

5-Day Wilderness Expedition

A self-supported wilderness expedition into remote backcountry for experienced adventurers. River crossings, off-trail navigation, wild camping, and a summit push. Covers emergency protocols, satellite communication, and detailed route waypoints.

Day 1 — Staging & Trailhead

Expedition Briefing

Info

Description:	Five-day wilderness expedition covering approximately 60 km through remote backcountry. No maintained trails after Day 1. Navigation by map, compass, and GPS waypoints. Wild camping each night. All food, water purification, and shelter carried. Participants must have multi-day backpacking experience and be comfortable with river crossings, scrambling, and basic navigation.
Group Size:	4–8 participants, 2 guides
Fitness Requirement:	High — self-supported, carrying full packs

4x4 Transfer to Remote Trailhead

Transport

Description:	4x4 vehicle on unpaved forest roads to the remote trailhead. The last 20 km is a rough track — secure all gear. The driver will wait until the group is assembled and ready before departing. This is the last vehicle access point until extraction on Day 5.
Duration:	4h 0min
Price:	120 €
Start Time:	06:00
Address:	Forest Service Depot, Valley Road End

Orientation Hike & Camp Setup

●●●●● Moderate

Activity

Description:	Short hike from the trailhead into the first camp area. Use this time to check pack comfort, adjust straps, and settle into the walking rhythm. Set up camp at the designated site — the last one with a fire ring and flat ground for the next 4 days.
Distance:	5.0 km
Duration:	2h 0min
Hiking Time:	2h

Wild Camp — Trailhead Clearing

Accommodation

Description:	First wild camp at a forest clearing near the river. Flat ground, water access, and shelter from wind. Practice camp routine: tents up, cooking area designated downwind, food bags hung from bear pole or tree. Leave no trace — pack all waste.
Price:	15 €

Expedition Dinner

Meal

Description:	First expedition meal cooked on portable stoves. Dehydrated meals rehydrated with boiled river water (filtered and purified). Supplement with cheese, salami, and crackers from the fresh food supply. Hot drinks are essential for morale — carry good tea and instant coffee.
Start Time:	18:30

Camp Evening

Free Time

Description:

Settle into camp routine. Check gear, repair any issues, review tomorrow's route on the map. If weather allows, the night sky from a remote wilderness camp is extraordinary — no light pollution for 50 km.

Day 2 — Into the Wilderness

Morning Trek — Forest & River Valley

●●●●● Challenging

Activity

Description:

Leave the marked trail and follow the river valley upstream. Dense forest with some bushwhacking required. Two river crossings — knee to thigh deep depending on recent rainfall. Use trekking poles for balance, unbuckle pack hip belts before crossing. The trail opens into alpine meadows after 10 km.

Distance:

15.0 km

Elevation Gain:

600 m

Hiking Time:

5h

Start Time:

07:00

Trail Lunch

Meal

Description:

Lunch on the trail — wraps, nuts, dried fruit, and energy bars. Eat at the meadow clearing for views and a rest. Refill and purify water at the stream crossing.

Duration:

30 min

Afternoon Ridge Navigation

●●●●● Hard

Activity

Description:

Leave the valley and climb onto the main ridge. Off-trail navigation using compass bearings and GPS waypoints. Rocky terrain with some scrambling (hands needed in places). Exposed sections — maintain group spacing and watch for loose rock. The ridge offers commanding views of the wilderness ahead.

Distance:

8.0 km

Elevation Gain:

800 m

Hiking Time:

3h

Wild Camp — High Plateau

Accommodation

Description:

Camp on the high plateau at approximately 2,200 m. Exposed to wind — use natural rock shelters for tent placement. Water from snowmelt pools (filter and purify). Anchor tent with rocks if pegs won't hold in thin soil.

Camp Dinner

Meal

Description:

Hot expedition dinner — rehydrated meals with added fat (olive oil sachets) for calorie density. Hot soup to warm up after a cold ridge traverse. Secure all food in bear canisters or hung from a high line.

Evening Radio Check & Weather

Info

Description:

Scheduled satellite phone check-in with base at 20:00. Report position, group condition, and any issues. Receive weather update for the next 48 hours. If summit day conditions deteriorate, this is the decision point for a route change.

Day 3 — Summit Day

Summit Push Hard Activity

Description:	The main objective — summit the highest peak in the range. Pre-dawn start with head-lamps. The route climbs steeply through scree to a rocky ridge, then follows the exposed arête to the summit. Fixed rope on the final 50 m. Technical scrambling grade II. Expect 7 hours of continuous effort. Turnaround time: 12:00 regardless of position.
Distance:	12.0 km
Elevation Gain:	1200 m
Hiking Time:	7h
Start Time:	04:30

Altitude & Emergency Protocol Info

Description:	Above 3,000 m: monitor for altitude sickness — headache, nausea, confusion, loss of balance. Turnaround at 12:00 is non-negotiable. Emergency descent route: east gully (loose but direct, saves 2 hours). If visibility drops below 50 m, navigate by GPS waypoints and compass only — the ridge has dangerous drop-offs on both sides.
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Summit Energy Break Meal

Description:	Quick refueling at or near the summit. High-calorie snacks: chocolate, nuts, energy gel. Do not linger — wind chill is severe at altitude. Photos, handshakes, then begin descent immediately.
Duration:	15 min

Descent to Sheltered Camp Challenging Activity

Description:	Descend from the summit into a protected valley on the far side. The trail drops steeply through scree then levels into grassy terrain near a stream. Knees take punishment — short steps, trekking poles planted forward. The camp site is in a natural bowl sheltered from wind.
Distance:	7.0 km
Elevation Loss:	1000 m
Hiking Time:	3h

Wild Camp — Protected Valley Accommodation

Description:	Camp in the sheltered valley at 2,000 m. Good water source from the stream. Natural windbreak from surrounding ridges. Flat grassy ground — the most comfortable camp of the expedition.
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Hot Dinner — Celebration Meal

Description:	Hot meal to celebrate the summit. Break out the emergency chocolate and any luxury items saved for this occasion. Hot drinks and soup to warm tired bodies. Share summit stories around the stoves.
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Recovery Rest Free Time

Description: Critical recovery evening. Stretch, tend to feet, eat protein, and drink at least 1.5 liters before sleeping. Tomorrow is another demanding day with the river traverse. Sleep well — you earned it.

Duration: 1h 30min

Day 4 — Traverse & River Day

Ridge Traverse ●●●●● Hard Activity

Description: Traverse along the connecting ridge to the next valley system. Exposed terrain with drop-offs on both sides — full concentration required. Some sections require hands-on scrambling. Navigation by visible cairns where they exist, otherwise GPS waypoints. Maintain group spacing and constant communication.

Distance: 14.0 km

Elevation Gain: 400 m

Hiking Time: 5h

Start Time: 06:30

Lunch at Scenic Overlook Meal

Description: Lunch at the highest point of the traverse with views back to yesterday's summit and forward to the river valley. Last high-altitude meal of the expedition. Check water supplies — the descent is dry until the river.

Duration: 30 min

Descent & Major River Crossing ●●●●● Challenging Activity

Description: Descend from the ridge into the main river valley. The trail is steep and loose — concentrate on footing. At the river, assess the crossing point carefully. The water is cold, fast, and knee-to-waist deep. Cross in a linked line formation, facing upstream, with the strongest person breaking the current.

Distance: 8.0 km

Elevation Loss: 800 m

Hiking Time: 3h

River Crossing Procedure Info

Description: Crossing protocol: unbuckle all pack straps (hip belt and sternum strap). Boots on for grip — barefoot crossing is more dangerous than wet boots. Cross in a chain of 3-4 people, linked arms, facing upstream. Strongest person upstream, lightest in the middle. If the water is above waist height or flowing fast enough to move rocks, find an alternative crossing point or wait for levels to drop.

Wild Camp — Riverside Accommodation

Description: Camp on the riverbank above flood level. Dry wet boots and clothing before dark — hang from a line between trees. The river provides unlimited water (filter and purify). Comfortable flat ground on the gravel bar.

Address: GPS waypoint: N47.xxx E12.xxx (shared at briefing)

Camp Dinner

Meal

Description:

Penultimate dinner. Use remaining heavy food items — tomorrow's pack should be lighter for the extraction march. Hot meal with extra portions if supplies allow.

Extraction Route Prep

Info

Description:

Review tomorrow's extraction route: 12 km along the river valley to the pickup point. The trail improves as it approaches the road head. Estimated 4 hours at moderate pace. The 4x4 pickup is confirmed for 14:00. Pack efficiently tonight — everything must be ready for an early start.

Day 5 — Extraction

Trek to Extraction Point

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Activity

Description:

Final trek following the river downstream to the extraction road head. The terrain gradually improves — rough trail becomes a forest track, then a gravel road. The pace is relaxed but steady to meet the pickup time. Cross two small tributaries (easy fords) and pass through beautiful old-growth forest in the lower valley.

Distance:

12.0 km

Hiking Time:

4h

Start Time:

07:00

Last Trail Lunch

Meal

Description:

Final trail meal — use up all remaining food. The tradition is to make the most creative combination possible from whatever's left. Eat well and carry nothing perishable out.

4x4 Pickup from Extraction Point

Transport

Description:

The 4x4 meets the group at the road head at 14:00. Load packs and collapse into the seats. The bumpy ride back to civilization is a welcome discomfort after five days of wilderness. First stop: a proper café for hot coffee and fresh pastries.

Duration:

3h 0min

Price:

120 €

Expedition Debrief

Info

Description:

Expedition complete — approximately 60 km through trackless wilderness, one summit, and a major river crossing over 5 days. Clean all gear thoroughly within 24 hours (tents, boots, cooking equipment). Completion certificates available. The wilderness changes you — carry that perspective forward.

Return to Civilization

Free Time

Description:

The first hot shower in five days. Real food. A soft bed. The simple comforts of civilization feel extraordinary after wilderness immersion. Rest well — you've earned it.

What's Included Info

Description: Two wilderness guides for five days, return 4x4 transfers to the trailhead and extraction point, all group camping and cooking equipment, all food from the day-one lunch onward, water treatment for the whole group, and safety equipment including a satellite communicator, comprehensive first-aid kit and emergency shelter.

What's Not Included Info

Description: Personal equipment: rucksack, sleeping bag rated to the season, sleeping mat, boots and clothing — a hire list is available on request. Also excluded: travel to the meeting point, travel and wilderness evacuation insurance, and gratuities. This is a self-supported trip: everything the group eats and sleeps in is carried on backs from day one, and there is no resupply and no vehicle access between the trailhead and the extraction point.

Insurance & Documents Info

Description: Insurance covering wilderness trekking and helicopter evacuation is mandatory. Read the remote-area wording: several policies exclude anywhere more than a set distance or time from a road, and from day two this trip is beyond that for most of them. Bring photo ID, your insurer's 24-hour number on paper, and a written note of any medication and allergies for the guides to hold.
