



MOUNTAINS OF BOLIVIA EXPEDITION

DURATION: 12 DAYS + 5 DAY EXTENSION

LOCATION: BOLIVIA

SKILL LEVEL: INTERMEDIATE

ALPENGLOW



MOUNTAINS OF BOLIVIA

Expedition Details

DURATION: 13 DAYS + 4 DAY EXTENSION

LOCATION: BOLIVIA

SKILL LEVEL: INTERMEDIATE

SEASON: SUMMER (N. HEMISPHERE)

DIFFICULTY LEVEL DESCRIPTION:

Beginner/Intermediate –Pequeño Alpamayo, Huayna Potosi, and Illimani are technical but reasonable climbs. All include pitches of snow/ice climbing, glacier travel, and exposed ridges.

PREREQUISITES:

Participants should have either prior glacier/ice climbing experience or have climbed/trekged at altitude (over 15,000'/4,572m)



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Expedition Introduction

Why Climb in Bolivia?

Of all the Andean countries, Bolivia remains the least touristy and most adventurous. It offers all the attractions of its more popular neighbors, but remains a well-kept secret from the masses.

This provides a unique opportunity for adventurous climbers. Bolivia is a climber's dream. Even its capital city of La Paz is made for mountaineers, situated in a valley at 11,900 feet (3627 meters).

The urban sprawl is backdropped by impressive glaciated peaks and vast rolling hillsides. The city contains the highest international airport in the world situated at 13,200 feet/4,023m.

This means our acclimatization begins as soon as we land in Bolivia. We will take full advantage of this acclimatization time and spend two days exploring the Andean highlands and seeing the sights of La Paz. During this time, our bodies will begin to adapt 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.

ROUTE CHOICE

On all three mountains, we will take the Normal Route. On Pequeño Alpamayo, we will cross a glacier before ascending steep pitches of snow, rock, and ice before gaining the ridge and reaching the summit. The Normal Route on Huayna Potosi will be a very similar experience, crossing the glacier to climb steep snow/mixed terrain before traversing the ridge to the summit. Illimani is the culmination of all the skills we've learned and practiced thus far, as it is steeper and more technical than the previous two mountains.



HISTORICAL OVERVIEW

Climbing in the Cordillera Real offers a wide berth of accessible 5000m and 6000m peaks connected by a well-kept network of ancient roads and trails that we will utilize throughout the expedition.

Pequeño Alpamayo is a near-perfect pyramid of snow that was first climbed in August 1962 by South Africans Irene and Kieth Whitlock. Huayna Potosi was first climbed in 1919 by Germans Rudolf Dienst and O. Lhose. Illimani was first summited in 1898 by the British Sir William Martin Conway with Italian guides Jean-Antoine Maquignaz and Luigi Pellissier.



17 Day Itinerary

At Alpenglow, we organize and execute our expeditions to operate at maximum efficiency without detracting from the overall experience. While we are certainly subject to both human and weather conditions, we take a holistic approach to planning, allotting time not just to climb, but often to acclimatize, wait out the weather, or rest so that we are adequately prepared for the big mountains.

The itinerary begins with with one or more acclimatization hikes as we steadily gain altitude by venturing deeper into the Cordillera Real. This allows for climbers to slowly build an understanding of how their bodies will adapt to increasingly higher altitudes.

Pequeño Alpamayo, Huayna Potosi, and Illimani are ideal peaks for climbers looking to add to their technical skillset. Additionally, they offer respectable experiences at altitude that will prepare climbers for bigger objectives in the 7000m range.



Following an expedition to Bolivia, climbers can begin to consider longer expeditions to more technical climbs such as Alpamayo and Quitaraju, or taller mountains such as Aconcagua or Peak Lenin.

See more trips at [ALPENGLOWEXPEDITIONS.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.



Who We Are

MISSION

TO INSPIRE ADVENTURERS THROUGH POWERFUL MOUNTAIN EXPERIENCES

VISION

LEVERAGING THE POWER OF THE MOUNTAINS TO CREATE POSITIVE CHANGE IN THE WORLD

VALUES

AlpenglowExpeditions facilitates epic mountain adventures. From Via Ferrata to summiting Mount Everest – our innovative climbing techniques, premier logistics, experienced & accredited guides, and smaller, curated teams results in an inspiring, powerful experience for every client.

Our logistical team is focused on quality and detail at every step resulting in a higher level of personal comfort with fewer delays and a better chance at success. As an AMGA accredited business, we surpass industry norms, guaranteeing that our guides are the best of the best, which includes requiring all international guides to have their IFMGA and/or AMGA certifications. Our guides are extensively trained across every route encountered - knowing the mountain inside and out makes for a smart, safe, decision process resulting in efficient, seamless trips. This training also allows our guides to focus on facilitating the best experience for our clients, including educating and teaching while on the mountain. Our guides and logistics ensure professionally managed and enjoyable expeditions, cohesive group dynamics, and an optimal trip for all.

Attention to detail extends to group dynamics and team size as well. We believe that the right people on the right mountain results in a unique and memorable expedition. We spend time understanding each participant, precisely matching them with the rest of the team. Small team size enables us to focus on each team member's goals for the trip, maximizing success and safety, which results in an outstanding curated experience.

Alpenglow Expeditions is a group of passionate adventurers with a love for the high alpine. Our mission is to inspire adventurers through powerful mountain experiences because we know the transformative power they hold. Our clients feel empowered, surprised, delighted, and changed by the possibilities and promises of the mountains.



After nearly two decades of guiding expeditions all over the world, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.

The Alpenglow Difference

Alpenglow Expeditions strives to create a holistic climbing experience that pairs education and self-sufficiency with unmatched guiding and logistical support.

Local Guides

Not only are all guides IFMGA licensed or aspirants working towards finishing their certification, but for most of them, the Andes are home base. Alpenglow Expeditions guides adhere strictly to an AGMA-defined scope of practice, and are trained to the highest-possible standard in climbing.

Logistics

Logistics and the itinerary for Pequeño Alpamayo, Huayna Potosi, and Illimani were developed largely by the guides who will serve as your instructors, with decades of collective experience between them and countless ascents in the Andes and around the world. Climbers have access to a premier logistics team before, during, and after the expedition.

1:3 Maximum Guide to Climber Ratio

All guides are IFMGA qualified or aspirants working towards finishing their certification.

TEAM MEMBER REQUIREMENTS: Climbers should have either prior glacier travel and/or ice climbing experience, or have climbed/trekged at altitude (over 15,000' / 4,572m)



Route Description + Itinerary

Your journey begins the moment you land at El Alto International Airport—one of the world's highest—rising over 13,200 ft (4,023 m). The brisk Andean air initiates your acclimatization immediately. Day 1 is about settling in: a warm welcome dinner sets the tone for the adventure ahead.

Day 2 brings a journey into the past with a visit to the ancient ruins of Tiwanaku, perched high above the altiplano. In the afternoon, travel to Lake Titicaca, where you'll spend the night, gazing over the world's highest navigable lake.

On Day 3, you fully embrace the beauty of Lake Titicaca—visiting Sun Island, engaging with local indigenous communities, and soaking in the serene, high-altitude scenery. Nights are spent in the charming town of Copacabana.

Day 4 brings a scenic drive to Tuni, a high alpine settlement of alpaca herder huts at 14,000 ft (4,267 m). Here, you'll break trail with a gentle acclimatization hike.

On Day 5 you will climb to Condoriri Basecamp, nestled beside a glacial lake beneath peaks exceeding 17,000 ft (5,182 m). It's a breathtaking alpine setup. On Day 6, you tackle Pico Austria (5,182 m): a non-technical climb offering sweeping views and vital acclimatization.

On Day 7, beneath the towering face of Pequeño Alpamayo, you train with glacier skills—ice axe techniques, self-arrest, crevasse rescue—building trust with the mountain and your team.

Day 8 is summit day: you traverse a glacier, scramble two pitches of 4th-class rock, and push over the knife-edge ridge to stand atop Pequeño Alpamayo (5,329 m). After the descent, your team returns to La Paz for comfort and camaraderie.

Day 9 is a well-deserved rest day in La Paz. Day 10, you set out for Huayna Potosí. After a drive, you arrive at base camp near Laguna Zongo (4,785 m). Here you practice steep ice-climbing skills on towering seracs.

Day 11 is summit day on Huayna Potosí (6,088 m): expect steep glacier travel, deep crevasses, and a thrilling airy ridge leading to the summit. The descent sends you back to La Paz for rest. Day 12 is used for rest or to wait out unfavorable weather.

Day 13 launches those continuing on an extension toward Illimani. A drive takes you to the trailhead and then, via burros, into base camp (4,572 m).

Day 14 is a hike up to Illimani's high camp, preparing for the final push. Day 15: Summit day. You depart before dawn, crossing icy slopes and ridges honed by your previous experience. At 6,439 m, the summit of Illimani offers an emotional, triumphant peak before returning to base camp.

Day 16 sees your return to La Paz—or, if weather delayed, an extra summit opportunity. Day 17 marks your departure for home, bringing the expedition full circle.



Daily Itinerary Overview

DAY 1 — Arrive in La Paz International Airport (13,200' / 4,023m). Spend the day acclimatizing, followed by a team welcome dinner.

Activity: Arrive in La Paz, Bolivia
Sleeping Elevation: 11,900' / 3,627m
Lodging: Ritz Apart Hotel
Meals: None

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.

Activity: Bus from Lima to Huaraz (8 hrs)
Elevation Gain/Loss: +500' / 152m
Sleeping Elevation: 12,400' / 3,780m
Lodging: Copacabana Hotel
Meals: Breakfast

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.

Activity: Explore Titicaca and Copacabana / Acclimatization hike
Elevation Gain/Loss: n/a
Sleeping Elevation: 12,400' / 3,780m
Lodging: Copacabana Hotel
Meals: Breakfast, Lunch, & Dinner

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.

Activity: Reach Base Camp in Llanganuco Valley / acclimatization hike
Elevation Gain/Loss: +1600' / 488m
Sleeping Elevation: 14,000' / 4,267m
Lodging: Tuni
Meals: Breakfast, Lunch, & Dinner

Daily Itinerary Overview

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' / 5,182m in height, it is a stunning place. We set up our base camp at 15,000' / 4,572m.

Activity: Skills Day
Elevation Gain/Loss: +2000' / 600m
Sleeping Elevation: 15,000' / 4,572m
Lodging: Condoriri Base Camp
Meals: Breakfast, Lunch, & Dinner

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.

Activity: Climb Pico Austria
Elevation Gain/Loss: +2000' / 600m
Sleeping Elevation: 15,000' / 4,572m
Lodging: Condoriri Base Camp
Meals: Breakfast, Lunch, & Dinner

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.

Activity: Skills Day
Elevation Gain/Loss: n/a
Sleeping Elevation: 15,000' / 4,572m
Lodging: Condoriri Base Camp
Meals: Breakfast, Lunch, & Dinner

DAY 8 — Summit day! 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.

Activity: Summit Pequeño Alpamayo
Elevation Gain/Loss: +2,482' / 756m
Sleeping Elevation: 15,000' / 4,572m
Lodging: Condoriri Base Camp
Meals: Breakfast, Lunch, & Dinner

DAY 9 — Return to La Paz, where we take much-needed showers, eat a big meal, and sleep.

Activity: Return to La Paz
Sleeping Elevation: 11,900' / 3,627m
Lodging: Ritz Apart Hotel
Meals: None

Daily Itinerary Overview

DAY 10 — Today we drive to base camp on Huayna Potosi, near Laguna Zongo (15,700'/4,785m). 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.

Activity: Drive to Huayna Potosi BC
Elevation Gain: +3,800'/1,158m
Sleeping Elevation: 15,700'/4,785m
Lodging: Huayna Potosi Base Camp
Meals: Breakfast, Lunch, & Dinner

DAY 11 — 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'/6,088m summit we descend all the way to base camp and drive back to our hotel in La Paz.

Activity: Summit Huayna Potosi
Elevation Gain: +1,974'/602m
Sleeping Elevation: 11,900'/3,627m
Lodging: Ritz Apart Hotel
Meals: Breakfast, Lunch, and Dinner

DAY 12 — 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!

Activity: Rest Day in La Paz
Sleeping Elevation: 11,900'/3,627m
Lodging: Ritz Apart Hotel
Meals: None

DAY 13 — Drive east to the trailhead of Illimani. With the help of burros, we make the easy walk into our base camp at 15,000'/4,572m.

Activity: Hike to Illimani BC
Sleeping Elevation: 15,000'/4,572m
Lodging: Illimani Base Camp
Meals: Breakfast, Lunch, & Dinner

DAY 14 — Move to high camp, the Nest of the Condors at 18,372'/5,600m. Again, porters help to make this move more manageable and allow us to enjoy the stunning surroundings.

Activity: Summit Day on Illimani
Elevation Gain: +3,372'/1,028m
Sleeping Elevation: 18,372'/5,600m
Lodging: Nest of the Condors
Meals: Breakfast, Lunch, & Dinner

DAY 15 — 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.

Activity: Summit Illimani
Elevation Gain/Loss: +2300'/701m
Sleeping Elevation: 18,000'/5,486m
Lodging: Illimani Base Camp
Meals: Breakfast, Lunch, and Dinner

Daily Itinerary Overview

DAY 16 — Return to La Paz. This day can also be used as an additional summit day if weather necessitates it.

Activity: Return to La Paz
Sleeping Elevation: 11,900'/3,627m
Lodging: Ritz Apart Hotel
Meals: Breakfast, Lunch, and Dinner

DAY 17 — Depart La Paz for home.

Activity: Departure day



Travel Details

FLIGHTS

Climbers should schedule flights to land in La Paz, Bolivia on Day 1 of the itinerary. Climbers will meet their guides and transportation to our first hotel will be arranged. Transportation between La Paz and all other destinations on the itinerary will be arranged.

If you do not have a travel agent, we recommend using kayak.com as a primary source for finding low-fare airfares.

VISAS

For US citizens, visas are required to enter Bolivia for the duration of the expedition. [Click here](#) to access the online portal for visas to Bolivia. Visas cost \$160 and can be obtained on arrival, but it is recommended that travelers apply at least a month before departure. Those from outside the US are advised to contact the Bolivian embassy for assistance and information regarding visas. Anyone wishing to remain in Bolivia beyond 183 days must apply for a visa.

For visa information, visit [CIBT Visas](#).

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





General Trip Information

FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in La Paz to provide the best options to our team. Our western-trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

MOUNTAIN TRAINING

Climbing in the Cordillera Real is a large physical undertaking, and climbers who are joining our teams should have at least a general understanding of what it takes to train for an expedition like this. For a personalized training schedule, please reach out to our in-house trainer: lynette@alpenglowexpeditions.com.

Lynette Talbott is the owner and operator of [Billy Goat Swift](#). As a full-service expedition trainer, Lynette specializes in sports performance, orthopedic injuries, and endurance event training. Her passion for sports rehabilitation and athletics began in high school as a competitive swimmer and water polo player and followed into her time as a mountain guide in the Sierra Nevada. She works as a Physical Therapist Assistant at the Tahoe Forest Hospital as well as a personal trainer. For the past 10 years she has trained for triathlons, cross country skiing events, cycling events like the Death Ride, and backcountry ski trips.

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. 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.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglw 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, Alpenglw Expeditions, LLC, is not a medical facility and Alpenglw Expeditions, LLC, assumes no liability regarding medical care.

Our on-call high-altitude expedition doctor, Dr. Monica Piris, has been on more than 15 expeditions to some of the world's highest peaks including Everest, Lhotse, Cho Oyu, and Manaslu. Her work has ranged from monitoring team members' health throughout the expedition, treating locals and visitors for common illnesses, to treating frostbite and potentially fatal altitude-related illnesses and offering diagnostic and therapeutic advice over the radio for unwell climbers being rescued above 8,000m.



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 time in La Paz, we'll be staying in double-occupancy rooms in hotels. Accommodations are sufficiently comfortable for the necessary rest and recharge time before and after our days in the mountains.

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. Single supplement tents are available in base camp, however double occupancy tents are required for all camps on the mountain.

ON-MOUNTAIN ACCOMMODATIONS

Base camp life includes a cooking tent as well as a personal sleeping tent for every climber. For any high camps, we will use three-person tents to accommodate two climbers.

In setting up high camps, we will carry loads and set up camp with the assistance of our porter team. Three on-mountain meals per day will be prepared for all climbers by our cook team as well, both at Base Camp and in high camps.

INCLUSIONS

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

- double occupancy lodging while in town according to the itinerary
- meals on the mountain
- group camping and climbing equipment
- base camp and advanced base camp infrastructure
- scheduled transportation while in the countries we are visiting
- certified guides
- permits
- burros and porters
- access to Alpenglow Logistics Team prior to and after your expedition

CANCELLATION POLICY

View our cancellation policy online at <https://alpenglowexpeditions.com/cancellation-policy-international-expeditions/>

EXCLUSIONS

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
- 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.

**We recommend [Global Rescue](#) for both Rescue and Travel insurance





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.

 **ALPENGLOW**
expeditions

[ALPENGLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)

BOOKING + INQUIRIES

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

1 (877) 873-5376

info@alpenglowexpeditions.com



ALPENGLLOW

Alpenglow Expeditions

PO Box 3122

Olympic Valley, CA 96146 USA

1 (877) 873-5376

info@alpenglowexpeditions.com

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

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