

Peru Climbing School

15 Days in Peru / Skill Level: Introductory



May 31 - June 14, 2017

\$3,500

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

Difficulty Level: Introductory - No technical climbing or altitude experience is necessary. It is imperative, however, that you are in good physical shape, and able to hike in rugged terrain for long days. We are happy to detail physical and technical training programs as needed to get you ready for our introductory expeditions.

Overview

The Cordillera Blanca is a stunning range of five and six thousand meter peaks, and the Ishinca Valley is one of a half dozen that cut deep into the center of the range. The Ishinca Valley offers the perfect place to establish a base camp, from which we can climb three peaks. It provides countless opportunities for learning and practicing the skills essential to high altitude mountaineering while climbing progressively higher and more complex mountains.

Our trip begins with two days in Hauraz, the mountaineering capital of South America. We will then head into the Ishinca Valley, using burros to assist bringing two weeks of food and equipment into our base camp. From this camp, at 14,000 feet, we will utilize the surrounding glaciers and mountains to learn and then hone basic mountaineering skills. These skills will include route assessment, roped glacier travel, crevasse rescue, crampon and ice axe skills, and an understanding of high altitude physiology. In between skills sessions we will soak up the incredible beauty of this remote valley. The main goal of our “school” programs is to obtain the mountain skills necessary to be a confident and active participant on this and other climbing teams moving forward.

As our skills increase we will attempt progressively more challenging peaks. We will begin on Urus (17,777 feet), a one-day glaciated climb from base camp. Next, we will take on Ishinca. At 18,138 feet, this valley’s namesake will be a real challenge. We will place an additional high camp at the base of the mountain’s glacier, from where we can reinforce acclimatization and our understanding of glaciology and route assessment before taking off onto the glacier for a summit at dawn.

Finally, we will attempt Tocllaraju (19,780 feet). Tocllaraju is a true expedition peak. Again we will place a high camp immediately below the glacier, before winding our way over a rock ridge, a heavily crevassed glacier, and a steep headwall onto Tocllaraju’s airy summit. The views from this peak are those mountaineers dream of— countless jagged peaks spread out before us, stunning sunrises, and lush valleys far below. We will truly have earned our time here!

Alpenglow’s Peru Climbing School 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 all 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 and expert Peruvian logistics operator, Alfredo Ibarra. Waking each morning to Alfredo’s smile, not to mention, hot coffee, and incredible pancakes, will be a highlight of your trip. And our small team

size and low ratio of climbers to guides (3:1) ensures that you stay healthy and strong, and are able to enjoy each component of your experience.

Peru Climbing School Itinerary

Day 1	Leave the USA for Lima, Peru (5,080 feet/1550 meters) Flights should arrive in Lima between 6pm and midnight. Your guide will meet you at the airport and you'll transfer to your hotel for the night.
Day 2	Drive to Huaraz (10,013 feet/3,052 meters) 8 hours In our comfortable and private van, we arrive in Huaraz and spend the night in a small and beautiful hotel.
Day 3	Organize and Acclimatize Today we spend the day organizing gear and going over the plan of attack for our upcoming adventure in the mountains. This day is crucial as our bodies need the time at 10,000 feet to prepare for what is to come.
Day 4	Drive to Collon (11,300 feet/3,440 meters) and trek to a Base Camp in the Ishinca Valley (14,000 feet/4,267 meters) We will use burros to assist with our equipment on this full day of driving and hiking.
Day 5	Skills development day at base camp We will cover topics including roped glacier travel, crevasse rescue, route and weather assessment, and high altitude physiology. This day will also assist in the acclimatization of our bodies.
Day 6	Acclimatization day An additional acclimatization day to use here or later in our schedule.
Day 7	Climb Mt Urus (17,700 feet/5,395 meters) A midnight start at base camp will put us on the summit shortly after dawn. We enjoy climbing a rocky ridge, glacier, and final steep summit slope of this fantastic peak.
Day 8	Move to high camp on Ishinca After a morning of rest, we will move to a high camp on Ishinca. This night will allow us to experience our first taste of sleeping at a camp while climbing. A new experience for novice climbers, this is sure to be a fantastic learning opportunity.
Day 9	Skills day A day of skills on the glacier, including advanced crevasse rescue, self-arrest practice, glaciology, and basic avalanche awareness.
Day 10	Summit day on Ishinca (18,138 feet/5,528 meters) The route will take us up a low angled glacier, great for perfecting our roped travel technique, to a final headwall that separates the airy summit from the rest of the mountain.
Day 11	Rest day in base camp (14,000 feet/4,267 meters) A well deserved day of rest at base camp. We'll enjoy warm food and lounge around camp, planning our next ascent.
Day 12	Move to high camp on Tocllaraju (17,200 feet/5,242 meters) We begin the ascent of our final and most challenging peak yet.

Day 13	Summit day on Tocllaraju (19,784 feet/6,030 meters) This peak is more technical than the previous climbs, and will challenge all of the skills we have developed. The glacier is heavily crevassed and the angle of the slopes is significantly steeper than the previous two peaks. We will truly deserve the incredible panoramic views we gain from Tocllaraju's summit.
Day 14	Return to Huaraz (10,013 feet/3,052 meters) Hike down the Ishinca valley to the road head, returning to Huaraz for a celebration dinner complete with Pisco sours (the local's popular concoction) and perhaps a little salsa dancing!
Day 15	Depart for Lima and catch flights home.

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.

Within 90 Days to Departure

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!
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 \$1,000 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, Alpenglw Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglw 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. If you prefer to work with a travel agent, we recommend Jane Chauvin at Penny Pitou travel: (1-888-526-4488) or jane@pennypitoutravel.com. She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

****Please confirm your itinerary with Alpenglw 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- 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. Alpenglw 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 (Acetazolomide) 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.