

## Artesonraju Expedition

14 Days in Peru / Skill Level: Advanced



July 15 - July 29, 2018

\$7,250\*

\*All costs included with the exception of alcohol, in-town meals, and park permit.

**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

Artesonraju (19,767 feet, 6,025 meters) is considered one of the jewels of the Cordillera Blanca in Peru. The spectacular peak is often recognized as the “Paramount Pictures” icon and provides an incredible climbing experience for the technical climber who also excels at altitude. Artesonraju demands an extremely long summit day, where efficiency and fitness are essential.

Our acclimatization strategy is pure fun, riding mountain bikes for a day from high above Huaraz and climbing Vallunaraju (18,655 feet/ 5,686 meters). Vallunaraju rises out of the beautiful Llaca Valley close to Huaraz. Summit day on the mountain is big as we bypass Moraine Camp and head straight for the summit on moderate glaciated terrain, perfect for refreshing our skills and acclimatizing.



This itinerary allows us to begin our walk to Artesonraju within our first week of arriving in Peru. Although Artesonraju has a relatively quick and easy approach, summit day of the North East Face is long as we navigate a complex glacier, climb approximately 7 pitches of steep snow and ice, and end on an exposed summit ridge. The 360° views from this summit are spectacular and an incredible reward.

Our Artesonraju 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.



## Artesonraju Expedition Itinerary

Day 1	Arrive in Lima between 6pm and midnight.
Day 2	Drive to Huaraz (8 hours), 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. Drive about an hour outside of Huaraz and descend back to town on mountain bikes.
Day 4	Drive to refugio at the end of the Llaca Valley road (14,000 feet/4,267 meters). We prepare our gear for the climb and scope the complicated route through the moraine.
Day 5	Climb Vallunaraju (18,655 feet/ 5,686 meters), return to Huaraz. Vallunaraju provides us with a perfect acclimatization climb on moderate terrain, allowing us to review and practice our skills. We enjoy spectacular views all day long.
Day 6	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/3,505meters), where we camp for the night.
Day 7	Today we begin up the Santa Cruz Valley route on a mellow trail and then turn off to Artesonraju basecamp (13,944 feet/4,250 meters).
Day 8	Rest and skills day.
Day 9	After another ~5 hours of hiking, we arrive at Moraine Camp (16,404 feet/ 5000m)
Day 10	Summit Day (19,767 feet/6,025 meters). Two-tool climbing takes us to the summit of this incredible peak. We will need to move efficiently to successfully summit and descend via rappel, this huge alpine route. We spend the night at Moraine Camp.
Day 11	1 Extra summit day for weather or rest.
Day 12	Descend to basecamp.
Day 13	Walk out to Cashapampa and return to Huaraz for a night of celebration.
Day 14	Return to Lima and depart for 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
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 to this directly correlate to
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. <a href="#">Click here to find links to each.</a>

# General Trip Information

## Payment

1. A deposit of \$1000 is required for all international treks and 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. 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](mailto:jane@pennypitoutravel.com). She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

**\*\*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](http://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. 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 (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.