



KILIMANJARO

+

SAFARI EXTENSION

DURATION: 9 DAYS + 3-DAY
SAFARI

LOCATION:
TANZANIA

SKILL LEVEL:
INTRODUCTORY

 ALPENGLOW



KILIMANJARO

Expedition Details

DURATION: 9 DAYS + 3-DAY SAFARI
LOCATION: TANZANIA
SKILL LEVEL: INTRODUCTORY
SEASON: SUMMER (N. HEMISPHERE)

DIFFICULTY LEVEL DESCRIPTION:

Introductory - No technical climbing or altitude experience is necessary. However, it is imperative that you are in good physical shape and are able to hike in rugged terrain for long days. We are happy to detail physical and technical training programs as needed to get you ready for our introductory expeditions.

PREREQUISITES:

No prior experience at altitude required. Regular exercise in the months leading up to the expedition is highly recommended.



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

Expedition Introduction

Why Climb Kilimanjaro?

Kilimanjaro (19,341'/5895m) is the highest peak in Africa and one of the famed Seven Summits, making this a must-do for the burgeoning mountaineer.

Kilimanjaro is an exemplary mountain to add high-altitude experience to your résumé as it requires no technical climbing experience or extensive technical training. While the route itself may at times be strenuous, there is no added difficulty brought on by rock climbing, snow, ice, or ropes.

We will be assisted by a team of local Tanzanians serving as guides, kitchen staff, and porters. We welcome their presence, as they not only assist our expedition and make each day more comfortable, but they also enrich our overall experience with knowledge of local flora, fauna, geography, and culture.

After the climb, those joining the safari extension will find that the landscapes of the Ngorongoro Crater and the Serengeti are



the perfect setting to wind down after a strenuous climb. Days pass in Land Cruisers searching for African herd and big game animals, while nights are spent relaxing in luxury eco-lodges.

ROUTE CHOICE

The Rongai Route on the north side of Kilimanjaro is our chosen path. The route begins at 6,397'/1950m through the rain forest into the low alpine moorland before linking with one of the three volcanic peaks, Mawenzi. From here, the route continues towards Gilman's Point at 18,885'/5,756m. From the crater ridge, the route continues on top of the crater to the mountain's high point at Uhuru Peak (19,341'/5,895m). Our team descends via the Marangu Route.



HISTORICAL OVERVIEW

Mount Kilimanjaro comprises three peaks formed from a series of volcanic eruptions that occurred roughly 2.5 million years ago. The name Kilimanjaro likely stems from a combination of two tribal languages: 'Kilima', meaning 'mountain' in Swahili, and 'Njaro', meaning 'shining' or 'whiteness' from the Chagga tribe. The first recorded ascent occurred in October 1889 by Hans Meyer, a German geographer and Ludwig Purtscheller, an Austrian mountaineer. Today, Kilimanjaro is considered a dormant volcano, and while a good portion of the top was once covered with an ice cap, nearly 85% of the ice disappeared between October 1912 and June 2011.



9-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.

We climb Kilimanjaro methodically, spending the first seven days ascending steadily and acclimatizing naturally before our summit push. This allows for climbers to slowly build an understanding of how their bodies will adapt to increasingly higher altitudes.

Kilimanjaro is often the gateway to bigger and bolder ambitions for climbers looking to gain experience at altitude. While days may be strenuous, the route is not technical, meaning that climbers do not need years of experience and knowledge in order to reach the summit and have a fulfilling experience on one of the most famous mountains in the world.



Following Kilimanjaro, climbers who wish to continue to build their mountain résumé should consider enrolling in one of our climbing schools in Ecuador or Peru, or join our Volcanoes of Mexico expedition.

See more trips at ALPENGLLOWEXPEDITIONS.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 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 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 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 13 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 vetted them thoroughly 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 adventures. 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 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.

Cook and Porter Included

We provide strong porter support on our expedition, allowing each climber to offload a fair bit of the weight from their packs. We also provide a kitchen staff that supplies us with excellent meals!

Route Choice

We climb the Rongai Route, a route that is less popular which helps us to beat the crowds. The route is also located on the north side, an area that tends to see less rain than the other routes on the mountain.

Longer Itinerary

Our itinerary allows ample time to acclimatize so that you can enjoy this peak and the process of climbing it (we take seven days while many of the other companies take only five). Our teams have over a 90% success rate on this mountain.

Local Expertise

We combine our Western guides' experience with the local expertise of one of Tanzania's best logistics operators. This ensures we have the best in private transportation, food, naturalist guides, and lodging.

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.

The Alpenglow Difference

Certified Guides

Our Kilimanjaro expedition will be guided by one or more of Alpenglow's AMGA/IFMGA certified lead guides. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it. Our guides are full-time mountain professionals which means they understand the hazards involved in climbing a peak this big. While the route itself is not technical, Kilimanjaro is still a very serious undertaking. Accidents do occur each year on the mountain, and generally they are on teams without experienced mountain guides. Choosing to travel with Alpenglow Expeditions will increase both your safety and your enjoyment of Africa's tallest peak.

Comfortable Lodging

On Kilimanjaro, we receive a good amount of quality lodging. We begin the trips with beautiful lodging in town before we move on to tents throughout the expedition, where guests will enjoy their own tents, a dining tent as well as a private bathroom tent.

Precise Logistics

Our team of Alpenglow and local guides plan and execute each task with efficiency to ensure that lodging, food, and the team are all effectively managed.

Safari Extension Option

After our trip to Kilimanjaro is finished there is an option of an extended safari to climbers who want to see more of Tanzania's wild side.





Route Description + Itinerary

The Rongai Route is the only trail going up the north side of Mount Kilimanjaro. While the route is a little longer than others on the mountain, it experiences lower climber traffic and less rainfall.

After arriving in Tanzania and spending the next day to rest and organize in preparation for the climb, we formally begin our ascent on day three of the trip.

Entering through the Marangu Gate and circumnavigating in vehicles to the Rongai trailhead at 6,397'/1,950m, we do a final gear check before traveling 3 to 5 hours through the rainforest where we set our first camp at Simba Camp (8650'/2,636m).

The route then continues up to Kikelewa Camp (11,800'/3,600m) where we first see Kilimanjaro's upper crater walls. As we head southeast along the ridge towards Mawenzi, one of Kilimanjaro's three conical volcanic peaks, the ecosystem will change from rainforest to alpine desert. From the ridge, we make our way to Mawenzi Tarn Camp at 14,150'/4,315m, where we are treated not only to great views of the Mawenzi Towers, but we also of Uhuru, the highest point on Kilimanjaro's Kibo Crater.

Day 6 takes us up to the Kibo Hut (15,500'/4,720m), our last stop before the summit. From here we get great views of the Kibo Crater and take two days at this camp to acclimatize.

On Day 8, we embark on the final section of the route: a big climb that starts out with steep slopes and the occasional rock scramble as it leads up to the crater ridge that leads over to the true summit of Uhuru (19340'/5,895 m) and the top of Kilimanjaro.

From here, we descend along the Marangu Route and make our way to Horombo Camp for the night, which is located at 12,200'/3,720m. On Day 9, we continue back to the bottom the following day where we exit at Marangu Gate (6,150'/1,879m). Those who only join us for the climb will depart Tanzania on this night.



Map Overview





Daily Itinerary Overview

DAY 1 — Welcome to Tanzania. Arrive at Kilimanjaro International Airport, the gateway to Mount Kilimanjaro as well as some of Tanzania's most famous national parks. You arrive in the evening and will meet your guides at the airport. From here we transfer to our hotel in the bustling city of Arusha, located just 60 miles southwest of Kilimanjaro, the world's highest free-standing mountain .

Activity: Arrive in Tanzania
Sleeping Elevation: 4,593'/1,400m
Lodging: Arusha Serena Lodge
Meals: None

DAY 2 — The following morning, we set out to explore the local villages that surround the lush rainforests on the lower slopes of Mount Kilimanjaro. Home to over 120 ethnic groups and tribes, Tanzania is rich with indigenous culture spread throughout the countries. Today, we will get a glimpse into the lives and cultures of local Indigenous peoples before we return to our lodging in the afternoon. There, we hold our first team meeting and begin to organize our gear for the climb.

Activity: Organize and Explore
Sleeping Elevation: 4,593'/1,400m
Moving Time: 2-3 hours
Lodging: Arusha Serena Lodge
Meals: Breakfast

DAY 3 — Today we set out to climb the Rongai Route on Mount Kilimanjaro. This route is the only trail up the north side which means it tends to see less traffic as well as less rainfall. In the morning we depart from Arusha and drive 3-4 hours before we pass through the Marangu Gate up to the Rongai trailhead. Our journey offers stunning views of the distant volcano on the horizon. We arrive at the trailhead greeted by our Tanzanian porters and staff. From here we organize our loads and travel through a fertile forest until we arrive at camp.

Activity: Trek from the Rongai Trailhead to Simba Camp
Distance Covered: 2 miles
Elevation Gain/Loss: +925'/282m
Sleeping Elevation: 8650'/2,636m
Lodging: Simba Camp
Meals: Breakfast, Lunch, and Dinner

Daily Itinerary Overview

DAY 4 — Our second day of hiking takes us out of the humid rainforest and into the low alpine moorland. We climb along a ridge and treated by our first views of Kilimanjaro's upper crater walls. After passing through Second Camp (11,320'/3,600m) we head southeast on the ridge towards one of Kilimanjaro's three conical peaks known as Mawenzi. Tonight we rest our heads at Kikilewa Camp.

Activity: Move to Kikilewa Camp
Distance Covered: 6.75 miles
Elevation Gain/Loss: +3,150'/-350'
Sleeping Elevation: 11,800'/3,600m
Lodging: Kikilewa Camp
Meals: Breakfast, Lunch, and Dinner

DAY 5 — We continue to push higher into the alpine desert on our third day of trekking. This seemingly short day is well earned by hiking up steep terrain to get to Mawenzi Tarn Camp. Here our team is rewarded with captivating views of the rocky Mawenzi Towers looming overhead as well as Uhuru, the highest point on Kilimanjaro's Kibo Crater. This camp is a favorite amongst our groups and sits on the shores of a small tarn (mountain lake). We typically arrive to camp in the early afternoon and have some extra time to explore and acclimatize.

Activity: Trek to Mawenzi Tarn Camp
Distance Covered: 2.25 miles
Elevation Gain/Loss: +2,350'/716m
Sleeping Elevation: 14,150'/4,312m
Lodging: Mawenzi Tarn Camp
Meals: Breakfast, Lunch, and Dinner

DAY 6 — The climb to the Kibo Hut takes us across the saddle between the two volcanic cones Mawenzi and Kibo as we gradually climb out of the vegetated zones and into the high alpine. While the hike tends to be a little longer than previous days and more exposed to the elements, it is the culmination of our final push towards the summit. Once at Kibo Hut, take in the view of the Kibo crater and enjoy the amenities while meeting other international climbers attempting to reach the summit. Take some time to rest up in preparation for a big summit push in the coming days.

Activity: Mawenzi Tarn to Kibo Hut
Distance Covered: 5 miles
Elevation Gain/Loss: +1,350' / 412m
Sleeping Elevation: 15,500'/4,720m
Lodging: Kibo Hut
Meals: Breakfast, Lunch, & Dinner

DAY 7 — Our focus on Day 7 revolves around giving our bodies an important acclimatization day. This morning we wake up, eat a good breakfast, and stretch our legs on a 2-3 hour hike taking us just over 16,000'/4,877m where we'll be able to glimpse our summit route. By acclimatizing an extra day at the Kibo Hut, we will build greater stamina for summit day. We will arrive back to camp in the early afternoon allowing for plenty of rest time before our summit bid.

Activity: Acclimatization
Elevation Gain/Loss: + - 500'/152m
Sleeping Elevation: 15,500'/4,724m
Lodging: Kibo Hut
Meals: Breakfast, Lunch, & Dinner

Daily Itinerary Overview

DAY 8 — Summit day! We wake up around midnight for a hot drink and a snack before setting out on our summit bid. We are greeted with a steep slope and the occasional rock scramble for the first 5-6 hours as we meander up the crater wall. The morning hours challenge us mentally and physically as we push forward through the dark. However, the effort is well rewarded as we arrive to Gilman's Point (18,652'/5,685m) around sunrise to absorb the beautiful African landscape all around us. Here we are on the Kibo Crater and the route crosses the small crater glacier before an easy ascent to the true summit. Welcome to the highest point in Africa at 19,341'/5,895m. For our descent, we follow the Marangu Route, and make our way to camp at the Horombo Hut, at 12,200'/3,720m.

Activity: Summit Kilimanjaro
Distance Covered: 12 miles
Elevation Gain/Loss: +3,900'/-7,200'
Sleeping Elevation: 12,200'/ 3,720m
Lodging: Horombo Hut
Meals: Breakfast, Lunch, & Dinner

DAY 9 — For our last day on the mountain, we gradually descend down into Marangu's verdant rainforest to the end of the trail where our van will meet us for a pickup. We return to the Arusha Villa for some much needed showers and a well-earned celebration dinner. For those that came only for the climb, we will bid adieu after dinner.

Activity: Descend Marangu route
Distance Covered: 11.5 miles
Elevation Gain/Loss: -6,200'/ 1,900m
Sleeping Elevation: 4,150'/ 1,265m
Lodging: Arusha Serena Lodge
Meals: Breakfast, Lunch, & Dinner

DAY 10 — A 3 hour drive in the morning takes us to the Ngorongoro Crater, home to the highest concentration of big game anywhere in Africa: herds of wildebeest, zebras, antelope, and buffalo, along with the predators that feed on these herds – lions, cheetahs, and leopards. It is also one of the best places to spot rhinoceroses. We will return to our hotel on the rim of the crater that evening.

Activity: Ngorongoro Crater
Sleeping Elevation: 7,600'/ 2,317m
Lodging: Ngorongoro Serena Lodge
Meals: Breakfast, Lunch, & Dinner

DAY 11 — Today we continue our safari and push deep into the central Serengeti, the only place in Africa where vast land migrations still take place.

Activity: Descend Marangu route
Sleeping Elevation: 4,900'/ 1,494m
Lodging: Kati Kati Luxury Tent
Meals: Breakfast, Lunch, & Dinner

DAY 12 — An early morning wake up call for a half day game drive allows us to explore at best time of the day when animals feed. An afternoon bush plane flight brings us back to Arusha in time for evening flight out.

Activity: Descend Marangu route
Sleeping Elevation: 7,600'/ 2,317m
Lodging: Serena Safari Lodge
Meals: Breakfast, Lunch, & Dinner

Travel Details

FLIGHTS

Climbers should schedule flights to land in Tanzania on Day 1 of the itinerary. Climbers will meet their guides and transportation to our first hotel will be arranged. Transportation between trailheads and lodging before and after the climb and safari will also be arranged.

If you do not have a travel agent, we recommend using [kayak.com](https://www.kayak.com) as a primary source for finding low-fare airfares.

VISAS

Visas are required for US citizens to enter Tanzania. Visas can be obtained through the [Tanzania Electronic Visa Application system](#).

For a list of countries whose citizens do not require a visa to enter, click [here](#).

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 locally in Tanzania to provide the best options to our team. Our 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 Kilimanjaro 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. 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 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 Arusha we'll be staying in double-occupancy rooms in the Arusha Villa.

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 and a double-occupancy sleeping tent.

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
- 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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expeditions

ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRIES

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

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