



PERU

CLIMBING SCHOOL

DURATION: 15 DAYS

LOCATION: PERU

SKILL LEVEL: INTRODUCTORY

 ALPENGLOW



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Expedition Details

DURATION: 15 DAYS

LOCATION: PERU

SKILL LEVEL: INTRODUCTORY

DATES: SUMMER (N. HEMISPHERE)

DIFFICULTY LEVEL DESCRIPTION:

Introductory - This expedition requires neither technical experience nor previous time spent at high altitude. However, climbers must be in excellent physical shape in order to join this expedition. Multiple months of prior training is highly recommended if not crucial to success at high altitude.

PREREQUISITES:

There are no prerequisites to join the Peru Climbing School.



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

Expedition Introduction

Why Climb in Peru?

Peru's Cordillera Blanca is a captivating mountain range boasting an array of accessible five and six thousand meter peaks.

Base Camp in the Llanganuco Valley offers quick access to our two target peaks: Yanapaccha (17,913 ft./5460 m) and Tocllaraju (19,797'/6,034 m)

Additionally, the surrounding glaciers and mountains provide the perfect training ground for high-altitude skills, such as route assessment, roped glacier travel, crampon and ice axe use, and crevasse rescue.

The primary goal of the Peru Climbing School is to use these two progressively challenging peaks to equip climbers with the skills necessary to climb higher and more complex mountains. Quick access to these formidable but attainable peaks makes Peru the perfect place to hone your skills.



MOUNTAIN CHOICE

On Yanapaccha, we undergo our glacier instruction on the same well-trafficked trail we will eventually use to go to the top. As a result, this terrain will be very familiar by summit day. The upper slopes of Yanapaccha offer a smooth transition from horizontal glacier travel onto steeper terrain that requires front-pointing, making it a perfect warm-up for our larger objective, Tocllaraju.

Tocllaraju is as challenging as it is rewarding. As the high point of the Peru Climbing School, we choose this mountain because it tests all the skills taught throughout the course. Plus, the 360-degree views from the summit are striking and unforgettable.



HISTORICAL OVERVIEW

Though Huascarán National Park (home to the Cordillera Blanca) was created in 1975, the roads that wind throughout these mountains were constructed centuries ago by the native peoples in the region, prior even to the Inca.

While it is difficult to know just when climbing in this region began, the first recognized ascents of Tocllaraju and Yanapaccha were recorded in 1939 and 1954, respectively.



15 Day Itinerary

Education is the heart and soul of the Peru Climbing School. Each day, climbers will be hands-on learning new skills and applying them in real time. Whether you're an experienced mountaineer looking to brush up on your skills or brand new to climbing in the big mountains, time spent in the Cordillera Blanca is an excellent way to learn the ropes and prepare for more extreme high-altitude objectives.

The itinerary begins with acclimatization hikes to two of the Cordillera Blanca's stunning lagunas, followed by multiple days spent honing glacier travel skills. All the while, climbers are learning the physiology behind how our bodies adapt to higher altitudes.

Yanapaccha, the first major objective, provides climbers the perfect opportunity to utilize new skills such as the use of crampons and ice axes, glacier travel, self arrest techniques, and roped team climbing. Once on the summit, teams enjoy a pristine view of their next objective, Tocllaraju.



Following completion of the Peru 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](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.



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 both Makalu and Manaslu, the 5th and 8th tallest mountains 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 18 summits of 8,000 meter peaks (including 8 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

Alpenglow Expeditions 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

The Alpenglow Peru Climbing School is the ideal blend of education and hands-on application in a high-altitude environment.

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.

Local Guides + Logistics

Not only are all guides IFMGA licensed or aspirants working towards finishing their certification, but for most of them the Andes are home base. Logistics and the itinerary for the Peru Climbing School 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.

1:3 Maximum Guide to Climber Ratio

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

TEAM MEMBER REQUIREMENTS

We only require that team members must possess strong physical fitness, 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 on Day 1 when clients arrive in Lima. On Day 2, the team will depart for Huaraz, the climbing and mountaineering capital of South America. On Days 3 and 4, climbers will day-hike from Huaraz for two short acclimatization hikes, including a trip to Laguna Churup, a gorgeous alpine lake situated at 15,091'.

On Day 5, we will depart Huaraz for the Llanganuco Valley where we will set up our Base Camp. After a long drive, we'll carry in two weeks' worth of food and supplies with the help of burros and porters. Once camp is established, we'll begin going over basic climbing knowledge and techniques, such as hazard management, equipment care, climbing knots, route and weather assessment and preparation, and high altitude physiology.

On Day 6, climbers will hike to nearby Laguna 69. At 15,092' above sea level, climbers will begin to further understand how their bodies will operate at progressively higher altitudes.

On Day 7, we will break Base Camp and hike up to Moraine Camp (16,076') at the start of the Yanapaccha trailhead. The afternoon will be spent becoming familiar with crampon and ice axe technique at the base of Yanapaccha, as well as basic glacier travel skills. This is the first night spent at a camp on-route.

Day 8 will be spent covering advanced crevasse rescue, self-arrest practice, glaciology, and basic avalanche awareness. Once these skills are dialed we will begin to discuss them in direct relation to climbing on Yanapaccha on Day 9.

At 17,913', Yanapaccha is challenging but accessible goal for the budding high-altitude mountaineer. The mountain will provide climbers their first opportunity of the expedition to directly apply the skills learned over the previous 8 days, as the route passes through heavily glaciated terrain to reach the summit. Not to worry: this is the same terrain on which you will have learned and practiced all the glacier skills taught thus far.

After reaching the summit of Yanapaccha, the team will return to the original Base Camp for rest and resupply on Day 10. On Day 11, we move to Tocllaraju Base Camp (14,107') and prepare for the next climb. On Day 12, climbers will move to Tocllaraju Moraine Camp (16,076'/ 5000m).

On Day 13, we take on Tocllaraju. At 19,797', Tocllaraju is a formidable peak that will require application of all skills learned over the course of the expedition in order to reach the summit. Awaiting climbers at the top are views of the legendary Cordillera Blanca.

On Day 14, climbers will return to the trailhead for van transport back to Huaraz, where the team will enjoy a celebration dinner complete with Pisco sours (the favorite local cocktail).

On Day 15, we will depart Huaraz and drive roughly 8 hours back to Lima. From there, we will debrief before we catch our flights home, bringing an end to the expedition.



Daily Itinerary Overview

DAY 1 — Arriving in Lima between 6pm and 12am, clients will be transported to their hotel for a good night's sleep before departing for Huaraz the next day.

Activity: Arrive in Lima, Peru
Sleeping Elevation: 9,461'/2,883m
Lodging: Hotel TBD
Meals: None

DAY 2 — Welcome to Huaraz, the climbing capital of South America! After an 8-hour bus ride from Lima to Huaraz, we will arrive at the small, beautiful Olaza's Guest House hotel where we will rest and regroup.

Activity: Bus from Lima to Huaraz (8 hrs)
Elevation Gain/Loss: +552'/168m
Sleeping Elevation: 10,013'/3,052m
Lodging: Olaza's Guest House
Meals: Breakfast

DAY 3 — Organize and acclimatize! We'll spend this day going over gear and logistics for our expedition and making sure that everyone is ready to spend the next several days in the Cordillera Blanca before our first acclimatization hike. Proper acclimatization is everything in high-altitude spaces.

Activity: Gear prep and acclimatization hike
Elevation Gain/Loss: TBD
Sleeping Elevation: 10,013'/3,052m
Lodging: Olaza's Guest House
Meals: Breakfast

DAY 4 — Today, we will hike up to Laguna Churup (14,700'/4800m), a beautiful alpine lake that will help us prepare our bodies for the mountains. We'll also use today to make any last minute preparations.

Activity: Gear prep and acclimatization hike to Laguna Churup
Elevation Gain/Loss: +4,700'/1,432m
Sleeping Elevation: 10,013'/3,052m
Lodging: Olaza's Guest House
Meals: Breakfast

Daily Itinerary Overview

DAY 5 — Time to head into the mountains. We'll drive from Huaraz into the incredible Llanganuco Valley, surrounded by views of snow-capped peaks and glacial lakes. Once we establish Base Camp, we will begin to discuss and develop high-altitude mountaineering skills, such as hazard management, equipment use and care, basic climbing knots, route and weather assessment, and high-altitude physiology.

Activity: Establish Base Camp
Elevation
Gain/Loss: +2800' / 850m
Sleeping Elevation: 12,800' / 3900m
Lodging: Base Camp
Meals: Breakfast, Lunch, & Dinner

DAY 6 — Acclimatization hike to Laguna 69 (15,100' / 4602m). A few hours spent at altitude and a few thousand feet of elevation gain do wonders for the acclimatization process.

Activity: Hike to Laguna 69
Elevation Gain/Loss: +2300' / 700m
Sleeping Elevation: 12,800' / 3900m
Lodging: Base Camp
Meals: Breakfast, Lunch, & Dinner

DAY 7 — Today we will pick up Base Camp and hit the Yanapaccha trailhead, hiking to Moraine Camp (16,076' / 4900m). Then, we'll spend the afternoon learning basic glacier travel skills, including crampon and ice ax usage. This is also our first night spent at an on-trail camp.

Activity: Hike to Moraine and Skills Day on Glacier
Elevation Gain/Loss: +3300' / 1000m
Sleeping Elevation: 16,076' / 4900m
Lodging: Moraine Camp
Meals: Breakfast, Lunch, & Dinner

DAY 8 — Continued skills development on the glacier as we prepare for the next day's objective: Yanapaccha. Today we will review the equipment and skills needed for moving over technical ground found on the mountain, including advanced crevasse rescue, self-arrest practice, glaciology, and basic avalanche awareness.

Activity: Skills Day on Glacier
Elevation Gain/Loss: N/A
Sleeping Elevation: 16,076' / 4900m
Lodging: Moraine Camp
Meals: Breakfast, Lunch, & Dinner

DAY 9 — With an early morning start, we will go for the summit of Yanapaccha (17,913' / 5460m). From the top, we'll enjoy some awe-inspiring views of the incredible Cordillera Blanca.

Activity: Summit Day on Yanapaccha
Elevation Gain/Loss: +1,837' / 560m
Sleeping Elevation: 12,800' / 3900m
Lodging: Base Camp
Meals: Breakfast, Lunch, & Dinner

Daily Itinerary Overview

DAY 10 — Today we move back to Base Camp to resupply food and gear, using the remainder of the day to rest and recover.

Activity: Move to Base Camp/Rest Day

Elevation Gain/Loss: -3300'/1,000m

Sleeping Elevation: 12,800'/3,900m

Lodging: Base Camp

Meals: Breakfast, Lunch, & Dinner

DAY 11 — Next, we will hike to Tocllaraju Base Camp (14,107'/4,300m) at the foot of the glacier and prepare to summit.

Activity: Move to Tocllaraju Base Camp

Elevation Gain/Loss: +1300'/400m

Sleeping Elevation: 14,107'/4,300m

Lodging: Tocllaraju Base Camp

Meals: Breakfast, Lunch, & Dinner

DAY 12 — Move from Tocllaraju Base Camp (14,107'/4,300m) to Moraine Camp (16,400'/5000m). Adding an extra camp on our ascent of Pisco allows us to move methodically up the mountain and conserve our energy for summit day.

Activity: Move to Pisco Moraine Camp

Elevation Gain/Loss: +2,300'/700m

Sleeping Elevation: 16,400'/5,000m

Lodging: Tocllaraju Moraine Camp

Meals: Breakfast, Lunch, & Dinner

DAYS 13 — Summit day on Tocllaraju. This peak is more technically challenging than Yanapaccha, and will require application of all the skills learned thus far in order to reach the top. These summit views are earned in a landscape unlike anywhere else in the world.

Activity: Summit Day on Pisco

Elevation Gain/Loss: +4,764'/1,452m

Sleeping Elevation: 14,107'/4,300m

Lodging: Pisco Base Camp

Meals: Breakfast, Lunch, & Dinner

Afterwards, there will be a Refugio available for hot showers, food, and drinks, and we will spend our last night at Base Camp.

DAYS 14 + 15 — On Day 14 we hike back down the trailhead for a van transport back to Huaraz and a celebration dinner complete with Pisco sours (the favorite local cocktail).

Activity: Return to Huaraz

Elevation Gain/Loss: -4100'/1,300m

Sleeping Elevation: 10,013'/3,052m

Lodging: Olaza's Guest House

Meals: Breakfast

On Day 15, we depart for Lima and catch our flights (after 11pm) back home.

Travel Details

FLIGHTS

Climbers should schedule flights to land in Lima, Peru on Day 1 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Transportation between Lima, Huaraz, and base camp in the Llanganuco Valley will also 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 not required to enter Peru for the duration of the climbing school. Those from outside the US are advised to contact the Peruvian embassy for assistance and information regarding visas. Anyone wishing to remain in Peru beyond 183 days must apply for a visa.

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

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





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 Lima and Huaraz, 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 time 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.



General Trip Information

FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Peru 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 Blanca 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@alpenglowlowexpeditions.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. 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.

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 8000m.

INCLUSIONS

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
- 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.

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BOOKING + INQUIRIES

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

1 (877) 873-5376

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

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