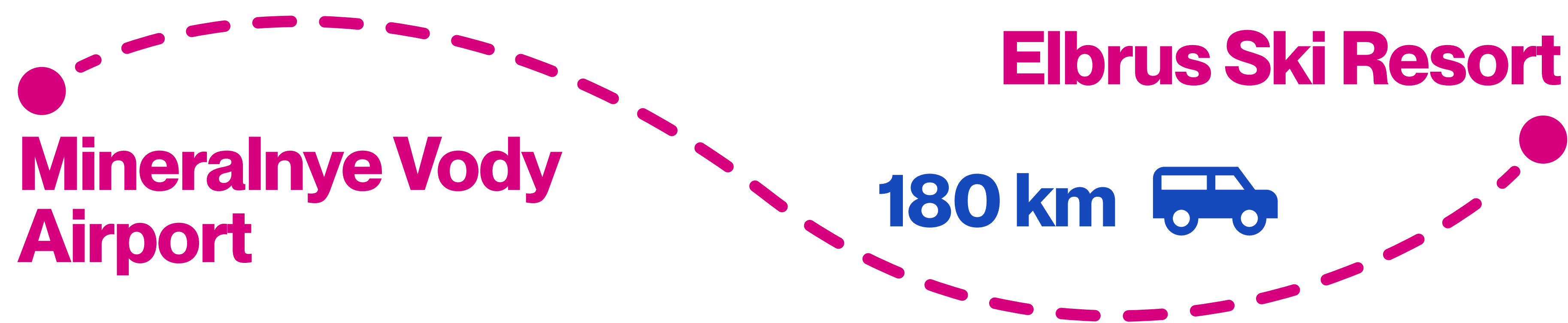


Welcome to Elbrus

TOP-20

What to do?



*How to get there: by bus, private car, or taxi

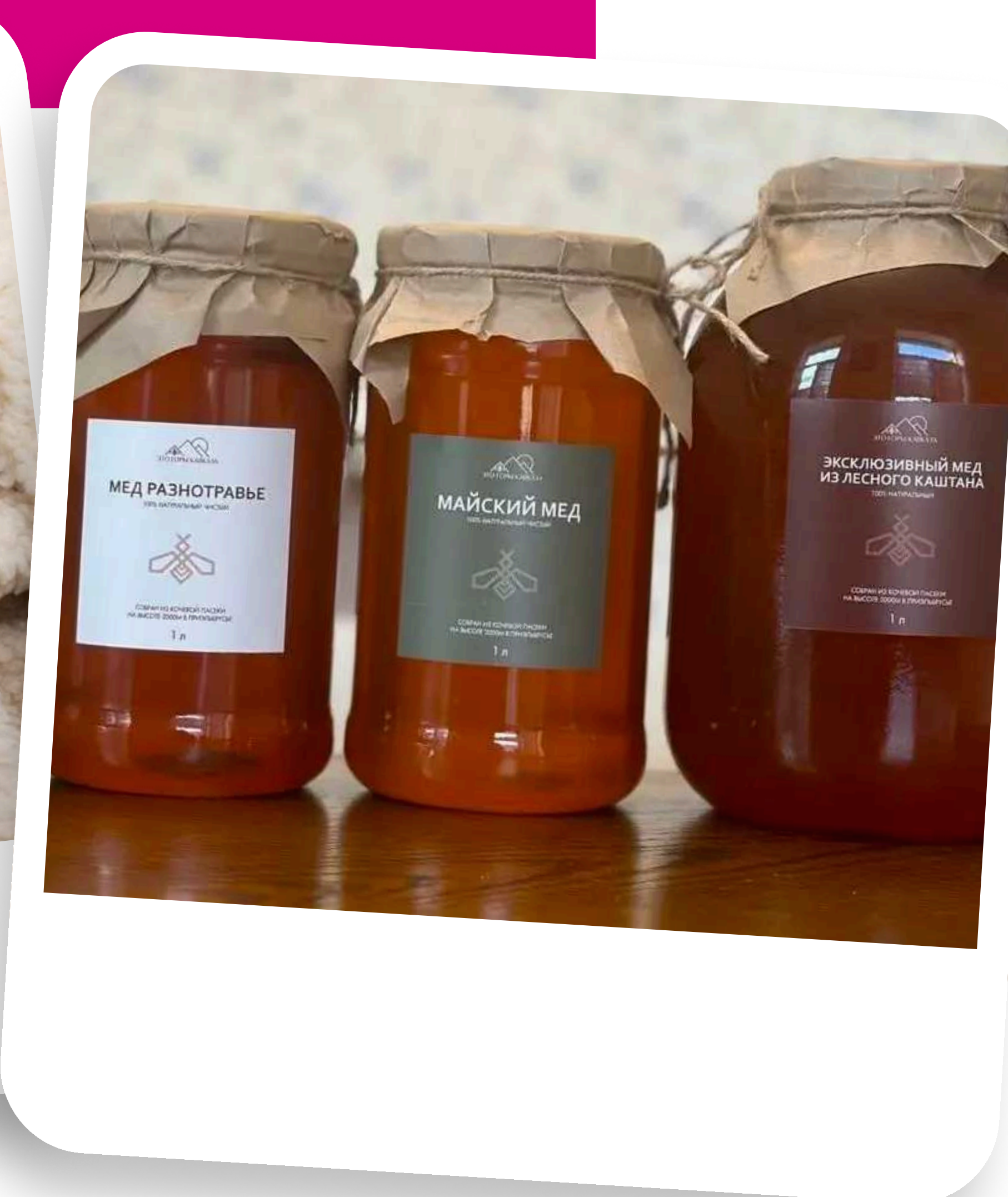
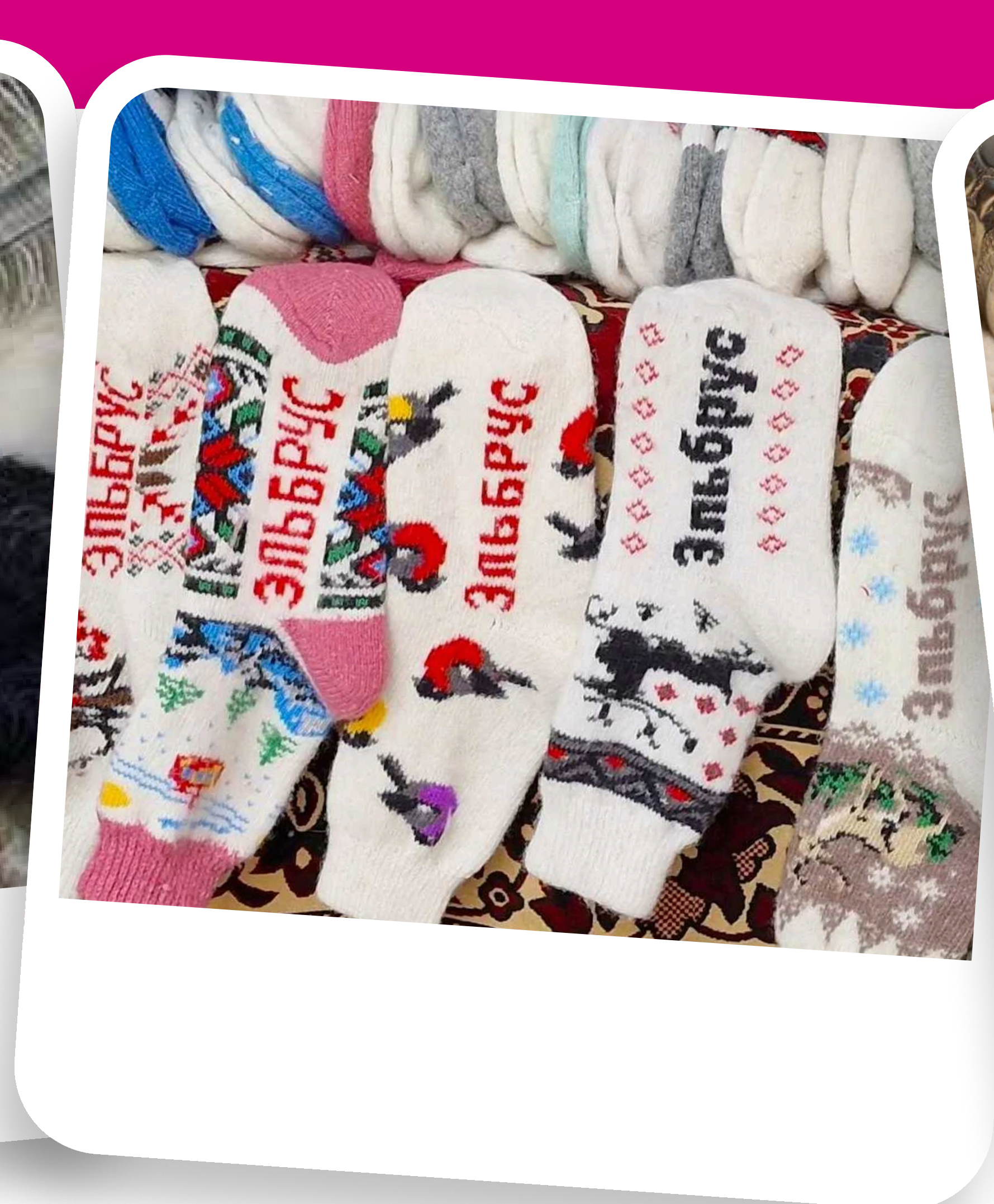
- Reach 3,800 meters on Mount Elbrus (accessible for tourists without special training or equipment)
- Reach Mount Cheget (3,769m) on foot or via the chairlift
- Take a scenic ride on the cable car
- Explore the "Prielybrusye" National Park
- View Mount Elbrus from the Bermamyt Plateau
- Go on a one-day mountain hike
- Admire the stunning lakes: Donguzorun-Kel or Syltrankel
- Capture a photo collection of waterfalls: Azau, Terskol, or Chyranbashi-Su
- Take a horseback ride on Karachay horses
- Explore the mountain trails by bike, ATV, or Jeep
- Go paragliding in tandem with an experienced instructor
- Visit the Vladimir Vysotsky Museum in the village of Tegenekli
- Explore Tyrnyauz, the highest mountain town in Russia
- Reach Emmanuel's Meadow, the site of the first base camp in Elbrus history
- Taste healing mineral water from the springs at the Valley of Narzans
- Visit the friendly animals at the Alpaca Park in Terskol village
- Go mushroom and berry picking (best in August)
- Shop for souvenirs at the Azau or Cheget glades
- Admire thousands of stars over the mountains at night
- Hit the slopes at the ski resort in winter





What to bring back?

- Herbs, jam, and honey
- Natural sheep wool products (such as a sweater)
- National-style sabers and daggers
- An enameled mug with a mountain-themed design
- Local candies from Kabardino-Balkaria



Local flavors to try?

- **Gedlibzhe:** Kabardian-style chicken in a creamy sauce
- **Zhau-Baur:** Charcoal-grilled lamb liver
- **Lamb specialties:** Various traditional dishes
- **Khychins:** Traditional flatbreads with various fillings (meat, cheese, or beet greens)
- **Lakums:** Kabardian-style fried dough (puffs), served both sweet and savory

