



# ALPAMAYO AND QUITARAJU

DURATION: 15 DAYS

LOCATION: PERU

SKILL LEVEL: ADVANCED

 ALPENGLOW





## ALPAMAYO AND QUITARAJU

### Expedition Details

**DURATION:** 15 DAYS

**LOCATION:** PERU

**SKILL LEVEL:** ADVANCED

**SEASON:** SUMMER (N. HEMISPHERE)

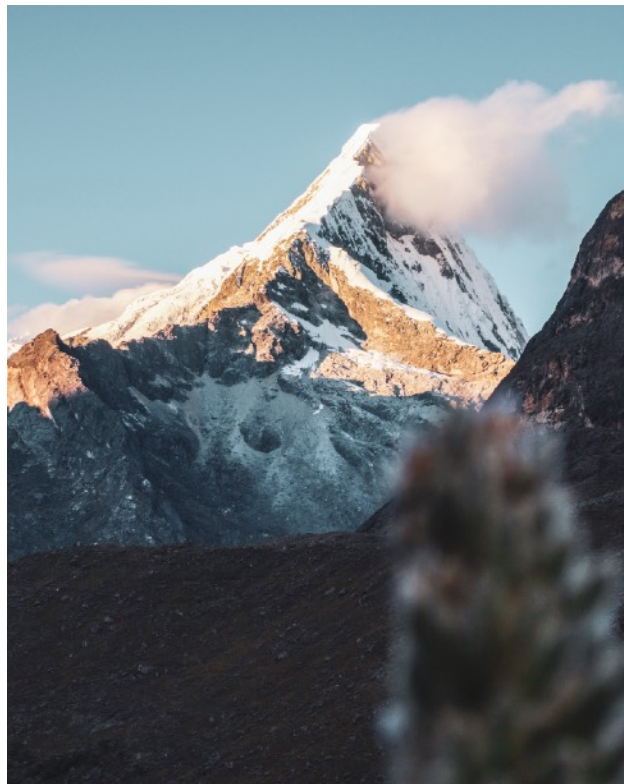
**COST:** \$7,450

#### DIFFICULTY LEVEL DESCRIPTION:

Advanced - Alpamayo and Quitaraju are the most technical peaks that Alpenglow guides, requiring glacier travel, ice climbing, and snow climbing with the use of crampons and ice axes.

#### PREREQUISITES:

Climbers must have experience climbing Grade III multi-pitch rock and/or ice routes, following Grade IV ice climbs, and climbing at or above 15,000'.



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# Expedition Introduction

## Why Climb Alpamayo?

Alpamayo (19,512'/5947m) is the gem of the Cordillera Blanca and requires that climbers possess an array of alpine skills in order to reach the summit. It is truly a mountaineer's mountain.

Before tooling your way up the famed fluted Southwest Face, we will approach over 15 miles (25km) to base camp and place two camps en route to the summit, all while carrying heavy packs filled with climbing equipment and gaining 4,000 vertical feet (1220m) over steep, glaciated terrain.

Alpamayo is the ideal mountain to add light alpine skills to your quiver with immediate opportunity to put them to the test, combining the challenges of climbing at altitude with steep ice and snow climbing. After summiting Alpamayo, climbers should feel confident to take on big alpine peaks around the world.

Moreover, Col Camp on Alpamayo is the perfect jumping-off point to attempt a bonus peak, the



magnificent Quitaraju (19,820'/6041m). Boasting a sustained two-tool route composed of hard ice and neve (styrofoam-like snow), while Quitaraju is not as steep as Alpamayo, it is notably longer, extending roughly 12 pitches to from the base of the route to the summit. After climbing Alpamayo, teams will be sufficiently prepared to tackle Quitaraju in style.

## ROUTE CHOICE

Depending on the snow and ice conditions, we will either climb the French Direct or the Ferrari Route on Alpamayo, both of which include steep climbing on ice and snow and a knife-edge ridge traverse to the summit. On Quitaraju, we ascend the North Face via Col Camp from Alpamayo.

## HISTORICAL OVERVIEW

Though Huascaran National Park (home to the Cordillera Blanca) was created in 1975, the roads that wind through these mountains were constructed centuries ago by the native peoples in the region, prior even to the Inca. Ever since Alpamayo was first climbed in 1951, alpinists have been flocking to attempt its fluted Southwest Face. Many fledgling high altitude climbers consider this peak a culmination of their early climbing careers. It has often been named by climbers, magazines, and trekkers as 'the most beautiful mountain in the world.'







## 15 Day Itinerary

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

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

*Alpamayo is a standout on any climber's résumé as a highly technical peak well off the beaten path. To reach the summit of Alpamayo requires physical and mental fortitude, as well as the application of both ice and snow climbing skills, glacier travel, and high-altitude fitness.*



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

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*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 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

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## 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

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## 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.

Our innovative RAPID ASCENT™ program allows us to be efficient both on and off the mountain - pre-acclimatizing results in shorter, safer trips and eliminates the need for extended stays and unneeded hardship. Combining the innovative use of hypoxic training, small and carefully matched team sizes, and precise logistics means participants arrive better prepared and ultimately set up for success. RAPID ASCENT™ allows busy climbers to follow their passion in the mountains while maintaining the responsibilities of a busy life.

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.



## 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. Our courses in Lake Tahoe and our expeditions around the globe are examples of that value put into practice. Both 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.

### 1:2 Maximum Guide to Climber Ratio

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

## 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 on Day 1 when clients arrive in Lima, Peru. After a good night's sleep, we'll drive 8 hours to Huaraz, the climbing capital of Peru, where we'll stay at the beautiful Olaza hotel (10,000'/3050m).

On Days 3 & 4, we will organize and acclimatize in preparation for the mountains. There are multiple high-altitude lakes within a day's hiking distance from Huaraz, and it is incredibly important that we begin the acclimatization process here in earnest before spending significant time at altitude. These alpine lakes sit around roughly 15,000'/4,450m.

On Day 5, we drive 3 hours to our trailhead in the village of Cashapampa (9000'/2743m). This journey takes us through beautiful farming communities as we head between the spines of the Cordillera Negra and the Cordillera Blanca. After organizing our burros, we hike with daypacks to Llama Corral (11,500'/3505m), where we camp for the night.

We continue trekking through Day 6 before setting up camp in the hanging valley near the treeline beneath Alpamayo (13,500 feet/4115m). The following day (Day 7), we will make a gear run up to Moraine Camp (16,000/4877m) to stash supplies before heading back down to base camp.

To ensure that everyone on the team is ready to climb, we'll spend Day 8 going over advanced rope work, prepping our gear and resting.

On Day 9, we will return to Moraine Camp. On Day 10, we step onto the glacier and make our move to Col Camp (18,000'/5486m). This will be one of our most challenging days, traversing over the glacier and up onto steep two-tool snow and ice pitches, climbing with full packs. The views from Col Camp, however, are otherworldly, and the alpenglow that hits the Southwest Face is ultimately what inspired our company name.

***On Day 11, if everyone is feeling strong, we will attempt to summit Alpamayo (19,512'/5947m). The route to the summit has a 1-2 hour approach across a steep glacier before crossing the bergshroud onto the Southwest Face***

Depending on the route (either the French Direct or the Ferrari), we will climb six to nine pitches of ice and neve to take us just below the summit ridge. Traditionally, a final hard, steep pitch puts us on top. In a good year, we can straddle the ridge (one foot on each side hanging over 2000+'/610m faces) and work our way to the true summit. We rappel the route, and then return to Col Camp. We will spend Day 12 resting here.

On Day 13, if the team is stoked, we will summit Quitaraju (19,820 feet/6,041 meters) from Col Camp. After a short trek across the glacier, we step onto the North Face. The route to the summit is 12+ pitches of two-tool snow and ice. On Day 13, climbers will return to Base Camp and, on Day 14, ride horses 15 miles back to Cashapampa before catching a ride back to Huaraz for rest and celebration. On Day 15, we head back to Lima to catch flights home, bringing an end to the expedition.

# Alpamayo Map Overview







## 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'/2883m  
**Lodging:** Hotel TBD  
**Meals:** None

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

**Activity:** Bus from Lima to Huaraz (8 hrs)  
**Elevation Gain/Loss:** +552'/168m  
**Sleeping Elevation:** 10,013'/3052m  
**Lodging:** Olaza  
**Meals:** Breakfast

**DAY 3** — Organize and acclimatize! We'll spend this day going over gear and logistics for our expedition, making sure that everyone is ready to spend the next several days at altitude. Additionally, we'll do our first acclimatization hike to a nearby high-altitude lake .

**Activity:** Gear prep and acclimatization hike to Laguna Churup  
**Elevation Gain/Loss:** +4700'/1432m  
**Sleeping Elevation:** 10,013'/3052m  
**Lodging:** Olaza  
**Meals:** Breakfast

**DAY 4** — From Huaraz, we drive 3 hours through the farming communities nestled between the spines of the Cordillera Negra and the Cordillera Blanca to the trailhead in the village of Cashapampa. From there, we'll organize our burros and hike to Llama Corral (11,500'/3505m) to camp for the night.

**Activity:** Reach Base Camp in Llanganuco Valley / acclimatization hike  
**Elevation Gain/Loss:** +1500'/450m  
**Sleeping Elevation:** 11,500'/3505m  
**Lodging:** Base Camp  
**Meals:** Breakfast, Lunch, & Dinner

# Daily Itinerary Overview

**DAY 5** — We will continue to trek past the Santa Cruz lakes until reaching the hanging valley beneath Alpamayo. At 13,500 ft./4115m, we'll set up our basecamp just at the edge of the treeline.

**Activity:** Skills Day  
**Elevation Gain/Loss:** +2000'/600m  
**Sleeping Elevation:** 13,500/4115m  
**Lodging:** Base Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAY 6** — From Base Camp, we will make a run up to Moraine Camp (16,000'/4877') to stash equipment for our ascent. Upon our return to Base Camp, we'll enjoy one of Alfredo's famous feasts.

**Activity:** Gear Run to Moraine Camp  
**Elevation Gain/Loss:** +2500'/762m  
**Sleeping Elevation:** 13,500/4115m  
**Lodging:** Base Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAY 7** — Rest Day in Base Camp. Today we will review advanced rope skills and prepare our gear for the climb.

**Activity:** Skills Day  
**Elevation Gain/Loss:** N/A  
**Sleeping Elevation:**  
**Lodging:** Base Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAY 8** — Move to Moraine Camp.

**Activity:** Gear Run to Moraine Camp  
**Elevation Gain/Loss:** +2500'/762m  
**Sleeping Elevation:** 16,000/4877m  
**Lodging:** Moraine Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAY 9** — Today, we move onto the glacier and climb to Col Camp (18,000'/5486m). This is often one of the more challenging days of the expedition, as we will be crossing the broken glacier and climbing up to three two-tool snow and neve pitches with full packs. Col Camp boasts some of the best views of any high camp in the world.

**Activity:** Climb to Col Camp  
**Elevation Gain/Loss:** +2000'/630m  
**Sleeping Elevation:** 18,000'/5486m  
**Lodging:** Moraine Camp  
**Meals:** Breakfast, Lunch, & Dinner



# Daily Itinerary Overview

**DAY 10** — If the team is feeling strong and well-acclimatized, we will attempt the summit of Alpamayo (19,512'/5947m). The summit route has a 1-2 hr approach before crossing the bergschrund onto the SW Face. From there we will either attempt the French Direct Route or the Ferrari Route on 55-70 degree snow and ice, before a final knife-edge ridge traverse takes us to the top. We return to high camp by rappelling off the summit.

**Activity:** Summit Alpamayo  
**Elevation Gain/Loss:** +1500'/460m  
**Sleeping Elevation:** 18,000'/5486m  
**Lodging:** Col Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAY 11** — Rest Day in Col Camp.

**Activity:** Rest Day  
**Elevation Gain/Loss:** N/A  
**Sleeping Elevation:** 18,000'/5486m  
**Lodging:** Col Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAY 12** — If the team is feeling up to it, we will attempt to summit Quitaraju (19,820'/6041m) from Col Camp. While not as steep as Alpamayo, the route up the North Face of Quitaraju is considerably longer. After crossing the glacier, 12+ pitches of snow and neve stand between us and the summit.

**Activity:** Summit Day on Quitaraju  
**Elevation Gain/Loss:** +1820'/520m  
**Sleeping Elevation:** 18,000'/5486m  
**Lodging:** Col Camp  
**Meals:** Breakfast, Lunch, & Dinner

**DAYS 13** — Descent from Col Camp to Base Camp.

**Activity:** Return to Base Camp  
**Elevation Gain/Loss:** -4500'/1370m  
**Sleeping Elevation:** 13,500'/4115m  
**Lodging:** Base Camp  
**Meals:** Breakfast, Lunch, and Dinner

**DAY 14** — From sunrise in Base Camp we will ride horses out of the Santa Cruz valley back to Cashapampa. From there, we take a van back to Huaraz for hot showers and celebration.

**Activity:** Return to Huaraz  
**Sleeping Elevation:** 10,013'/3052m  
**Lodging:** Olaza  
**Meals:** Breakfast and Lunch

**DAY 15** — Depart for Lima and catch our flights (after 8pm) back home.

**Activity:** Departure Day  
**Meals:** Breakfast

# Travel Details

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## FLIGHTS

Climbers should schedule flights to land in Lima, Peru on Day 1 of the itinerary. Climbers will meet their guides and transportation to our first hotel will be arranged. Transportation between Lima, Huaraz, and base camp will also be arranged.

If you do not have a travel agent, we recommend using [kayak.com](http://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](http://CIBTVisas.com).

*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 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@alpenglowexpeditions.com](mailto: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. 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.



## Accommodations

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*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 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
- 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

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*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**

### **BOOKING + INQUIRES**

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

**1 (877) 873-5376**

**info@alpenglowlowexpeditions.com**



# ALPENGLOW

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

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