



VOLCANOES OF MEXICO

DURATION: 9 DAYS

LOCATION: MEXICO

SKILL LEVEL: INTRODUCTORY

 ALPENGLOW



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Expedition Details

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LOCATION: MEXICO

SKILL LEVEL: INTRODUCTORY

SEASON: DECEMBER

COST: \$3500

DIFFICULTY LEVEL DESCRIPTION:

Technical climbing and altitude experience are not necessary. This expedition requires good physical fitness, specifically an ability to move in rugged, uneven, terrain for long days. Alpenglow can happily provide physical and technical training programs to prepare for this introductory expedition.

PREREQUISITES:

This expedition is designed for beginners or those looking to brush up on skills. No prior climbing or technical experience is required to join.



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

Expedition Introduction

Why Climb in Mexico?

Mexico's volcanoes offer the perfect introductory environment for those looking to get into high-altitude mountaineering.

For climbers, Mexico is a unique and less-traveled location to try high-altitude mountaineering in a beginner-friendly environment.

Mexico is rich in culture, and our Volcanoes expedition travels to the authentic and remote highlands where the mountains lie.

If sleeping in a cold tent for two weeks sounds intimidating, fear not! Mexico allows us to split our time between staying in comfortable lodges AND experiencing the high altitude camp life. Both of our objectives in Mexico offer a lodge or a mountain hut so we can be well rested and prepared for the climbs.



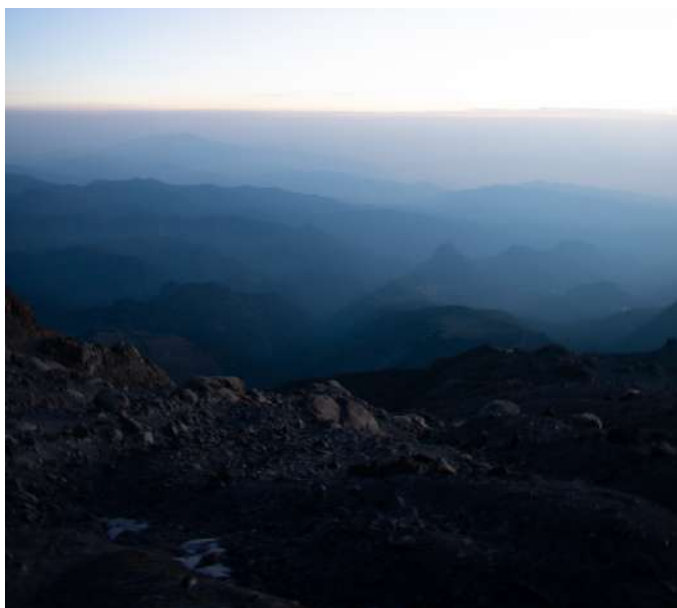
ROUTE CHOICE

On both La Malinche and Pico de Orizaba, we will climb the standard routes normally used to ascend the peaks. Both are largely non-technical and offer a perfect opportunity to try your hand at high altitude mountaineering.

HISTORICAL OVERVIEW

It is said that La Malinche is named for a woman who was kidnapped by Hernán Cortes and ultimately contributed to his conquest of Mexico. When Cortes abandoned her and their child, she returned to this mountain. Due to her involvement, she has since become somewhat of a controversial figure.

Pico de Orizaba, or Citlatépetl, was a mountain of great significance to the indigenous cultures of Mexico, namely the Aztecs. As such, it is impossible to know who made the first ascent and when.





9 Day Itinerary

The purpose of our Volcanoes of Mexico expedition is to introduce climbers to high altitude mountaineering. Each day of the expedition you'll be hands-on with new lessons and experiences to add to your climbing tool kit. If you have prior mountaineering experience, you'll further refine the skill set that you've developed over the years.

Our itinerary starts with learning how to efficiently acclimatize. During the few days we take to summit La Malinche, we'll gain a deeper understanding of how our bodies react to altitude as we prepare for our main objective: Pico de Orizaba.

The first objective, La Malinche, is non-technical. This allows us to focus on moving at altitude without the added difficulty of moving over glaciated or technical terrain.



Following the Volcanoes of Mexico Expedition, climbers should feel confident making plans to climb peaks in the 5000 to 6000 meter range like those offered in our climbing schools in Ecuador and Peru.

See more trips at 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 culminate in 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 the last 15 years we've expanded our offerings, both internationally and back home in the United States. We are proud to offer courses and expeditions ranging from our own Tahoe Via Ferrata all the way up to Mt. 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 current status quo.

Adrian is the only American who has skied two 8,000 meter peaks. He 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 AMGA and IFMGA 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 helps lead the office team with the day-to-day operations of the business. From one-day ascents of El Capitan to big Alpine climbs in the Himalaya, and ski descents of Denali to backyard tours in Lake Tahoe, he can't help but smile when 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 region we operate in. Often, these partnerships have existed since the beginning of Alpenglow. Whenever we consult with a new logistics team, we vet them thoroughly to ensure their reliability and quality. Our local and regional logistics partners are the backbone of our international operations and help us achieve the success that we're known for.



The Alpenglow Difference

Alpenglow's Guides

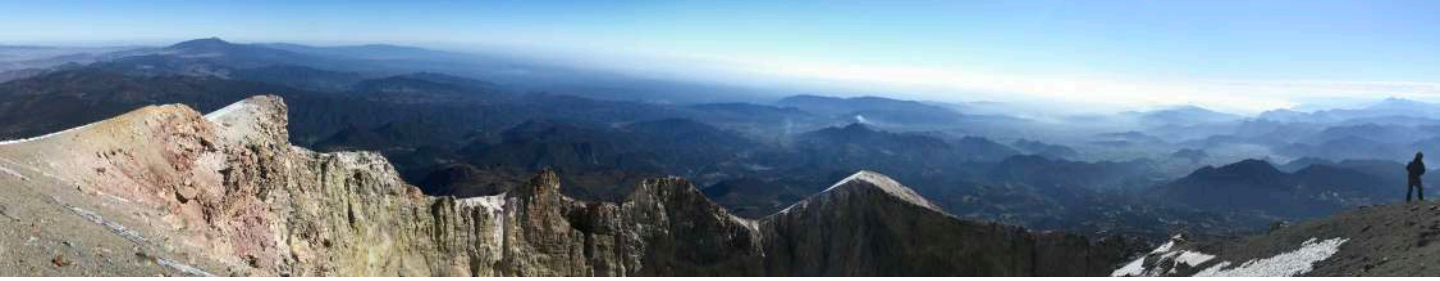
All of our guides for this expedition are IFMGA-licensed or aspirants working to finish their certification. Our Mexico expedition is unique as our guides have significant experience climbing every peak on the itinerary. Mexico is a great location to try high altitude mountaineering, and we love showing off all that the more rural parts of Mexico and its big peaks have to offer.

Personal Support

Our guides' knowledge of the mountains combined with their passion for teaching guarantees that you'll leave with the skills to help you progress through the ranks of the big mountains of the world! In contrast to many guide services working in Mexico, we climb in small teams, with a maximum climber to guide ratio of 2:1. This helps ensure that you understand the systems you learn about, stay healthy and strong, and are able to enjoy every component of your experience.

TEAM MEMBER REQUIREMENTS

While experience at or above 14,000' is recommend, it is not required. Excellent physical fitness is the only requirement for this expedition.



Route Description + Itinerary

Your journey begins on Day 1 as you head for Mexico. Upon arrival in Mexico City, you'll meet your guide, and after checking into the hotel, the team will head out to explore the historic district. The city's colonial architecture and lively culture provide an introduction to Mexico, while the moderate altitude begins the acclimatization process. After a day of exploring, you'll return to the hotel to rest and prepare for the journey ahead.

Leaving the bustle of the city on Day 2, the team travels toward La Malinche. This scenic drive leads you closer to the mountains and marks the transition from urban surroundings to the natural landscapes of Mexico's volcanic region. La Malinche will be the first peak on the expedition, offering an ideal opportunity to begin adjusting to higher altitudes in preparation for Pico de Orizaba. You'll arrive at the base and settle in for the night, prepared for the next day's climb.

On Day 3, you'll set out on the first climb of the trip. The trail begins in dense forest, eventually giving way to alpine meadows below La Malinche's main summit block. Reaching 14,636 feet, the summit offers expansive views and a solid day of exertion to aid in acclimatization. After enjoying the scenery, we'll descend to rest in preparation for the next steps.

On Day 4, you'll head to Hostal Hidalgo, where the team can relax and recharge after La Malinche's. This is a day dedicated to recovery, allowing everyone to regain energy while gradually adjusting to altitude before the next climb.

Day 5 begins with a short hike aimed at continued acclimatization for higher elevations ahead. The group will also practice essential mountaineering skills needed for glacier travel on Pico de Orizaba. From managing crampons to practicing roping techniques, this day builds familiarity with the technical requirements of the upcoming summit attempt.

On Day 6, we'll travel in a 4x4 vehicle to the Piedra Grande Hut, situated at about 14,000 feet. This drive through remote terrain brings you closer to the foot of Pico de Orizaba. Once at the hut, you'll set up camp. The evening will be spent resting, eating, and reviewing plans for the summit attempt. With gear organized, you'll turn in early to be ready for a predawn start.

On Day 7, we will rise around 2 a.m. to begin the ascent of Pico de Orizaba, Mexico's highest peak at 18,491 feet. With headlamps lighting the way, the group moves up steep slopes and glaciers, using skills from during the previous days. The summit provides spectacular views from Mexico's highest point.

After a break to take it all in, the group begins the careful descent, returning first to the hut and then back to lower elevations. On Day 8, we will travel to Puebla for a well-earned day of relaxation. Alternatively, this day is reserved as a weather day.

Early in the morning on Day 9, we will depart Puebla and head back to Mexico City, where we will return home.



Daily Itinerary Overview

DAY 1 — Travel from your home to Mexico City, where you'll meet your guide and check in to your hotel. Once settled, you'll begin acclimatizing with a short tour of the city's historic district.

Activity. Arrive in Mexico City
Sleeping Elevation. 7,300'
Lodging. Hotel Maria Christina
Meals. None

DAY 2 — Depart for La Malinche, a short drive from Mexico City. This location sets us up for our first acclimatization hike.

Activity. Drive to La Malinche
Moving Hours. 2-3 hour drive
Sleeping Elevation. 9,842'
Lodging. IMSS Hut
Meals. Breakfast

DAY 3 — Climb La Malinche, starting early through dense forests. Emerge onto open fields as we approach the summit block and climb a steep ridge to the top. After the summit, we'll drive a couple hours to the Hacienda Santa Barbara.

Activity. Climb La Malinche
Distance Covered. 10 miles
Moving Hours. 8 hours
Elevation Gain/Loss. +/- 4,700'
Sleeping Elevation. 7,000'
Lodging. Hacienda Santa Barbara
Meals. Breakfast

DAY 4 — Transfer to Hostal Hidalgo for some well-deserved rest and recovery. This break helps prepare us for the main summit push on Pico de Orizaba.

Activity. Drive to Hostal Hidalgo
Moving Hours. 3 hr drive
Sleeping Elevation. 11,318'
Lodging. Hostal Hidalgo
Meals. Breakfast

Daily Itinerary Overview

DAY 5 — Take an acclimatization hike and review skills needed on Pico de Orizaba's glacier. This day readies everyone for our ascent while covering essential techniques.

Activity. Acclimatization hike
Distance Covered. 10 miles
Moving Hours. 8 hours
Elevation Gain/Loss. +/- 1,640'
Sleeping Elevation. 7,000'
Lodging. Hacienda Santa Barbara
Meals. Breakfast

DAY 6 — Travel to the Piedra Grande Hut at 14,000 feet, near the main trailhead for Pico de Orizaba. We'll set up camp either in the hut or on its surrounding grounds, or we may hike up toward the glacier and set up a high camp depending on conditions.

Activity. Acclimatization/skills day
Distance Covered. 2-3 miles
Moving Hours. 2 hours hiking
Elevation Gain/Loss. +/-1,000'
Sleeping Elevation. 14-15,748'
Lodging. Piedra Grande / High Camp
Meals. Breakfast, Lunch & Dinner

DAY 7 — Summit Pico de Orizaba with an early start around 2 a.m. Reach the 18,491-foot peak and celebrate your high-altitude accomplishment.

Activity. Summit day then to Otavalo
Distance Covered. 5 miles
Moving Hours. 7-11 hours
Elevation Gain/Loss. +/-4,350', (climbing), -6,850 (driving)
Sleeping Elevation. 7,000'
Lodging. Hotel Colonia Puebla
Meals. Breakfast & Lunch

DAY 8 — Return to Puebla for a free day to explore the city's culture and cuisine. Alternatively, this day can serve as a backup weather day if needed.

Activity. Recovery day
Distance Covered. Varies
Moving Hours. Varies
Sleeping Elevation. 7,000
Lodging. Hotel Colonia Puebla
Meals. Breakfast

DAY 9 — Depart for home!

Activity. Travel day
Distance Covered. Varies
Moving Hours. 2-3 hours

Travel Details

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 Mexico, all ground transportation is arranged for you including your airport arrival and departure transfers.

FLIGHTS

All flights will arrive into Mexico City International Airport just outside of CDMX. Most arrival flights will arrive in the afternoon or 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

This expedition includes double occupancy lodging in town and in camp. 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

While the hotels we stay in can change from expedition to expedition, we always arrange clean, comfortable and safe accommodations. In Mexico, we'll stay in simple, comfortable hotels or lodge-style rooms. We may also camp at the base of Pico de Orizaba depending on the conditions of the Piedra Grande hut.

SINGLE ROOMS

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 rates for this trip are **\$150/night**. Single supplement is not available while staying in huts or camping.

ON-MOUNTAIN ACCOMMODATIONS

The hut on Pico de Orizaba does not always meet the standards we aspire to. As such, we may opt instead to camp next to the hut, still taking advantage of the nearby infrastructure but sleeping in quieter, more comfortable camping accommodations.





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

Mexico makes it easy to have access to healthy and nutritious food for the duration of the expedition. We enjoy simple mountain cooking on Pico de Orizaba.

MOUNTAIN TRAINING

Physical fitness is the primary area you can prepare for when it comes to our expedition in Mexico. 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.



INCLUSIONS

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

- All lodging according to itinerary, including single 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.

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 itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

View our cancellation policy online at:

alpenglowexpeditions.com/cancellation-policy-international-expeditions/





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.



ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRIES

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

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info@alpenglowexpeditions.com



ALPENGLOW

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

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