

Climb Pequeño Alpamayo, Huayna Potosi & Illimani

16 Days in Bolivia / Skill Level: Intermediate
5 Day Extension Available



July 28 - August 12, 2018

2018 Extension: August 13-17

\$3,950

Extension - \$1,200

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

Difficulty Level: *Easy Intermediate – Participants should have either prior glacier/ice climbing experience or have climbed/trekking at altitude (over 15,000' / 4572m).*

Overview

Of all the Andean countries, Bolivia remains the least touristed and most adventurous. It offers all the attractions of its more popular neighbors, but has not yet been “discovered” by the masses. This offers a unique opportunity to adventurous climbers.

And for climbers, Bolivia is a dream. Even its capital city is made for mountaineers. La Paz sits in a valley at 11,900' / 3627m, surrounded by glaciated peaks and rolling hills. The La Paz airport is the highest international airport in the world, at 13,200' / 4023m! This means our acclimatization begins as soon as we land in Bolivia. We will take full advantage of this acclimatization time, exploring the Andean highlands and the sights of La Paz for two full days while we get used to living and sleeping at the same elevation as most of Colorado's summits! We will also spend two days on Lake

Titicaca, the highest navigable lake in the world, where we will visit the famous reed islands.

From Lake Titicaca, we will attempt our first peak, Pequeño Alpamayo (17,482' / 5329m). Like its famous taller neighbor in Peru, Pequeño's face is beautiful and the climb is technical yet reasonable. It is also an ideal place to increase your mountaineering skills. We will spend five days practicing glacier and climbing skills, acclimatizing, climbing sub-peaks, and finally making our summit bid. The summit day consists of a moderate glacier, followed by two pitches of fourth class rock, and then steep ice or neve on a knife-edged ridge. After our team makes its summit bid, we will return to La Paz for a hot shower and a much deserved night in a comfortable bed!



At 19,975' / 6088m, Huayna Potosi is taller than all but a handful of peaks in the Americas. After a short drive from La Paz to base camp, we spend a day practicing steeper ice climbing skills on the glacier's edge. Our summit day route is comprised of steep glacier travel, huge crevasses, and a final airy ridge to the summit. A summit of Huayna is a proud day, and is excellent preparation for longer routes on the big mountains of the world. The views from this summit encompass the countless peaks of the Cordillera Real, the city of La Paz, and on a clear day the distant peak of Sajama, Bolivia's rarely climbed tallest peak. After our team makes its summit bid, we will return to La Paz again.

Our next peak, Illimani looms over La Paz, and no climber has ever arrived into Bolivia's airport without being awed by its steep flanks and sheer size. With the acclimatization and skills we have gained on Pequeño Alpamayo and Huayna Potosi, we will be ready to tackle this challenging peak, the tallest in the Cordillera Real. After

a beautiful drive through Bolivian farmland and small indigenous towns, we will arrive at our base camp. From there, and with the assistance of local high altitude porters, we will move to the Nido de Condores or “Nest of the Condors”, our very aptly named high camp at 18,372' / 5600m). Summit day takes us across an exposed ridge and then onto broad snow slopes, around crevasse fields, and eventually onto the final, classic, knife-edged summit ridge.

Our Bolivia expedition will be guided by one 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 Bolivian 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 one of Bolivia's original logistics operators, a great cook, and our small team size (maximum ratio of three climbers to one guide) to ensure that you stay healthy, strong, and are able to enjoy each component of your experience.

Bolivia Itinerary

Optional Extension

Day 1	Arrive in La Paz International Airport (13,200' / 4023m). Spend the day acclimatizing, followed by a team welcome dinner (Saturday).
Day 2	Visit the ruins of Tiahuanaco. Close to La Paz, the largest archaeological site in Bolivia lends insight into this country's past, and its Amyara civilization. The ruins date back to 1600 BCE. Exploring these high altitude ruins will also aid our acclimatization. In the afternoon we will continue driving to Lake Titicaca.
Day 3	The world's largest navigable lake, Titicaca sits at over 12,400' / 3780m. We spend the day on the water, visiting Sun Island and the indigenous people who live there. We spend a second evening in the lakeside town of Copacabana.
Day 4	By now, we are ready to climb! Today we drive to Tuni, a collection of alpaca herder's huts at 14,000' / 4267m. We set camp here and take an acclimatization hike.
Day 5	Hike (with llamas to carry our gear) to Condoriri base camp. Perched on the edge of a lake below six peaks over 17,000' / 5182m in height, it is a stunning place. We set up our base camp at 15,000' / 4572m.
Day 6	Climb Pico Austria, a non-technical 17,000' / 5182m peak with fantastic views of all the surrounding peaks. It is a 3-4 hour hike up sand and scree to the summit, and is ideal for acclimatization.
Day 7	After a big pancake breakfast we head onto the glacier below Pequeño Alpamayo for a full day of skills – we practice crampon and ice axe use, self arrest techniques, roped travel, and crevasse rescue.
Day 8	Rest day in base camp. This is an opportunity to let our bodies recover, as well as to practice any skills that needed more work from the day before.
Day 9	By now, we are ready to climb! A 2am start means we will cross most of the low angled glacier by headlamp. By dawn we should be moving up the steeper rock and ice slopes, a perfect introduction to more technical big mountain routes. The final steep knife-edge ridge to the summit is one that will never be forgotten! We return to base camp for the night.
Day 10	Return to La Paz, where we take much-needed showers, eat a big meal, and sleep.
Day 11	Rest in La Paz, exploring the local markets and neighborhoods. No trip to La Paz is complete without a visit to the Witch's Market!
Day 12	Today we drive to base camp on Huayna Potosi, near Laguna Zongo (15,700' / 4785m). After establishing camp, we head to the nearby glacier, where perfect ice serac walls up to 100 feet tall allow for some technical ice climbing practice.

Day 13	With the assistance of high altitude porters, move to a high camp at 18,000' / 5486m.
Day 14	Summit Day! 7-9 hours of climbing takes us through crevasse fields and moderate to steep slopes, before finishing on an exposed ridge looking over the massive West Face. After some hero photos on the 19,974' / 6088m summit we descend all the way to base camp and drive back to our hotel in La Paz.
Day 15	Extra contingency day for summiting if necessary. If not, we enjoy a day of pampering ourselves in La Paz.
Day 16	Another day of necessary rest. We enjoy more of the history and great food La Paz has to offer, and possibly do some rock climbing at the local sport crag.
Day 17	Drive east to the trailhead of Illimani. With the help of burros, we make the easy walk into our base camp at 15,000' / 4572m.
Day 18	Move to high camp, the Nest of the Condors, 18,372' / 5600m. Again, porters help to make this move more manageable and allow us to enjoy the stunning surroundings.
Day 19	A pre-dawn start takes us across Illimani's glaciers. As the sun rises, we will be nearing the steeper upper slopes, which will test all of the skills we have learned through our two weeks in Bolivia. Reaching Illimani's summit will be a moment for each of us to savor, before descending all the way back to base camp.
Day 20	Return to La Paz. This day can also be used as an additional summit day if weather necessitates it.
Day 21	Leave La Paz early morning. (Friday)

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!
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 20% deposit is required for all private treks and expeditions. Deposits are due upon registration, 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! We also accept credit card payments with a transaction fee of 3%. 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. 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 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 for your planned spending. 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 – high quality point and shoot digital cameras are an excellent option. We have found that small pocket cameras are much better than big DSLRs for summit days. You need a simple light system, and the new generation of digitals take great photos. A guide favorite is the Sony RX 100 camera.
- 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.