

Alpamayo & Quitaraju

15 Days in Peru / Skill Level: Advanced



2020: July 5 - July 19

\$6,950

*All costs included with the exception of alcohol, in-town meals

Difficulty Level: Advanced - Climbers should have experience multi-pitch climbing (rock or ice), be comfortable following grade 4 ice climbs, and have climbed at altitude (over 15,000 feet/4,572 meters).



Overview

Alpamayo (19,512 feet/5,947 meters) is the gem of the Cordillera Blanca in Peru. Ever since it was first climbed in 1951, alpinists have been flocking to attempt its fluted Southwest Face. Many fledgling high altitude climbers consider this peak a culmination of their early climbing careers. It has often been named by climbers, magazines, and trekkers, “the most beautiful mountain in the world”. Alpamayo deserves these accolades. Summit day consists of 1,500 feet (457 meters) of perfect two-tooled ice and neve (styrofoam-like snow) climbing on a flawless fluted face. You know you are close to reaching the top when you begin to see light



through the face from the other side. And on a good year, you can actually top out on the summit ridge, with one foot dangling down each of its almost vertical faces.

Getting to this point requires hard work and solid mountaineering and ice climbing skills. Before reaching the famed summit face we must approach over 15 miles (25 kilometers), place two lower camps, and carry heavy packs filled with climbing equipment and food over 4,000 feet (1,220 meters) of moraine, scree, and steep glaciated terrain. Alpamayo is the perfect place to integrate light alpine climbing techniques into your bag of tricks. It is ideal for combining previous high altitude climbing experience with steep ice climbing skills. When you leave Alpamayo you should feel ready to be a competent team-member on big alpine peaks around the world.

And there is an added bonus to this expedition. Alpamayo's col camp is also an ideal high camp to attempt Quitaraju (19,820 feet/6,041 meters). Quitaraju's North Face hosts another long alpine two-tool ice and neve route. While it is not quite as steep as Alpamayo, it is longer, boasting over 12 rope-lengths of ice climbing to its summit. After climbing Alpamayo, we should have the efficiency necessary to complete this long route in a single push.

Our Alpamayo and Quitaraju Expedition will be guided by one or more of Alpenglow's AMGA certified lead guides. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it. Our lead guides have also traveled and climbed extensively in South America and know the Peruvian Andes intimately. Their knowledge of Andean culture as well as the mountains, combined with their passion for teaching others to become competent mountaineers, guarantees that your experience will be one to remember!

We combine our guides' experience with the local expertise of our close friend, expert Peruvian logistics operator, and incredible cook, Alfredo Ibarra. A highlight of your trip will be waking up each morning to Alfredo's smile, hot coffee, and tasty pancakes. Our small team size and low ratio of climbers to guides (2:1) ensures that you stay healthy and strong, and are able to enjoy each component of your experience.

Alpamayo and Quitaraju Expedition Itinerary

Day 1	Arrive in Lima between 6pm and midnight (Sunday).
Day 2	Drive to Huaraz (8 hours) in our private van, where we base out of a small but beautiful hotel (10,000 feet/3,050 meters).
Day 3	An acclimatization and organization day in Huaraz.

Day 4	Drive to our trailhead in the village of Cashapampa (9,000 feet/2,743 meters). This 3 hour drive takes us through beautiful farming communities as we head between the spines of the Cordillera Negra and the Cordillera Blanca. After organizing our burros, we hike with daypacks to Llama Corral (11,500 feet/3,505 meters), where we camp for the night.
Day 5	Continue trekking past the Santa Cruz lakes until we turn up into the hanging valley that sits beneath Alpamayo. We place our base camp at treeline, approximately 13,500 feet (4,115 meters).
Day 6	Today we make a carry of equipment to moraine camp (16,000 feet/4,877 meters), at the edge of the glacier. After stashing our gear we return to Base Camp for one of Alfredo's famous feasts.
Day 7	Rest day in Base Camp. We use the day to review advanced rope skills, organize gear and food for the climb, and eat all of Alfredo's creations.
Day 8	Move to Moraine Camp.
Day 9	Today we step onto the glacier making our move to Col Camp (18,000 feet/5,486 meters). Often one of the most challenging days of the expedition, we will be climbing on a broken glacier and then up as many as three two-tool ice and neve pitches, all with our full backpacks! Col Camp boasts one of the best views from a high camp in the entire world. The alpenglow that lights up the Southwest face is what inspired our company's name!
Day 10	If we are well acclimatized and strong, we will attempt the summit of Alpamayo (19,512 feet/5,947 meters) today. The route to the summit has a 1-2 hour approach across a steep glacier before crossing the bergshrund onto the South-West Face. 6-9 pitches (depending on whether we climb the Ferrari or Italian Route) of two-tool (55-70 degree) ice and neve take us to just below the summit ridge. Traditionally, a final hard, steep pitch puts us on top, where in a good year we can straddle the ridge (one foot on each side hanging over 2000+'/610+m faces) and work our way to the true summit. We rappel the route, and then return to our high camp.
Day 11	Rest day in Col Camp.
Day 12	Quitaraju (19, 820 feet/6,041 meters) Summit Day! If we have it in us, we will have the opportunity to attempt this second peak, which shares the same high camp as Alpamayo. A short trek across the glacier and we step onto the North Face. While the face is not quite as steep as Alpamayo, it is significantly longer. The route to the summit is often 12+ pitches of two-tool neve, with the upper pitches frequently consisting of soft sugar snow fins. Since we are in the Southern Hemisphere, this face gets early morning sun, and we will need to be descending before noon, back to our Col Camp.
Day 13	Descend to base camp.

Day 14	Sunrise in the Santa Cruz valley finds us riding horses out the 15 miles (25 kilometers) to Cashapampa. Once there, our van returns us to Huaraz, where we celebrate with hot showers, a great meal, and salsa dancing at the local discotheque.
Day 15	Leave Huaraz by van. Catch an evening (8pm or later) flight from Lima (Sunday).

Client Expectations and Timeline

90+ Days to Departure	
Reserve Spot	Make your deposit to confirm registration - if you haven't already, head over to our website and click "Reserve Spot" and select your dates. The rest of the process is as easy as buying a book online. Make sure that you select to add an extension if you wish to extend any expedition.
Q&A	Q&A with Alpenglow - time to ask any question about travel, logistics, training and everything in between.
Application	Complete full application including medical questionnaire & travel information.
Reserve Rentals	Reserve rentals if needed within application. For our climbing schools, we have a small rental inventory of boots, ice axes crampons, helmets and harnesses. These are provided at no cost on a first come first serve basis. Please let us know what you plan on renting as soon as possible.

Within 90 Days to Departure	
Complete Payment	Full Payment will be collected at the 90 day mark. Alpenglow will contact you prior to taking final payment and once you confirm we'll simply move your booking into the final stages. For international trips, a wire transaction is the best way to send payment. We also accept credit cards with transaction fee of 3% or you can pay by check.
Book Travel	We recommend reviewing flight options outside of 90 days and confirming with Alpenglow on travel times. Use us to guide you to the best flight schedules to make travel as easy as possible. Once you book your flights don't forget to share with the Alpenglow office so we pick you up on time from the airport.
Training	This is the hard part. The hours of training you put in directly correlates to your success in the mountains. Train hard and be ready for the adventure of a lifetime!

Within 90 Days to Departure

Equipment	Compile all equipment using the equipment list as a guide.
Purchase Insurance	Purchase travel and rescue insurance. We recommend Global Rescue and Travel Guard. Click here to find links to each.

General Trip Information

Payment

1. A deposit of 20% is required for all expeditions. Deposits are due when registering for an expedition, and can be paid by check made out to "Alpenglow Expeditions, LLC". All payments should be mailed to Alpenglow Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees!
Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning our trips takes significant time and has non-refundable costs as well.
2. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.
3. The cost of your trip includes your land costs (excluding in-town meals). This includes: double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, individual technical climbing equipment (boots, ice axes, crampons, helmets, harnesses), and guides.
4. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
5. The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

Cancellations

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 90 days prior to departure, Alpenglow Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglow Expeditions will refund 50% of your payment. Fewer than 60 days prior, there are no refunds or credits.
3. On any trip, our guides reserve the right to remove any person, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

Flights

We recommend using Kayak.com as a primary source for finding low-fare airfares.

****Please confirm your itinerary with Alpenglow Expeditions before you purchase it.****

Insurance

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended.

- Rescue Insurance- For US citizens, we recommend obtaining rescue insurance through American Alpine Club and upgrading that service via Global Rescue. Visit www.americanalpineclub.org to become a member and obtain the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. International climbers have several options as well for rescue insurance. Our recommendation is Global Rescue as we have had great success with them in the past. Your insurance must not have a mountaineering exclusion and must cover up to your trip's highest altitude. This coverage is very important.
- Travel Insurance- We recommend using [Global Rescue's IMG Signature Travel Insurance](#). Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition.
- Health Insurance- All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
- Homeowner/Renter's Insurance- While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

Medical

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. Tylenol – a simple painkiller for headaches and minor pains.
2. Ibuprofen – mild altitude headaches, along with body aches and pains, are common.
3. A cold and flu remedy of your choice (strong decongestant).

4. Pepto Bismol - for minor stomach upset, best taken in caplet form.
5. Immodium AD – to control diarrhea, when necessary. Again, tablets are preferred.
6. Cough Drops – the air at altitude is very dry, and many climbers develop hacking coughs.
7. A laxative agent of your choice.
8. Dramamine (or equivalent) – an anti-motion sickness agent of your choice as bus/plane rides to our trailheads are often very bumpy.
9. Diamox (Acetazolamide) required – prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 250mg/day (best as scored tablets so you can take 125mg twice a day).
10. Z-pack required – a broad spectrum anti-biotic.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

Aerobic Conditioning

We cannot stress enough the importance of being in excellent aerobic condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

Money

The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash and traveler's checks for your planned spending. Traveler's checks can be exchanged in most of the countries we travel to, however they often have lower rates of exchange and can be a hassle. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

Additional Notes

- Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
- Cameras – digital cameras are an excellent option. Be sure to bring enough batteries and memory space for your entire trip. We have found that small pocket cameras are much better than big SLR's for summit days. You need a simple light system, and the

new generation of digitals take great photos. If you are a photo buff, definitely bring your big SLR or video camera as well. The treks into our mountains and hanging in basecamp are great times to fulfill your photographic aspirations!

- Be sure to create a data sheet of all of your essential information – passport, credit card or ATM numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
- Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices for use by our clients. There is no additional charge for using this equipment, but please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek. Rental gear from Alpenglow is only available for shipment within the US. Rental gear must be taken home by the renter and shipped back to Alpenglow within two weeks of end of trip at the renter's expense.