



# ECUADOR

## WOMEN'S CLIMBING EXPEDITION

DURATION: 16 DAYS

LOCATION: ECUADOR

SKILL LEVEL: INTERMEDIATE

ALPENGLOW



# WOMEN'S ECUADOR CLIMBING EXPEDITION

## Expedition Details

**DURATION:** 16 DAYS

**LOCATION:** ECUADOR

**SKILL LEVEL:** INTERMEDIATE

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

**COST:** \$5,050

### DIFFICULTY LEVEL DESCRIPTION:

Intermediate - Climb technical routes on the high peaks of Ecuador on this all-female expedition, led by Alpenglow guide Carla Perez, the first South American female to summit Everest without oxygen. This is an excellent opportunity to climb big, beautiful mountains as part of an all-female crusher team.

### PREREQUISITES:

It is required that climbers have experience at altitudes up to 14,000'. Prior roped climbing, cramponing, and ice axe skills are required.



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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 hour 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.

We will be camping for all our climbs, with the exception of Rucu Pichincha, which can be completed in a few hours via the Teleférico (gondola) accessible from Quito. Pulpito, Monja Grande, and El Obispo all share a base camp and are along the same ridge line in an area known as "El Altar." On Chimborazo, we will set up a base camp and make our summit bid from a high camp on the East Face. The volcano's proximity to Quito means that we can summit, descend, and return to Quito in the same day.



## ROUTE CHOICE

To acclimatize, we'll first trek up Rucu Pichincha just outside of Quito. Then, we'll trek to Sangay National Park and set up at Italian Base Camp (15,000'/4600m), which will serve as base for Pulpito, Monja Grande, and El Obispo. We will climb the East Ridge of Chimborazo, allowing us to summit both Nicolas Martinez (18,274'/5,570m) and Polictenica (19,094'/5,820m) on our way up Chimborazo (20,549'/6,263m) via the East Face. We'll descend Chimborazo down the Normal 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.





## 16-Day Itinerary

During the expedition, you'll be a valuable member of the team, learning and applying new lessons and experiences to add to your climbing tool kit under the guidance of Alpenglow guide and local expert, Carla Perez. If you've been up a few peaks in the past, you'll be brushing off the rust and sharpening your own skillset that you've accumulated over the years.

Our itinerary starts with acclimatization and refreshing our rock climbing and ropework skills. Then, we dive headfirst into the mountains of El Altar before moving towards larger objectives leading up to Chimborazo, the highest peak in Ecuador.

*The first objective, Pulpito, greets us with a route of mixed rock, snow, and ice so we can familiarize ourselves with crampons, ice axes, self arrest techniques and the fine points of climbing in a rope team.*

Both El Altar and the East Ridge of Chimborazo allow us to climb progressively higher peaks without too much travel in between. In both locations we will both apply and refine our skills as we take on more challenging goals as a team.



Following the Women's Ecuador Climbing Expedition, 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 IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

# About Alpenglow Expeditions

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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.





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.

*Alpenglow*  
2018

## The Alpenglow Difference

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

### Expert Logistics

Logistics and the itinerary for the Ecuador Women's Climbing Expedition were developed largely by Carla Perez, who will serve as your expedition leader. Additionally, team members will have access to Alpenglow's premier in-house logistics team before, during, and after the expedition.

### Guide - Carla Perez

This expedition is led by Alpenglow Expeditions guide Carla Perez. Carla is an extremely experienced mountaineer and guide. She has made multiple successful summits of Everest, including an ascent without the use of

supplemental oxygen. She was also the first woman from the Americas to summit K2 without supplemental oxygen, and was the first woman to summit Everest and K2 in the same year.

### Comfortable Lodging

While in Quito, we'll be staying at a local, family-run place near excellent restaurants and other attractions. In the mountains, we'll be camping together in double-occupancy tents for all base camp and high camp accommodations. Our tents are checked for quality and replaced regularly to ensure their integrity for the big mountains.

# The Alpenglow Difference

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## Flexible Itineraries

Due to our strong connection to Ecuador and the close relationship with our partners, we can have an incredibly flexible schedule to take advantage of weather windows and climbing conditions.

## 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, ice axe 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.



## TEAM MEMBER REQUIREMENTS

It is required that climbers have experience at altitudes up to 14,000'. Prior roped climbing, cramponing, and ice axe skills are required.





## Route Description + Itinerary

The expedition begins in the capital city of Quito. Most flights arrive late in the evening, when your guide will welcome you to Ecuador before transporting you to your hotel for the night. The next morning of Day 2, the team will be together for the first time over fresh coffee and breakfast, before setting out to rock climb at local crags and dial our rope skills.

The third day serves as our first acclimatization day, where we'll trek to the summit of Rucu Pichincha (15,696'/4,784m). We gain access to Rucu almost directly from downtown as we ride a teleferico (gondola) up to about 3,800m. From the teleferico we hike a beautiful trail to the top of Rucu.

On Day 4, we leave Quito and head into the mountains of El Sangray National Park and El Altar, a group of nine summits connected by a shared base. We will trek to Italian Base Camp to prepare for our ascent of Pulpito, which sits just shy of 16,404'/5,000m. On Day 5, we will summit Pulpito and return to base camp.

Our Day 6 objective is Monja Grande (16,929',5,160m), a technical peak with mixed rock, snow, and ice that shares a saddle with El Obispo. After crossing through crevasse fields, there are several steep pitches of snow and ice to climb beneath the summit. After summiting Monja Grande, we will return to base camp and rest the next day (Day 7).

Next up on Day 8 is El Obispo, the highest point in El Altar at 17,450'/5,319m. We will begin by retracing our steps to the saddle between Monja

Grande and El Obispo. From there, several pitches of steep snow and mixed rock take us up the the bottom of the hanging glacier. Then, two more pitches of Class V rock climbing protect the summit. We will then descend to base camp and prepare to trek out of El Altar.

On Day 9, after departing from El Altar, we will drive to Estrella de Chimborazo, a lodge at the base of Ecuador's highest peak. We will spend the entirety of Day 10 resting and preparing for our next array of ascents.

*On Day 11, we will begin our two-day ascent of the East Ridge of Chimborazo by trekking to the base of Nicolas Martinez. On Day 12, we will summit Nicolas Martinez (18,274', 5,570m) and Politecnica 19,094', 5,820m). From there, we will continue onto the col, set up high camp, and prepare for our summit bid on Chimborazo (20,458'/6,263m).*

On Day 13, we will attempt to summit Chimborazo. With only 2600'/800m of elevation gain between high camp and the summit, we will have time for a quick celebration atop Ecuador's highest peak before descending the Normal Route and returning to Quito.

Days 14 and 15 are scheduled as extra days to account for weather etc., and on Day 16 everyone will depart for home.



## 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 guide to discuss the upcoming adventure!

**Activity.** Arrive in Quito, EC  
**Sleeping Elevation.** 9,300'  
**Lodging.** San Jose de Puenbo  
**Meals.** None

**DAY 2** — Today, you will visit one of the local climbing crags outside of Quito and spend the day dialing your rock climbing and rope work skills to prepare for the mountains.

**Activity.** Skills Day  
**Sleeping Elevation.** 9,300'  
**Lodging.** San Jose de Puenbo  
**Meals.** Breakfast

**DAY 3** — Today, we'll go on an acclimatization trek to the summit of Ruco Pichincha (15,696'/4,784m). We access the trailhead via the teleferico (gondola) up to around 12,942'/3,945m, and from there we hike to the summit. This hike will help us acclimate and keep our fitness.

**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 Puenbo  
**Meals.** Breakfast

**DAY 4** — Having spent the last few days preparing in Quito, it is time to head into the mountains. We'll start the day with quick drive to Sangay National Park and El Altar, where we will then start trekking to the Italian Base Camp at around 15,000'/4,600m. This will serve as our base camp for the next four days as we make our summit bids on Pulpito, Monja Grande, and El Obispo.

**Activity.** Drive to El Altar, Hike  
**Distance Covered.** 4 miles  
**Elevation Gain/Loss.** +4000'/1,219m  
**Sleeping Elevation.** 15,000'/4,572m  
**Lodging.** Italian Base Camp  
**Meals.** Breakfast, Lunch & Dinner

# Daily Itinerary Overview

**DAY 5** — Today will be our first full day of climbing as we set off for the summit of Pulpito, a secondary summit to El Obispo. We'll ascend slopes of ice and snow to the summit just below 5,000m. This will be a great introduction to the climbing that we will be doing for the next several days, as the subsequent peaks are on the same ridgeline. We'll return to camp and prepare to climb again the following day.

**Activity.** Climb Pulpito  
**Distance Covered.** 2 miles  
**Elevation Gain/Loss.** +/- 1000'  
**Sleeping Elevation.** 15,000'/4,572m  
**Lodging.** Italian Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 6** — After a successful ascent of Pulpito, we will once again leave base camp for a summit bid on Monja Grande (16,929', 5,160m), a technical peak with mixed rock, snow, and ice that shares a saddle with El Obispo. The approach is fairly straightforward, moving through some crevasse fields to the El Obispo - Monja Grande Col. From here there are several steep pitches of soft ice and snow before reaching the summit. After summiting we'll descend back down to base camp.

**Activity.** Climb Monja Grande  
**Distance Covered.** 2 miles  
**Elevation Gain/Loss.** +/-2,000'/610m  
**Sleeping Elevation.** 15,000'/4,572m  
**Lodging.** Italian Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 7** — Rest day to prepare for El Obispo.

**Activity.** Rest Day  
**Sleeping Elevation.** 15,000'/4,572m  
**Lodging.** Italian Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 8** — Today we'll make our way to the summit of El Obispo. We'll start by retracing our steps to the Obispo - Monja Grande Col. From here there are several pitches of steep snow and mixed rock to reach the top of the hanging glacier. From here, two pitches of Class V rock climbing protect the summit. After we finish the last two rock pitches, we'll find ourselves standing at 17,450'/5,319m on the summit of El Obispo. We'll descend back down to base camp and get ready for the trek out of El Altar.

**Activity.** Climb El Obispo  
**Distance Covered.** 2 miles  
**Elevation Gain/Loss.** +2,500'/762m  
**Sleeping Elevation.** 15,000'/4,572m  
**Lodging.** Italian Base Camp  
**Meals.** Breakfast, Lunch & Dinner



# Daily Itinerary Overview

**DAY 9** — Today we will hike out of El Altar and drive to Estrella del Chimborazo.

**Activity.** Travel to Estrella de Chimborazo

**Distance Covered.** 4 miles

**Elevation Gain/Loss.** -4,000' (driving)

**Sleeping Elevation.** 12,950'

**Lodging.** Estrella de Chimborazo

**Meals.** Breakfast, Lunch & Dinner

**DAY 10** — Rest Day at Estrella de Chimborazo.

**Activity.** Rest Day

**Sleeping Elevation.** 12,950'

**Lodging.** Estrella de Chimborazo

**Meals.** Breakfast, Lunch & Dinner

**DAY 11** — Today we'll have a short drive to the base of Chimborazo and then we'll begin our climb by trekking to the base of Nicolas Martinez, a secondary peak on Chimborazo resting at 18,274'/5,570m.

**Activity.** Trek to Base Camp of Nicolas Martinez

**Distance Covered.** 3 miles

**Moving Hours.** 3-5 hours

**Elevation Gain/Loss.** +1500'

**Sleeping Elevation.** 12,300'

**Lodging.** Nicolas Martinez base camp

**Meals.** Breakfast, Lunch & Dinner

**DAY 12** — This will be the first day of our two-day ascent of the east ridge of Chimborazo. We'll start by climbing to the summit of Nicolas Martinez before continuing on to the summit of Polictenica (19,094'/5,820m). We'll continue to the far side of Polictenica and set up high camp on the Polictenica col.

**Activity.** Summit Nicolas Martinez and set up high camp

**Distance Covered.** 1.7 miles

**Elevation Gain/Loss.** +3,000/914m

**Sleeping Elevation.** 15,300'

**Lodging.** Polictenica High Camp

**Meals.** Breakfast, Lunch & Dinner

**DAY 13** — Today we'll start up the east face and work our way to the summit of Chimborazo. The day will see us climb 800m, 2,600' to the summit. We'll have a quick celebration atop Ecuador's tallest peak, and then start our descent down the "Normal" Route of Chimborazo. After our successful summit of Chimborazo we'll load up the van and return to Quito.

**Activity.** Drive to Chimborazo

**Distance Covered.** 2.7 miles

**Elevation Gain/Loss.** +2,600', -4,000'

**Sleeping Elevation.** 9,300'

**Lodging.** San Jose de Puembo

**Meals.** Breakfast, Lunch & Dinner

# Daily Itinerary Overview

**DAY 14-15** — Extra summit days to account for weather, etc.

**Lodging.** Base Camp/High Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 16** — Depart for home. Flights generally depart late the night before (after 11pm) or early in the morning.

**Activity.** Departure day  
**Sleeping Elevation.** 9,300'  
**Lodging.** San Jose de Puembo





# Travel Details

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## 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 for this expedition. Once you arrive in Ecuador, ground transportation is arranged for you including your airport arrival and departure transfers within the scheduled itinerary. Transportation outside the scheduled itinerary (early arrival/late departure) is available at an additional cost.

## FLIGHTS

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

*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.*

*Please confirm your itinerary with Alpenglow Expeditions before purchasing.*





## Accommodations

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*This expedition includes double occupancy lodging in town, in tents, and group lodging in refugios on the mountain. No matter where we travel, Alpenglows 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 San Jose de Puembo.

### 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 rate is \$1000 for the entire trip, where applicable. Single supplement is not available by individual night or while staying in huts or camping.

### ON-MOUNTAIN ACCOMMODATIONS

In El Altar and all other camps, we will stay in double-occupancy tents. We will also stay a few nights in Estrella de Chimborazo, a lodge near the volcano.







# 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](mailto:lynette@billygoatswift.com).





## EXCLUSIONS

The cost of your trip does not include:

- flights to/from the city where the expedition begins
- 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
- single room 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.

## INCLUSIONS

The cost of your trip includes your land costs within the itinerary dates (*excluding in-town meals*). This includes:

- All lodging within duration of 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 carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

*View our cancellation policy online at:*  
[\*alpenglowexpeditions.com/cancellation-policy-international-expeditions/\*](http://alpenglowexpeditions.com/cancellation-policy-international-expeditions/)





## 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.

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

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