



CLIMB MOUNT ARAGATS THE HIGHEST SUMMIT IN ARMENIA

Organized by Blaise Agresti IFMGA, Mountain Path with the support of Local Guides

PROGRAM : Monday 10 June 2019

- Departure: **5.30am** from Yerevan, Return: approx 4pm
- 1 hour 30 min drive to the starting point
- 9 km hike to the Southern Summit (4-5 hours), in **snowy conditions**, 800 height gain
- accompanied by IFMGA & local Armenian guides

Registration is **required** before Wednesday 5 June
Send an email to info@summitofminds.com

EQUIPMENT LIST



- | | |
|---------------------------|-----------------------------------|
| ✓ backpack | ✓ outer shell (Gore Tex or K-way) |
| ✓ water bottle | ✓ synthetic or down jacket |
| ✓ hat & gloves | ✓ fleece - & technical layer |
| ✓ warm socks | ✓ hiking poles |
| ✓ sunglasses, min. cat. 3 | ✓ hiking shoes |
| ✓ sun screen | ✓ gaiters |
| ✓ mountain pants | ✓ pic-nic will be provided |

This hike requires a **good level of physical fitness** but is **not technically difficult**. However, during the hike we will reach an altitude of just below 4,000 meters or 13,000 feet, so it is **advisable to seek medical advice** if you have any doubts about altitude related health risks.



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