

## Trekking the Huayhuash of Peru

16 Days in Peru / Skill Level: Intermediate



June 15 - 30, 2018

\$3550/person

June 14 - 29, 2019

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

**Difficulty Level:** Intermediate - This is an intermediate trek. There are multiple days of long hours at altitude. Trekkers should come prepared with a good base of physical fitness.

## Overview

The famed Huayhuash of the Cordillera Blanca is a stunning trek at high altitude. Trekking with Alpenglow Expeditions in Peru means you are led by one of our professional guides while taking advantage of our longtime relationship with our local logistics team to create a seamless experience where nothing is left to question.

Our expedition will begin with 2 full days of acclimatization in Huaraz. Sitting at nearly 10,000', Huaraz is the perfect place to begin acclimatizing. We spend two days at this altitude, touring the city on the first, and then renting mountain bikes on the second.

From Huaraz, the real adventure begins as we drive to the small village of Llamac. It's here that we meet our man of many talents, Alfredo Ibarra. He is not only the master of our burro team, but also our incredible camp cook keeping us healthy and fed throughout our journey. We'll load up the burros at this point and begin walking along the Quero River towards our first camp above 13,000'.



From here we proceed through more than six high passes throughout eleven glorious days in the Huayhuash of Peru. Our highest pass crossed will be Cuyoc Pass at 16,404' with most of the other passes cresting 15,000'. We'll pass beautiful alpine lakes and glimpse mountain peaks taller than 20,000' as we complete the circuit.

Our Huayhuash Trekking Expedition will be guided by one of Alpenglow's certified lead guides. Our lead guides have 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 and adventurers, 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. These logistics ensures that you stay healthy and strong, and are able to enjoy each component of your experience.

## Huayhuash Trek Expedition Itinerary

Day 1	Arrive in Lima in the afternoon or evening. We'll stay one night in Lima just in case of delayed flights etc.
Day 2	Drive to Huaraz (8 hours) utilizing luxurious VIP bus service, where we base out of a small but beautiful hotel (10,000' / 3,050m).
Day 3	An acclimatization and organization day in Huaraz. Generally speaking, we can spend this day exploring the beautiful city of Huaraz. This not only gets our legs moving but really gets our acclimatization process jump started.
Day 4	A second day in Huaraz is spent mountain biking on local trails to further promote acclimatization. At the end of these two full days in Huaraz we should be ready to make our drive to the village of Llamac.
Day 5	Drive (4-5 hours) to the Village of Llamac (11,152' / 3400m), before beginning our trek. In Llamac we'll meet the backbone of our Peruvian team, Alfredo, and his team of donkeys. This is our official trailhead and the start of the trekking and we'll cast off towards Cuartelhuain (13,615' / 4150m) following the Quero River. Our total trekking time today will be 5-6 hours.
Day 6	Today we meet our first challenging pass, the Cacanapunta Pass (15,419' / 4700m). We ascend over a 4-5 hour period to the pass which lies on the Andean Continental Divide. Throughout the day we'll have views of Ninashanca (18,395' / 5607m) and Rondoy (19,258' / 5870m). From the pass, we'll descend for 1-2 hours to our campsite along the shores of lake Mitucocha (14,107' / 4300m).
Day 7	Our biggest day of trekking yet - we top a second pass called Carhuac Pass (15,255' / 4650m) before dropping into yet another beautiful valley. Our camp for the night lies at Lake Carhuacocha (13,615' / 4150m). Today's total trekking time should be about 6-7 hours.
Day 8	Rest Day in Laguna Carhuacocha. We take this day to enjoy our location deep in the wilderness. For those feeling energized, we can go on an exploration hike of the area.

Day 9	We leave Laguna Carhuacocha and hit our third pass before ending our day in the beautiful village of Huayhuash (15,583' / 4750m). The Carnicero pass will be challenging at 15,091' / 4600m and will once again provide impressive views of the mountains surrounding it. Total walking time today is 6-7 hours.
Day 10	An early start has leaving the tranquil village heading towards Lake Viconga (14,419' / 4395m). Our fourth pass of the trek is the Portachuelco Pass (15,583' / 4750m) and provides more great views to remote peaks in the Cordillera Raura. We end the day by soaking in the hot springs of Lake Viconga. Total trekking time today is 5-6 hours.
Day 11	Today we cross our highest pass as we move towards our camp in Rinconada. The Cuyoc Pass (16,404' / 5000m) will be a challenge, but a rewarding one. We continue our trek today by descending from the pass towards Rinconada where we set up our camp for the night. Total trekking time today is 4-5 hours.
Day 12	Today is a much needed easy day of walking through the valley towards the village of Huayllap. From there we ascend a gradual slope up a narrow valley to reach Huatiac (14,107' / 4300m). Total trekking time is 4-5 hours.
Day 13	Another day, another pass. We leave Huatian in the morning to move towards Tapush Pass (15,748' / 4800m). From there we descent to Gashgapampa (14,763' / 4500m) where we set up camp. Trekking time is 3-4 hours.
Day 14	From Gashgapampa we head to Laguna Jahuacocha (13,615' / 4150m). We climb one of our last passes of the trip, Yahucha pass (15,584' / 4750m). From this pass we will have spectacular views of high peaks, including Yerupaja (the second highest peak in Peru). Trekking time is 4-5 hours.
Day 15	Laguna Jahuacocha to Llamac, drive to Huaraz. Waking up on the shores of Laguna Jahuacocha, we are now on our last day of trekking. One final pass stand between us and the finish- Pampa Llamac pass (14,108' - 4300m). After enjoying our last views of the Cordillera Huayhuash, it is time to bring our trek to a close. A couple more hours will bring us out of the mountains, to the small village of Llamac. From here, we will travel by vehicle back to Huaraz.
Day 16	Leave Huaraz in the morning for Lima, leave Lima in the evening.

## Client Expectations and Timeline

### 90+ Days to Departure

Reserve Spot	A deposit of 20% of the total cost of trip is required for all treks and expeditions. Deposits are due when 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! 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.
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. <a href="#">Click here to find links to each.</a>

# General Trip Information

## Payment

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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. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.
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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: (603-356-0055)

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.