



ACONCAGUA

RAPID ASCENT™

DURATION: 14 DAYS

LOCATION: ARGENTINA

SKILL LEVEL: INTERMEDIATE

ALPENGLOW



Expedition Details

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LOCATION: ARGENTINA

SKILL LEVEL: INTERMEDIATE

DIFFICULTY LEVEL DESCRIPTION:

Intermediate – No technical climbing experience is necessary although Aconcagua is notorious for being physically challenging. The weather is cold and the mountain is tall. It is imperative that you are in excellent physical shape, and able to hike in rugged terrain for long days.

PREREQUISITES:

Participants should have prior experience climbing or trekking at altitude over 18,000 feet/5,500 meters. Prior roped climbing and cramponing skills are strongly recommended.



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Expedition Introduction

Why Climb Aconcagua

Standing out as the highest point in the western hemisphere, Aconcagua draws climbers in with the allure of altitude as well as the relatively low technical nature the climbing presents. For many, Aconcagua serves as a necessary stepping stone to the larger and more remote peaks of the Himalaya.

At nearly 7000m tall, climbers who attempt Aconcagua get a great test in their bodies ability to acclimatize to extreme altitudes. A positive indication on Aconcagua bodes well for peaks that are higher still.

Lastly, the support on Aconcagua provides a real expedition experience with porters assisting with camps, cooking and carrying along the way. We utilize this support to increase our chances at success on this behemoth of a mountain.



ROUTE CHOICE

The Normal Route of Aconcagua starts at the Plaza de Mulas base camp (14,300 feet/ 4,360 meters), and winds up the Western face of the mountain. The itinerary is quite similar to our typical year, utilizing our Rapid Ascent Approach to make a single push up the mountain. The normal route of Aconcagua is incredibly beautiful – we're excited to return to our roots for a season and climb an old favorite route on this magnificent mountain.

HISTORICAL OVERVIEW

Aconcagua's first summit climb was attempted in 1883 by Paul Gussfeldt. He unfortunately had to stop 500 meters from the top due to the notoriously severe winds. The summit was not reached until 1897 when a team of 8 led by British climber Edward Fitzgerald established the normal route. Unfortunately only one member of the team made the summit, Swiss Guide Mathias Zurbriggen.





14 Day Itinerary

Our goal with a 14-day itinerary is to keep all the necessary acclimatization, training, and mountain preparation while minimizing the unnecessary waiting and downtime of traditional expeditions.

Normally, an Aconcagua itinerary will stretch 21 days from start to finish. With our Rapid Ascent™ approach, we're able to reduce the overall expedition time down to 14 days, shortening down time and increasing success.

Within our approach, there are 3 ways we're able to be efficient during our climb:

- All guides and clients are pre-acclimatized by training at home for 4-weeks in simulated altitudes up to 16,400'/5000m.
- Once on the ground, our approach to the mountain is drastically reduced with a helicopter flight from the town of Penitentes directly to base camp.
- During the ascent, we utilize the assistance of porters, helping to keep us efficient as we move higher on the mountain.



Following a successful expedition to Aconcagua, most climbers will begin to set their sights on the Himalaya. Cho Oyu is a great next step for those on the Road to Everest, or for those who are interested in more technical peaks, something like Ama Dablam will fit the bill.

See more trips at [ALPENGLLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)



About Alpenglow Expeditions

Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.



About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

History of Alpenglow Expeditions

Founded in 2004 by IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

About Alpenglow Expeditions



Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 10 summits of 8,000 meter peaks (including 6 summits of Mt. Everest).




Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.



After 15 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.



The Alpenglow Difference

Alpenglow Expeditions' Rapid Ascent™ climbs are an entirely new way to approach big-mountain expeditions.

Rapid Ascent™ Strategy

First developed by Adrian Ballinger, Rapid Ascent™ is a unique approach to climbing big mountains across the world.

This innovative program combines hypoxic training at home with precise logistics and small team sizes to reduce the overall time spent away from home, all while greatly increasing the chance of success on your international climbing expedition.

By pre-acclimatizing for 4 weeks at home, we're able to reduce the overall expedition time to 14 days. It is due to this pre-acclimatization that we are able to move quickly from Mendoza to base camp with no ill effects.



The Alpenglow Difference

Helicopter Costs Included

A crucial element of our entrance and exit to the mountain is a helicopter lift from the town of Penitentes and the reverse on the way out. Many companies off this amenity, but few include it in their cost.



Best Food On the Mountain

Every year our climbers are blown away by the food quality on Aconcagua. Our logistics operator has been known to send steaks up to Camp 1, and in base camp we enjoy healthy food options providing us with the energy needed to move up the mountain.



Porter Support Included

We provide strong porter support on our expedition, helping us to carry all of our group gear and camp infrastructure.

Route Choice

We'll be climbing the "Normal Route" this season due to restrictions from the Argentine Government. The normal route is incredible and we're excited to return to climb from this side of the mountain again.





Daily Itinerary Overview

DAY 1 — Arrive into Mendoza, Argentina by early afternoon. This small city is famous for its wineries and traditional barbeque and steaks. You'll spend the afternoon exploring the town, applying for your climbing permit and preparing for the climb.

Activity. Arrive in Mendoza, Argentina
Sleeping Elevation. 2,300'
Lodging. Diplomatic Hotel
Meals. None

DAY 2 — After obtaining permits, you will leave Mendoza by private van, for the town of Penitentes (8,900'/2,710m). Penitentes sits at the entrance to the valleys leading into Aconcagua. You will spend a couple of hours organizing equipment and food for your climb and then helicopter to base camp as soon as weather and timing allow (either this evening or tomorrow).

Activity. Drive to Penitentes
Distance Covered. 115 mile drive
Moving Hours. 3 hour drive
Elevation Gain/Loss. +5,900'
Sleeping Elevation. 8,900' or 13,800'
Lodging. Hotel Ayalen or BC
Meals. Breakfast, Dinner

DAY 3 — Today we might helicopter into base camp if we did not last night, or simply have a rest day in base camp, getting used to life at this new altitude. 13,800 feet (4,206 meters). The flight in to base camp offers an unbelievable view of the mighty eight thousand foot south face of Aconcagua, quite the start to your climb!

Activity. Rest Day
Distance Covered. N/A
Moving Hours. N/A
Elevation Gain/Loss. +5,000'
Sleeping Elevation. 14,300'
Lodging. Base Camp
Meals. Breakfast, Lunch, Dinner

DAY 4 — You will spend the day acclimatizing and exploring the valley surrounding the base camp. The base camp scene is amazingly luxurious, and the food that comes out of the incredible kitchen will blow you away. Sitting in the common area dome tent, you can inspect the route ahead through the large window as you enjoy a hot drink.

Activity. Rest Day
Distance Covered. N/A
Moving Hours. N/A
Elevation Gain/Loss. N/A
Sleeping Elevation. 14,300'
Lodging. Base Camp
Meals. Breakfast, Lunch, Dinner

Daily Itinerary Overview

DAY 5 — Today we'll start our journey to the summit of Aconcagua. We'll start up the trail, making switch backs up the mountain until we reach C1 (Canada Camp) at 16'600', 5,070m. We utilize porters to assist in moving our equipment to Camp 1 in a single push.

Activity. Move to C1
Distance Covered. 3 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +2,300'
Sleeping Elevation. 16,600'
Lodging. Camp 1
Meals. Breakfast, Lunch & Dinner

DAY 6 — Today we'll take an acclimatization hike, potentially tagging C2 at 18,100', 5,520m before returning to C1. We'll be following the age old strategy of climbing high and sleeping low as we gain altitude.

Activity. Acclimatize and touch C2
Distance Covered. 1-2 miles
Moving Hours. 3-4 hours
Elevation Gain/Loss. +/- 1,500'
Sleeping Elevation. 16,600'
Lodging. Camp 1
Meals. Breakfast, Lunch & Dinner

DAY 7 — Continuing our quest up the mountain, today we'll be pushing to C2. The 1,500' climb will see us arrive at the Nido de Cóndores camp situated on a plateau with spectacular views both below and above.

Activity. Move to C2
Distance Covered. 1 mile
Moving Hours. 2-3 hours
Elevation Gain/Loss. +1,500'
Sleeping Elevation. 18,000'
Lodging. Camp 2
Meals. Breakfast, Lunch & Dinner

DAY 8 — After a few days of moving, it's time to take a rest day. This also gives you body a chance to get accustomed to the increasingly higher altitudes.

Activity. Rest Day
Sleeping Elevation. 18,000'
Lodging. Camp 2
Meals. Breakfast, Lunch & Dinner

DAY 9 — The summit grows closer, as we'll be climbing to Camp Corlera and our High Camp for the climb. At 19,600', 6,000m, Camp 3 sits directly beneath the north ridge that will take us to the summit. We'll head to bed early and get some rest before an early morning summit push.

Activity. Move to C3
Distance Covered. 1.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 19,700'
Lodging. C3
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 10 — Today is the day you've been training for. Waking in the middle of the night, your route takes you ever higher. Past the old "refugio Independencia", across the "Gran Acarreo", and finally up "La Canaleta". The climb is long and demanding, but soon you will start to see the very top of the great south face. The summit of Aconcagua rises above all other mountains around it, delivering memorable views that stretch to the horizon in every direction. Returning down to C3, its time to rest and pack and continue the descent. When ready, you'll make your way down to Plaza de Mulas Base Camp, where hot food and showers await!

Activity. Summit Day
Distance Covered.
Moving Hours. 12-15 hours
Elevation Gain/Loss. +3,141' / -8,400'
Sleeping Elevation. 14,300'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 11 — It's always prudent to have a couple extra days to allow flexibility with the team, the altitude and the weather.

Activity. N/A

DAY 12 — Extra day

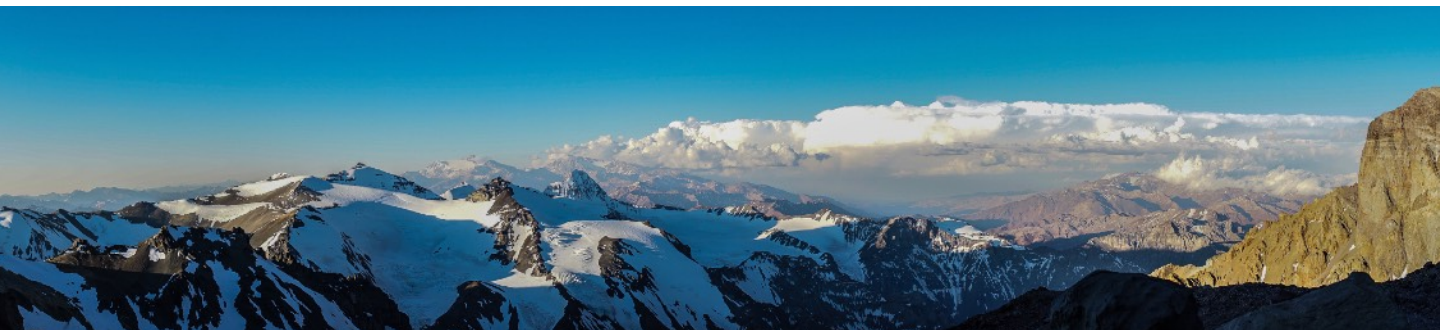
Activity. N/A

DAY 13 — Today you leave the mountain in style, with one of the most beautiful helicopter flights in the world. The heli takes you directly from base camp to the road, in about a 15-minute flight. After a quick lunch, you jump in our van for the three-hour drive back to Mendoza. By dinnertime you'll be enjoying a celebration dinner of traditional asada (barbecue) at one of Mendoza's best restaurants. You spend the night in our hotel in Mendoza.

Activity. Fly out and drive to Mendoza
Distance Covered. 1.5 miles
Moving Hours. 2 hours
Elevation Gain/Loss. -11,800
Sleeping Elevation. 2,500'
Lodging. Hotel Diplomatic
Meals. Breakfast & Lunch

DAY 14 — Today it's time for goodbyes. After breakfast you'll head to the airport and your flight home.

Activity. Fly home



Travel Details

INTERNATIONAL FLIGHTS

Climbers should schedule flights to land in Mendoza, Argentina on day 1 of the itinerary. Most flights will arrive midday or in the evening. Climbers will meet their guides and transport to our first hotel will be arranged.

If you do not have a travel agent, we recommend using [kayak.com](https://www.kayak.com) as a primary source for finding low-fare airfares.

VISAS

Visas are available on arrival for most passport holders. Check with your country's embassy for further information.

HELICOPTER TO AND FROM BASE CAMP

From the town of Penitentes, we'll board a private helicopter that will carry our team and gear all the way to Base Camp. We'll reverse this process on our way out.

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





Accommodations

All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.

IN-TOWN

For our nights in Mendoza, we stay in a beautiful hotel named the Diplomatic. Comfortable lodging on night 1 allows us to get some rest after a long day of international travel. There is a possibility that we may spend a night in Penitentes if weather does not allow us to fly, and in that case we stay in Aelen Hotel de Montana.

ON-MOUNTAIN ACCOMMODATIONS

Base camp life includes a 3 person tent. Alpenglow's base camp infrastructure includes a dining tent complete with a lounge area that is made as comfortable as possible with heaters, plush chairs, and cushy rugs.

Above base camp, we move to the traditional style mountain camps. These will all be pre-built by our porter team ready to go for your arrival each afternoon. Camp 1 features a group tent allowing us to get out of the wind as a team while we prepare to move higher.



General Trip Information

FOOD

Food in Argentina is a source of cultural pride and truly something to look forward to. The food continues to impress at base camp and up to Camp 1 as we enjoy hearty breakfasts and filling dinners. Above Camp 1 meals get a bit more rudimentary as they do on mountain camps across the world.

MOUNTAIN TRAINING

Aconcagua is obviously a large physical undertaking, and climbers who are joining our teams will have devoted at least 12 weeks to gaining mountain fitness, motivated by the highest peak in the Western Hemisphere. For a personalized training schedule, please reach out to Lynette at Billy Goat Swift:

lynette@billygoatswift.com.

ACCLIMATIZATION FOR NON-RAPID ASCENT CLIMBERS

While our daily itinerary doesn't change, there is an option for climbers who wish to acclimatize in-country prior to day 1 of the itinerary. Please contact the office to discuss options.

MEDICAL REQUIREMENTS

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.

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.

On Mountain Medicine

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 provider and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

INCLUSIONS

The cost of your trip includes your land costs (excluding in-town meals). This includes:

- double occupancy lodging for 2 nights (first & last night) in Mendoza.
- airport transfers within scheduled itinerary
- ground transportation to and from Penitentes
- Helicopter shuttle service to and from base camp
- Porter support up to 22lbs or 10kg group camping and climbing equipment base camp and advanced base camp infrastructure
- certified guides
- meals on the mountain

INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is highly recommended. Your policy numbers must be provided to us prior to leaving the USA.

EXCLUSIONS

The cost of your trip does not include:

- flights to/from the city where the expedition begins
- airport taxes
- visas
- in-town meals
- Climbing Permit (\$800 subject to change)
- immunizations
- Covid testing for return flights
- tips for guides or local staff
- travel, rescue, or any other type of insurance
- hospitalization or evacuation costs
- single room supplement charges (\$270 for the 2 hotel nights within the scheduled itinerary) and any extra hotel nights for early arrivals or late departures
- excess baggage charges
- alcohol
- other personal expenses.

*** The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.*





Expedition of a Lifetime

Summit success is only achievable with your hard work and perseverance, and of course the right team of people around you.

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

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BOOKING + INQUIRES

For booking details, questions, or more information please call or email us:

1 (877) 873-5376

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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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