



ECUADOR

CLIMBING SCHOOL

DURATION: 9-16 DAYS

LOCATION: ECUADOR

SKILL LEVEL: INTRODUCTORY

ALPENGLOW



ECUADOR CLIMBING SCHOOL

Expedition Details

DURATION: 9-16 DAYS

LOCATION: ECUADOR

SKILL LEVEL: INTRODUCTORY

SEASON: YEAR ROUND

DIFFICULTY LEVEL DESCRIPTION:

Technical climbing and altitude experience are not necessary. This expedition requires good physical fitness, specifically an ability to move in rugged terrain for long days. Alpenglow can happily provide physical and technical training programs to prepare for this introductory expedition.

PREREQUISITES:

This expedition is designed for beginners or those looking to brush up on skills. No prior climbing or technical experience is required to join.



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

Expedition Introduction

Why Climb in Ecuador?

Ecuador is situated on the equator and boasts a year round climbing season with some of the easiest to access 5,000 and 6,000-meter peaks in the world.

For climbers, Ecuador is one of the most user friendly countries to climb in with an international airport into the world heritage site of Quito and all main objectives within a few hours' drive from this cultural hub. Quito also serves as the home to a majority of our international guides. Joining them in Ecuador is akin to climbing well-loved peaks in someone's back yard. Collectively, they've climbed all of the main peaks thousands of times and know each and every inch of the routes.

If sleeping in a cold tent for two weeks sounds intimidating, rest assured, Ecuador allows us to split our time between staying in comfortable lodges AND experiencing high altitude camp life. For our first two climbs we will rest in cozy lodges each night, removing some of the stressors of normal big mountain expedition life. On our third objective, we'll get to experience life at high camp, setting up camp right at the toe of the glacier.



ROUTE CHOICE

On all 3 peaks in Ecuador, we climb the normal routes. For Cayambe, this is on the west side of the mountain. On Cotopaxi, we climb from the north side of the mountain. On Chimborazo, we climb the west ridge via the "Castillo" route.



HISTORICAL OVERVIEW

British mountaineer Edward Whymper was the first person to summit most volcanoes in Ecuador, and he did so in the late 19th century. All but one of the peaks we climb were summited by Whymper, between 1872 and 1880. Cotopaxi was summited by Wilhelm Reiss and Angel Escobar in 1872.



9 Day Itinerary + 7 Day Extension

The foundation of the Ecuador Climbing School is in education, and each day of the expedition you'll be hands-on with new lessons and experiences to add to your climbing tool kit. If you've been up a few peaks in the past, you'll be brushing the rust off and sharpening your own skill set that you've accumulated over the years.

Our itinerary all starts with learning how to efficiently acclimatize. While touring the majestic city and tagging a peak that towers above it in a couple of days, we begin to gain an understanding of how our bodies react as we prepare for our first peak.

The first objective, Cayambe, greets us with a glacier at altitude so we can familiarize ourselves with crampons, ice axes, self arrest techniques and the fine points of climbing in a rope team.

By tacking on the seven day extension, you take advantage of your hard earned acclimatization and utilize it to further cement your skills while attempting two more peaks, one of which (Chimborazo) stands at 6268m or 20,564'.



Following the Ecuador Climbing School, climbers should feel confident making plans to climb peaks in the 6500 to 7000 meter range like Aconcagua, Illimani or Ojos del Salado.

See more trips at 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 IFMGA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 20+ 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 climber's 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 Makalu and Manaslu, the 5th- and 8th-tallest peaks in the world. In 2011 he 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 15 summits of 8,000 meter peaks (including 10 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 them thoroughly vetted to ensure 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

Alpenglow Expeditions facilitates epic mountain expeditions. From Via Ferrata to summiting Mount Everest – our innovative climbing techniques, premier logistics, experienced & accredited guides, and smaller, curated teams result 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 adventure.

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 15 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.

The Alpenglow Difference

Alpenglow Expeditions' Rapid Ascent™ climbs are an entirely new way to approach big-mountain expeditions.

Teaching Fundamentals

Educating mountain travelers who have a passion for climbing is a core value at Alpenglow expeditions, and our climbing schools both in Lake Tahoe and around the globe are examples of that value put into practice. These schools are designed to take a new climber to new heights, and will help an experienced climber brush up on skills and teamwork.

Guides

Not only are all guides IFMGA licensed or aspirants working towards finishing their certification, but for most of them Ecuador is home base. Guides like veteran Jaime Avila helped to develop

our Ecuador program, while others like Topo Mena, Gaspar Navarrete and Carla Perez have countless ascents of the peaks that make up their backyard.

Comfortable Lodging

Often when we think of mountain expeditions, we think about a base camp of tents, and high camps built on the freezing ground of a glacier, but Ecuador provides beautiful huts on 2 out of the 3 climbs. Chimborazo does include a camp before the summit push, but we do this intentionally to give our climbers a chance to work on camp craft, furthering the skills they've learned along the way.

The Alpenglow Difference

Flexible Itineraries

Due to our strong connection in Ecuador and our close relationship with our partners, we can have an incredibly flexible schedule to take advantage of weather windows, climbing conditions, and of course hot springs and local markets.

Rental Gear Available

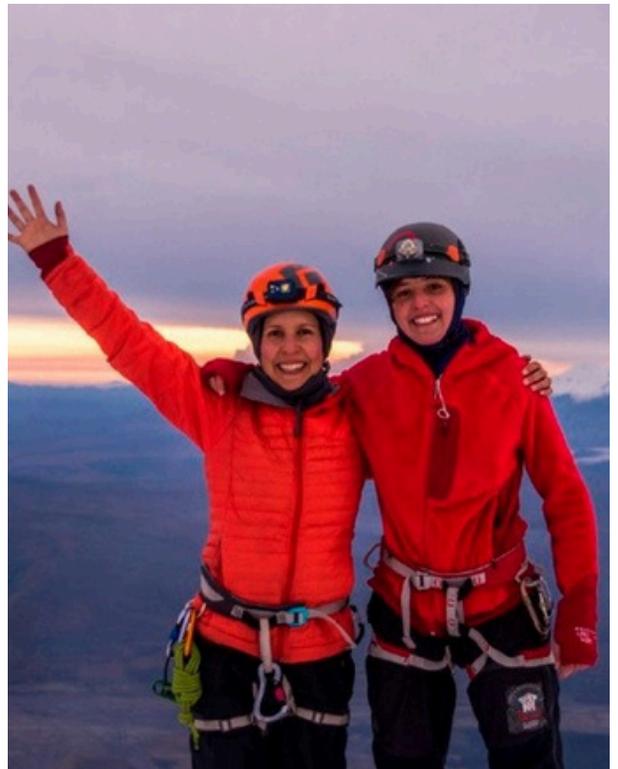
Because Ecuador is a hub for our international guiding team, it's easy for us to arrange gear rentals for you at no additional cost. We rent harness, helmet, crampons, and ice axes at no extra cost to you. We also have a small fleet of boots to rent, however we strongly recommend investing in a good pair that will take you higher once you complete your climbs in Ecuador.

Extension, two peaks in seven days

By adding the seven day extension, you're able to capitalize on the acclimatization you've worked so hard to earn.

Rock Climbing, Hot Springs

As the itinerary allows, Ecuador allows for down-day alternatives like rock climbing and visits to hot springs.





The Alpenglow Expeditions Team

Alpenglow's Guides

All of our guides for this expedition are IFMGA licensed or aspirants working to finish their certification. Ecuador is unique at Alpenglow as our expeditions are led by one or more guides who have significant experience climbing every peak on the itinerary. Quito is a home base for many of our international guides, and they love showing off all that the city and surrounding peaks have to offer.

Local Logistics Team

Our guiding team in Ecuador is also our logistics team. Because many of our international guides are based in Quito, the same guide that climbs with you to the summit is also the person who has arranged your hotel and meals for the day making for a precise but flexible plan for each day.

TEAM MEMBER REQUIREMENTS

We only require that team members must have a desire to climb, and an insatiable thirst to learn the skills and techniques necessary to move safely at high altitudes.



Route Description + Itinerary

The expedition begins in the capital city of Quito, with most arrivals happening late in the evening where your guide will welcome you to Ecuador before transporting you to your hotel for the night. The next morning the team will be together for the first time over fresh coffee and breakfast, before setting out into downtown Quito for a day of wandering the streets and taking in the incredible culture of this UNESCO world heritage site.

The city day serves as our first acclimatization day, and prepares you for the following day climbing Rucu Pichincha to further your body's acclimatization process. We gain access to Rucu almost directly from downtown as we ride a teleferico (gondola) up to about 3800m. From the teleferico we hike a beautiful trail to the top of Rucu which stands at 15,413'/4698m.

Leaving Quito, we head north towards the town of Otavalo, and ultimately Cayambe, our next objective. After one more acclimatization hike on Fuya Fuya, we're ready to go find a glacier. Once on the mountain, we spend plenty of time working on glacier travel and ice axe and crampon technique in preparation for our summit climb.

With all of the acclimatization and skills work behind us, we'll wake early in the refugio and climb through the late night and early morning hours towards our goal. Pushing higher still, the glacier becomes complex and challenging, your team will navigate around huge crevasses and drop offs on your way to the top.

Cresting just shy of 19,000ft (5,790m/18,996ft), the summit of Cayambe is a proud achievement and offers commanding views of the surrounding mountains. Off to the south, you can make out the glaciated summits of Cotopaxi, Antisana and Chimborazo. After the descent back to the refugio, you'll head back down to Otavalo and the welcoming gardens of the Hacienda Pinsaqui.

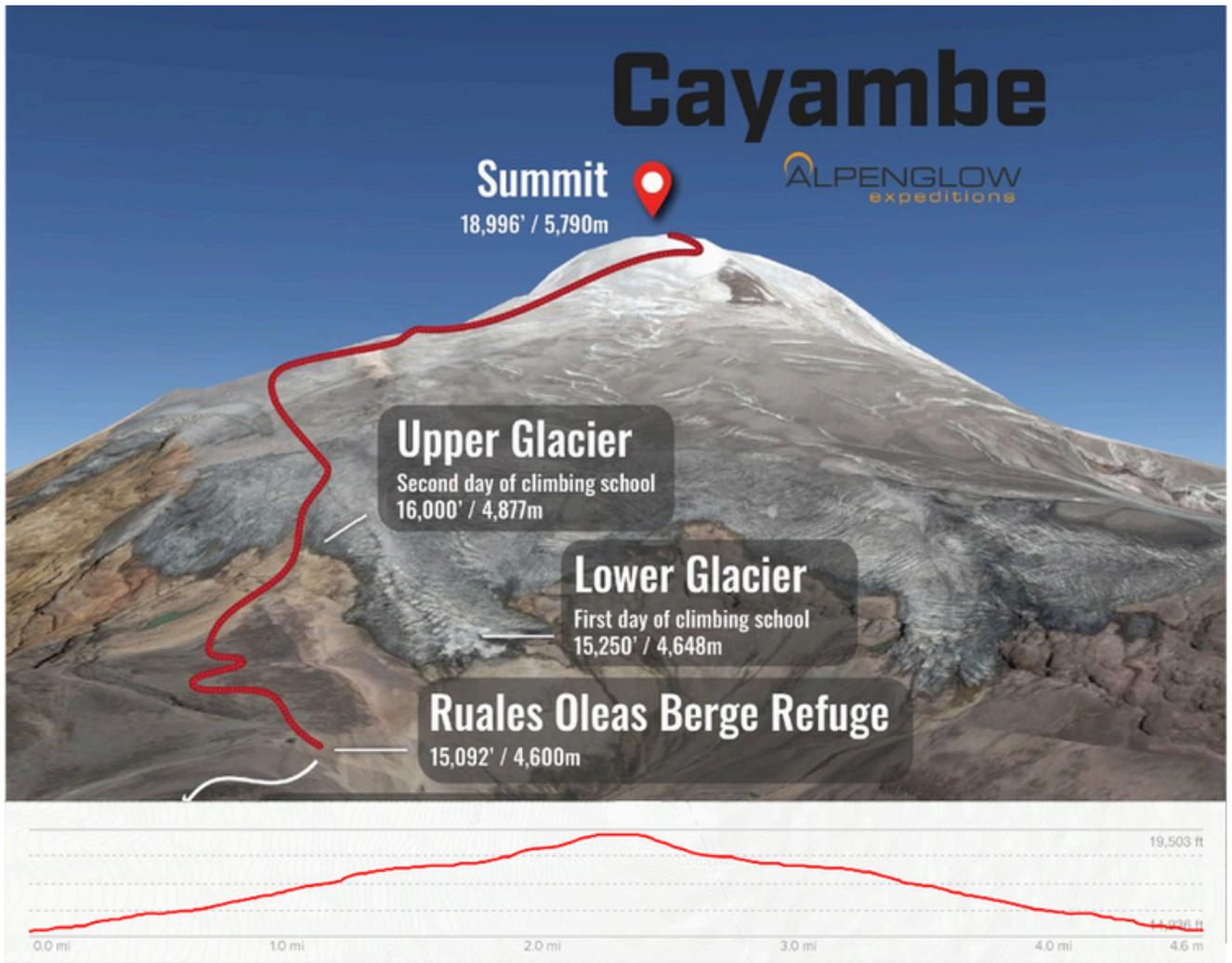
At this point, some climbers will leave for home, and some will stay on for the extension to Cotopaxi and Chimborazo. For those who stay, they'll be richly rewarded with 7 more days and a chance to stand on top of 2 more peaks, one of which scratches the sky at more than 6000m.

The second peak on the tick list is Cotopaxi. Standing at 19,347', Cotopaxi will feel similar to Cayambe, and includes a steep headwall providing fun climbing right before the summit rim. After a few high fives, we'll descend all the way back to our lodging that we left the night prior.

The final peak of the itinerary takes us further south to the base of Chimborazo. Climbing this peak gives us a chance to build our first camp that we utilize the day before our summit push. Layering in all of our skills and acclimatization, we'll be tested with a 10-14 hour climb through glaciated terrain, finding our final summit at a remarkable 20,564'



Map Overview





Map Overview





Map Overview





Daily Itinerary Overview

DAY 1 — Arriving in the capital city of Quito, you'll immediately notice the mountainous nature of the country. A short drive takes you up into the city itself, and you'll meet your team and guides and discuss the upcoming adventure!

Activity. Arrive in Quito, EC
Sleeping Elevation. 9,300'
Lodging. San Jose De Puembo
Meals. None

DAY 2 — Today your guides will show you their city. From the high bell towers of the Basilica to the vivid culture of the historic district, the sights and sounds of the city are a fantastic way to begin your time here. Returning to your hotel in the early afternoon, you will have time to rest, enjoy the scenery and prep your gear for tomorrow's hike.

Activity. Explore Quito
Distance Covered. 2-4 miles
Moving Hours. 4-5 hours
Sleeping Elevation. 9,300'
Lodging. San Jose De Puembo
Meals. Breakfast

DAY 3 — Today it's time to push out acclimatization a bit. The wildly scenic "teleferico" gives us a 2,800' boost to start our hike of Rucu Pichincha. This 4,698m/15,413ft peak is the eastern most summit of the larger stratovolcano named Pichincha, and delivers expansive views of the surrounding peaks and valleys. A quick descent brings us back to Quito and a tasty dinner.

Activity. Acclimatization hike
Distance Covered. 6 miles
Moving Hours. 4-5 hours
Elevation Gain/Loss. +/- 2,400'
Sleeping Elevation. 9,300'
Lodging. San Jose De Puembo
Meals. Breakfast

DAY 4 — Leaving Quito behind, you head north towards the town of Otavalo and the ancient stratovolcano known as Mojanda. Towering above the lake that fills the old crater of Mojanda lies the craggy summit Fuya Fuya (4,263m/13,986ft). This marks another wildly beautiful acclimatization hike on our path to the glaciated giants to come. From there, we'll head to Yanacocha, the comfortable lower hut on Cayambe.

Activity. Drive to Otavalo, Hike
Distance Covered. 2.5 miles
Moving Hours. 2 hr drive, 2-3 hr hike
Elevation Gain/Loss. +/- 1,500'
Sleeping Elevation. 12,000'
Lodging. Yanacocha
Meals. Breakfast and Dinner

Daily Itinerary Overview

DAY 5 — You are now ready to head to the bigger mountains. Driving east from Otavalo, you will wind up the lower flanks of the massive Cayambe (5,790m/18,996ft). The rugged stone edifice of the Refugio perched on the ridge will give you shelter and warmth during the days to come. After settling into our bunk rooms, you will spend the afternoon up on the glacier learning about the fundamentals of footwork, balance and other techniques needed to climb these big peaks. You'll be welcomed back to the refugio with hot drinks and fantastic food prepared by the wonderful staff.

Activity. Drive to Cayambe and skills practice
Distance Covered. 1.5 miles hiking, 2.5 hours driving
Moving Hours. 1-2 hours hiking
Elevation Gain/Loss. +/-800' (hiking), +6,850 (driving)
Sleeping Elevation. 15,150'
Lodging. Refugio Ruales-Oleas-Berge
Meals. Breakfast, Lunch & Dinner

DAY 6 — Up early, you'll spend another training session up on the glacier to further practice your climbing skills and learn about more complex topics such as ropework. The group will return to the Refugio midday to rest and pack for the big climb to come. You will spend the afternoon resting, hydrating, eating, and then an early bedtime in preparation for the big climb.

Activity. Acclimatization/skills day
Distance Covered. 2-3 miles
Moving Hours. 2 hours hiking
Elevation Gain/Loss. +/-1,000'
Sleeping Elevation. 15,150'
Lodging. Refugio Ruales-Oleas-Berge
Meals. Breakfast, Lunch & Dinner

DAY 7 — Your training and preparation are ready to be put to the test. After an early wakeup and hot drinks and snacks (typically around midnight), you'll find yourself moving up the rock steps and onto the vast glaciers above. The rhythmic crunching of crampons, the sway of the rope, the first inklings of morning light from high above the clouds are all classic aspects of mountaineering, and will frame the first several hours of your climb. Pushing higher still, the glacier becomes complex and challenging, your team will navigate around huge crevasses and drop offs on your way to the top. Cresting just shy of 19,000ft (5,790m/18,996ft), the summit of Cayambe is a proud achievement and offers commanding views of the surrounding mountains. Off to the south, you can make out the glaciated summits of Cotopaxi, Antisana and Chimborazo.

Activity. Summit day then to Otavalo
Distance Covered. 5 miles
Moving Hours. 7-11 hours
Elevation Gain/Loss. +/-3,800', (climbing), -6,850 (driving)
Sleeping Elevation. 8,300'
Lodging. Hacienda Pinsaqui
Meals. Breakfast & Lunch

After the descent back to the refugio, you'll head back down to Otavalo and the welcoming gardens of the Hacienda Pinsaqui.

DAY 8 — After a casual morning and tasty breakfast we depart the Hacienda and head back to Quito. No visit to Otavalo is complete without a stop at the famed Saturday market. Otavalo is renowned for its colorful textiles, and the kaleidoscope of vivid color at the Saturday market is the place to see them. You'll see a vast number of different vendors selling everything from textiles

Activity. Recovery day
Distance Covered. Varies
Moving Hours. Varies
Elevation Gain/Loss. +1,000'
Sleeping Elevation. 9,300'
Lodging. San Jose De Puembo
Meals. Breakfast

Daily Itinerary Overview

DAY 8 (continued) — and clothing to spices and other foods.

This is a fantastic place to find a few keepsakes from your time in Ecuador. After you've seen the sights and sounds of the market, it's time to return to Quito and your flight home. For those staying on for the extension, the fun is only getting started!

DAY 9 — Any remaining Cayambe-only team members depart Quito for home. After breakfast, climbers staying on for the extension head up to the flanks of Cotopaxi and prepare for their climb in the coming days.

Activity. Drive to Cotopaxi or fly home
Distance Covered. 3.5 hours driving or flight home
Elevation Gain/Loss. +3,000' (driving)
Sleeping Elevation. 12,300'
Lodging. Tambopaxi
Meals. Breakfast, Lunch & Dinner

DAY 10 — Waking up in beautiful Tambopaxi lodge, you'll be treated to incredible views of Cotopaxi rising across the valley. Today you'll hike up the flanks of Cotopaxi and receive training in more advanced climbing and rescue techniques and ideas. Returning for an early dinner and warm bed, it's time to climb the second big peak of the trip.

Activity. Skills Day
Distance Covered. 3 miles
Moving Hours. 3-5 hours
Elevation Gain/Loss. +/- 1500'
Sleeping Elevation. 12,300'
Lodging. Tambopaxi
Meals. Breakfast, Lunch & Dinner

DAY 11 — Waking up around 1am, you'll have some hot drinks and snacks and set out for the summit of Cotopaxi. This climb will use all the skills you learned on Cayambe as we travel on snow and ice up to the rim of the volcano. The final section of climbing will be the most difficult before you are rewarded with a stunning summit. After descending and packing up, you will drive to the beautiful Hacienda La Cienega.

Activity. Summit day
Distance Covered. 6 miles
Moving Hours. 8-12 hours
Elevation Gain/Loss. +/- 4000'
Sleeping Elevation. 9,800'
Lodging. Hacienda la Cienega
Meals. Breakfast & Lunch

DAY 12 — After a morning of breakfast at Hacienda La Cienega, we drive south to a wilderness lodge below Chimborazo called the Chimborazo Lodge. The lodge is owned by one of Ecuador's original mountain guides – his stories, home, and excellent food will prepare us for our final climb.

Activity. Drive to Chimborazo
Moving Hours. 2-3 hours (driving)
Sleeping Elevation. 12,950'
Lodging. Chimborazo Lodge
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 13 — Today we move to the El Castillo camp at the base of Chimborazo’s glacier, 2 hours hike from the car. This camp is perched high on the mountain, and gets its name from “El Castillo”, the castle-like rock formation adjacent to the camp. From camp, you will see the glaciated route to the summit rise up in front of you, giving the team plenty of time to scout a good route across the ice.

Activity. Move to high camp
Distance Covered. 1.5 miles
Moving Hours. 2 hours
Elevation Gain/Loss. +2,150’
Sleeping Elevation. 18,050’
Lodging. Castillo Camp
Meals. Breakfast, Lunch & Dinner

DAY 14 — Your final, and most challenging, climb. The route quickly ascends the glacier, on which the ice is often broken by many crevasses as well as almost vertical ice steps. Eventually you will reach the Castillo ridge and follow it over moderate ground to the summit. After taking photos and enjoying the views from the tallest point in Ecuador, you descend to our van and return to Quito for a final celebration dinner.

Activity. Summit day
Distance Covered. 3 miles
Moving Hours. 10-14 hours
Elevation Gain/Loss. +2,550, -4,700’
Sleeping Elevation. 9,300’
Lodging. San Jose Del Puembo
Meals. Breakfast, Lunch

DAY 15 — This day will be used as an extra weather day

Activity. Extra Day

DAY 16 — After a great expedition, we’ll pack up and depart Quito for home

Activity. Depart for home



Travel Details

VISAS

Visas are available on arrival for most citizens from other countries. If you are not from the United States, double check visa requirements for your country.

GROUND TRANSPORT

We use private vehicles or buses throughout the expedition. Once you arrive in Ecuador, all ground transportation is arranged for you including your airport arrival and departure transfers. Additional costs will apply if arriving before Day 1 or after the last day of the scheduled itinerary.

FLIGHTS

All flights will arrive into Mariscal Sucre International Airport just outside of Quito. Most arrival flights will arrive late in the evening.

PASSPORT

You will need to email a proper photo of your Passport upon signing up for your trip. Your Passport must have more than 6 months validity after the last date of the trip and have at least 2 blank pages for stamps. Copies must be high quality, color, no glare, no cropping, in focus, straight on/no angles.

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





Accommodations

This expedition includes double occupancy lodging in town, group lodging in refugios on the mountain. During the extension, Chimborazo includes a night of camping in a double occupancy tent. 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

While the hotels we stay in can change from expedition to expedition, we always arrange clean, comfortable and safe accommodations. In Quito, we generally stay in the Stubel Suites, and while we're in Otavalo we stay in the Hacienda Pinsaqui. Outside the boundaries of Cotopaxi National Park, we stay in Hacienda La Cienega.

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 rates for this trip are **\$150/night**. Single supplement is not available while staying in huts or camping.

ON-MOUNTAIN ACCOMMODATIONS

Ecuador's on-mountain accommodations are made up of a beautiful hut system. On Cayambe, we stay in the Oleas – Ruales – Berge refuge, which is well known as Ecuador's best altitude lodging. During Cotopaxi, we stay in the beautiful thatch roofed Tambopaxi lodge at the foot of the mountain. While Chimborazo does have two lodges, we take a different tact on this mountain and build a high camp to get in a little camp craft practice before our summit push.





General Trip Information

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. 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.

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.

On Mountain Medicine

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.

FOOD

Ecuador makes it easy to have access to healthy and nutritious food for the duration of the expedition. We enjoy simple mountain cooking on Chimborazo, and all other locations will feature food prepared in kitchens.

MOUNTAIN TRAINING

Physical fitness is the primary area you can prepare for when it comes to our expedition in Ecuador. Any mountain training plan should be at least 12 weeks long and include cardiovascular as well as strength training. For a personalized training schedule, please reach out to Lynette at Billy Goat Swift: lynette@billygoatswift.com.



INCLUSIONS

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

- All lodging according to itinerary, including double occupancy lodging while in town and group lodging in mountain huts
- Breakfasts in town, all meals while on the mountain
- Group camping and climbing equipment
- All park / climbing permits
- Scheduled in-country transportation
- Airport transfers
- Certified guides

INSURANCE

We require that all participants have rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

EXCLUSIONS

The cost of your trip does not include:

- Flights to/from the city where the expedition begins
- Additional nights in hotel outside of the itinerary
- Airport taxes
- Visas
- In-town dinners
- Immunizations
- Tips for guides or local staff
- Travel, rescue, or any other type of insurance
- Hospitalization or evacuation costs
- Excess baggage charges
- Alcohol
- Other personal expenses
- The costs of delays or changes to the itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included

View our ***cancellation policy*** online at:
alpenglowexpeditions.com/cancellation-policy-international-expeditions/





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:

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All expeditions are directed by Logan Talbott and Adrian Ballinger, AMGA/IFMGA Mountain Guides.
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