



CORDILLERA HUAYHUASH TREK

DURATION: 16 DAYS

LOCATION: PERU

SKILL LEVEL: INTERMEDIATE

 ALPENGLOW



TREKKING THE CORDILLERA HUAYHUASH OF PERU

Expedition Details

DURATION: 16 DAYS

LOCATION: PERU

SKILL LEVEL: INTERMEDIATE

DATES: SUMMER (N. HEMISPHERE)

DIFFICULTY LEVEL DESCRIPTION:

Intermediate - This expedition requires no prior experience, though it is highly recommended that participants have prior experience at altitude. Trekkers 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 Cordillera Huayhuash Trek.



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Expedition Introduction

Why Trek in Peru?

Peru's Cordillera Huayhuash is a captivating trek at sustained high altitude. Enjoy incredible views of pristine mountain lakes and snow-covered peaks while immersed in traditional Andean culture.

The famed circuit of the Cordillera Huayhuash is a stunning journey. Trekking with Alpenglow Expeditions in Peru means you are led by our professional guides while taking advantage of our longtime relationship with our local logistics team to create a seamless experience.

Our expedition begins with acclimatization in Huaraz. Sitting at nearly 10,000'/3,048m, Huaraz is the perfect place to begin getting our bodies used to the altitude. We spend two days here, touring the city on the first, and then renting mountain bikes on the second. Light activity in preparation for our larger objectives will have us in prime physical condition for our trek.



ROUTE CHOICE

Our trek through the Cordillera Huayhuash encompasses a captivating journey through some of Peru's most stunning landscapes. Beginning in Llamac, we traverse picturesque valleys and ascend challenging mountain passes, each offering breathtaking panoramic views of snow-capped peaks and pristine alpine lakes.

Along the way, we camp beside tranquil lakeshores and in remote villages, immersing ourselves in the region's natural beauty and rich cultural heritage. From the towering heights of the Cacanapunta Pass to the tranquil shores of Laguna Jahuacocha, every step of our route offers an unforgettable adventure amidst the rugged beauty of the Peruvian Andes.



HISTORICAL OVERVIEW

The Cordillera Huayhuash, nestled in the Peruvian Andes, holds a rich history dating back centuries. Inhabited by indigenous communities, it served as a hub for agriculture and trade. In the late 19th century, European explorers began documenting its wonders, attracting adventurers and mountaineers. Today, it remains a sought-after destination for its breathtaking landscapes and cultural significance, drawing visitors from around the globe.



16 Day Itinerary

Experience immersion into the Cordillera Huayhuash on our 16-day trekking expedition. Starting from Huaraz, we acclimatize before delving into the heart of the Peruvian Andes. Over challenging terrain and high mountain passes, we navigate our way through stunning landscapes, including tranquil lakeshores and rugged valleys.

Led by experienced guides, we enjoy the region's rich cultural heritage, interacting with local communities along the way. With each day presenting new adventures and breathtaking vistas, this expedition promises an unforgettable exploration of one of the world's most spectacular mountain ranges.

Cacananpunta Pass, a highlight of our Cordillera Huayhuash trek, offers a challenging ascent to stunning heights in the Peruvian Andes. Standing at 15,419' / 4,700m above sea level, this challenging mountain pass rewards adventurers with sweeping vistas of the surrounding peaks, including the majestic Ninashanca and Rondoy. From the pass, we descend to our campsite beside the serene shores of Lake Mitucocha, where we rest and reflect on the awe-inspiring journey behind us.



Following completion of the Cordillera Huayhuash Trek, trekkers should feel confident making plans to trek to Everest Base Camp in Nepal or consider joining our beginner expeditions such as the Ecuador or Peru Climbing Schools.

See more trips at [ALPENGLLOWEXPEDITIONS.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 IFMGA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 20+ years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climber's first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

About Alpenglow Expeditions



Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied three 8,000 meter peaks, and was the first person to ski Makalu and Manaslu, the 5th- and 8th-tallest peaks in the world. In 2011 he became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 15 summits of 8,000 meter peaks (including 10 summits of Mt. Everest).



Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have 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 expeditions. 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 adventure.

We spend time understanding each participant, precisely matching them with the rest of the team. Small team size enables us to focus on each team member's goals for the trip, maximizing success and safety, which results in an outstanding curated experience.

Alpenglow Expeditions is a group of passionate adventurers with a love for the high alpine. Our mission is to inspire adventurers through powerful mountain experiences because we know the transformative power they hold. Our clients feel empowered, surprised, delighted, and changed by the possibilities and promises of the mountains.

The Alpenglow Difference

EXPEDITION DOCTOR ON CALL

Dr. Monica Piris has been on fourteen 8,000-meter peak expeditions and countless others. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

OUR GUIDES

Alpenglow's guides are a fundamental part of our operation and your experience. Your trip will be led by one or more of our AMGA Certified guides who have intimate knowledge of their craft and the terrain. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it.

PRECISE LOGISTICS

Time is a scarce resource in all of our lives. To maximize the value of our time, we work with a local logistics team and have established relationships with the services we use.

HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the trail, ensuring your strength and health throughout the expedition.

FULL TIME OFFICE STAFF

We understand that scheduling and booking an international expedition is a large step. Therefore we maintain a full-time office staff to provide peace of mind and support you throughout the process.





Route Description + Itinerary

Your adventure begins as you touch down in Lima in the afternoon or evening. We've arranged for a comfortable stay in Lima for the night to accommodate any potential flight delays, and ensure a smooth transition to the next leg of your journey.

After a leisurely morning in Lima on Day 2, we embark on an eight-hour drive to Huaraz. Nestled amidst the breathtaking scenery of the Peruvian Andes, Huaraz serves as our base for the upcoming trek. We'll settle into Olaza's Guest House, a charming hotel situated at an elevation of 10,000'/3,050m.

Days 3 and 4 are dedicated to acclimatization and preparation for the trek ahead. We'll take the opportunity to explore the picturesque city of Huaraz, allowing our bodies to adjust to the altitude and kick-starting the acclimatization process. We may also go mountain biking on local trails, providing further acclimatization while enjoying the stunning scenery surrounding Huaraz.

On Day 5, we embark on a 4-5 hour drive to Llamac, where our trek commences. Here, we'll meet our knowledgeable guides and burro team before setting off towards Cuartelhuain (13,615'/4,150m), tracing the path along the Quero River. Our first day of trekking spans approximately 5-6 hours.

On Day 6, we tackle our first challenging ascent, navigating the Cacanpunta Pass (15,419'/4,700m). Afterward, we descend to our campsite by the shores of Lake Mitucocha (14,107'/4,300m).

Day 7 will be our longest day of trekking yet as we conquer the Carhuac Pass (15,255'/4,650m) before descending into another picturesque valley to the shores of Laguna Carhuacocha. We'll rest here on Day 8. On Day 9, we'll traverse the Carnicero Pass (15,583'/4,750m) to the charming village of Huayhuash (14,107'/4,300m). An early start on Day 10 leads us to Lake Viconga (14,419'/4,395m), with the challenging Portachuelco Pass (15,583'/4,750m) providing breathtaking panoramic views along the way. After a day of trekking lasting 5-6 hours, we unwind by soaking in the rejuvenating hot springs of Laguna Viconga.

Prepare for a challenging ascent on Day 11 as we cross the Cuyoc Pass (16,404 ft/ 5,000 m), the highest point of our trek. Afterward, we descend towards Rinconada, where we'll set up camp for the night. Today's trekking time totals approximately 4-5 hours.

On Day 12, we enjoy a leisurely day of walking through the valley, gradually ascending towards Huatiac (14,107'/4,300m). Our journey continues on Day 13 as we make our way towards Gashgapampa, navigating the Tapush Pass (15,748'/4,800m) along the way. Day 14 takes us to the stunning Laguna Jahuacocha (13,615'/4,150m), with the Yahucha Pass (15,584'/4,750m) offering spectacular views of the surrounding peaks, including the majestic Yerupaja. Day 15 sees us crossing the Pampa Llamac Pass (14,108'/4,300m) before bidding farewell to the Cordillera Huayhuash and making our way to the village of Llamac. From there, a short drive will take us back to Huaraz, where we'll conclude our adventure and head home on Day 16.



Daily Itinerary Overview

DAY 1 — Arrive in Lima in the afternoon or evening. We'll stay one night in Lima in case of delayed flights, etc.

Activity: Arrive in Lima, Peru
Sleeping Elevation: sea level
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: +10,000'/3,048m
Sleeping Elevation: 10,013'/3052m
Lodging: Olaza's Guest House
Meals: Breakfast

DAY 3 — Organize and acclimatize in Huaraz. Generally speaking, we can spend this day exploring the beautiful city of Huaraz. This not only gets our legs moving, but really gets our acclimatization process jumpstarted.

Activity: Gear prep and acclimatization hike
Elevation Gain/Loss: N/A
Sleeping Elevation: 10,013'/3052m
Lodging: Olaza's Guest House
Meals: Breakfast

DAY 4 — A second day in Huaraz is spent mountain biking on local trails to continue acclimatization. At the end of two full days in Huaraz, we should be ready to make our drive to the village of Llamac.

Activity: Acclimatize
Elevation Gain/Loss: N/A
Sleeping Elevation: 10,013'/3052m
Lodging: Olaza's Guest House
Meals: Breakfast

Daily Itinerary Overview

DAY 5 — Drive (4-5 hours) to Llamac (11,152'/3,400m) before beginning our trek. In Llamac, we'll meet the backbone of our guide(s) and burro team. From here, we'll cast off towards Cuartelhuain (13,615'/4,150m) following the Quero River. Our total trekking time today will be 5-6 hours.

Activity: Drive to Llamac and start trekking
Elevation Gain: +2,013 ft /614m
Sleeping Elevation: 13,615'/4,150m
Lodging: Cuartelhuain
Meals: Breakfast, Lunch, & Dinner

DAY 6 — Today, we tackle our first challenging pass, the Cacanapunta Pass (15,419'/4,700m). We ascend over a 4-5 hour period to the pass which lies on the Andean Continental Divide. Throughout the day, we'll have views of Ninashanca (18,395'/5,607m) and Rondoy (19,258'/5,870m). From the pass, we'll descend for 1-2 hours to our campsite on the shores of Lake Mitucocha (14,107'/4,300m).

Activity: Trek to Lake Mitucocha
Elevation Gain: +1,804'/550m
Sleeping Elevation: 14,107'/4,300m
Lodging: Lake Mitucocha
Meals: Breakfast, Lunch, & Dinner

DAY 7 — Our biggest day of trekking yet – we climb over a second pass called Carhuac Pass (15,255'/4,650m) before dropping into another beautiful valley. Our camp for the night lies on the shores of Laguna Carhuacocha (13,615'/4,150m). Today's total trekking time should be about 6-7 hours.

Activity: Trek to Laguna Carhuacocha
Elevation Gain: +1,148'/350m
Sleeping Elevation: 13,615'/4,150m
Lodging: Laguna Carhuacocha
Meals: Breakfast, Lunch, & Dinner

DAY 8 — Rest Day in Laguna Carhuacocha. We take this day to enjoy our location deep in the wilderness. For those feeling energized, we can go on an exploration hike in the area.

Activity: Rest Day
Elevation Gain/Loss: N/A
Sleeping Elevation: 13,615'/4,150m
Lodging: Laguna Carhuacocha
Meals: Breakfast, Lunch, & Dinner

DAY 9 — We leave Laguna Carhuacocha and hit our third pass before ending our day in the beautiful village of Huayhuash (14,107'/4,300m). The Carnicero Pass will be challenging at 15,583'/4,750m, and will once again provide impressive views of the mountains surrounding it. Total walking time today is 6-7 hours.

Activity: Trek to Huayhuash village
Elevation Gain: +1,968'/600m
Sleeping Elevation: 14,107'/4,300m
Lodging: Huayhuash Village
Meals: Breakfast, Lunch, & Dinner

Daily Itinerary Overview

DAY 10 — An early start has us leaving the tranquil village and heading towards Laguna Viconga (14,419'/4,395m). Our fourth pass of the trek is Portachuelco Pass (15,583'/4,750m) and provides more great views to remote peaks in the Cordillera Raura. We end the day by soaking in the hot springs of Laguna Viconga. Total trekking time today is 5-6 hours.

Activity: Trek to Laguna Viconga
Elevation Gain: +1,476'/450m
Sleeping Elevation: 14,419'/4,395m
Lodging: Laguna Viconga
Meals: Breakfast, Lunch, & Dinner

DAY 11 — Today we cross our highest pass as we move towards camp in Rinconada. The Cuyoc Pass (16,404'/5,000m) will be difficult, but rewarding. We continue our trek by descending from the pass towards Rinconada where we set up camp for the night. Total trekking time today is 4-5 hours.

Activity: Trek to Rinconada
Elevation Gain: +1,985'/605m
Sleeping Elevation: 14,400'/4,389m
Lodging: Rinconada
Meals: Breakfast, Lunch, & Dinner

DAY 12 — Today is a much needed easy day of walking through the valley towards the village of Huayllay. From there we ascend a gradual slope up a narrow valley to reach Huatiac (14,107'/4,300m). Total trekking time is 4-5 hours.

Activity: Descend to Huatiac
Elevation Loss: -300'/91m
Sleeping Elevation: 14,107'/4,300m
Lodging: Huatiac
Meals: Breakfast, Lunch, & Dinner

DAY 13 — Another day, another pass. We leave Huatian in the morning to move towards Tapush Pass (15,748'/4,800m). From there we descend to Gashgapampa (14,763'/4,500m) where we set up camp. Trekking time is 3-4 hours.

Activity: Descend to Gashgapampa
Elevation Gain: +1,641'/500m
Sleeping Elevation: 14,763'/4,500m
Lodging: Gashgapampa
Meals: Breakfast, Lunch, & Dinner

DAY 14 — From Gashgapampa we head toward Laguna Jahuacocha (13,615'/4,150m) and climb one of our last passes of the trip, Yahucha Pass (15,584'/4,750m). From this pass we will have spectacular views of high peaks, including Yerupaja (the second highest peak in Peru). Trekking time is 4-5 hours.

Activity: Trek to Laguna Jahuacocha
Elevation Gain: +821'/250m
Sleeping Elevation: 13,615'/4,150m
Lodging: Jahuacocha
Meals: Breakfast, Lunch, & Dinner

DAYS 15+16 — One final pass stands between us and the finish: Pampa Llamac Pass (14,108'/4,300m). After enjoying our last views of the Cordillera Huayhuash, it is time to bring our trek to a close. A couple more hours will bring us out of the mountains, to the small village of Llamac. From here, we will travel by vehicle back to Huaraz. We depart Peru on Day 16.

Activity: Trek out, return to Huaraz
Elevation Gain: +493'/150m
Sleeping Elevation: 10,013'/3052m
Lodging: Olaza's Guest House
Meals: Breakfast, Lunch, & Dinner

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. **Once you arrive in Peru, all ground transportation is arranged for you** including your airport arrival and departure transfers (within the scheduled itinerary). Additional costs will apply if arriving before Day 1 or after the last day of the scheduled itinerary.

Please confirm your itinerary with Alpenglow Expeditions before purchasing.

VISAS

For US citizens, visas are not required to enter Peru for the duration of the trek. 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](#).

PASSPORTS

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





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.

ON-MOUNTAIN ACCOMMODATIONS

Life on the trail includes all meals as well as double-occupancy sleeping tents for every climber. We will use three-person tents to accommodate two climbers.

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 for camps as well at an additional cost.



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 Huayhuash 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 8000m.

INCLUSIONS

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

- All lodging according to itinerary, including double occupancy lodging while in town and group lodging in mountain huts
- Breakfasts in town, all meals while on the mountain
- Base Camp and Advanced Base Camp infrastructure
- Permits
- Scheduled in-country transportation
- Airport transfers
- Certified guides
- Burros and porters

INSURANCE

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

EXCLUSIONS

The cost of your trip does not include:

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





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

info@alpenglowlowexpeditions.com



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

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