

10-DAY ADVENTURE

CLIMB MOUNT KAZBEK

Georgia

Summit the magnificent peak of Mount Kazbek, reaching over 5000m it dominates most peaks in Europe! This dormant volcano stands proud over the delightfully deep valleys of the Kazbegi region, it's glacier scooping round the peak, providing a blank canvas for adventure. Climbing Mount Kazbek will be tough, but the route is all about stamina and endurance, as no technical skills are needed. For those who are looking to complete their first 5000m peak and are ready to don crampons and pick up an axe, Kazbek is the perfect challenge. Following a route less-travelled into the Caucasus, the stunning approach, glacial crossings and steep, final climb make this an unmissable experience. We operate our Kazbek climbs staying in technical tents outside the refuges. This is to provide some comfort and privacy, ensuring a good night's sleep, whilst still experiencing the sociable atmosphere of the refuges.

TRIP HIGHLIGHTS

- Summit a beautiful 5000m peak, lead by an experienced mountain guide
- Experience authentic Caucasian mountain culture at the refuges
- Get a good nights sleep in our technical, high altitude mountain tents
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Stepantsminda
Gergeti
Trinity
Church
Georgia
Russia
Mount Kazbek
Alti Hut
Bethlemi Hut
Trek

ITINERARY

DAY 1

WELCOME TO TBILISI

Arrive into Tbilisi International Airport, where we will be greeted by our driver and guide. They will then transfer us to our hotel, where will spend the rest of the day at our leisure. We will have a pre-climb briefing this evening at our hotel.

Accomodation: **Hotel**

DAY 2

TBILISI– ANANURI – GERGETI – STEPANTSMINDA

This morning, we will embark on a journey northward along the renowned Georgian Military Highway. Our first stop will be at the magnificent Ananuri Fortress, standing proud on the banks of the Aragvi River. At the centre of the fortress is a fortified 17th century church, adorned with captivating carvings influenced by Persian and pagan art. We will then continue our journey to Stepantsminda, where we will take a short hike through the forest to the Gergeti Trinity Church, perched dramatically on a hilltop against the majestic Mount Kazbek backdrop. Returning to the town, we have time to explore before settling into our hotel for the evening.

Hiking time: **2 - 3 hours**
Accomodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

STEPANTSMINDA – ALTIHUT

After breakfast, we will set off on our adventure towards the towering peak of Mt. Kazbek. After heading up through a birch forest, we will continue on a charming trail that leads to Sabertse pass. Upon reaching Sabertse pass, we will gain an impressive view of the glacier sprawling out before us. We will then traverse the hillside until our path brings us to the grassy slopes surrounding the Altihut – an idyllic mountain hut perched at 3,014 meters. We pitch our tents on the rolling slopes before heading inside for our dinner.

Hiking time: **3 hours**
Ascent: **1270 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

ALTIHUT – BETHLEMI HUT

This morning we leave the Altihut and head onwards to Bethlemi Hut – formally known as the Meteo Station, this mountain hut sits at 3,653 metres on the lower snow slopes of Mt. Kazbegi. The path from Altihut to Bethlemi ramps up in difficulty in comparison to the previous days, culminating in the crossing of the Gergeti glacier. Once we reach our destination, we can enjoy the magnificent views of this high-altitude camp spot. Again, we head into the hut for dinner this evening.

Hiking time: **2 hours**
Ascent: **646 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

BETHLEMI – ACCLIMATISATION HIKE

Following the 'walk high, sleep low' principle, today's hike is designed to help with your acclimatisation, a necessity for a successful summit of Mt. Kazbek. We will make a steady ascent to reach the start of the glacier, gaining around 270 meters. We will then return to the our tents, where the guides will give us a training session in the use of our climbing gear. After the training session, we will get an early night, in preparation for our early start the next day.

Hiking time: **1 - 2 hours**
Ascent: **270 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

BETHLEMI – MT KAZBEK SUMMIT – BETHLEMI

This morning we wake at 1am and get ourselves dressed and ready for our summit push. We leave the campsite and embark on the trail to the summit at 2am; a long, steady plod over the glacier as it progressively steepens up to the summit. Reaching the peak at a very respectful 5033m, we spend a few minutes taking in the panoramic views and indulging in the immense sense of achievement, before beginning the descent back down. A hearty meal awaits us this evening at the hut.

Hiking time: **12 - 14 hours**
Ascent: **1400 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

CONTINGENCY DAY/ BETHLEMI – STEPANTSMINDA

In case of inclement weather the day before, we keep the 7th day of our trip as a reserve in order to have a second chance of reaching the summit of Mt Kazbek. Alternatively, if the summit has been achieved, we will leave the Bethlemi hut area and head down to Stepantsminda. Once we reach the town, we can choose to spend the rest of the day relaxing at the hotel or explore the surroundings at our leisure.

Hiking time: **3 - 4 hours**
Descent: **2200 m**
Accomodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

STEPANTSMINDA – TRUSO VALLEY – TBILISI

This morning we jump in the transfer vehicle and head to the spectacular Truso Valley. Here, at the source of the Tergi River, the minerals in the water create vibrant explosions of white and yellow that melt into the crystal clear waters, painting an enchanting picture across the valley floor. We trek along the river bank and up to to Kasari Canyon and the abandoned village of Ketrisi. Here, we discover the remains of the medieval Zakagori Fortress. We then stop for a break by the breathtaking Truso Lake. Revived from our rest, we head deeper into the jagged peaked mountains before looping back to our vehicle and make the return journey to Stepantsminda, then on to Tbilisi.

Hiking time: **5 hours**
Accomodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 9

FREE DAY IN TBILISI

Today we have the whole day to spend at our leisure in Tbilisi. Explore the enchanting Old Town, a maze of cobblestone streets filled with charming houses and hidden courtyards, visit the Georgian National Museum with its impressive exhibits, sample some Khakali from one of the many delectable restaurants or enjoy the renowned sulphur baths at Abanotubani. Dinner isn't included this evening so indulge in some of the local cuisine at one of Tbilisi's many delectable restaurants.

Accomodation: **Hotel**

Meals included: **Breakfast**

DAY 10

DEPARTURE

Depending on your flight time, you may have a chance to explore Tbilisi some more before we transfer you to the airport for your return flight.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

An ascent of Mount Kazbek requires you to be in **good physical condition** and have experience of walking for up to 6 hours a day for several days in a row. The route will vary from easy trails at lower altitudes, to steep and rocky terrain, to crossing the glacier and finally heading up the steep snow slopes to the summit. There will be changes of altitude as you climb to 5000m and above, so a good amount of endurance is necessary.

It is important the personal equipment you bring with you is suitable for the conditions. Your clothing needs to protect you from very cold temperatures and winds. A good quality sleeping bag is essential (comfort rating -10) as well as protection for your eyes and skin. Please refer to the equipment section below for more information.

There is **no technical climbing** on the ascent of Kazbek. You will be **walking in crampons** and with the use of an **ice axe** but nothing more. Although some previous experience of trekking in winter conditions would be beneficial, it is not necessary. Your guide will provide training in the proper use of crampons and ice axe on your acclimatisation day and you will be roped whilst walking across the glacier and on the summit snow slopes. If you have any questions about your suitability or how to prepare for this trip please do not hesitate to contact us.

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out Kate Sielmann and her coaching programs that are specific to mountaineering and trekking training. Find more details here.

FOOD & DRINK

This adventure in the Caucasus is **full board whilst trekking**. Georgian gastronomy consists of rich pastries, meats and cheeses, eaten alongside fresh, vegetable salads.
A continental style breakfast is served at your hotel each morning and in the refuges you will be provided with a selection of boiled eggs or omelette, various cereals, meats, cheese, honey, jam, chocolate spread, pancakes or cookies and bread alongside tea, coffee and milk. Each day whilst climbing you will receive a picnic lunch from your refuge for you to carry in your daypack. The lunches will consist of a sandwich with cheese, salami and eggs, tomato, cucumber, a chocolate bar, an apple or banana and tea to go in your thermos flask. Evening meals will be taken in the refuges. There will be soup, a set main course, salad, desert and Tea/Coffee on offer for this. Other meal options are available at the refuges for an additional cost. Please be aware that if you choose to eat these instead they will need to be paid for locally in cash.
In Tbilisi, your evening meal isn't included. This is an opportunity to head into one of the local restaurants and sample the locals favourites.

During the trip you will be given 2 bottles of water per day. Any other drinks, including additional water, are your own responsibility. You may wish to carry a water purification system such as a filter or tablets to treat water from natural springs whilst climbing. There are plenty of places to refill your water bottles both in towns and in remote mountain areas, your guide will advise you when and where to refill. Please be aware that tap water in Georgia may not be safe to drink, so you may wish to bring a filter/purification tablets to treat this also.

If you have special dietary requirements please inform us as soon as possible after booking your trip. We will work with you to ensure your needs are met.

ACCOMMODATION

On this trip we will stay in **hotels** in Tbilisi and Stepantsminda. The hotel will be of 4 star standard with double or twin rooms and private bathrooms. Single rooms can be arranged on request and subject to availability.

Whilst climbing we will be camping outside the refuges and using their facilities. This allows us to have some privacy and comfort that the hut accommodation is unable to offer. We use only the very best high altitude mountain tents, to ensure you stay warm, dry and comfortable on your climb. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside! Your meals will be taken in the huts and you are free to spend your evenings in the communal areas available inside.

YOUR GUIDE

You will be accompanied by two guides on this trip; your Georgian guide who will meet you at the airport and lead you for the duration of your time in Georgia and your qualified mountain guide who will accompany you on the climb on a 1:2 guide-climber ratio.

LUGGAGE

During the climb, your luggage will be transported by horses. You should bring two bags with you, a large 80-100 litre duffel bag and a smaller 30-50 litre daypack. Your duffel bag will be transported by the horses each day and made available for you at camp each afternoon once the horses have arrived. Your daypack will stay with you at all times and should be used to carry spare clothing, water, suncream, lunch etc. A flexible duffel bag or backpack is best for your main luggage.

HOW DO I GET THERE?

You will need to arrive at Tbilisi International Airport (TBS) on Day 1 of your itinerary. If you would prefer to arrive a few days earlier, we would be happy to book additional hotel accommodation for you on request.

In order to reach Tbilisi from the UK it is necessary to have a stopover in Europe. For those travelling from the UK, Lufthansa, Air France and Pegasus offer flights from London and Manchester via Munich, Paris or Instanbul. From Scotland, KLM offer flights via Amsterdam or Jet 2 via Antalya.
From the US, Delta and Air France offer flights from New York, Miami, Los Angeles and Atlanta via Paris. From Dallas this flight is available via Atlanta or Turkish Airlines offer a flight via Instanbul.

When you arrive in Tbilisi, please look out for our guide and driver in the arrivals area, where they will be waiting to meet you.

From 1st January 2026, it became mandatory for all tourist entering Georgia to present a health and accident insurance policy. This can be physical or an electronic version and must be in either Georgian or English language. The insurance coverage amount must be at least 30,000 GEL (US$11200) and should be issued by either a Georgian or a foreign insurance company.
The policy must include the following information:

- Parties (insurance company and insured person)
- Subject of insurance
- Start and end date
- Risks
- Insurance limits
- Amount of premium to be paid
- Place, and terms of payment

The insurance policy must cover the entire period of your stay in Georgia.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

PRE-TREK BRIEFING

A pre-trek briefing will be held for this trip in the evening of Day 1 of your trip. Your guide will meet you in the hotel reception area for this briefing.

BUDGET & CHANGE

The currency in Georgia is the Georgian Lari (GEL) and it's sign is ₾.

Georgia has a closed currency which means Lari cannot be imported or exported from the country. You can exchange currency at the airport, banks, exchange offices, or with currency exchangers. However, the latter isn't recommended as some exchangers will provide you with counterfeit money. US Dollars and Euros are the easiest currencies to exchange. The National Bank of Georgia and TBC bank are considered to be credible banks to exchange your money with. Credit and debit cards are widely accepted at restaurants and larger shops in the big cities. If you are planning to carry a credit card for emergencies, please inform your card provider in advance. ATMs are also available in the bigger cities to withdraw cash, if you have a pre-paid card such as Monzo or Revolut this can often be done without exchange charges.

The only way to pay for things once you leave Tbilisi is in cash. Cards are not accepted in the smaller towns and villages so you will need to carry enough cash for snacks, drinks and any personal expenses.

The average cost of a three course meal in Tbilisi is around ₾60-80 ($20-30). A taxi ride will generally start at ₾2 ($0.75) whereas a one way bus ticket for a 10 minute journey will be around ₾0.4 ($0.15). Its is a fairly a cheap place to eat out and travel compared to Western standards and if you are wanting to buy some suluguni cheese or churchellato take home then these generally cost anywhere between ₾15-270 ($5-$100) for gifts that will pack into your main bag. Don't forget you will also need to budget for drinks too. A bottle of water might cost you $1 to $2, while a local beer can be around $2 to $4. We would recommend a budget of $250 for your time in Georgia.

TIPS

Tipping when you are satisfied with the service you have received is customary in Georgia. However, it is not mandatory and should be left to the discretion of each individual. We recommend a budget of 8 - 10 GEL (equivalent to US$3 - $4 / £2 - £3) per person per day for tips. Tips should be given to your lead guide who will distribute them with any support crew. These should be paid in the local currency.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Georgia. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling.

VISA

Travelling to Georgia is visa free for up to one year, for UK and US citizens. For other nationalities a visa may be required. Please check this with your embassy.

VACCINATIONS

There are no specific health risks in Georgia. However, you should ensure that your routine vaccinations and boosters are up to date, such as tetanus and MMR.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. If you are climbing Mount Kazbek, you will need to be covered for trekking up to 5100m and using fixed ropes. We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

MEDICATION

Please note that Georgia has a very strict anti-drugs policy. This can also cover prescription and non-prescription medicines commonly available in the UK and US. For example, non-prescription medicines containing codeine are illegal.

If you need to bring prescription medication with you to Georgia, please also bring your signed Doctor's prescription and the original packaging for the medicine.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- Technical 2 man tent per 2 people
- Camping mattresses
- Trekking poles
- Climbing equipment including: Crampons, Ice Axe, Harness, 2 x Carabiners and Helmet

CLOTHING TO BRING

HEADGEAR

- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Neck gaiter or scarf
- Warm beanie style hat – fleece or wool

UPPER BODY

- Gloves – warm fleece or wool gloves
- Insulated mittens for summit push
- Short sleeve shirt/t-shirt – lightweight, moisture wicking (x2)
- Long-sleeve shirt/t-shirt – light/medium weight, moisture wicking (x2)
- Thermal base layer
- Fleece or soft shell jacket
- Insulated jacket – down or primaloft
- Water/windproof hard shell outer jacket

LEGS

- Breathable fast drying thermal underwear
- Trekking shorts
- Thermal leggings
- Comfortable trekking trousers – convertible trousers work well
- Wind and waterproof over trousers (Gore-Tex or similar)

FEET

- Training shoes or sandals – to wear in the accommodation in the evening
- Hiking boots with sturdy ankle support (for trek up to glacier)
- B2 or B3 mountain boots that can fit a crampon
- Gaiters (important if you encounter deep snow)
- Thick trekking socks
- Breathable, high-wicking liner socks

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and does not dry quickly. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

EQUIPMENT TO BRING

- Technical sleeping bag (comfort rating -10)
- 80-100L duffel bag
- 30-40L rucksack with chest strap and waterproof cover - to carry water, packed lunch and personal items each day
- Water bottle or hydration bag – must be able to carry 2.0L of water
- Drybags – provide additional waterproofing for the kit in your rucksack
- Individual plastic tub and cutlery – for your picnic lunch
- Thermos flask
- Headlamp (plus extra batteries)
- Water filtration system or purification tablets

OTHER ACCESSORIES

- Sunscreen and lip balm (high SPF)
- Toiletries, including wet wipes, after sun and hand sanitiser
- Camera and spare batteries
- Battery pack or solar charger
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also good
- Microfibre towel
- Ear plugs, if you are a light sleeper

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.