

Bezengi Mountains

If we look at the Caucasus mountain system in terms of exclusivity and the extreme, then, of course, there are three most prominent places. It is - Elbrus, Mount Kazbek and Bezengi gorge mountains. All other mountainous regions of the Caucasus is not less unique and inimitable, but in combination of extremes, these three places – are ahead of all. Especially when its viewed through the eyes of a climber.

Photo: side view of the main Caucasian ridge from the plain.



Elbrus and Kazbek are always been interested in their height and relative technical ease of climbing routes at the same time. Two main problems on these mountains - general physical training and weather. Whereas Bezengi mountains demand from climbers a lot more requirements. It would hardly be a mistake to call these massifs the steepest mountains of the Caucasus. Steep - in every sense.

Photo: View to the West from a height of 4200 m from the North Ridge of mount Dykh-Tau.



Photo: Dykh-Tau 5204 m at dawn.

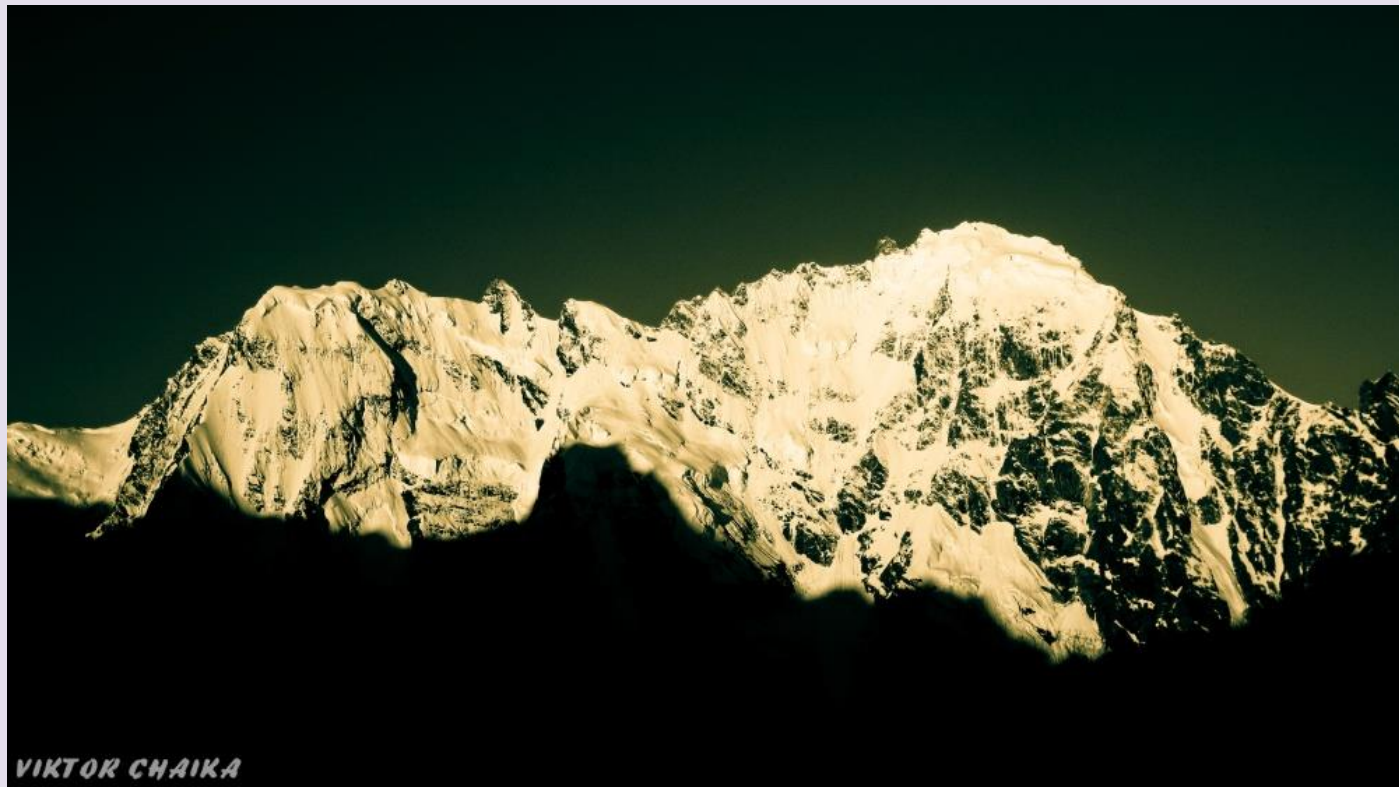


Photo: peak Koshtantau 5152 m, view from the top of mount Dumala 4681 m.



Photo: Koshtantau, Krumkol, Mizhirgi.



Photo: North ridge of Dykhtau, view from "Russian overnights" camp.



Photo: Peak Dumala 4681 m.



Photo, Dykh-Tau 5204 m, North Face.

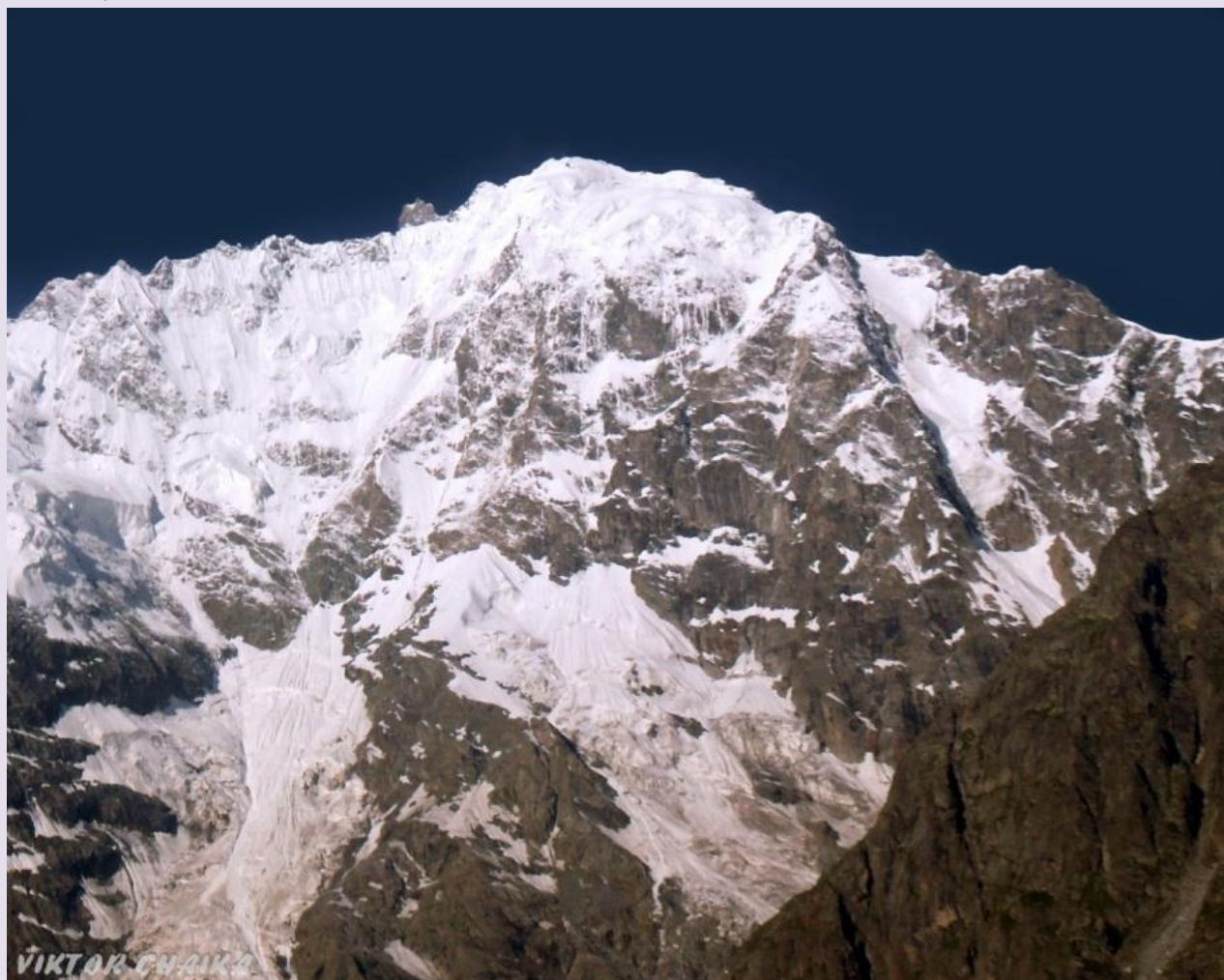
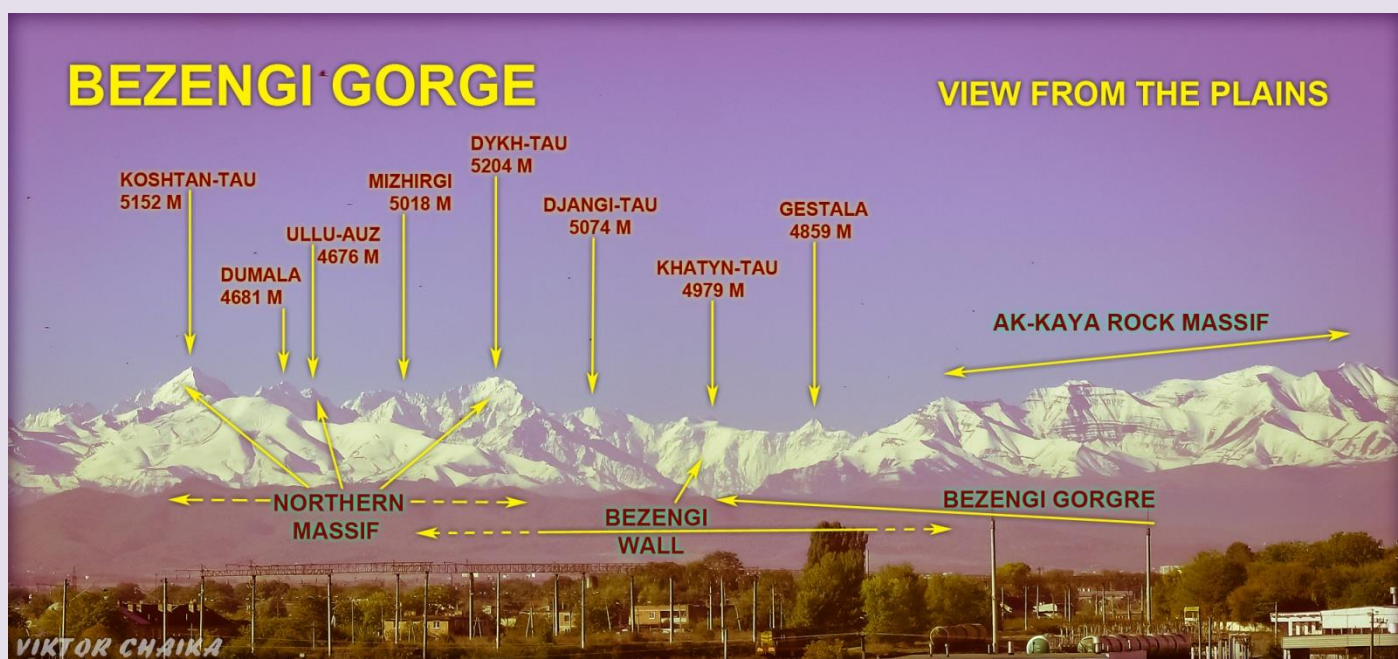


Photo: Bezengi Wall.



In good clear weather, many of the main peaks of Bezengi massifs are visible from the plains. In the photo below the distance to them is about 60 kilometers (a suburb of Nalchik). Except Shkhara, visible all Bezengi five thousand meters mounts:



In addition to good physical condition, there must be proper technical skills in the work with the equipment, because the manner of movement in these mountains is significantly different from the manner of movement on the snow gentle slopes of "trekking" mountains. Today, the division of mountaineering to trekking style and technical style is a logical consequence of the practice of human communication with the mountains.

Trekking mountaineering is comparable with the technical mountaineering, as well as driving style of cargo trailer with the manner of driving a racing car. In both cases - the road, in both cases - the wheels, but are completely different. And the most important - that the pilot should know it before he sits behind the wheel. In the case of the mountains in Bezengi gorge may need all of the possible skills.

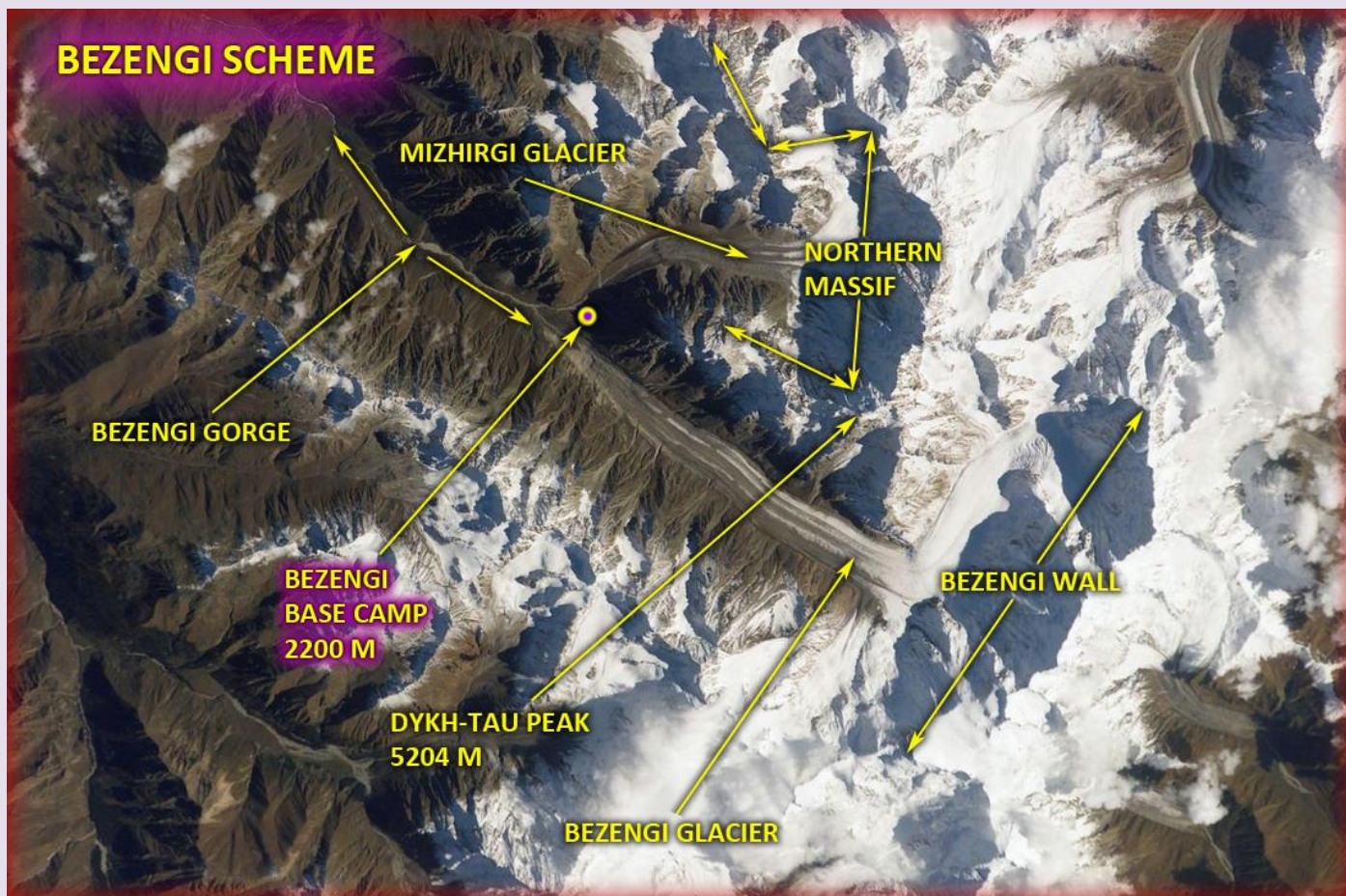
Photo: on the western ridge of the peak Archimedes 4010 m.



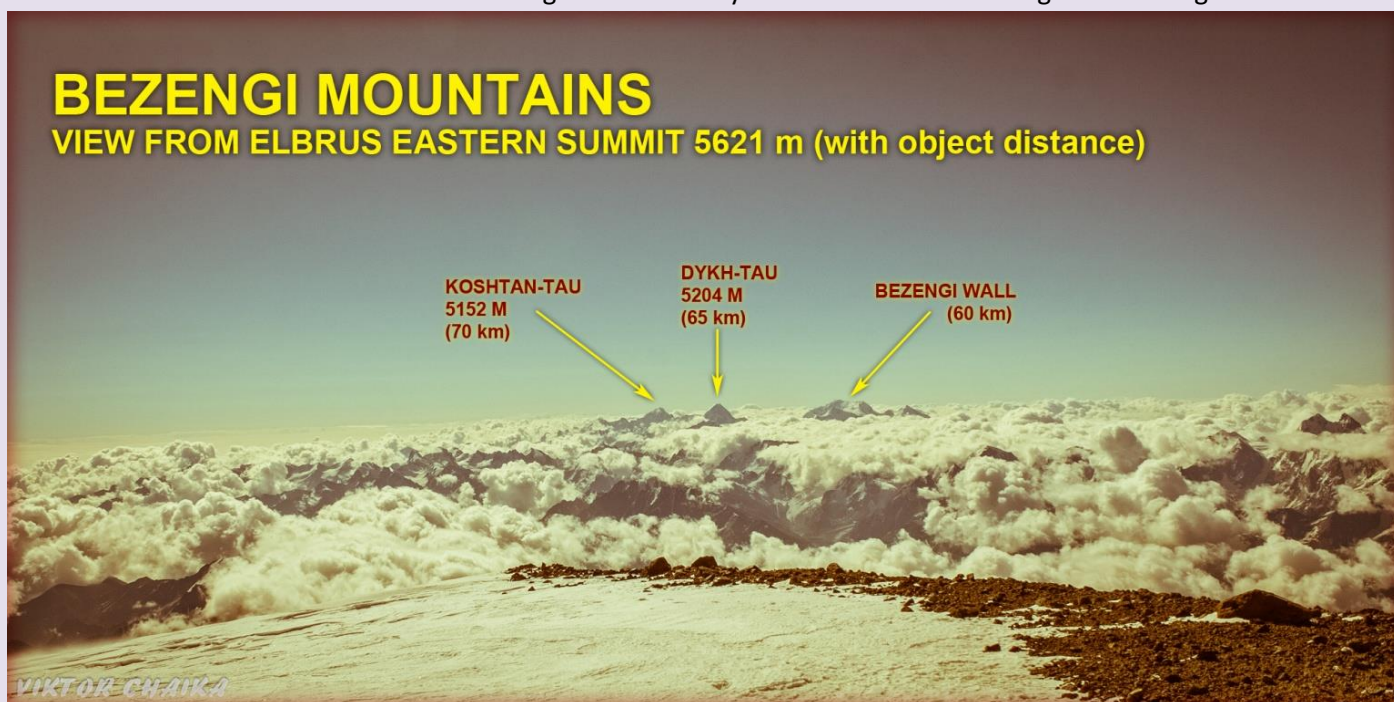
Good physical condition, as applied to these mountains, should be considered if its figures are as follows: threshold of anaerobic metabolism - not less than 170-180 beats /min on the run, cross-country skiing or walking with sticks; resting heart rate of 50-55 beats / min. (Actually, the greater the difference between ANSPs and resting pulse - the better physical shape, more details - in the "General physical training of climber" on our website).

Bezengi Mountains.

Here, everything is tough. Category of routes varies from very easy (F), to extremely difficult (ED +). And, all this can occur at altitudes of 4000 meters, and at around 5000 meters and the height of the Caucasus in 5000 - this is a significant factor that should always be taken into account. It's one thing when you need to just go on feet (Mount Elbrus, Kazbek), and another thing when you have to work, often with a backpack on your back. The rocks on even "easy" routes can be very, very awkward. Snowy unstable slopes. It can occur wandering ice in some places, including on the rocks. Ice slopes and walls. Rockfalls. Avalanches. Glaciers. Icefalls. Movements. Variability. And yes, this is simply - the highest technical mountains of Caucasus (and Europe). In general, the routes can be characterized as mixed rock-ice-snow. And now, all that fun, which only can give the mountains of such plan, of all colors, shades and characters - it is all here in an enlarged size. Gold collection, assembling of the best songs from all albums, from classic to jazz and rock in the hardest sounds. Who likes to "have fun" in the full program - welcome to the club. All the mountains here are beautiful and interesting in their routes and kinds. Structurally, they can be divided into two main massifs - it is Bezengy Wall (peak Lyalver - Shkhara, about 12 km) and the North Massif (peak Brno – peak Gidan-Tau, about 20 km).



On a clear day when you look to the Main Caucasian Ridge from the top (eg, Elbrus and Kazbek) first of all the eyes note the tops of these massifs, because there locates all five thousand meters tops of the Caucasus not of volcanic origin. Simply to say, this part of the Caucasus Mountains – is above the rest and the highest part of it, and it is noticeable everywhere. Bezengi wall - is located in the Main Caucasus Range and is the very high fragment thereof. Northern massif - refers to the side of the ridge and stands by on the other side of the glacier Bezengi.



BEZENGI MOUNTAINS

VIEW FROM KAZBEK SUMMIT 5033 m. (with object distance)



BEZENGEI MOUNTAINS

VIEW FROM EASTERN SLOPE OF ELBRUS
(with object distance)



Key tops of **Bezengi Walls**:

Main Shkhara 5203 m, Shkhara West 5068 m, Shota Rustaveli Peak 4814 m, Main Jangi-Tau 5074 m, Katyn 4979 m, Gestola 4859 m, Lyalver 4355 m.

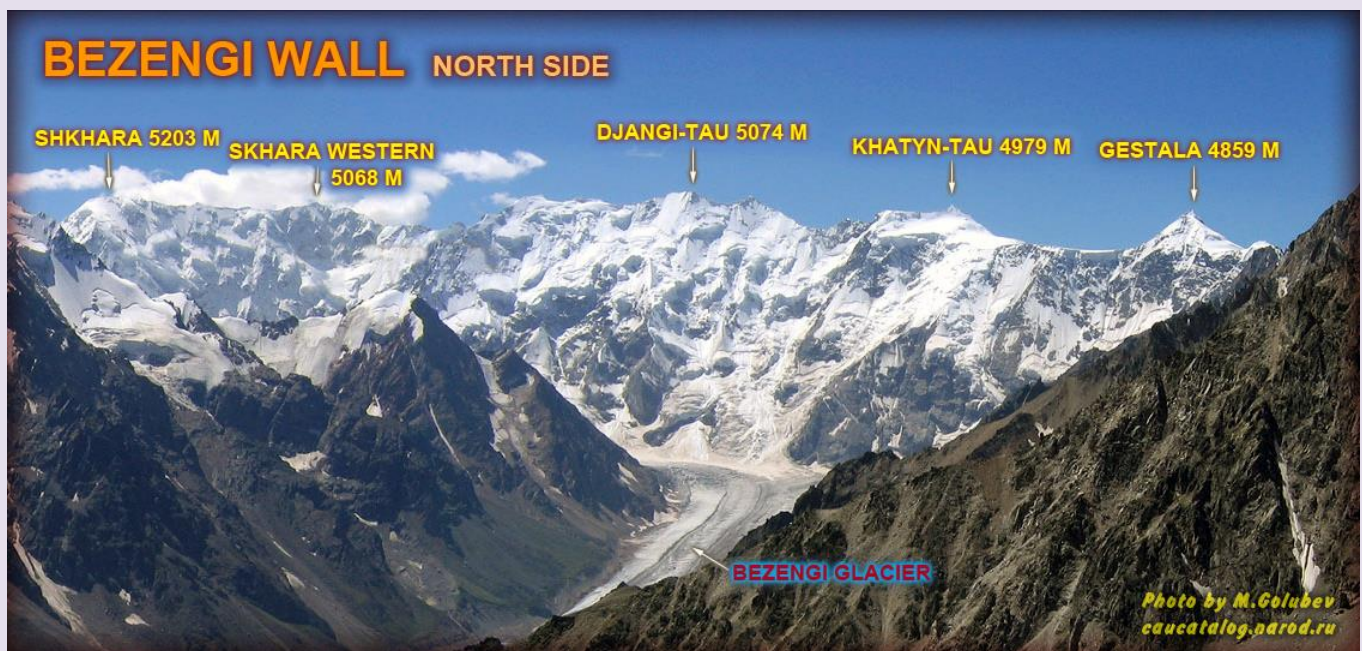


Photo: Gestola at dawn.

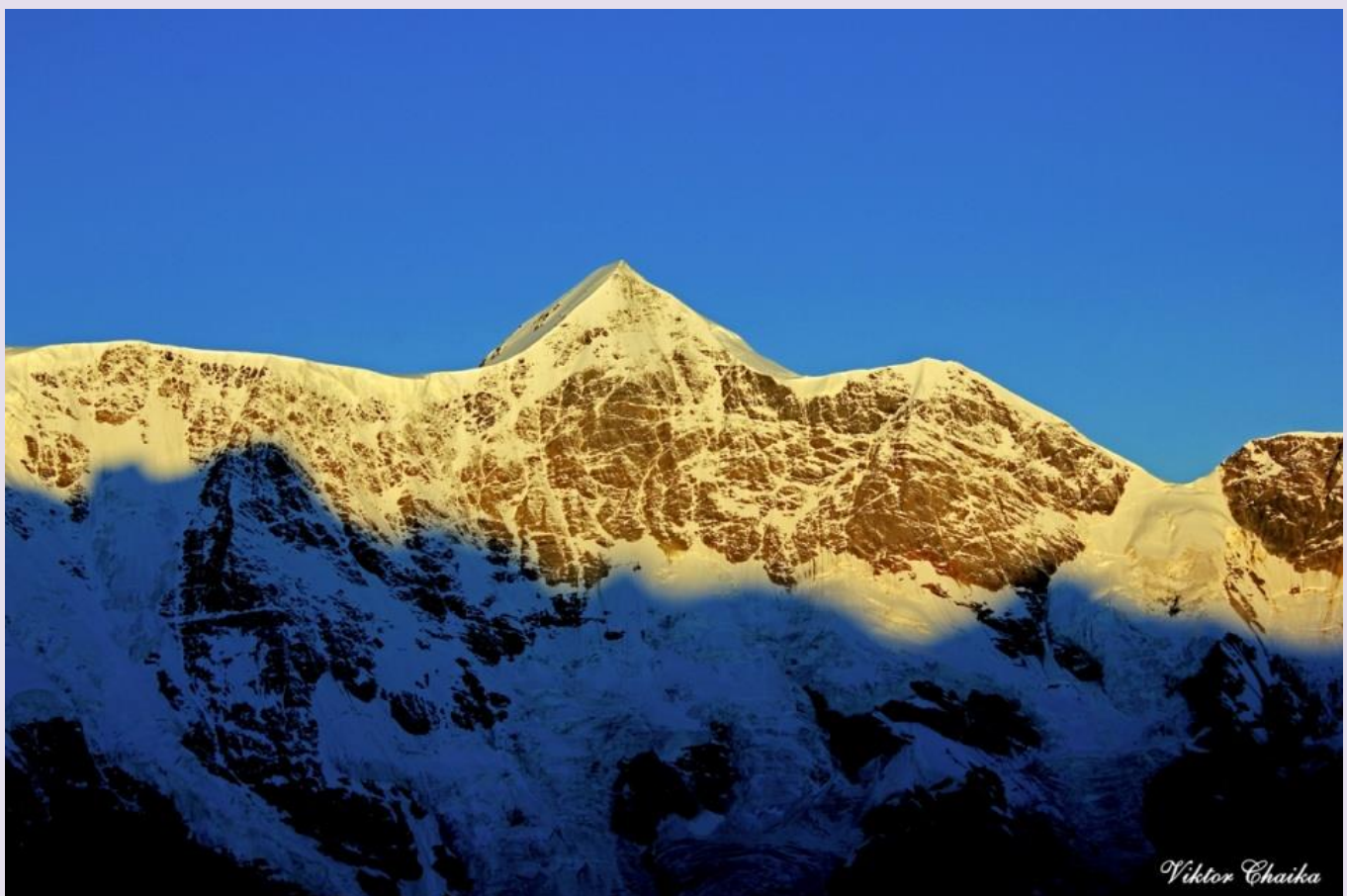


Photo: foot of Shkhara – on the left and Jangi-Tau - right, bottom - Bezengi glacier.



Photo: Left - Katyn-tau, on the right - Gestola.



Map of surroundings of Bezengi Walls



The main peaks of the main line of North Massif (sequentially from Brno peak):

Brno peak 4110 m, Misses-tau 4425 m, Dykh-tau main 5204 m, Dykh tau East 5180 m, Peak Borovikova 4909 m, Mizhirghi West 5018 m, Mizhirghi East 4992 m, Krumkol 4688 m, Peak Tikhonov 4747 m, Koshtan -tau 5152 m, Peak Ptitsa 4489 m, Kundyum-Mizhirghi 4526, Ullu-auz 4676 m, Dumala 4681 m, Ukyu 3224 m, Gidan-tau 4184 m.



BEZENGI NORTHERN MASSIF

VIEW FROM NORTH RIDGE OF DYKH-TAU

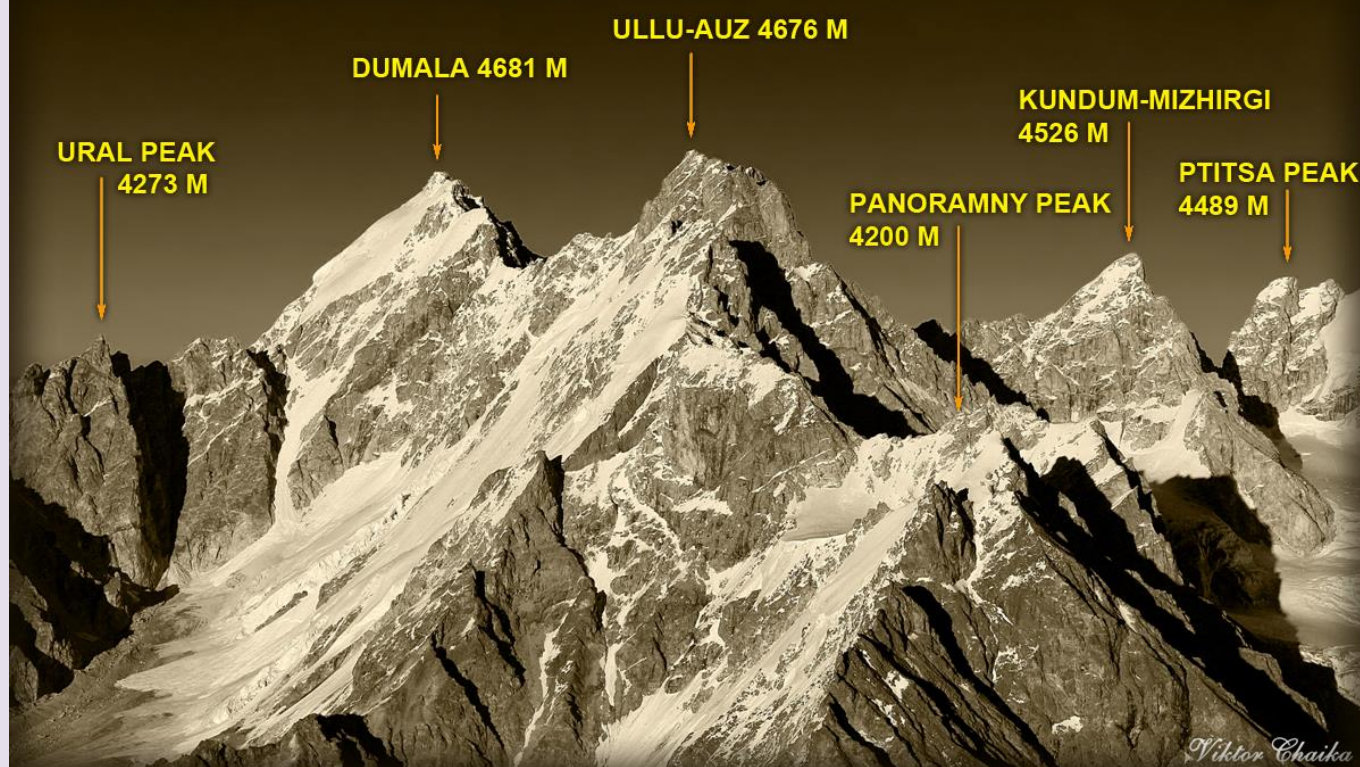


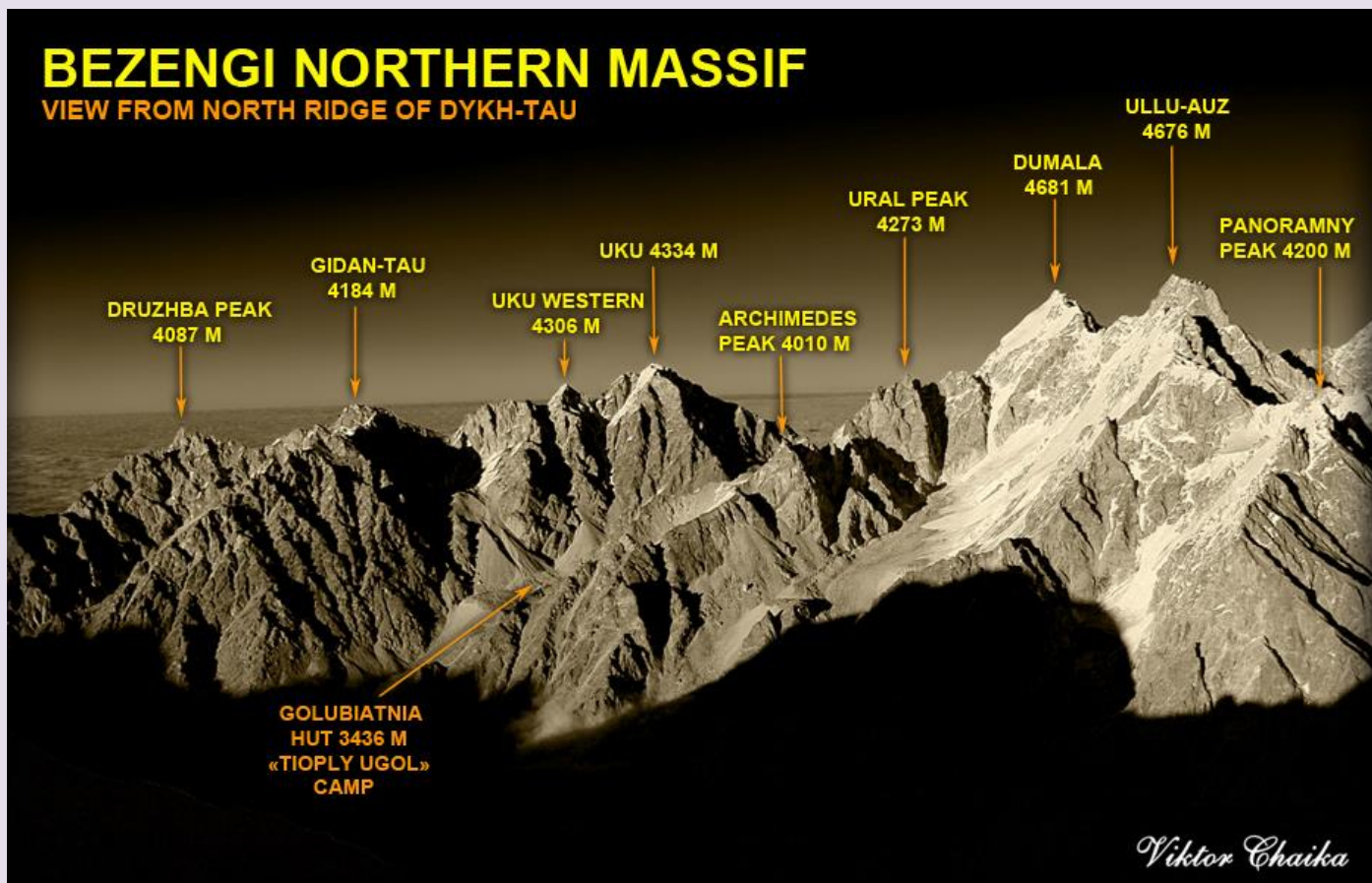
North Massif provides more opportunities for various ascents than Bezengy Wall (although it is considered to be the hallmark of the district). Its spurs (shoulders) on either side of the main line formed more than a dozen peaks, regularly visited by climbers.

Key tops of spurs of "North side": Druzhba peak 4087 m, Gidan-tau 4184 m, Ukyu 4334 m, Ural Peak 4273 m, peak of Archimedes 4010 m, Panoramny Peak 4200m, peak Kursanty 3838m.

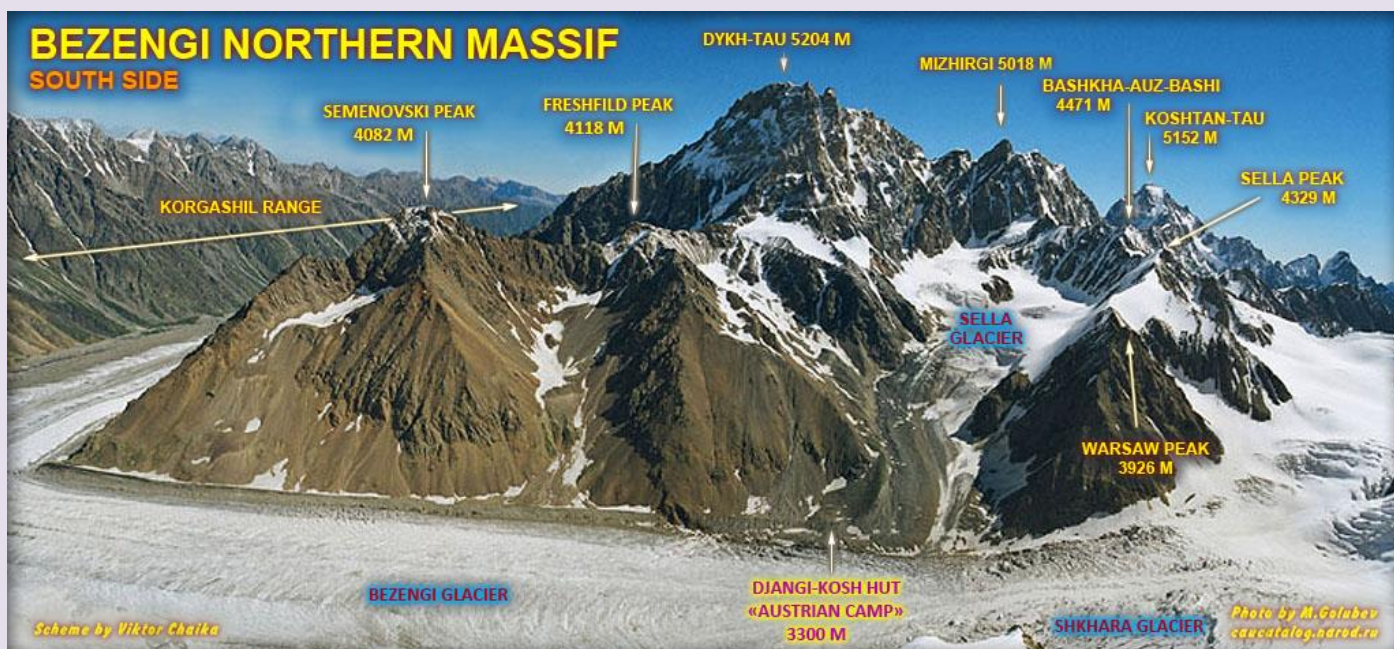
BEZENGI NORTHERN MASSIF

VIEW FROM NORTH RIDGE OF DYKH-TAU





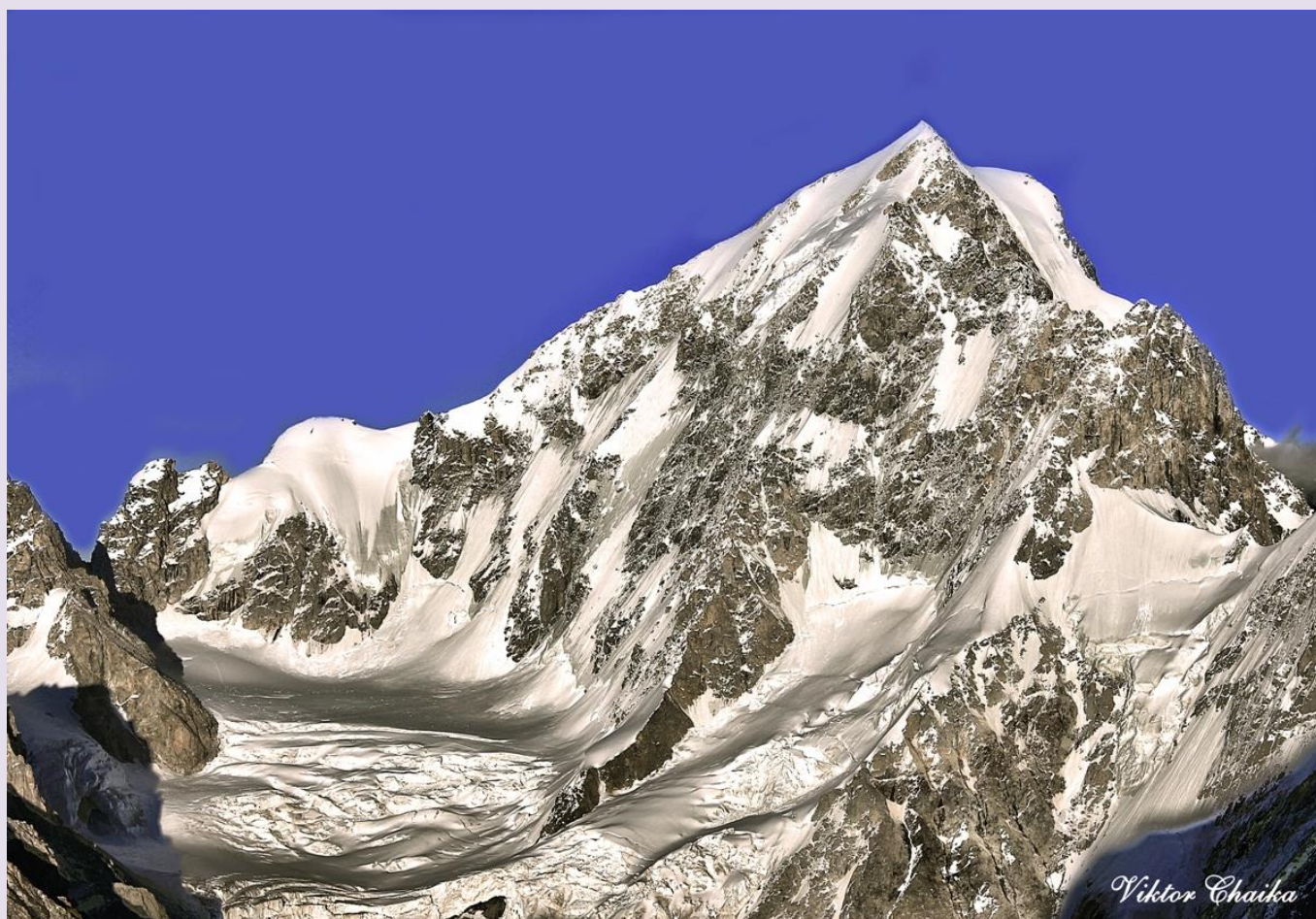
Key tops of spurs of "South side": Peak Semenovski 4082 m, Freshfild Peak 4118 m, Bashkha-Auz-Bashi 4471 m, Peak Sella 4329 m, Peak Warsaw 3926 m. There are other spurs of the massif, but the approaches to these areas are quite long and require more than one full day, if we consider as a base camp Bezengi huts.



Besides the fact that the Northern Massif includes much more tops in the surrounding area there is also many more amount of sites, places optimally suitable for the organization of the intermediate (in a number of variants -summit) camps, and so because of that they are regularly used, and "equipped" with flat ground for under the tents with walls made of stones safe from the wind (more details – a little below). Also, the "difficulty" of climbing here is much higher than on Bezengi Wall. Here, along with the routes ED + complexity (including to the five thousand meters of the massif for which there is no simple one-day options) has many peaks with routes of easier categories which can

be climbed in one day. Whereas all options of the ascents to the summits of Bezengi Walls are expeditions including one or several nights on the route.

Photo: Koshtan-Tau 5152 м.



Map of Northern Massif



There is also one more beautiful massif here - **Korgashilsky ridge**, which stands on the left bank of Bezengi glacier in its lower half, forming the board of Bezengi gorge. Through the passes of this ridge are some trekking routes, on its grassy slopes are periodically held competitions in sky-running, from it runs several tributaries of river Cherek-Hulamskiy. However, it does attract attention in the climbing section (from this eastern side), because of its "dilapidated" of working surfaces, as well as because of standing next to the mountains more suitable for technical climbing.

Photo: Korgashilsky Range at sunrise.

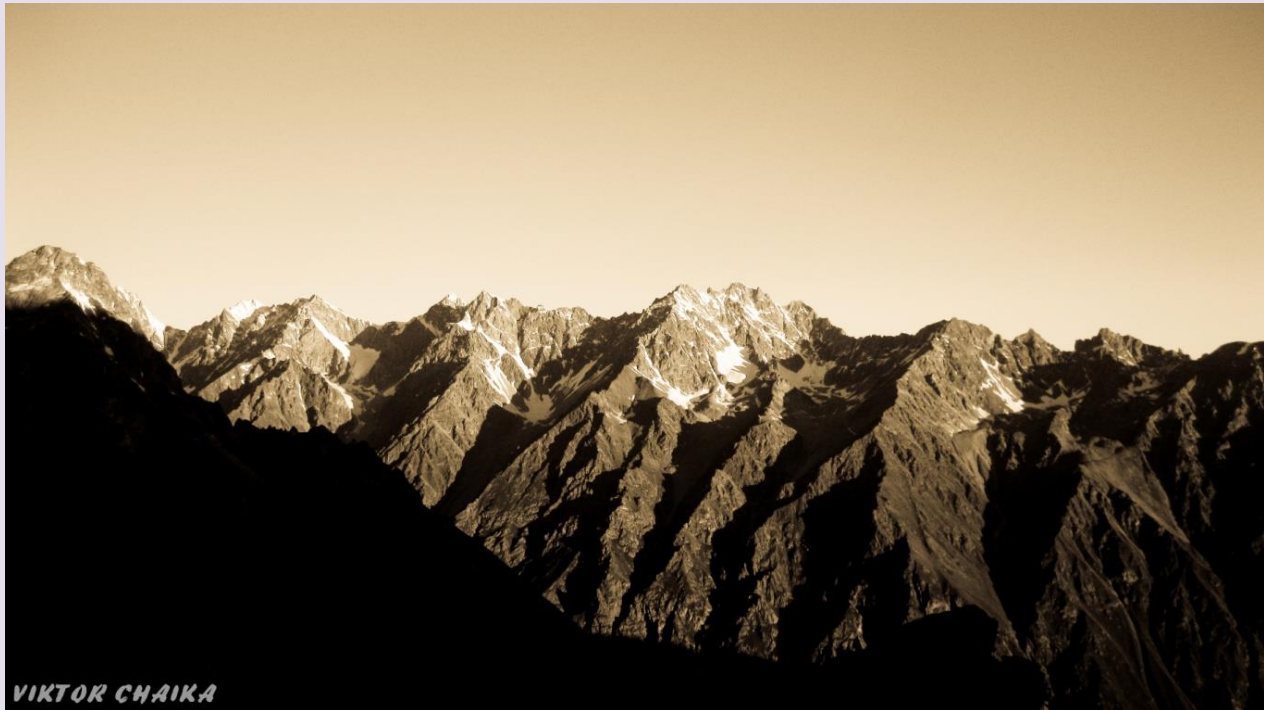


Photo: Korgashilsky Ridge in the evening.



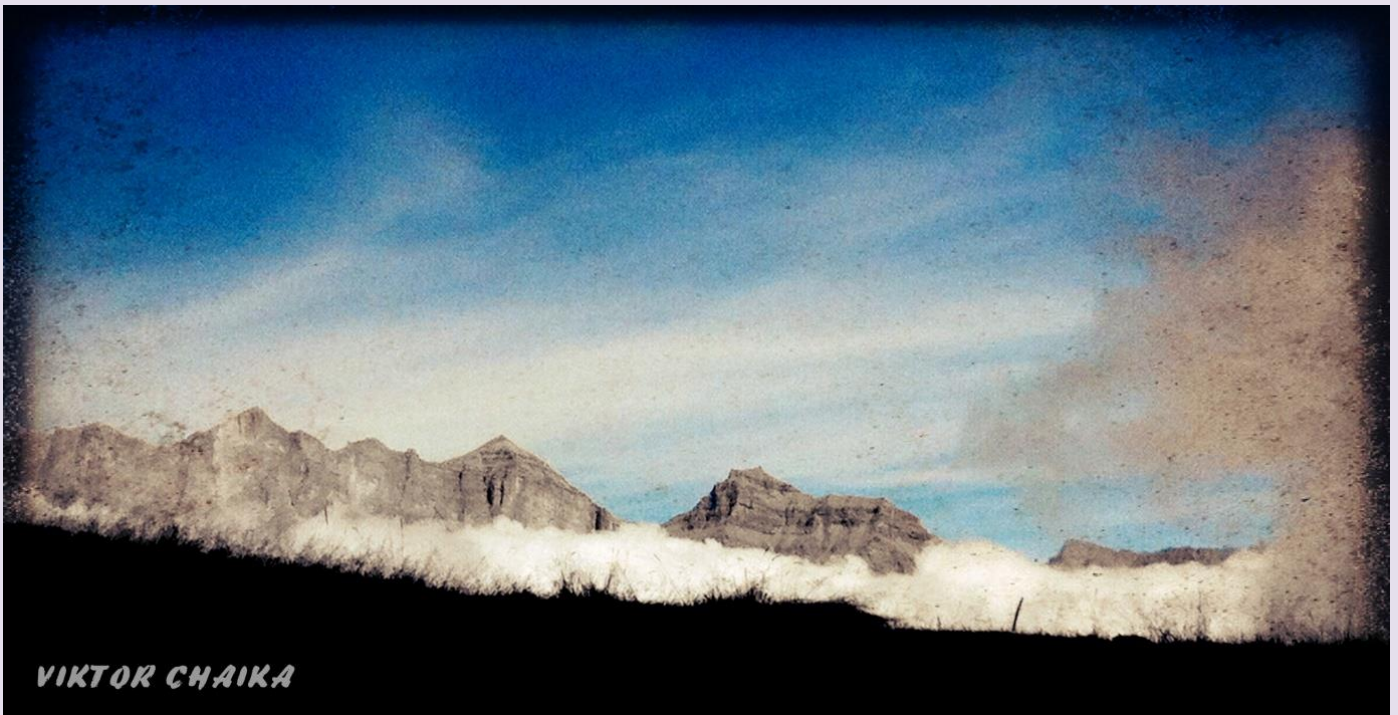
Climbing on Bezengi mountains can be divided into one day or many days trips. All the fun that on most of the local four-thousand mounts can be managed in one day, at five thousand meters mounts magnifies and prolongs to several days, turning into a life on the mountain. On the four-thousands the main technical part of the route goes on the light, with only the equipment that will be needed on the route (but there are exceptions, for example: Misses-Tau, Krumkol, Tikhonov peak, etc.). Five thousand meters mounts are climbed with intermediate overnight stays, and so much of the technical part of the route is overcome with backpacks, in which everything you need to install the summit camp and life in it (20 kg + -).

Photo: overnight at the North Ridge of Dykhtau 4120m.



In general, we must conclude that absolutely any mountain, located in the area, calls for a very serious attitude and sensible preparation.

Ak-Kaya. Rocky Ridge.



Ak-Kaya - "White Rock". It would be unfair in the story about mountains of Bezengi Gorge not to mention another area of attractions. This is a huge rock massif Ak-kaya (Ak-kaya - Kara-Kaya, but for Bezengi gorge you can consider it a massif of Ak-kaya), which is fraught with enormous potential in the rock climbing class, not discovered at the moment. The emphasis of this description - the mountains of the Greater Caucasus Mountain range belonging to the district, and adjacent to it. But, in general, it should be understood that the Great Caucasus Range and "comrades" is not all the mountains of the Caucasus. The whole mountain system is divided into five ranges, running parallel to each other. Starting from the foothills, and ending with the Great Caucasus Range. Rocky Ridge forms mountains of another kind – Cuesta, with steep southern walls and sloping northern slopes, some of them - have a plateau at the top (for example: Kanzhol and Bermamyt), some of them (including an array of Ak-kaya - Kara-kaya) have the form of a detached ridge.

Photo: Ak-kaya and Bezengi Wall, view on the way from Nalchik to Bezengi, October. In summer there is no snow.

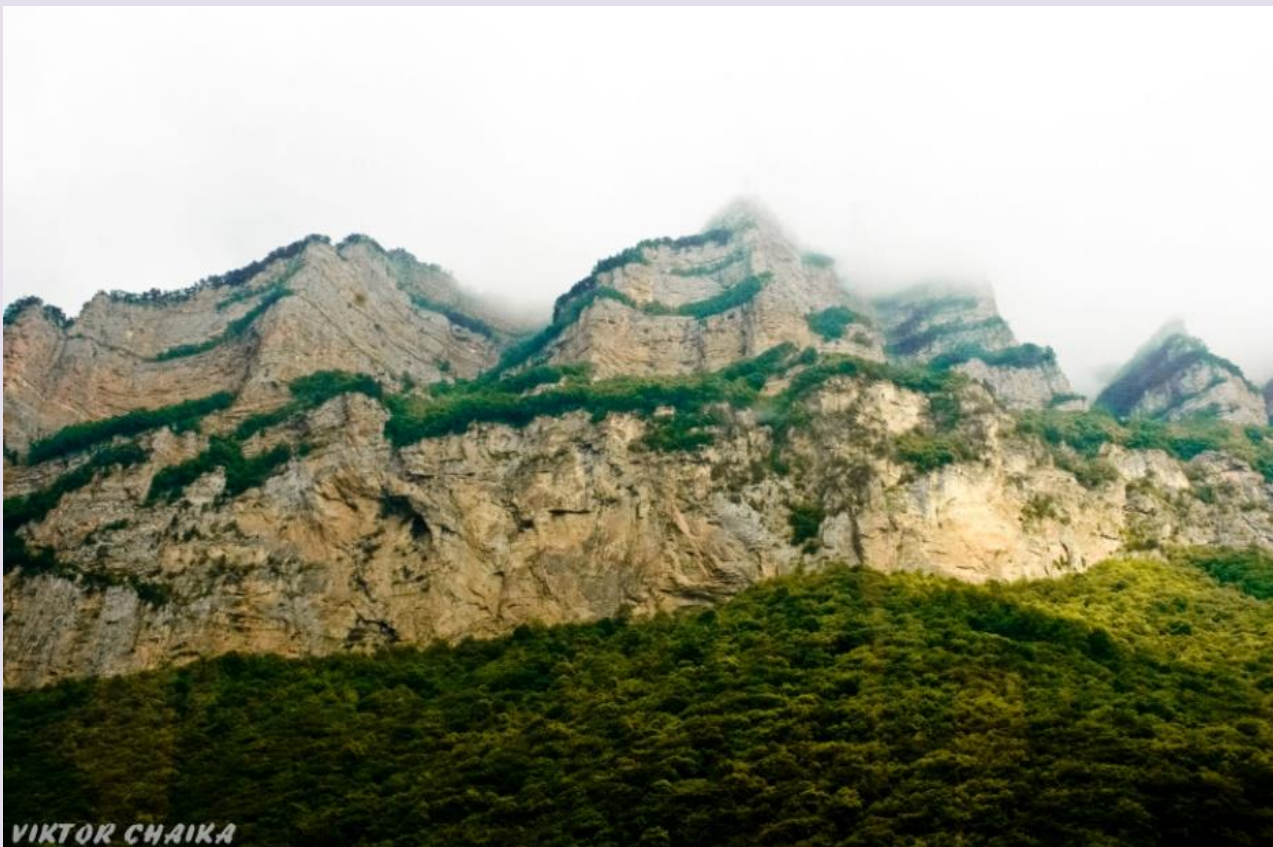


Often, the rocky ridge is cut by rivers forming canyons. The crests of ridges are composed of limestone rocks (hence the place name is "White Rock" translated from local language), so karst processes create reliefs and shapes of great beauty.

Photo: Canyon Cherek-Khulymsky, on the left - wall Ak-kaya, the view down to the gorge.

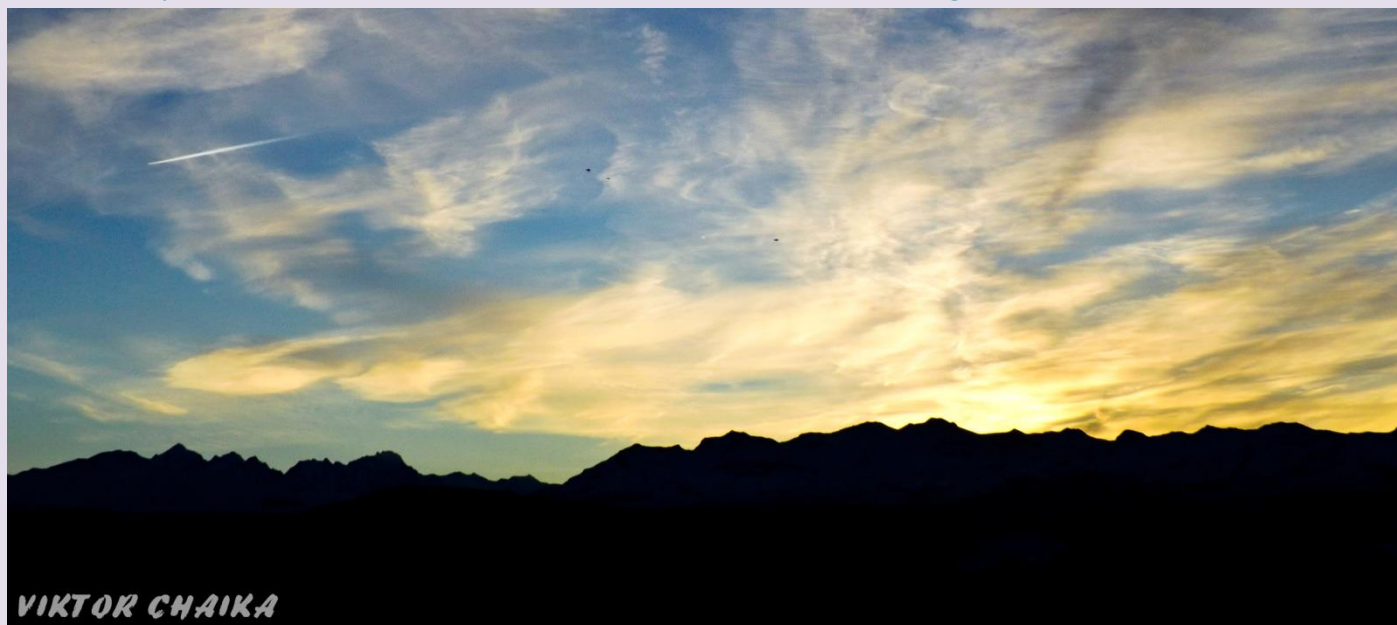


Photo: Walls of Ak-kaya over the road in the valley Bezengi before the village Bezengi.



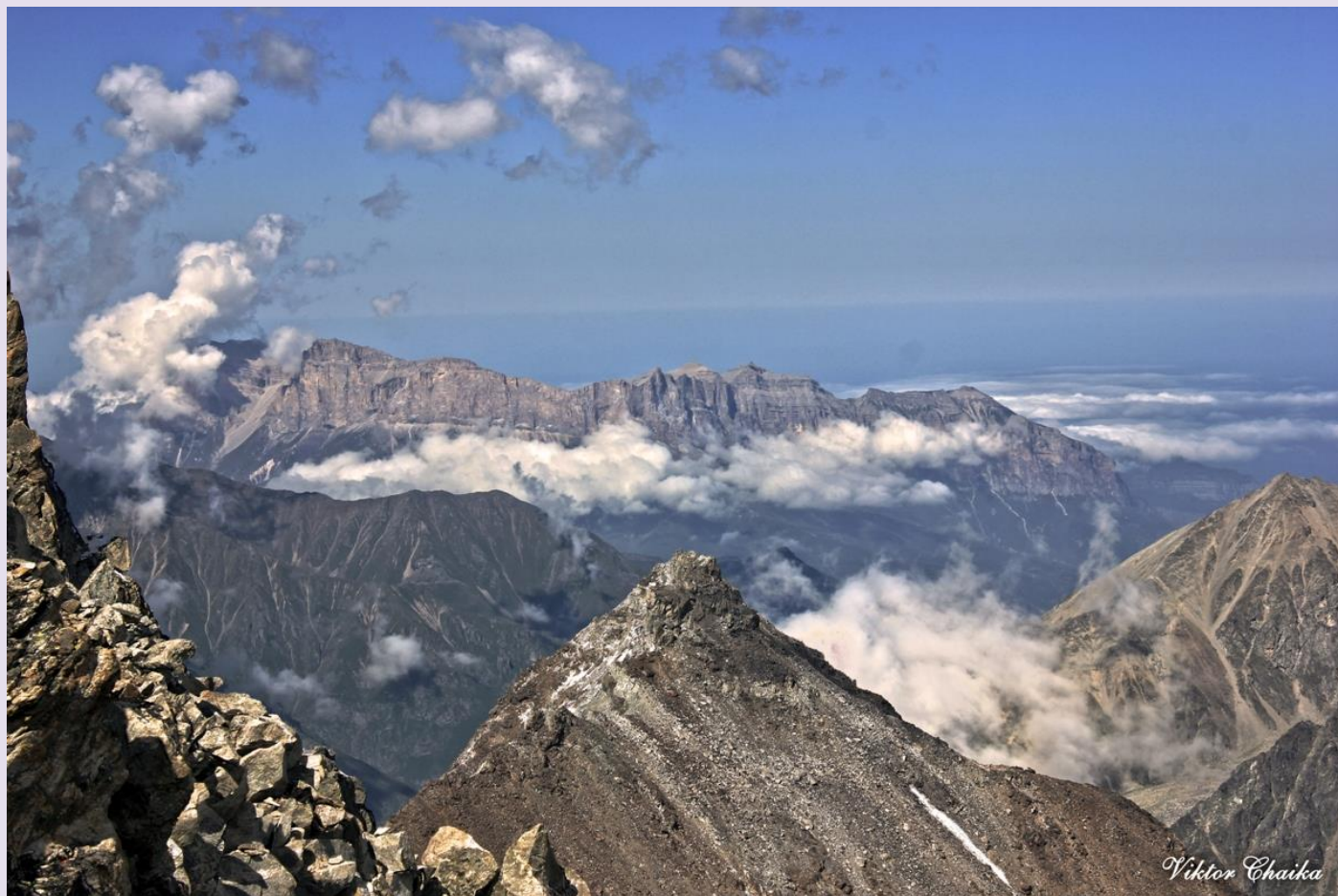
Ak-kaya attracts the eye first of all when you look from Nalchik to mountains direction.

Photo: Ak-kaya at sunset, view from Nalchik, December, on the left seen Bezengi Massifs.



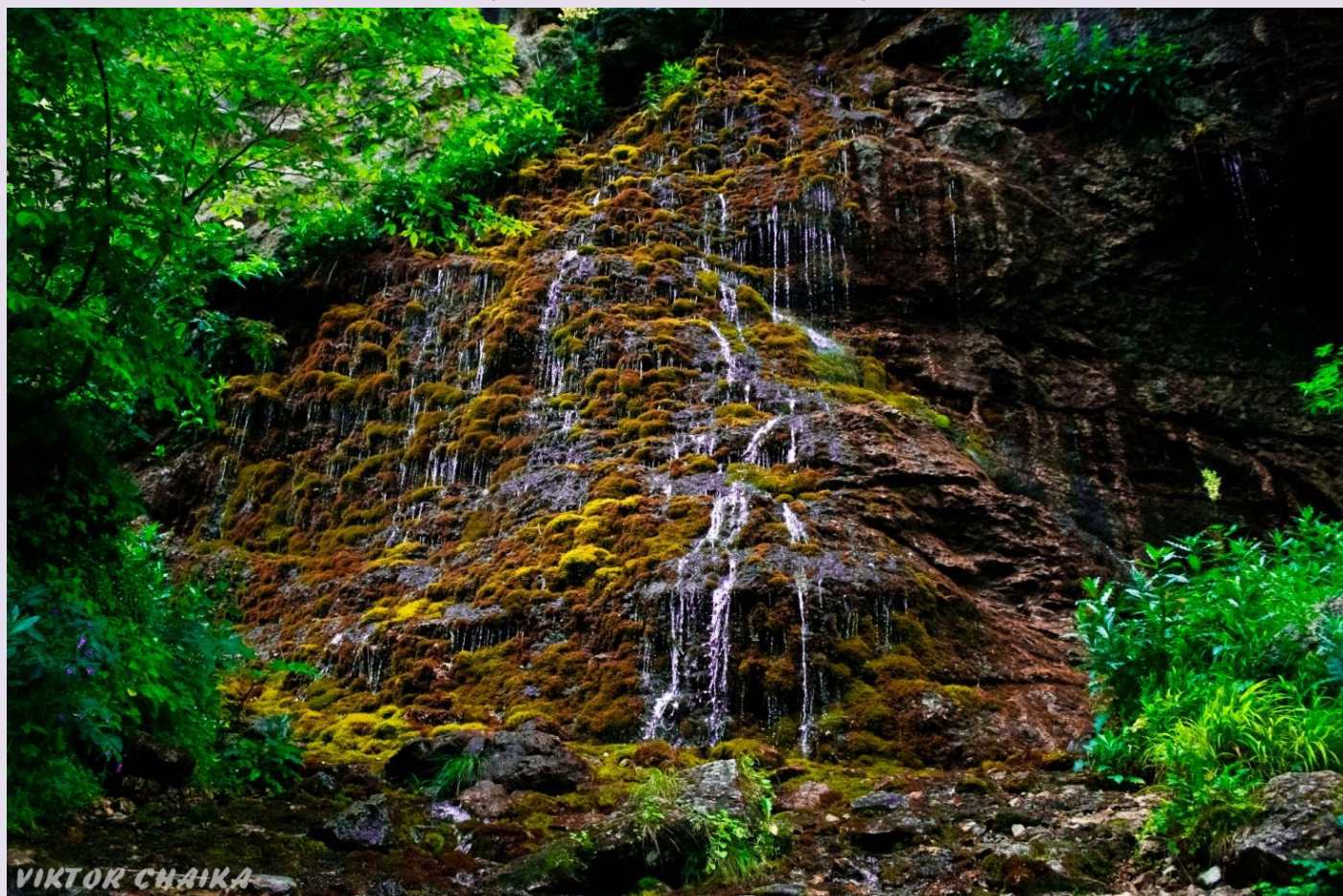
Ak-kaya is visible from the side of the gorge Bezengi. Also, it offers great views at the times of climbing on Bezengi Mountains.

Photo: A view of the massif of Ak-kaya from the North Ridge Dykh-Tau, in the foreground - Brno Peak 4110 m.



When you go from the plains to Bezengi, before consciousness will plunge into shock overlooking Bezengi rocky-ice mayhem, first it stuck with sharp edges of Ak-kaya - the road runs right under its walls, from which exudes a small source.

Photo: "Maiden's Tears" Source in the canyon of the river Cherek-Hulamsky.



Base Camp.



This description of the area is made taking into account the fact that all the ways to these mountains start from Bezengi Gorge (although if you want to, for example, climb Bezengi wall you can climb from Georgia side too, and to



the North Massif it's possible to approach from Balkaria or Chegem canyon). One of the factors, actually, is that this is the most logical and safe approach here. Partly on the consistency and safeness affected the establishment here in 1959, climbing camp. Since then, the camp has developed and continues to develop; it can perhaps be called, at the moment, high-altitude camp with the most developed infrastructure among other similar in the Caucasus. It allowed him to become now not only an excellent base camp in these mountains, but also a self-contained holiday villages

in the mountainous area. To this place, together with climbers, from young to old, come also just people who want to rest here, including children, for whom periodically created special programs and conditions.



Nowadays of plain bustle periodically worsening by the rapid development of scientific and technological progress, leading more to the moral, physical and spiritual degradation of society than to its high development, this area of life in these beautiful mountains - a unique place, filled with the true essence, beauty and the true values of human communication. Today Bezengi climbing camp became a small town located in the epicenter of the greatness and power of the Caucasian nature. Incorporating all the essentials of the achievements of civilization, it is a great place for life, and for

the organization of mountaineering activities in the area.



The camp is located at an altitude of 2200 meters just above the confluence of the rivers Cherek-Hulamsky and Kundyum-Mijirghi.



Nowadays, in the base camp available always hot shower, a dining room, a shop, a warehouse, a shop with clothes and souvenirs, three bars, a café, sauna, laundry, room for drying clothes and things, a medical center, control-rescue station, the Internet, mobile communications , rental of equipment and clothes. In one of the towers created



a unique ethnographic museum ([on photo](#)).

Accommodation conditions are different: rooms of different sizes and degrees of comfort, and the tent camping, and even the huts - special Balkarian local housing ([on photo](#)).

The atmosphere and the attitude of the camp staff always have exceptional color of friendliness and hospitality that are here in the Caucasus, as unique as these mountains. Perhaps the most true

characteristic of this corner of humanity is this: here always feels like home ... And sometimes, much better than at home ... It has everything you need and nothing is superfluous..



Travel time from Nalchik to camp - on average, about four hours. Before Bezengi village is asphalt road (only Babugent site - Kara-su at the moment is a grader). The most complex and slow site of road - directly from the village Bezengi to the camp, there is no coverage, and it's a dirty mountain road.

Approaches



Alpine camp "Bezengi" is certainly an excellent base camp in this area, but in order to go up to any of the tops, the organization of intermediate camps on prepared for it places is needed (there are plenty of it), and on difficult mountains - on the routes also. To most of the more popular camps are going readable and logical paths, but on the whole the approaches - long and often exhausting not less than the ascent itself. The most used summit camps are located in a kilometer or little more (1 to 1.2 km) above the base camp.

Photo: The approach to Austrian overnights camp, Bezengi glacier.



Reaching to such camps with adequate backpack as the 3900 (Koshtan, overcoming glacier) or "Russian Overnights" (Dykh-tau, impenetrable bulk steep couloir) - it does quite decent self-contained adventures (despite the subsequent multi-day work on the mountain).

Photo: Moraine of Glacier Bezengi, the group returns from Austrian overnights camp.

Photo: Russian Overnights camp, under the route "Dykh-Tau North Ridge."



But even to the "available" camps it happens that not all can reach them in one day. An example, the Austrian overnights, to which about 14 kilometers, most part of which passes through, though flat, yet not very convenient, glacier Bezengi. But, of course, if you look at all this through the eyes of a painter, it is "stunning, beautiful approaches. Here - waterfalls, there - beautiful stones flew, flew very romantic; here - mountain goats walking, the birds fly, flowers grow, river streams, and all other unique. And there - beautiful blue ice on grand broke of the

glacier. If not for the backpack, and not even half way in front and not abruptly flew Armageddon from Georgia side, it would be simple heaven and very artistic place - sit down, and paint a masterpiece ".

Photo: [on the way to the circus Mijirghi](#).



Camps

Under the camps should be understood a place where there is water nearby in the immediate vicinity and the area for under the tents, in most cases (if necessary) "staffed" by windproof walls of stones. All the water on all camps here is the melt water (glaciers, snow).

In addition to the base camp in the surrounding area above, there are four stationary buildings, huts of varying degrees of suitability for an overnight stay and living. Next to them, there is always a place for tents, huts locate on camp places. Do not plan a night in them, because it may not be possible, due to lack of availability. These "free" huts, and who first come - and he won. Always should be planned the installation of tents and if the hut is not occupied, it can eliminate the need to install it.

Ukyu-kosh. 3200 m. The biggest of all the huts, there are bunk beds, here can accommodate several groups with all things, so because of it the chance to spend the night here is very high. Located on the way to camp "Warm Corner" 3400 m. The distance from base camp 2-3 hours.



Misses-Kosh. 2450 m. This is the first shelter in the area, it appeared long before the climbing camp "Bezengi" was founded. And it was the only one in period of development of the area. Now there is rarely spend the night in it, as the routes going directly from it not a lot, but it is completely suitable for life. Nearby is climbers cemetery. The time from base camp - about 2 hours.



"Austrian overnights" 3250 and hut "Jangi-Kosh"



Perhaps to stay the night in "Jangi-Kosh", compared to other huts, is the least chance of all - it's the main starting camp to Bezengi wall, as well as on tops of the North Massif and its spurs on this side, so in the climbing season the hut is often busy. However, on "Austrian Overnights" enough places for tents. Nearby you can have ice trainings (on the Sella Glacier or Glacier Bezengi). The way from base camp - 6-8 hours (about 14 km).

Photo: Tent camping on "Austrian Overnights"

Photo: view from the Austrian Overnights to the glacier Bezengi and Bezengi wall.



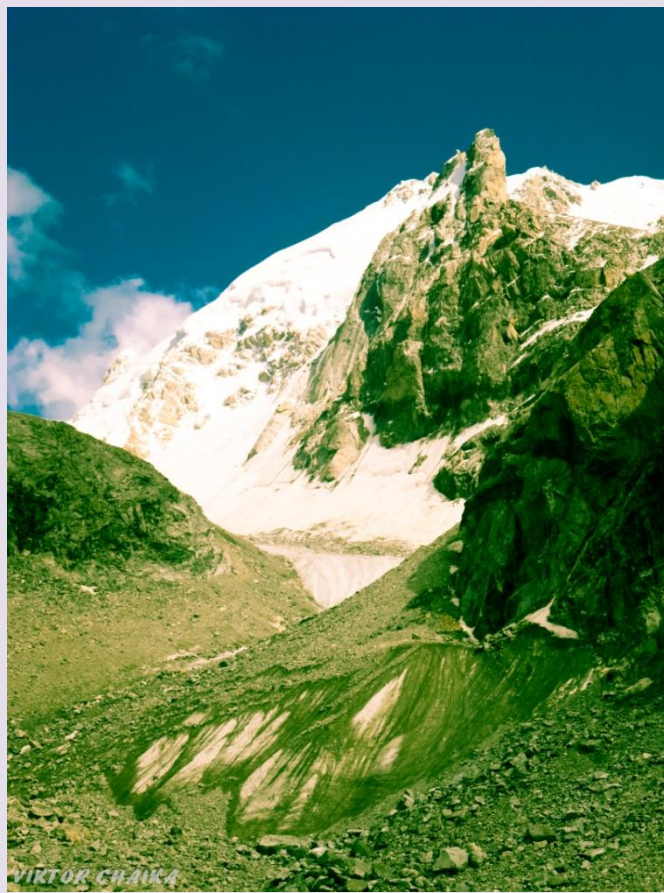
Camp "Football Field" 2880 m.



Convenient glade in pocket of left-bank moraine of glacier Mijirghi, very close - icefall, on the ice can be carried out trainings. There are places for tents and a little further down the path also. In the dry season it is quite possible to go until the water, but it is always there a little further - streams flowing out of the lake, which is located above. A good view of the north wall of five-thousands mounts. Walking time from the base camp - 3-4 hours.

"Warm Corner" and the Hut "Golubyatnya" 3436 m. These places are very convenient to install camps. There are many places, walls, stone "chairs" and "tables", the water nearby. In view of the successful location the sun shines longer here than on other similar camps. Walking time from the base camp - 3-5 hours. Here is another hut - "Golubyatnya", in the peak season is used by rescuers, it is small and can serve as overnight, perhaps, only in spare time from massive alpine events here.

Photo: In "Warm Corner".



"Kursantsky overnights" 3400 m.



They are located near the peak of Kursanti and Brno. Suitable for acclimatization purposes, as well as on routes to the peak Kursanti, the peak Brno and Misses-tau on the northern ridge. The view from here to the circus Mijirghi and on the North walls standing nearby five-thousand meters mountains is very good.

Places for tents are located directly on the banks of the subglacial lake. Walking time from the base camp 4-5 hours.



"The Popov Overnights" 2795 m.



Located on the filler meadow on one of right tributaries of Kundyum-Mijirghi River, which is located in the pocket of the right bank moraine of the glacier Mijirghi. Meadows here in due time - very monochromatic, but occasionally water pours from a stream can reach up tents. Quite a paradise place, even if you don't climb anywhere.



Location is quite promising in terms of acclimatization. It is close to the lower level of the glacier Mijirghi and there can be made efficiently ice training.



There is also plenty of good boulders, which can be used for bouldering. This camp area - intermediate, hence it is impossible to make a logical climb on any peak.



Overnights "Dumala" 3850 m. Located on the right bank moraine of the glacier Small Ukyu in its upper reaches, almost near Ukyu Pass (3897). The camp is less size than all of the mentioned above, but it has enough space for it needs, it has enough places for tents even for several medium-sized groups. Water nearby, streams flowing from Ukyu.



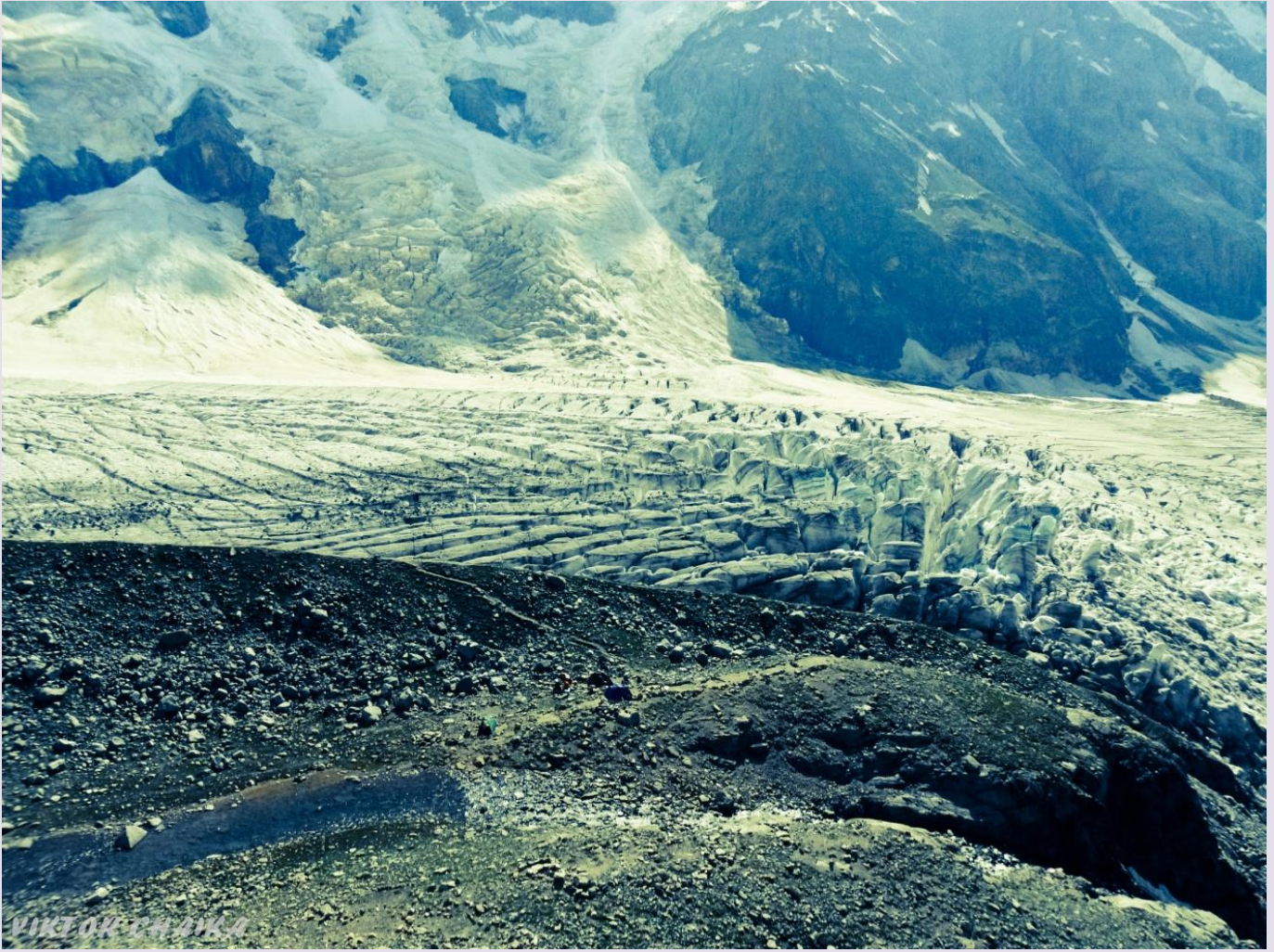


It is convenient from here to climb Dumala, peak Ural, Archimedes and Ukyu peaks. Walking time from Base Camp - 4-6 hours. The path till here goes through Ukyu-kosh and "Warm Corner" camps, and then part of the path runs along the gently sloping glacier Small Ukyu, with due skill passable in a normal trekking shoes without crampons.

Overnights at 2977 m. near icefall Bezengi (Bezengi glacier ice fall camp). Locates on the way to the Austrian Overnights by the lake at the end of the right bank of the moraine pocket (at the beginning - in the course). Camp - intermediate (from here you can climb only Semenovski Peak).



Nearby is monumental correct form icefall of glacier Bezengi. Walking time from the base camp - 4-6 hours



Weather.

The sun, when all is well, is very bright and warm exclusively. Due to the dryness of the air it is not perceived as hell hot. In the morning, at the time of the ascent, at high altitude, even in the height of summer, on the route is most often - subzero temperature. Again, due to the low humidity it is overcomes easily. However, it should be remembered that the temperature (even in summer) at a height of 4000 (and above) can drop to -20 degrees. If also the wind got stronger, frostbite can become a harsh reality, and it can become a problem before returning to the base camp, as on most routes working hands are crucial for tasks, movement and most importantly - the descent. The extremes, which we mentioned at the beginning, are all around here. Weather - is no exception. If the sun - the Sun with a capital letter. If the storm – that, too, everything is very monumental and charismatic. It should be especially noted Bezengi rains. They can be called the hallmark of the local weather, the same as for these mountains is Bezengi Wall.

If the sun is shining in the morning and in the evening – worsen, it's a good weather in this area. If worsening is continues all the next day, and maybe more days, all the same, in principle, not so bad. Because when even falling stones from the sky- this is also quite normal weather. It is severe and capricious, unstable and can be unpredictable. Here - the highest part of the Main Caucasus mountain range - Bezengi wall. And, often, it is locally implement its

own desires in the distribution of air masses, the wind and rain as it pleases, regardless of what's going on in the world. The contribution to the general cataclysms periodically also makes heavy Northern Massif.

“It was a great sunny day. But abruptly came thunderstorm, hail full bowls as peas. An hour later, the sun came out, and in half an hour all melted, and became as before”.

Flora and Fauna.



There are more than a thousand species of plants here - grass, flowers, shrubs, trees. Several dozen species of them - are found only in the Caucasus. During flowering meadows turn into a palette covered with paint in the most daring combinations and contrasts. Many plants are good as tea.

In the groves around when the time comes, abundantly grows mushrooms, which can also serve as a nice addition to the menu of climber. From berries here there are cranberries, strawberries, raspberries, blueberries, often all that can be found next to the trails when walking or transitions, or just coming over the fence of the camp. The main forest area finishes a little below the Base Camp, but next to it there is quite a large grove Mystlyar located in the North slope of the Brno massif, a five minute walk from the base.

Photo: Grove Mystlyar and River Kundyum-Mijirghi near the base camp.



Photo: Vegetation on altitudes of base camp.



The most notable phenomena in the animal world is certainly **Caucasian Turs**. They are not afraid of humans and can serve as an excellent target for observation and photography.



If, for example, in the Elbrus region guessed their existence only by the presence of traces (because they avoid people there), here the presence of Turs can sometimes become a particular problem - they are brave enough that periodically you have to defend from them the tent with victuals. The being of Turs on camp places - the same usual



as climbers camp, however, no shoes set foot there, where already many times trod their hooves on the steep rocks - they are out of the competition.

Also occasional companions of the people here are stoats. All mustelid family differs by indomitable courage and bravery, and it happens that the sausage from tent is disappears "itself". [Photo: Stoat on "Popovski overnights"](#).



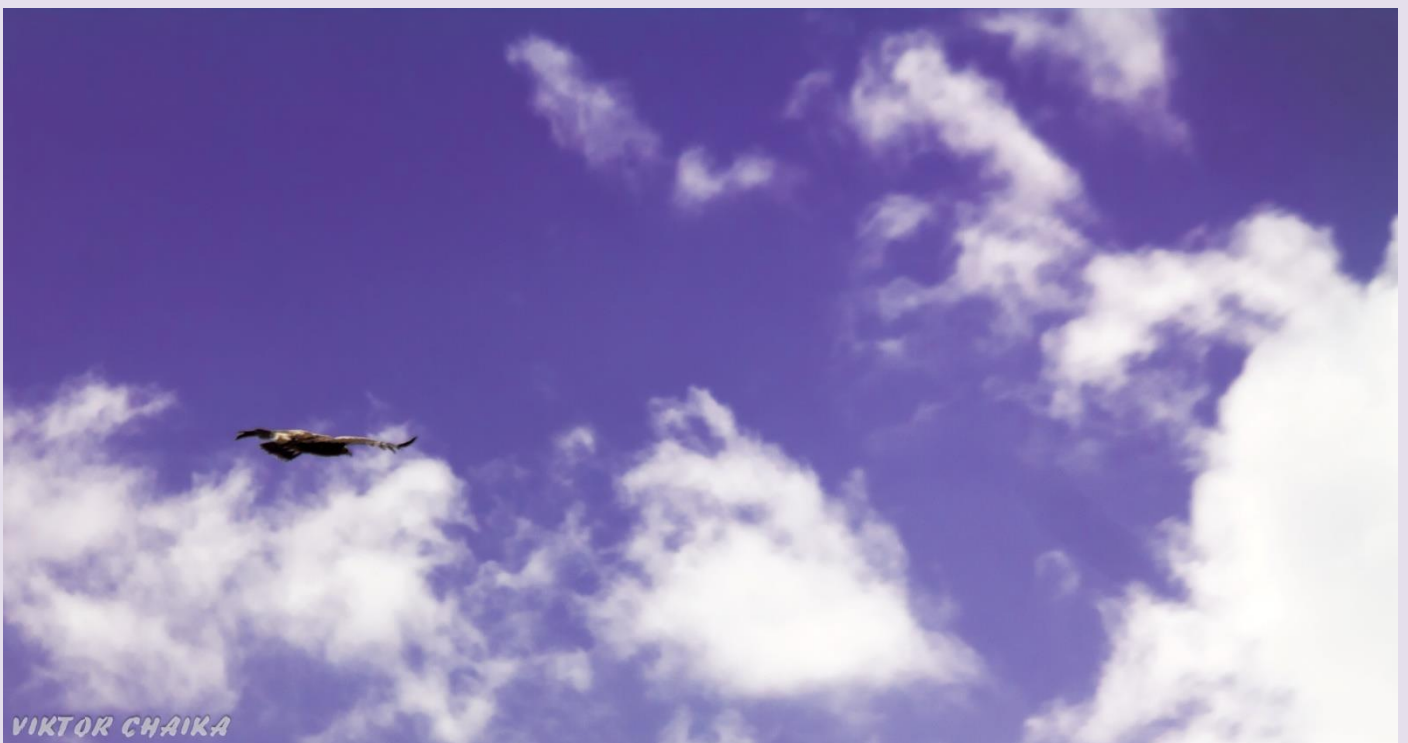
Of the birds, which can be periodically contemplate here, we can distinguish mountain jackdaws and snowcocks (both types - frequent inhabitants of these places) [Photo: mountain jackdaws and young Caucasian Tur.](#)



From the large birds of prey, if you're lucky, you can sometimes notice here the griffon vulture and bearded vulture. Lammergeyer, or vulture, a rare bird of prey from the family of hawk with a wingspan of up to three meters, the only representative of the kind of "bearded". [Photos are made in Bezengi, in the valley of the river Dumala.](#)



Griffon Vulture. A large bird of prey with a wingspan of up to 2.7 m from the kind of the Vulture. Scavenger. Watching the flight of these natural gliders is like meditation.



Insects the most visibly are represented by butterflies, which are found in grassland areas, and at any height on the routes, adding color to the landscape.

At night, close to the tracks can be seen firefly lights. Mosquitoes and biting midges are not found here. The permanent workers of grasslands are also the bees. Honey produced by them, can be bought in the apiary, which is usually located on the way to base camp, between it and the village Bezengi.

Photo: Butterfly on a glacier in a circus Misses-Tau about 3600 m



Season.



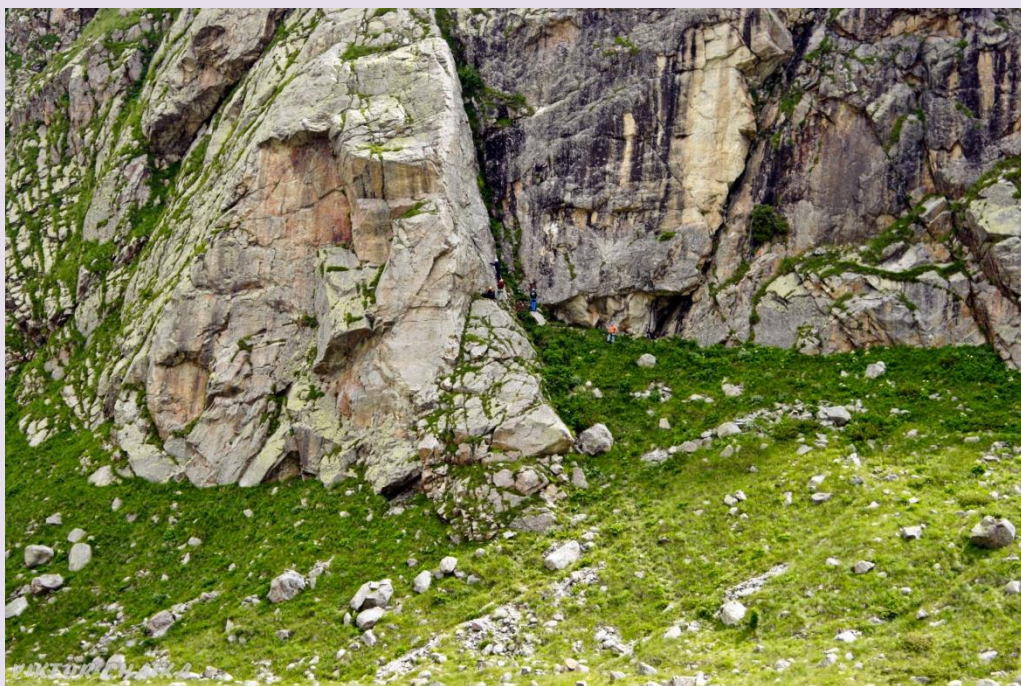
It is considered that the best time is July - September, winter snow has gone; it's hot, light day is long enough. In October, here, too, it can be quite adequate. It is believed that even September and October - the most stable time, when everything that could go down – has gone, all that could melt - melted over the summer. This is so, and not quite so. In recent time one year is different from next. In September may fall a lot of new snow, which will create additional difficulties in the form of difficulties of movement along the route, and in the form of avalanches. Year by year, the best time for climbing in this area were in different periods, but in general, if you generalize, July-September (October) can be considered as optimal. Some experienced climbers moreover consider the best time for Bezengi massifs – winter time, due to its more stability, both for the weather and at routes. There is another factor to consider when planning a trip here, it's - the length of daylight. In the summer - it is the longest, and if at that time at nine o'clock in the evening you can still walk without a lantern, if smth happens, in the end of September at seven o'clock in the evening you do not see anything and the same is for the start time in the morning.

Trainings.

Preparation to the mountains consists of two main directions: physical and technical. The value of the first - is significantly higher, because if the lack of skills or knowledge in technical terms can be resolved by the forces of the guides, the lack of proper physical training is not so easy to correct. Down on the plain it should be paid close attention, time and energy to optimal and reasonable trainings, to train here in mounts is too late. As for the technical aspects, everything is much easier and faster - skill is developed incomparably faster than any of the key physiological indicators. To tie knots, for example (even with one hand and in the rain), you can learn very quickly, but to reduce the resting heart rate by five or raise ANSPs to ten strikes - it is a huge work, daily, weekly, year-round. To develop immunity when you can't be sick in principle - is the work of many years. Any of the movement skills necessary to climb in the mountains - can be learned quickly and easily, and once you understand the essence, it is not necessary to do this every day. Physical form (in the broadest sense) - this is the way of life. The harder you feel - the stronger you become the more comfortable life you choose - the more you become weaker. Physical activity should be on the line of everyday needs, akin to food and sleep.

The limiting factor in the mountains will always be the health and physical training, rather than technical skills. Most of the mountains, and Elbrus, and other similar, was first passed in the days when there was not really developed the skills, nor the modern fashion for adventure, or anything else, what they like to scare the "kids" when it comes to climbing. All that really was - a desire, backed by good health, due to a better environment and more physical activity in everyday life, and the mountains and climate - have been significantly more severe. Since the time the marketing and laziness did their job, adding points to the treasury invented by man, taking points off of his nature. "Technology" - invented by people, "physiology" - came up with Nature, it is perhaps wiser and stronger, and the last word - is also hers.

Therefore, summing up the given ideas: the most responsible attention should be taken to trainings "at home". Periodically, it should also be paid attention to the technical "specialized" classes, if there are places for training (rock, ice and snow). Mountain climbing is popular in many regions where the direct object of its application is not present, but it is not a problem, because both it and the other can before "mountclimb" part of the alpine events,



conduct training part, in order to refresh memory of techniques of climbing activities.

There is good rock sector here, suitable for rock trainings, and to work in a climbing manner.

Explanatory there are broken through many routes. There are multipitches, various forms of relief, a few sectors.

Photo: Training Ayu-Tash rocks near the base camp.



On the ice and snow you can practice by going later to the intermediate camps. This can be done either during the acclimatization, either directly in the program of climbing.

Photo: ice training on the glacier Mijirghi



Risk and Insurance.

Climbing in this area - it is a real risk and a threat to life. Yes, who does not risk - that does not live, but who is dying - he does not live too. Do you want to live beautifully - Risk beautiful. Firstly, it is good to know before you plan the alpine events, in the second, it should be the most responsible way to treat obtaining effective adequate insurance. As practice shows, the majority of foreign groups coming in the Elbrus region with the aim of climbing Elbrus, have insurance for the most part, only as a necessary document in the list of documents for travel. When the insured event occurred, and it is necessary to use the insurance for destination point, in the majority it does not really work, because that was done initially to recruit the necessary papers, not for salvation. So, planning a trip to Bezengi, care should be taken that the insurance would work the way it should be, if anything happens. In particular, to enable it to cover the use of the Emergency Situations Ministry helicopter. It simply enough to break a leg somewhere in the wilds of Bezengi massifs, or catch the stone by head to create a lot of problems to yourselves and rescuers (who "without helicopter" option will go with their feet, and it is - at least a time). Let it is better to be a problem of the insurance company.

Photo: rescue work in Bezengi



Permits.

All of the above mentioned mountains and all the surrounding sceneries, together with the base camp, located on the territory of Kabardino-Balkarian State Mountain Reserve, as well as in the Border zone strip (Russia - Georgia). Therefore, for legal residence here, and freedom of movement, two permits are needed: one in reserve, the second - in the border area. You can get them in two ways. You can apply directly to the border agency (Nalchik), and the reserve administration (Kashkhatau village), or send your details to our company and do the two passes at once (for foreigners – the border permit is made in 2 months). The second option for foreign guests the most convenient, because all the necessary data can be sent by e-mail. The permits can be picked up on arrival at Nalchik. Permit can be in two forms - individual and collective (for groups).

Trekking and hiking in the area.

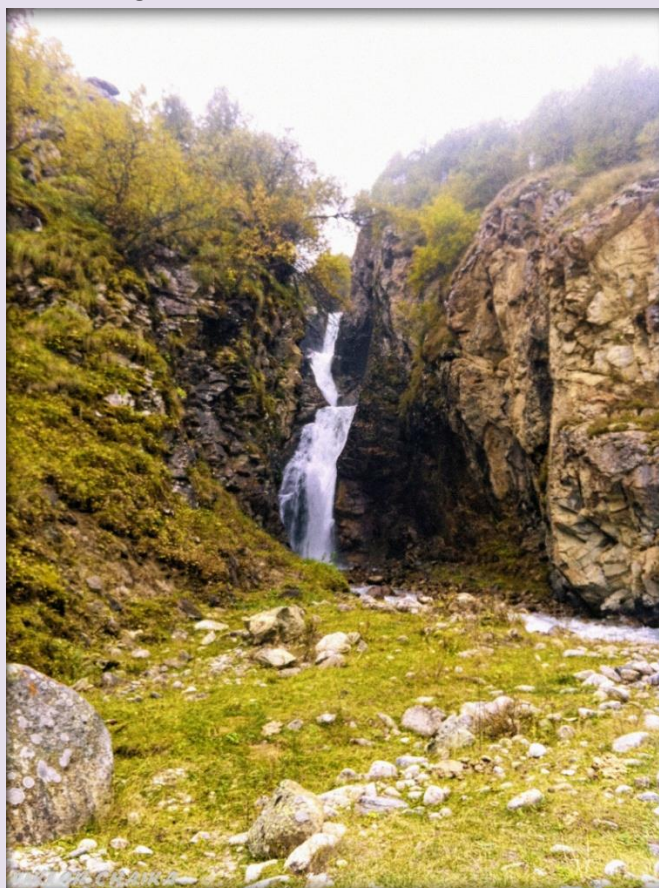
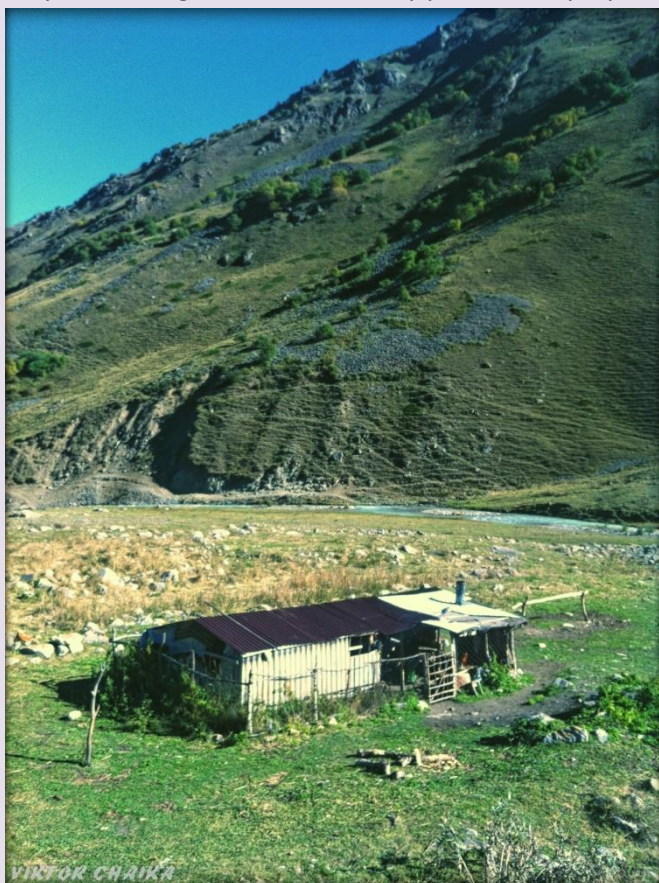
Neighborhood Bezengi Valley and the surrounding area - the perfect place to organize trekking of varying degrees of difficulties. In the adjoining gorges, in addition to a variety of natural attractions and monuments can be found human diligence, picturesque milestones in the history of the local people. Remains of ancient settlements, sheepyards, menhirs - is as much a part of the landscape, as well as the surrounding meadows and mountains.







To the landscape will certainly add charisma graze throughout the cows, sheep, yaks and facing periodically Cauchy of shepherds from whom you can always get mountain food - cheese, bread, ayran which is untranslatable, is more spiritual food, which is called "chai-may", "kartoshka-martoshka ". Perhaps the opportunity to talk with shepherds - this is an opportunity to look at yourselves, your lives and your notions another way, and this opportunity should not only not be neglected, but in every possible way try to take advantage.





The uniqueness of the area, as well as the possibility to choose the route of varying degrees of permeability, make the area very interesting for trekking and hiking. Gorge Bezengi connected with the neighboring gorges – Balkaria and Chegem - with mountain dirt roads that pass near the village Bezengi (from East and West, respectively). If traveled by proper vehicle these areas may be the objects of one day trips.



Here, each of the main canyons – has its own face and attractions; also, all minor gorges differ by something its own, unique, what, at times, could not immediately explained, but once you understand, cannot confuse it with any other.

All this will certainly be interesting for those who like mountains, but who do not need the harsh climbing routes and standing on tops.



VIKTOR CHAIKA

Metaphors.

A few thoughts about where necessary, and where may not be necessary to go, particularly when applied to these mountains. The metaphors and parallels.

Many people, mountain climbers, in a conversation about massifs Bezengi first of all try to mention the local five thousand meters mounts, and that they are certainly needed to climb. And even better - to climb on everything at once, and as fast as possible. If with irrelevant sensibly, and you consider climbing - an art, not a springboard for self-assertion; a religion, not a crowd of fans and followers; textbook, not the magazine, which put a check on the most important achievements in life, it would be nice to understand yourself where you need, and where you do not need to go. After all, if we reject the attempts of comparing ourselves with mankind through methods and criteria of mountaineering, it is unlikely the mark of height above 5 thousand, or less than 5 thousand can serve as a measure of your personal growth. It is unlikely that the beauty of the paintings and invested in its meaning can be measured by the size of the canvas on which it is drawn. Someone may very beautifully and correctly draw the big picture. And someone with just three strokes expresses the essence of a lot more. And thus come nearer to the truth more than the first. Man evaluated by doings. Doings - by the result. Evaluated by other people. There are no other people here. As in the real doings also. The essence of man - is not the doings and not the results. The essence of the man - motives. The cleaner they are - the closer it is to the truth. The less he cares about third-party evaluation - the closer it is to the truth. Mountains, is a stunning, huge, clean world, is perfectly suited for it, to become cleaner and to come closer to the truth, and be with her at the same time. Alone. Try to renounce evaluating someone else, all those who have stayed there far on the plain. All your humanity in this life, here, it's those few people who have to take the same truth as you. A spoon - one for all. They are someone whom certainly does not need to prove anything.

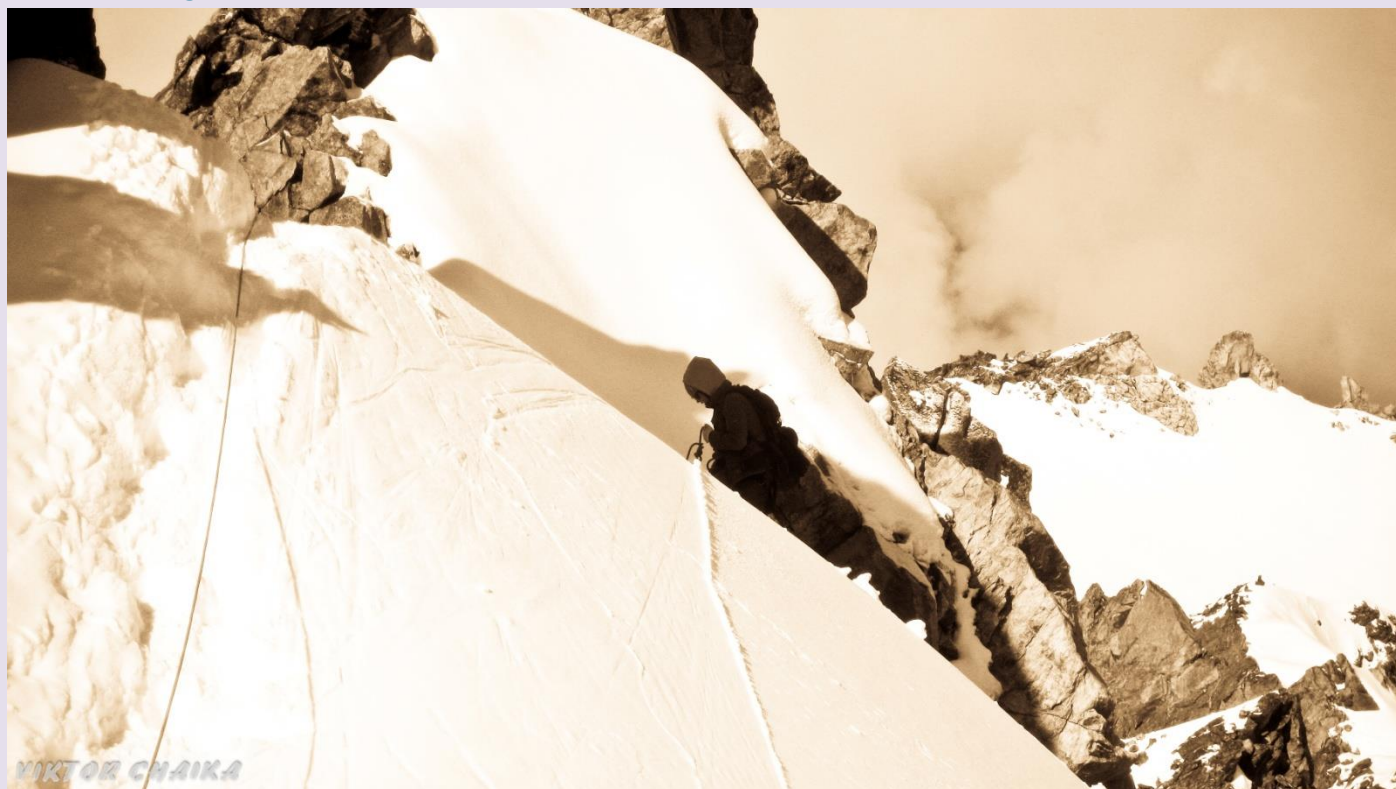
Someone might say that climbing is a sport. In particular, on the territory of the former Soviet Union, is considered climbing as sports. In fact, this is not true. Sport - is a process where people are competing with people on an equal footing, which factor in the victory is better prepared and more experienced in competitions. Conditions for the competition – are the best to identify this factor. Mountains - this is not the place. It is foolish to compete with people in a place where there is a much stronger opponent. Man - is capable of much. He is capable of everything that wants to be able to. But - he cannot stop the wind, he cannot stop the storm, cannot stop an avalanche or rockfall. It is foolish to try at all costs to climb up the mountain, simply because it is higher than five thousand meters, is legendary and considered a good trophy. Up should not lead lust of conquest, but the thirst for knowledge. Not thirst for conquest, but the thirst for discovery.

Let's say you draw fine by pencil and watercolor. You understand the essence. So you decided to try to paint by oils. Something in you asked for it. You can, of course, immediately take a huge canvas, but the process of writing by oil will grab you after drawing of the first strokes anyway, by itself, and why not practice on canvas smaller, yielding a full range of exceptional sensations of oil painting, and then, if you want already monumental canvases that you will not write at once in one day so - take the very large canvas. Suppose you see a beautiful girl. The girl that is not just for hour. And such, the type of which is breathtaking. You can certainly try to go directly to the main proceedings as often happens today. Can. But will you not find it then that you missed something ... missing something important and beautiful ... And, as it happens, if we continue the metaphor, that the club Bezengi – has no bad girls.. There are only worthy ladies... Their height and fame (or unknown) does not need to affect on your communication with them.

Climbing Programs.

Returning from metaphors to straight text. Those who understand what is technical climbing, but was not yet in Bezengi gorge, but really wants to come with the aim of climbing, as the most logical options to explore the area, we have prepared a number of programs of varying complexity. They are built as a climbing event, consisting of two phases - preparation and ascent. This structure is designed for people who already have some technical skills in mountaineering, coming from plain directly here. The preparatory phase includes lessons on technique (rock, ice, snow, as well as the consolidation of the basic skills in the work with the equipment needed on routes) and acclimatization. Climbing steps coming next after it, is comprised of three mountains, which complexity increases one after another, F-PD-AD, F-PD-D+. This is the logical structure of the program, as to explore the area, and for the interesting climbs to the beautiful mountains. The total duration of the program is about 13 days.

Photo: Climbing on Gidan-Tau 4184 m



These programs are also dictated by a certain optimum logistics of movements on the highlands of Bezengi. All three ascents in any of the programs are made from one summit camp. That is, on the whole the line looks like this: classes + acclimatization, then moving into one of the summit camps, living in tents (and all the accompanying), climbing a mountain one-day distance from the camp. All climbing part entails accompanying lifestyle: carrying backpacks 20-25 kg, putting up tents (and keeping them in a state of combat), cooking.

Here are the options of programs (according to the degree of complexity):

“Austrian Overnights”: Peak Semenovski 4082 m F, Peak Dykhnyaushbashi 4044 m PD, Peak Sella 4329 m AD

“Warm Corner” and overnights: “Dumala” -Pick Gidantau 4184 m F, m Ukyu 4334 PD, Dumala 4681 m AD +

“Higher Kursant Overnights” (Circus Misses-tau on the glacier): Peak Brno 4110 m F, Kursant Peak (traverse of both peaks) 3838 m PD +, Misses-Tau North Ridge 4425 (with an overnight stay on the route) AD +.

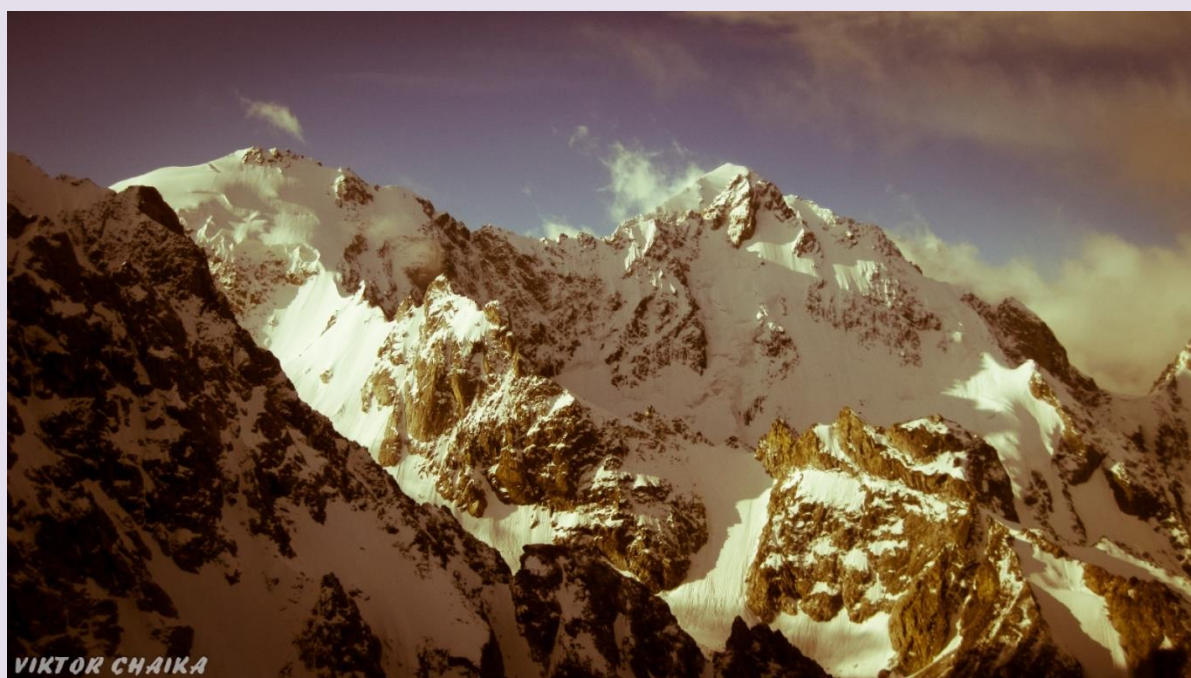
Photo: Camp on ice circus Misses-tau in the background - North ridge Misses-tau - climbing route



The detailed information on each of these programs (with photos and descriptions) in separate files.

Programs can vary, when the weather is good to add another mountain or starting from a particular camp to choose other routes (or mountain) or any of those optionally replaced. If there is a persistent belief in the abilities and skills of the group, you can move the profile to a more complex way and start climbing program with mountain not category F, but, for example with the PD, however, we should remember that all the categories - this thing is conditional, and for example: PD, for example, in the Alps - it is not always PD in Bezengi - here all is bigger, further, higher and more terrible)))

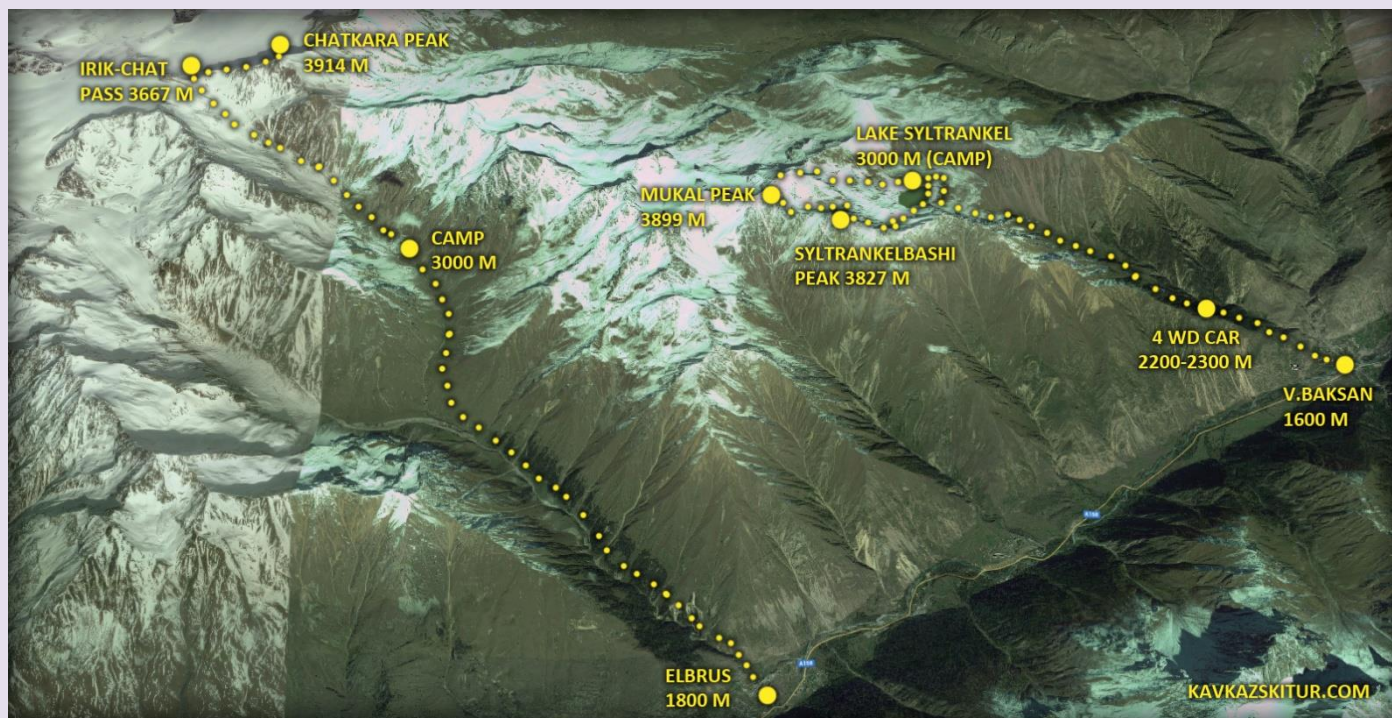
Photo: Dumala and Ullu-Auz



Bezengi together with Elbrus.

If we consider Bezengi as an opportunity to see the area and get acclimated to Elbrus, - it is not the most suitable place. As mentioned at the beginning, on Elbrus (and Kazbek), two limiting factors - physical training and height. A significant factor (often at the lack of the first two, is decisive) - the weather, however, with good fitness and acclimatization one can withstand any weather quite successfully. The most important thing in the acclimatization period for the Elbrus climb is gain of altitude. Technical skills (which needed in Bezengi even in the easiest mountain) on Elbrus is not required. And in order to climb to such a height, which is needed for acclimatization to Elbrus, here is a hard climb. Simply saying, the funds do not meet the goal. If concomitant aim is still to see the area (in the context of - look except Elbrus something else), then it is not very logical idea too. It is worth to understand that the Elbrus region - is not only Elbrus, there is a lot of gorges, peaks, the beauty and opportunities for acclimatization trekking and climbing mountains of different levels of complexity (including acclimatization). There are acclimatization programs in the gorge Syltran with traverse of peaks, and the gorge Irik-Chat with climbing (Elbrus from the South), in the case of the North Elbrus climbing options are even more.

Scheme: options for acclimatization in the mountains of the left bank of the Baksan river for the route "Elbrus from the South":



Yes, there are such options: The Mount of easiest category in Bezengi (4.1 thousand meters), then transfer to Elbrus and then during the schedule of climbing. Here's what to keep in mind. Such "warm-up" mountains in Bezengi are only three: Brno Peak 4110 m, Peak Gidan-tau 4184 m and Peak Semenovski 4082 m. In recent years, due to increased melting of ice, the route to Brno is closed. It leaves two options. When little options, the more people on them. We should not forget that the base "Bezengi" has been very active working with newcomers tourists, which can come quite a lot, and these "light" mountains are their first mountain, and there may occur a queue on the route of several groups, in these mountains it can much increases the time on route, making it often "underachieving". At the peak Gidan, perhaps, there may be more people. And Semenovski peak is far away to go there with the aim of a single ascent. Maybe get lucky, and the mountains will be free, but it can happen that you have to "catch" a relatively easy day.

Conclusion: Bezengi - not the best option for acclimatization before Elbrus, but Elbrus - a great option for acclimatization before Bezengi.

If the intention is to go to the Elbrus and on this trip to the Caucasus to meet with the district Bezengi too, the best option would be - acclimatization in the Elbrus region + ascent of Elbrus, and then move to Bezengi, acquaintance with the area, the ascents (or trekking). This bunch is optimal, logical and effective. After Elbrus and arriving in Bezengi, you can on the next day start the climbing (transition to high camp with the aim of climbing) and here it would be logical to think about climbing not the "warm-up" mountain category F, but something more severe, complex and daring. That is, in this case, the acclimatization would be effective and interesting, and time will be used in Bezengi most advantageous from the standpoint of what can give to the climber the area. However, if you pursue the goal to study the area, after Elbrus one can come here for a few days and just for the purpose of trekking (radial outlets in the intermediate camp), or just rest and relax.

Another small point. Porters. In Elbrus area it is now becoming natural to use porters. For trekking the mountains - it is a common practice at the stage of preparation of climbing all around the world. Mountains that stand in Bezengi - do not imply the presence of porters. Of course, if you really want, then everything can be arranged. But we should think about the advisability, in this case. The very essence of mountaineering in the form in which it once originated and which is trying to stick to (talking about serious technical alpine mountains) does not accept the help of porters. Therefore, it should be thoroughly understood that porter in Bezengi is you. Not because they could not be found (someone you can find), but because if you need a porter, then Bezengi - not for you. This, too, should be taken into account in the planning of connection Bezengi + Elbrus.

See you on the routes!

Photo: peak Gidan-tau 4184 m

