksacks	3
Thermos	1.5
Mattress	0.5







Recommended Flight to Book On

If you are traveling from Kuwait, the below outbound and return flights are recommended flights to book on. Transportation from and to the airport will be arranged by your guide.

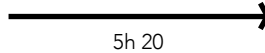
Please note that most nationalities visiting Russia for tourism purposes must obtain a visa. All visitors must also hold a passport valid for at least 6 months at the time of entry. Our guide will help you to obtain the Russian visa.

All times are based on Kuwait's time zone

OUTBOUND Aug 22, 2019



13:05
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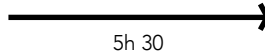
18:25
MRV



RETURN Aug 31, 2019



19:25
MRV



00:55 ⁺¹
KWI





FOR MORE INFORMATION:

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