



# ACONCAGUA EXPEDITIONS 2010 - 2011

**AVENTURAS PATAGONICAS - MOUNTAIN GUIDES**

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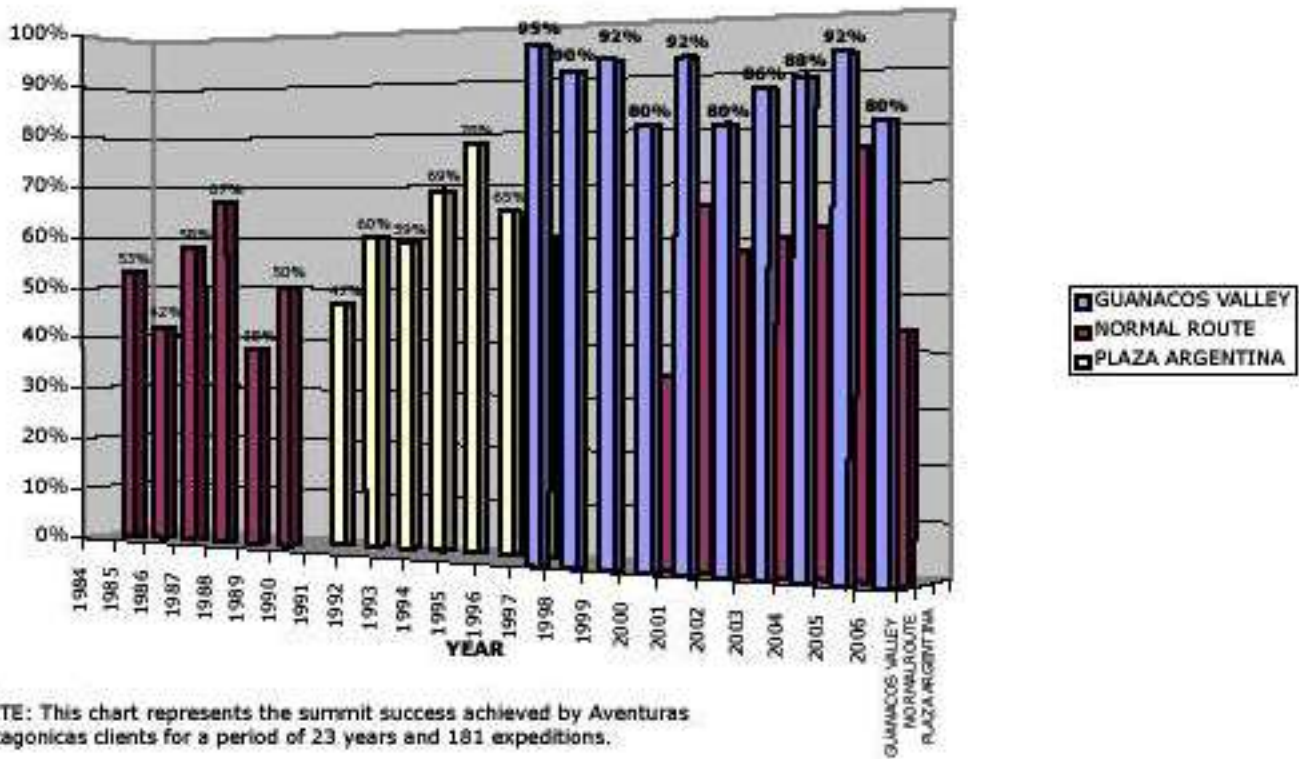
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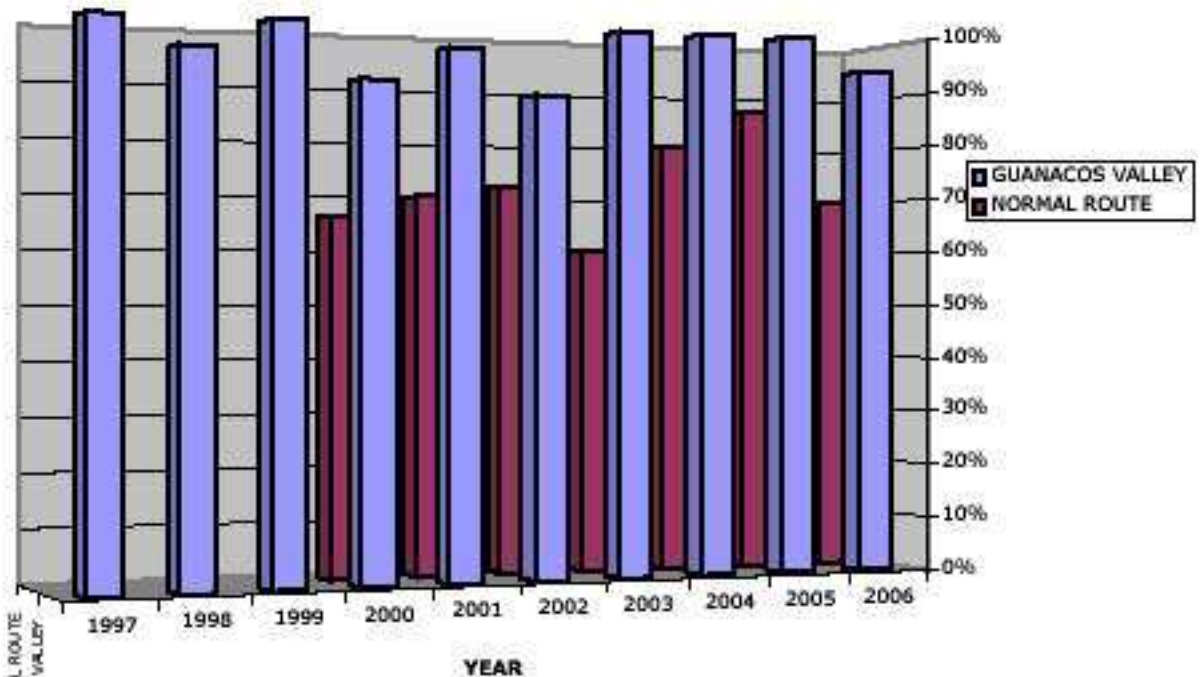
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### AVENTURAS PATAGONICAS ACONCAGUA CLIENTS SUMMIT SUCCESS RATE SINCE 1984



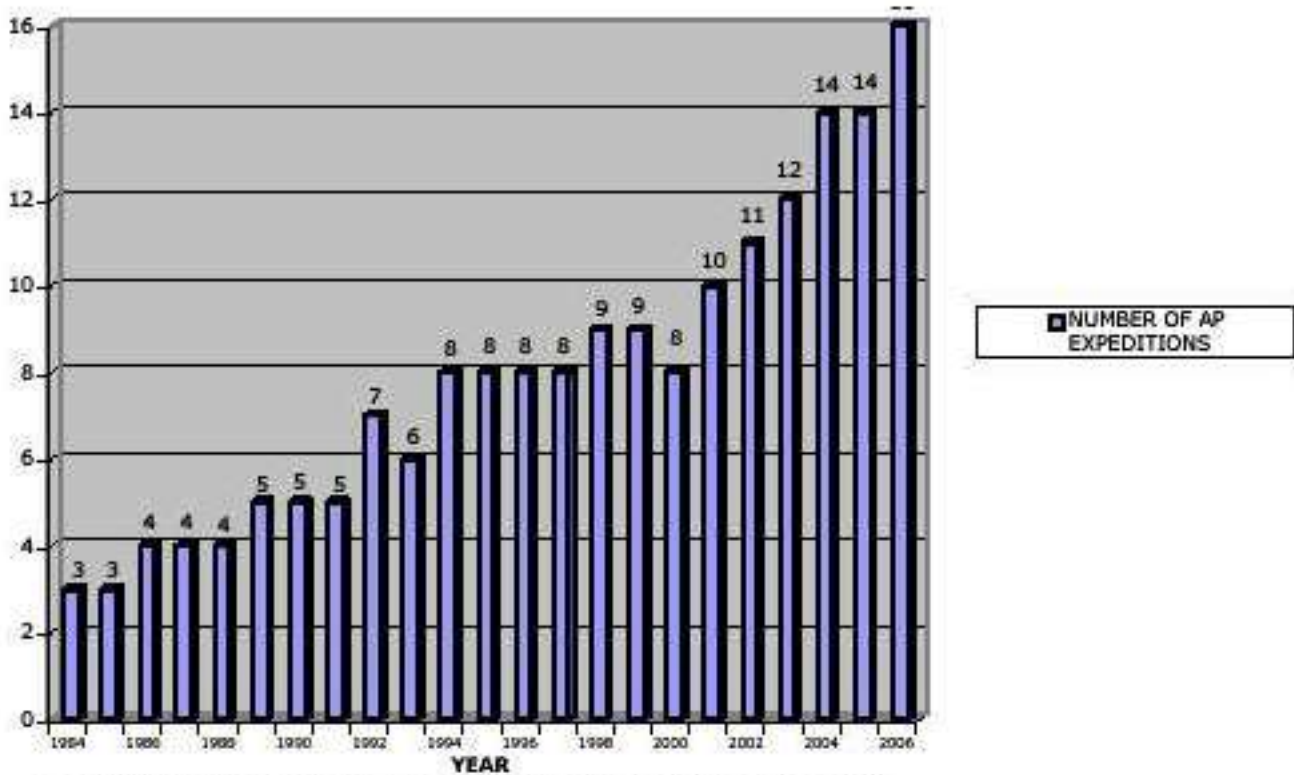
NOTE: This chart represents the summit success achieved by Aventuras Patagonicas clients for a period of 23 years and 181 expeditions.

### AVENTURAS PATAGONICAS EXPEDITIONS SUCCESS RATE GUANACOS VALLEY VS. NORMAL ROUTE SINCE 1997



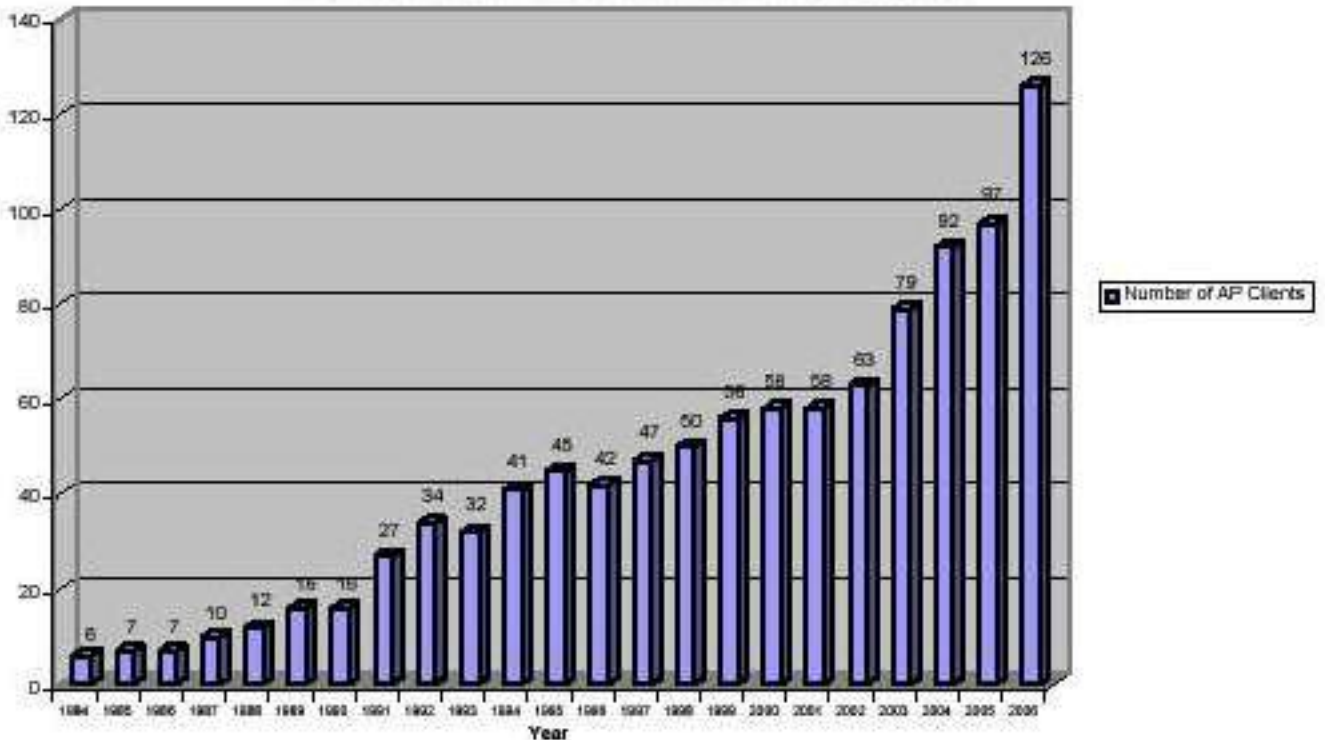
NOTE: Aventuras Patagonicas has been guiding the Guanacos Valley since 1997, and guiding on Aconcagua since 1984 (23 years). The goal of this chart is to show the significantly higher success rate of the Guanacos Valley Route in comparison to the Normal Route.

**NUMBER OF AVENTURAS PATAGONICAS EXPEDITIONS SINCE 1984**



NOTE: Total amount of Aconcagua expeditions run by Aventuras Patagonicas in 23 expeditions altogether, more expeditions run on the mountain than anyone.

**NUMBER OF AVENTURAS PATAGONICAS CLIENTS SINCE 1984**



Aventuras Patagonicas has lead 1,021 clients successfully on Aconcagua since 1984, without major incident in 23 years of guiding excellence.

## YOUR ACONCAGUA EXPEDITION

### OVERVIEW Of YOUR EXPEDITION

**T**he expedition begins and ends in the city of Mendoza, Argentina. Mendoza is a charming city of wide boulevards, sidewalk cafes, lush colorful parks, and friendly locals. It is bustling with summertime activity and is a perfect city for walking. You will be staying at the Mendoza Park Hyatt, a five star hotel, for the first night of the expedition.

The first step of your expedition will be for your guide to check your gear in your hotel room, ideally, after you have rested from crossing the globe. Gear check is a critical step. It is important to pare down to the essential items you will need to climb to the Top of the Americas. Often at gear check we discover someone has brought gear that is not warm enough. More than one experienced climber has forgotten the essential expedition parka! It is difficult to procure gear in South America. Although times are changing, do not count on being able to find what you need once you get to Argentina. Mendoza is your best bet to buy or rent gear, although it is not always easy to find at the last minute. Make sure you leave home with everything on your equipment list. If you are having serious difficulty finding a particular item, please let us know before you leave for South America. We have a limited amount of rental equipment.



A group meeting will follow gear check. We will introduce your guides and team members and talk about several aspects of your expedition. We will discuss the philosophy and style of the expedition, the effects of Diamox and prescription medications at altitude, sanitation, water treatment, teamwork, and the art of climbing big mountains. Dinner will take place immediately after the meeting at a fine Mendoza restaurant, a pleasant walk from the hotel. We will have a chance to taste gourmet Argentinean cuisine, fresh beef and delicious wines (there are plenty of alternatives for non-drinkers and vegetarians in the group as well). Be prepared for a late dinner; dinnertime in Argentina begins at 9:00 PM!

First thing the next morning our van will take us to Penitentes, a ski area on the Argentinean side of the rugged Andes Mountain Range. This is a spectacular 3 to 4 hour ride from Mendoza, ascending over 10,000 feet through dramatic mountain scenery. Approximately 100 miles after leaving Mendoza, driving west through the expansive Central Valley, we reach Uspallata, a small agricultural town. Here we stop for lunch, then continue heading west towards the Cordillera de Los Andes (the Andes Mountain Range). We follow the Mendoza Valley, gaining altitude as we drive deep into the jagged Andes.

Imposing peaks and profound valleys line our route as we approach Penitentes. Once in Penitentes we do our last minute packing, arrange mule loads, and then have a free afternoon to enjoy a hike or just to relax.

Penitentes is the beginning of our acclimatization process, and although we are at only 8500', the time spent here is essential to our slow building process of reaching 22,834'. Our body is a high performance machine and it starts compensating right away to the lower oxygen environment, even in Penitentes, producing more red blood cells, which is exactly what we want it to do.

The next three days will be spent approaching Base Camp, which is at 13,000'. Mules and their muleteers will carry all of our gear to Base Camp except for our daypacks, which we carry daily with food, water, and a change of warm clothes. We have access to our mules and gear every night on the approach. This makes our hike in very enjoyable. Our approach will involve 35 miles of spectacular, colorful, high desert scenery. Normally it gets very hot and dry during the day. Occasionally, a thundershower will pass by and have us quickly changing from shorts to our warm clothes. After a 4-5 hour hike the first day, we will camp at Pampa de Lenas at 8,910' (meaning grassy area with firewood), unload the mules, set up camp, drink mate (a tea served in a gourd with a metal straw) with the local gauchos, and get our permits checked at the ranger station. Early morning we start the day crossing the Vacas River then slowly gain altitude up the Vacas Valley, heading north. The Valley opens up revealing the geography of these high mountains, possible sightings of guanacos (cousin to the llama) and condors, and incredible geological features, a perfect setting for a western movie.

At the end of our days hike, after a 5-6 hour walk, we reach Casa de Piedra at 10,230' (meaning Stone House) and get our first view of the mountain. From this camp, Aconcagua - the Stone Sentinel, appears more magnificent and intimidating than ever, a giant Face with the steep and majestic Polish Glacier. This is one of the nicest camps of the expedition. With our first breathtaking view of Aconcagua and the excitement of getting closer to this colossal peak mounting, Casa de Piedra is a memorable place throughout the expedition. In the morning, we get our dose of cold glacial water by crossing the Vacas River again, this time a knee deep wade. We are much closer to the river's source here as we continue up the Vacas Valley for the Guanacos and Polish Glacier Expeditions (or turn and begin the climb up the Ameghino Valley a.k.a Relinchos Valley for the Ameghino Valley / upper Guanacos Expedition). The chance of seeing other expeditions on the exciting new Guanacos Valley route is more remote. The chance of seeing numerous wildlife is much more probable. Spectacular glaciers contrasting with a desert backdrop make this approach both surreal and unforgettable.

We have an excellent chance of seeing herds of guanacos. When Rodrigo did an exploratory trip to this region, he encountered several hundred, counting 80 in one sighting alone! These magnificent mammals are well camouflaged, extremely elusive, and a rare sight in the Aconcagua region. Here is the place to have your camera ready for some amazing photos as we wind up the valley, getting closer and closer to the mountain. This day is important to our acclimatization. By the end of our day's hike, after 6-7 hours of walking, most of us will feel the altitude as we arrive at Plaza Guanaco, our 13,000' Base Camp.

We will spend a minimum of 3 nights in Base Camp. We want everyone to have the best possible chance to acclimatize and make the Summit. The most effective way to do this is to take the time to acclimatize to the low oxygen environment. Occasionally a person does not acclimatize properly and is susceptible to pulmonary and/or cerebral edema. These are serious conditions that require immediate descent. All precautions will be taken to ensure your safety. We will incorporate rest days into our schedule and climb in traditional expedition style. We will be carrying loads up to the next camp and returning to sleep below at the previous camp. Carry high and sleep low. The next day we will move to the higher camp.

The first day in Base Camp is always a rest day and a good occasion to take a bath and go for a short walk. We will divide expedition loads to carry to the next camp; community gear, fuel, food and individual lunches. Often our loads are not heavier than 50 lbs. In combination with high altitude this weight can be a considerable challenge to anyone. Make sure your pack is at least 6000 cubic inches capacity, since you will need this much space for the high traverse (to the Normal Route) for our Traverse expeditions. Often, for the descent the packs are huge, since we carry everything at once. At this point in the trip, our food and fuel supply is low. Everything else that we have been double carrying or caching, including our garbage, has to go down in one carry.

On the ascent after our rest in Base Camp, we will do a carry to Camp I, at approximately 15,200'. This is a challenging day where we gain 2,200' with a heavy load up easy, but sometimes tricky, loose terrain. We will emphasize breathing in rhythm with our pace using power breathing, rest step, and other techniques that will help save energy at these elevations. We will incorporate a rest about every hour, and a breather (a short standing break) every 20 minutes or so. As we go higher, this simple breather will become our best friend. Breathers will also be taken more often as we get higher, especially on Summit Day. Breathers are an essential part of high altitude climbing allowing you to keep going for long periods of time.

At Camp I, we will cache our loads and descend to Base Camp with empty packs to spend the night. The following morning could be a possible rest day, or a definite move to Camp I. This will depend on how the group did the previous day, how the group is doing now, and on the weather. On most expeditions, we do stay an extra day in Base Camp. This has proven to be a great idea. Base Camp is one of the last comfortable places we will be for a while. If you don't take the opportunity to get acclimatized at Base Camp, you may end up taking another rest day (or days) in a more uncomfortable camp higher up on the mountain, possibly jeopardizing your chance to summit. More than a needed rest, this time in Base Camp is an essential acclimatization period before tackling the peak!

The move to Camp I is always exciting. Leaving behind the comfort of Base Camp, we begin our climb of the highest peak in the Western Hemisphere. At Camp I, teamwork is key, building rock walls to protect our tents from the wind, making level platforms to place our tents on, fetching snow or water for cooking, organizing our gear, etc. It is endless work, campcrafting at high altitude.

Our next step is to establish our Camp II, at approximately 16,500', with first a carry, then a move. We will have fantastic views of the Andes from this camp. The route is straightforward, nontechnical hiking to reach this camp. Our main challenge is the altitude. The load seems to get heavier and heavier at these elevations. If needed, we can take rest days or weather days. We have planned for this in our schedule, and extra food and fuel will be carried for this purpose.



The next step will be a carry to Camp III, at 17,800' (5,400 mts), and then a move to Camp III, hopefully the next day. Camp III has overwhelmingly fantastic views. Here you get the feel that you are up high in altitude!



To attain our High Camp, Piedras Blancas (White Rocks) at 19,200', we follow the same procedure; make our carry to High Camp, return to sleep below at Camp III, then move up to High Camp. There will be more scree, patches of snow, and thinner air on our daily menu with incredible vistas of the Central Andes. We will be surrounded by 20,000' giants. At 19,200' building camp is laborious and takes a group effort. From here on, the route will be depend on which Aventuras Patagonicas expedition you are on.

## ROUTES:

For our Polish Glacier and Guanacos Valley and Traverse Routes the itinerary is basically the same, until we reach 19,200' at the base of the Polish Glacier. Polish Glacier parties will climb up the challenging and constantly changing Polish Glacier, which begins at 19,200'. Traverse parties will traverse at 19,200' towards the Normal Route to White Rocks (Piedras Blancas). After summiting, all of our expeditions return to their High Camp, then descend Aconcagua via the Normal Route, on the north side.

## ACONCAGUA GUANACOS VALLEY TRAVERSE EXPEDITION

Our Guanacos Valley Traverse Route is a relatively untouched approach to Aconcagua with calculated elevation gain between camps, allowing for more efficient acclimatization than other routes. Acclimatization is the key element to summiting the highest peak in the Western Hemisphere and our excellent success rate has been improved by climbing Aconcagua via the Guanacos Valley. Our Guanacos Valley Route was named by Aventuras Patagonicas for the large guanaco herds encountered in this valley, a rare sight in the Aconcagua region. It is the last untouched route on Aconcagua and we are pleased to share this scenic new route with you. Be one of the few people to climb Aconcagua via this route! We have guided on Aconcagua for over 25 years, and in the Guanacos Valley for eleven years. We approach Aconcagua via the pristine Guanacos Valley, meeting up with our long time favorite traverse to the summit, descending via the Normal Route of Aconcagua, circumnavigating the mountain, and exploring several valleys with views of four different spectacular faces of Aconcagua.

The Guanacos is a true luxury on Aconcagua, last season only 256 people entered the Guanacos Valley, versus more than 4,000 people on the Normal Route. Out of those 256, 174 were Aventuras Patagonicas clients and guides. We have guided this route almost exclusively since 1997, when we first began guiding Aconcagua via the Guanacos Valley.

Note: This year the Aconcagua Park Authorities have closed the lower Guanacos Valley until further notice. We are working hard to get it reopened for the upcoming Aconcagua climbing season. If the closure persists into next season we will be using the Ameghino Valley and Upper Guanacos Valley Route until the Lower Guanacos Valley access issue can be resolved.

**GREAT NEWS 2010!!****ACONCAGUA AMEGHINO VALLEY / UPPER GUANACOS TRAVERSE EXPEDITION**

This is the second best route on the mountain after our Guanacos Valley route. It is a previously established route (a.k.a. Relinchos Valley), which we have named the Ameghino Valley, after the striking Ameghino Peak (19,530') that surrounds us during the entire trip, and to differentiate our approach. After Camp 1 we reconnect with our long time favorite Guanacos Valley Route, offering the best of both worlds; a route less remote than the pristine Guanacos Valley, the comfort of an established Base Camp, access to porters if needed, a doctor on call, etc. The Ameghino Valley & Upper Guanacos Traverse starts with the same approach as the Guanacos Valley for the first 2 days, then we take the beautiful Ameghino Valley. Even today, this eastern approach to the mountain is not as heavily traveled as the Normal Route. After three days of spectacular, colorful, high desert scenery we reach our Base Camp at 13,800'.

Note: This year the Aconcagua Park Authorities have closed the lower Guanacos Valley until further notice. We are working to reopen it by the upcoming Aconcagua climbing season. This closure does NOT affect the Ameghino / Upper Guanacos Route.

**WHICH TO CHOOSE - GUANACOS OR AMEGHINO ?**

Our wisest advise here is: Choose the Guanacos Valley Route (same price) and be prepared to climb the Ameghino Valley / Upper Guanacos Traverse if the lower Guanacos Valley remains closed by the start date of your expedition. This guarantees you the best possible choice if the lower Guanacos Valley opens up by your expedition start date, the most pristine scenery, and the highest overall chance of success. Our Polish Glacier Expeditions will approach Aconcagua via the Guanacos Valley, if it is open, and the Ameghino Valley, if the Guanacos Valley is closed. If you have any questions, please call us toll free at 1-888-203-9354.

## THE ACONCAGUA TRAVERSE FOR ALL ROUTES

The traverse has proven to be a favorite method of climbing Aconcagua for Aventuras Patagonicas, after having successfully guided Aconcagua this way for many years. This is one of the most interesting and exciting ways to climb Aconcagua. All of our Aconcagua expeditions traverse the mountain, (except our Normal Route with Porters expedition) ascending the spectacular Guanacos Valley Route or the Ameghino Valley & Upper Guanacos Route, and after summiting, descend to our previously established High Camp. We then traverse the mountain and quickly descend the Normal Route. Mules carry our gear from Plaza de Mulas back to Penitentes while we hike out to civilization with a light pack. This allows us to experience the entire mountain. We travel through three immense river valleys, and view each of the four tremendous main faces of Aconcagua. For many seasons we have been guiding our expeditions via the Guanacos Valley, which include our traverse to the Normal Route for the descent.

Important Note: Access to the lower Guanacos Valley is presently being contested by the Park Service. We are offering our Ameghino Valley / Upper Guanacos Traverse Route as an excellent alternative, while the access issue to the lower Guanacos Valley is being resolved.

Summit Day on Aconcagua is a tremendous challenge no matter which route you are on. Reaching Aconcagua's 22,834' summit, especially the final 3,600' to the summit, for many of you will be one of the toughest physical and mental challenges you will ever encounter. It is the most demanding and serious day of the expedition. It is here where taking the time to properly acclimatize by ferrying loads and taking extra days in Base Camp will pay off. It is here where you will be glad you carefully followed the equipment list. It is here where you will feel that you are getting your money's worth by having expert high altitude guides guiding and pacing you closely, and constantly assessing how your body is coping with the altitude. A good window of weather is needed for Summit Day. We have several days for the summit set aside on our itinerary. A calm, windless day is optimal.

**SUMMIT DAY:****- GUANACOS VALLEY ROUTE****- AMEGHINO VALLEY / UPPER GUANACOS ROUTE**

After an early start it is not unusual to spend 12 hrs climbing up to the summit, leaving camp with headlamps from Piedras Blancas, at 19,200'. An hour later we connect with the Normal Route trail, often a cold morning with a light breeze, where -20 F is not unusual for Summit Day before the sun comes up. Gentle slopes will take us to Independencia, an old abandoned wooden hut at 20,790'. Normally the sun shines here for the first time that day. It is pleasant but still very cold. The next section is called "El Paso del Viento" (meaning the Pass of the Wind), where often there is a strong breeze even on calm days. This pass is entirely in shadow this time of the day, and it is critical to move with efficiency through this section to avoid frostbite, and worse case scenario, to abort our summit attempt due to severe cold or weather.

The next section is called the "Canaleta", at 21,450'. This can be the crux of the entire climb depending on conditions. Sometimes it can be covered with hard packed snow. Snow in the Canaleta is ideal. Sometimes the slope is dry with loose boulders and scree. Pacing yourself becomes difficult due to altitude and the loose scree and boulders underfoot, making upward progress frustrating and challenging. We may rope people up through some sections where a potential long slip could occur. Note: remember that you DO NOT need a harness for this route. Your guide(s) will carry a rope and webbing to quickly rig a harness, if needed. After the Canaleta we reach the Summit Ridge, just 300' from the Summit. This last section takes normally up to 1 hour. From the Summit Ridge you can look down the spectacular South Face of Aconcagua, a gigantic 10,000' face of rock, snow, and ice. The South Face is one of the hardest and most renowned routes in the Andes, a serious undertaking for even the expert climber.

After summiting, we return to High Camp and take a well-deserved rest. The next day we descend the Normal Route to Plaza de Mulas Base Camp. Here we will spend the night and arrange our gear for the mules to carry out. The next day is a one-day walk out to the trailhead where transport will meet us and take us back to Penitentes. After a night in Penitentes, we will return to Mendoza where a fun celebration dinner awaits us!

**SUMMIT DAY:****- POLISH GLACIER ROUTE:**

For this route we need an early start. At about 1:00 AM our stoves will be running for our Polish Glacier climb. We have a very demanding and long day ahead. An 18-hour day is very possible while climbing the Polish Glacier. The line we choose will depend on conditions. If a lot of penitentes (snow pinnacles formed by direct sunlight) are encountered in the lower section of the glacier we will start by climbing through the scree and rock on the right hand side. The steeper Polish Glacier Direct Route has been the choice route in recent years. Although steeper, it is safer and easier due to fewer icy and exposed traverses than on the old Polish route. On this spectacular, steep snow and ice climb, we will use several running belays. In steeper icy sections, we will climb pitches instead of using running belays, belaying and regrouping at every anchor. A long day of climbing will take us to the Summit Ridge, at 22,000', after the last steep pitch; a 55-60 degree narrow gully with the entire glacier below at our feet. The final ridge is very long and gentle. After summiting, we descend quickly down the Normal Route, where at Independencia (20,790') we traverse east back to our High Camp at 19,200'. After an exhausting day, we sleep late the next morning, then descend to Plaza de Mulas Base Camp for the night. The next day we have a one-day hike out to Penitentes.

**RATIO :**

For non-technical routes we take a maximum of 10 clients and 3 or 4 guides. For the Polish Glacier we can take a maximum of 6 clients and 2 guides. Normally on the Polish Route, we will take 4 clients and 2 guides.

**FOOD:**

Our menus are some of the best expedition menus out there. They have been developed meticulously and thoughtfully, evaluating amount of calories per day, carbohydrates, weight, taste, variety, and creativity. We are very proud of our menus. Rodrigo has used them as well in his Alaskan expeditions on Denali. Most of our dinners and breakfasts are carbohydrates. For the approach and our stay at Base Camp, we bring fresh fruit and vegetables, meat and fish, a variety of fresh appetizers, and wine. Dinners up high are complemented with freeze-dried vegetables. We will eat 100% freeze-dried meals only at our high camps for a maximum of 1-3 days per expedition. It has been proven to us that freeze-dried is not the best choice except where weight and cooking time is a factor up high. They have many preservatives, are not the best energy source, and can be sometimes hard to digest. The freeze-dried meals we have chosen are our favorite and you may find them delicious!

For the rest of our meals we use food such as rice, mashed potatoes, macaroni and cheese, cous-cous, tortellini, pastas, etc, complemented with freeze-dried vegetables and sauces for flavor and variety. Our lunches have lots of high-energy calories, fiber, and complex carbohydrates, changing according to the altitude we are at. We emphasize tremendously on staying hydrated and bringing plenty of all kinds of tea, juice, cocoa, etc. We have soup every night of the expedition with dinner, except for the first night. One of the most important aspects of our menu is the way we pack our food. Although not related to the taste of the food, it is logistically one of the keys to our success. We carefully measure everything in specific amounts. Everything is carefully prepackaged, labeled by day, and waterproofed to take the abuse of a 3-day mule ride. Finally, the small amount of garbage that we produce during the expedition is an indication of our careful packing process. We will also bring fresh fruit and vegetables, carried by mules, all the way to Base Camp. Please let us know when you sign up for an expedition if you are vegetarian or have any food allergies, so we can pack food accordingly for the expedition.

## ACONCAGUA GENERAL INFORMATION SUCCESS AND IDEAS

### HISTORY OF AVENTURAS PATAGONICAS

**A**VENTURAS PATAGONICAS is the culmination of many years of mountain guiding experience in the Andes, the Alps, Antarctica, and Alaska, and the desire to provide a mountain guiding service with superb standards in a competitive field. We bring genuine experience to Aconcagua, unequalled by any other guiding company in the world.

Our company is very proud to be guiding in spectacular places such as Alaska, Antarctica, Europe, Patagonia, and other parts of South America. We have guided over 200 Aconcagua expeditions in the last two decades, and hundreds of expeditions worldwide. We have an impeccable safety record and a very high success rate. The guides working for Aventuras Patagonicas are very carefully chosen for their dedication to the guiding profession and have extensive international guiding experience. Our lead guides are predominantly North American AMGA or UIAGM / IFMGA Certified Mountain Guides. This is the highest level of certification for professional mountain guides, setting worldwide training and certification standards for mountain guiding. We also employ North American assistant guides and exceptionally well trained and experienced Chilean or Argentinean mountain guides on our expeditions. Please refer to our website for more about our mountain guides.

Aventuras Patagonicas is a small and dynamic guiding company. A combination of our high guiding standards, unique regional knowledge, and special attention to small details, prepare us to offer you a remarkable and safe mountain experience. With Aventuras Patagonicas you will have one of the best possible chances of summiting Aconcagua, combined with one of the most genuine experiences of the region available. We wish to remain small in order to provide you with the absolute highest quality and most personalized mountain guiding service available on Aconcagua.

As Chief Guide and founder of Aventuras Patagonicas, I have personally guided 28 Aconcagua Expeditions, summiting on 24 of these expeditions, and getting most (if not all) of my clients to the summit on each of these expeditions. I have also guided 22 Denali (Mt McKinley) Expeditions, summiting on 19 of those expeditions, again getting most of my clients to the summit. I have been guiding in the Swiss and French Alps for over a decade. Altogether, I have guided over 85 high-altitude climbing expeditions around the world, including Europe and Antarctica. One of the main reasons for our high success rate has been due to excellent leadership, careful logistics, consistent acclimatization methods, experience on the mountain, and timing with the weather. We also attribute our success to our terrific clientele who have taken their expedition seriously from the moment they sign up, preparing physically and mentally before and during the trip, having a positive attitude, proper fitness, and plenty of determination.



I have been guiding Aconcagua Expeditions since the early '80's, when few guided on Aconcagua, and there was only one other American guiding company. I truly feel that with our experienced, Aventuras Patagonicas is uniquely qualified to offer Aconcagua Expeditions. Growing up 150 miles from this Andean giant, I spent my youth and early mountaineering career climbing throughout the Andes, exposed to high altitude guiding before I was 20 years old. Then I traveled to Europe to explore my career as a mountain guide in the French Alps, studying guiding as a profession. In the mid 80's and through the 90's, I dedicated myself to guiding on Denali (Mt McKinley), living in Alaska, and returning to the Andes to guide in winter. At present, I am dedicated to our busy South American climbing season in the winter (Southern Hemisphere summer) and guiding in the Alps, the Tetons, and worldwide during the Northern Hemisphere summer climbing season, and to our new world class heliski/board guide service, Powder South, in the Chilean Andes during the Southern Hemisphere winter season.

I urge you to [check our references](#), particularly in this new millennium when there are so many new guiding companies. We have the most Aconcagua experience in the profession. Call the American Mountain Guides Association, (303) 271-0984, the finest guiding organization in the country dedicated to high standards in mountain guiding, and an excellent source of information. Ask them who specializes in Aconcagua and the Andes, and whom they would recommend. We have attached a list of previous Aventuras Patagonicas clients' addresses for references. Take this aspect of choosing the guiding company you will climb with seriously. The success and quality of your Aconcagua expedition experience depends upon your choice of guiding companies.

Rodrigo Mujica  
Owner / Director of Aventuras Patagonicas

## ACONCAGUA HISTORY AND ROUTES

Cerro Aconcagua, 22,834' (6,959 meters) has the distinction of being the highest mountain in both the Western and Southern Hemispheres, making it also the highest mountain in the world outside of Asia. Its name is native in origin and may come from the Inca word "Ackon Cahuak" which means "Stone Sentinel". This spectacular mountain is located in the heart of the Chilean-Argentine Central Andes, at a latitude of 32 degrees 40 minutes south.

Aconcagua was first climbed in 1897, up the Northwest side of the mountain by Swiss Mountain Guide Matthias Zurbriggen. This route has become the most popular way to climb the mountain, and is known as the "Ruta Normal" or Normal Route. The extreme altitude, severe winds, and cold temperatures make an ascent by this, or any other route on this mountain, very challenging. In 1934, a second route was pioneered up the east side of the mountain by a Polish team. The Polish approached the mountain up the Vacas and Relinchos Valleys to Plaza Argentina, and summited via what is known today as the Polish Glacier.

## POLISH GLACIER AND TRAVERSE EXPEDITIONS

Our Polish Glacier and Guanacos Valley and Traverse Expeditions will follow the 1934 Polish Expedition Route for the first two days. Our approach of Aconcagua continues via the remote and less traveled Vacas and Guanacos Valleys. From our Base Camp, Plaza Guanacos, at 13,000', we ascend gentle slopes all the way to Camp I, II, and III. Our Polish and Guanacos Routes continue along the same route all the way to our High Camp at 19,200'. From here, our Polish Glacier Expedition will climb to the Summit via the Polish Glacier and our Guanacos Valley and Traverse Expedition will traverse to the north side of the mountain, connecting with the standard Normal Route to the Summit.

Our Guanacos Valley and Traverse Route is not technically difficult, although high altitude, cold temperatures and strong winds can make any route on Aconcagua very challenging. Participants must be in excellent physical condition, able to carry a heavy pack, and have basic mountaineering skills.

**Polish Glacier Route:** People signing up for the Polish Glacier Route should have previous high altitude experience, and be very familiar with the use of ice axe, crampons, and belaying techniques. Many expeditions attempt the Polish Glacier Route, although it is rarely successfully climbed. The climb is nontechnical to the base of the Polish Glacier, at 19,200', but from 19,200' on, the climbing changes dramatically. Due to steep snow and ice climbing at high altitude, and a very long day, we only consider taking our stronger clients, who are properly acclimatized for this technical route to the summit. Our key for success has been honesty on the difficulty of the climb. The route has been getting harder every year. We have noticed changes over the past 10 years, which may be attributed to global warming. We have found more bare ice on the glacier, making it more technical than in the past. There are often penitentes at the base of the glacier which create an obstacle, making the first few hours of climbing the Polish much more difficult and laborious. We have recently been guiding only the steeper Polish Glacier Direct route, versus the regular Polish Glacier route, thus avoiding several traverses on icy slopes. Our description of this fine and spectacular route is not intended to intimidate, but to be realistic. If you sign up for the Polish Glacier Route, we make the final decision at 19,200' whether you have acclimatized and are strong enough for the attempt. Traversing to the north side and tackling the Summit via the Normal Route, as we have done in the past, is always an option.

# NEW!! AMEGHINO VALLEY / UPPER GUANACOS TRAVERSE

## ACONCAGUA EXPEDITION ITINERARY

**DATES OF TRIP:**

NOV	DEC	JAN	FEB
Nov 27 - Dec 16	Dec 3 - 22	Jan 4 - 23	February 5 - 24
	Dec 11 - 30	Jan 8 - 27	February 12 - Mar 3
	Dec 15- Jan 3	Jan 15 - Feb 3	February 16 - Mar 7
	Dec 18 - Jan 6	Jan 22 - Feb 10	
	Dec 27 - Jan 15	Jan 29 - Feb 17	

**DURATION: 20 days**

**COST OF TRIP: Before ~~\$4300~~ NOW! \$3900**

**DEPOSIT DUE TO RESERVE A POSITION: \$700**

**BALANCE AMOUNT: \$3200**

**BALANCE DUE: 75 days before departure**

**COST INCLUDES:** Professional Mountain Guides, 2 nights hotel accommodation in Mendoza, at the five star Mendoza Park Hyatt, with breakfast buffet (1 night at the beginning of the expedition and 1 night at the end of the expedition), 2 nights hotel accommodation, breakfasts and dinners in Penitentes, all land transportation, mules, all expedition food, all community gear such as; tents, stoves, state of the art Base Camp, cooking gear, medical kits, satellite phones, radios, gamow bag, pulse-oximeters, etc.

**YOU ARE RESPONSIBLE FOR::** Round-trip flights to and from Mendoza, Argentina, Aconcagua climbing permit fee (which you will pay in Mendoza, accompanied by your guide), meals in Mendoza, personal equipment, passport, personal items and services (laundry, snacks, drinks, tips, etc.), expenses incurred in the case of a rescue or early departure from the expedition, and SAT phone charges.

\*Important: Plan to arrive in Mendoza by 3 pm, the 1st day of your expedition. Plan to depart Mendoza the day AFTER the last day of your expedition. Some clients choose to arrive in Mendoza a day or two early. We do NOT cover any of the expense of spending extra days/nights in Mendoza.

**NEW! AMEGHINO VALLEY / UPPER GUANACOS GUANACOS ROUTE****AMEGHINO VALLEY / UPPER GUANACOS TRAVERSE EXPEDITION**

This is the second best route on the mountain after our Guanacos Valley route. It is a previously established route (a.k.a. Relinchos Valley), that we have named the Ameghino Valley Route after the striking Ameghino Peak (19,530') that surrounds us during the entire trip and to differentiate our approach. After Camp 1 we reconnect with our long time favorite Guanacos Valley, offering the best of both worlds; a less remote route than the pristine lower Guanacos Valley, the comfort of an established Base Camp, access to porters if needed, a doctor on call, etc. The Ameghino Valley / Upper Guanacos Traverse starts with the same approach as the Guanacos Valley for the first 2 days, then we take the beautiful Ameghino Valley. Even today, this eastern approach to the mountain is not as heavily traveled as the Normal Route. After three days of spectacular, colorful, high desert scenery we reach our Base Camp at 13,800'. Then we ascend to Camp 1 and traverse to the Guanacos route again regaining our long time favorite Guanacos Valley Route.



The NEW traverse after Camp 1 brings us to High Camp. Upon summiting, we descend the Normal Route, offering you a full experience of the mountain, traveling through three different river valleys, the Vacas, Ameghino, and Horcones, and past the four tremendous main faces of Aconcagua.

Note: This year the Aconcagua Park Authorities have closed the lower Guanacos Valley Route until further notice. This closure does NOT affect our Ameghino Valley / Upper Guanacos Route in any way.

## NEW! AMEGHINO VALLEY / UPPER GUANACOS TRAVERSE ACONCAGUA EXPEDITION ITINERARY

**DAY 1:** Group meets in Mendoza, Argentina. Equipment check and afternoon briefing at the hotel. For dinner we will have a chance to taste fine Argentinean cuisine and wine.

**DAY 2:** Drive west from Mendoza to Penitentes ski area at 8,500'. Our drive winds along the Rio Mendoza deep into the heart of the rugged Andes Mountains, where we begin our acclimatization in Penitentes. Afternoon hike is recommended, though optional.

**DAY 3, 4, 5:** Approach to Base Camp. Hike up the Vacas and Ameghino Valleys to Base Camp. Mules will carry our gear. Here we begin the route, which was established in 1934 by a Polish Expedition. Even today this eastern approach to the mountain is not as heavily traveled as the Normal Route. After three days of spectacular, colorful, high desert scenery we reach our Base Camp, at 13,800'. The hike to Base Camp is approximately 40 miles and gives us the perfect chance to begin our acclimatization.

**DAY 6:** Rest and acclimatization day at Base Camp. We want everyone to have the best possible chance to make the summit. The most effective way to do this is to take the time to acclimatize to the low oxygen environment. We will incorporate rest days into our schedule and climb in traditional expedition style. We will be carrying loads up to the next camp and returning to sleep below at the previous camp. The next day we will move to the higher camp. This is an excellent method of acclimatization, which is our main focus throughout your expedition.

**DAY 7:** Carry a load to Camp I, at 16,300'. The route goes up a gentle trail on the rocky moraine-covered Relinchos Glacier situated between Cerro Aconcagua and Cerro Ameghino. Here we will be able to see Nieve Penitentes, unique snow and ice formations created by the direct sun. Return to Base Camp.

**DAY 8:** Leave Base Camp. Move to Camp I.

**DAY 9:** Carry a load to Camp II, at 17,500'. Fantastic view of the Polish Glacier. We ascend scree slopes to a broad ridge crest where we will establish Camp II. Today we reconnect with our UPPER GUANACOS VALLEY ROUTE! After reaching the Ameghino saddle, a gentle easy traverse takes us to the Guanacos.

**DAY 10:** Move to Camp II. Please be aware that from Base Camp on, there may be changes to the itinerary as needed depending on weather, the group, and acclimatization. As on any Aventuras Patagonicas mountaineering expedition, flexibility and adaptation are key to success. For instance, it is possible your guide may elect to have an extra rest day at Base Camp, before moving to C1, or a rest day at Camp 1 or even Camp 2... or to even skip Camp 2 in some situations and move straight to Camp 3, depending on the group. This style and tactic is part of our success. We may save a day which can be used later on in the expedition for a rest or a weather day at High Camp. This style creates one of the best upper mountain acclimatization possibilities on Aconcagua. The results are overwhelmingly positive: a team well acclimatized.

**DAY 11:** Move to Camp III, at 17,800'. A carry may not be needed today, since we have already done our short carry, most likely the day before. This is an easy day, where we traverse from the saddle to the upper Guanacos, elevation gain is minimum.

**DAY 12:** Carry to High Camp, Piedras Blancas (White Rocks), at 19,200'.

**DAY 13:** Move to High Camp, from where we will tackle the summit the next day.

**DAY 14, 15, 16, 17:** Summit! Weather permitting. We leave several days for our summit day in case of poor weather.

**DAY 18:** Descend the Normal Route, all the way to Plaza de Mulas Base Camp, at 13,800'. This will be quite exciting since we descend a different side of the mountain.

**DAY 19:** Descend the Horcones Valley with its impressive views of Aconcagua's South Face. Mules carry our gear. Spend the night in Penitentes.

**DAY 20:** Drive back to Mendoza. In the evening enjoy a delicious team banquet! Spend night in Mendoza.

**Next Day:** Fly home or continue traveling in South America.

*Note: This itinerary is intended to be a guideline only. Weather days, rest days and some flexibility on the itinerary are always a possibility while on a climbing expedition.*

## POLISH GLACIER ROUTE ACONCAGUA EXPEDITION ITINERARY

### POLISH GLACIER ROUTE NEW! WITH APPROACH VIA GUANACOS VALLEY AND TRAVERSE



**DATES OF TRIP:**

NOV	DEC	JAN	FEB
Nov 27 - Dec 16	Dec 3 - 22	Jan 4 - 23	February 5 - 24
	Dec 11 - 30	Jan 8 - 27	February 12 - Mar 3
	Dec 15- Jan 3	Jan 15 - Feb 3	February 16 - Mar 7
	Dec 18 - Jan 6	Jan 22 - Feb 10	
	Dec 27 - Jan 15	Jan 29 - Feb 17	

**DURATION: 20 days**  
**COST OF TRIP: Before \$ 4500 NOW! \$4100**  
**DEPOSIT DUE TO RESERVE A POSITION: 800**  
**BALANCE AMOUNT: \$3300**  
**BALANCE DUE: 75 days before departure**

**COST INCLUDES:** Professional Mountain Guides, 2 nights hotel accommodation in Mendoza, at the five- star Mendoza Park Hyatt, with breakfast buffet; (1 night at the beginning of the expedition and 1 night at the end of the expedition), 2 nights hotel accommodation in Penitentes, breakfasts and dinners in Penitentes, all land transportation, mules, all expedition food, all community gear; tents, stoves, state of the art Base Camp, cooking gear, medical kits, satellite phone, radios, gamow bag, pulseoximeters, etc.

**YOU ARE RESPONSIBLE FOR:** Round-trip flights to and from Mendoza, Argentina, Aconcagua climbing permit fee (which you will pay in Mendoza, accompanied by your guide), meals in Mendoza, personal equipment, passport, personal items and services (laundry, snacks, drinks, tips, etc.), expenses incurred in the case of a rescue or early departure from the expedition, and SAT phone charges.

Important: Plan to arrive in Mendoza by 3 pm, the 1st day of your expedition. Plan to depart Mendoza the day AFTER the last day of your expedition. Some clients choose to arrive in Mendoza a day or two early. We do NOT cover any of the expense of spending extra days/nights in Mendoza.

## POLISH GLACIER ROUTE AND TRAVERSE

We approach the Polish Glacier via the Guanacos Valley, traverse the mountain, and descend via the Normal Route. If you are signing up for the Polish Glacier Route you need to have previous high altitude experience, and be very familiar with the use of ice axe, crampons, and belaying techniques. We have successfully guided the Polish Glacier Route many times. The line we choose will depend on conditions. If a lot of penitentes (snow pinnacles formed by direct sunlight) are encountered in the lower section of the glacier, we will start by climbing through the scree and rock on the right hand side. The steeper Polish Glacier Direct Route has been the choice route in recent years. Although steeper, it is safer and easier due to fewer icy and exposed traverses than on the old Polish Route. On this spectacular, steep snow and ice climb we will use several running belays. In steeper icy sections we will climb pitches instead of using running belays, belaying and regrouping at every anchor. A long day of climbing will take us to the Summit Ridge at 22,000' after the last steep pitch; a 55-60 degree narrow gully with the entire glacier below at our feet. The final ridge is very long and gentle. After summiting, we descend quickly down the Normal Route to Independencia (20,790'), where we descend to our High Camp at 19,200' to rest and spend the night. The next day we descend the Normal Route.



## POLISH GLACIER ROUTE AND TRAVERSE

**DAY 1:** Group meets in Mendoza, Argentina. Equipment check and afternoon briefing at the hotel. For dinner we will have a chance to taste fine Argentinean cuisine and wine.

**DAY 2:** Drive west from Mendoza to Penitentes ski area at 8,500'. Our drive winds along the Rio Mendoza deep into the heart of the rugged Andes Mountains where we begin our acclimatization in Penitentes. Afternoon hike is recommended, though optional.

**DAY 3, 4, 5:** Approach to Plaza Guanacos Base Camp. Mules carry our gear. This approximately 35-mile approach is essential to our acclimatization. Our first two days we follow the same route as our Vacas and Relinchos Valley Expeditions. The third day begins our new approach. We continue up the Vacas Valley passing the Relinchos Valley. The chance of seeing other expeditions on this new exciting route is remote. The chance of seeing wildlife is much more probable. Spectacular glaciers contrasting with a desert backdrop make this approach both surreal and unforgettable. We have an excellent chance of seeing herds of guanacos. When Rodrigo did an exploratory trip to the region he encountered several hundred guanacos, counting 80 in one sighting alone! These magnificent mammals are well camouflaged, extremely elusive, and a rare sight in the Aconcagua region.

**DAY 6:** Plaza Guanaco Base Camp at 13,000'. Rest and acclimatization day at Base Camp. We want everyone to have the best possible chance to make the summit. The most effective way to do this is to take the time to acclimatize to the low oxygen environment. We will incorporate rest days into our schedule and climb in traditional expedition style. We will be carrying loads up to the next camp and returning to sleep below at the previous camp. The next day we will move to the higher camp.

**DAY 7:** Carry a load to Camp I at approximately 15,200'. The route goes up the narrow valley between the north side of Cerro Ameghino and Cerro San Francisco. Here we will be able to see Nieve Penitentes, unique snow and ice formations created by the direct sun. Return to Base Camp.

**DAY 8:** Leave Base Camp. Move to Camp I.

**DAY 9:** Carry a load to Camp II at 16,500'. Fantastic view of the Polish Glacier. We ascend scree slopes to a broad ridge crest where we will establish Camp II.

**DAY 10:** Move to Camp II.

**DAY 11:** Carry a load to Camp III below the Polish Glacier, at 17,800'.

**DAY 12:** Move to Camp III, depending on how group is doing.

**DAY 13:** Carry a load to High Camp, at 19,200'. We will establish this camp at the base of the Polish Glacier.

**DAY 14:** Move to High Camp.

**DAY 15, 16, 17:** Summit! Weather permitting. We allow several days for Summit Day in case of poor weather. This is by far the longest and hardest day of the Expedition. Spectacular steep snow and ice climbing will take us to the summit.

**DAY 18:** Descend the Normal Route to Plaza de Mulas Base Camp. This will be quite exciting since we descend a different side of the mountain.

**DAY 19:** Hike out the Horcones Valley, with its impressive views of Aconcagua's South Face. Mules carry our gear. Spend the night in Penitentes.

**DAY 20:** Drive to Mendoza. In the evening enjoy a delicious team banquet! Spend night in Mendoza.

**Next Day:** Fly home or continue traveling in South America.

*Note:*

*This itinerary is intended to be a guideline only, weather days and rest days are always a possibility while on a climbing expedition.*

## NORMAL ROUTE WITH PORTERS ACONCAGUA EXPEDITION ITINERARY

### NORMAL ROUTE WITH PORTERS

**DATES OF TRIP:**

NOV	DEC	JAN	FEB
Nov 27 - Dec 14	Dec 3 - 20	Jan 4 - 21	Feb 5 - 22
	Dec 11 - 28	Jan 8 - 25	
	Dec 18 - Jan 4	Jan 15 - Feb 1	
		Jan 22 - Feb 8	
		Jan 29 - Feb 15	

**DURATION: 18 days**

**COST OF TRIP: Before \$4000 NOW! \$3700**

**DEPOSIT DUE TO RESERVE A POSITION: 700**

**BALANCE AMOUNT: \$3000**

**BALANCE DUE: 75 days before departure**

**COST INCLUDES:** Professional Mountain Guides, 2 nights hotel accommodation in Mendoza, at the fivestar Mendoza Park Hyatt, with breakfast buffet; (1 night at the beginning and 1 night at the end of the expedition), 2 nights hotel accommodation in Penitentes, dinners and breakfasts in Penitentes, all land transportation, mules, all expedition food, all community gear such as tents, stoves, state of the art Base Camp, cooking gear, medical kits, satellite phones, radios, gamow bag, pulse-oximeters, etc.

**YOU ARE RESPONSIBLE FOR:** Round-trip flights to and from Mendoza, Argentina, Aconcagua climbing permit fee (which you will pay in Mendoza, accompanied by your guide), meals in Mendoza, personal equipment, passport, personal items and services (laundry, snacks, drinks, tips, etc.), expenses incurred in the case of a rescue or early departure from the expedition, SAT phone charges, and \*Porter fee, if porters are used. \*Porters cost \$100 to \$160 per “load carry”. You will need a maximum of 5 to 6 “load carries” from Base Camp to High Camp and back down to Base Camp (If you choose to have a porter for each carry and move, and for the descent). Porters will be available at Base Camp. The final number of estimated “load carries” may be decided at Base Camp.

## NORMAL ROUTE WITH PORTERS

Our newest expedition, via the Normal Route with Porters, is a variation of our original Aventuras Patagonicas expedition offered over a decade and a half ago. Although our Guanacos Valley Route to-date, remains the most pristine route on the mountain, we have received many requests for a shorter route on Aconcagua, with the option of a porter assist. To satisfy these requests, we now offer this new option of ascending the Normal Route of Aconcagua with porters to carry loads from Base Camp to High Camp, as needed. Over the past few seasons we purposely have chosen not to guide the Normal Route for aesthetic reasons due to the route's overuse causing the route in general to be unappealing. We began exploring other options on the mountain, to offer fresh alternatives and challenges to our clients, resulting in our Guanacos Valley and Traverse Route, which has been extremely successful and well received. Due to popular demand, we have re-introduced the Normal Route with a new twist, for those of you who do not want to climb Aconcagua via our Guanacos Valley Route. If you are not bothered by the overcrowding of the Normal Route, seeing many other climbers while climbing, enjoy the social aspect of Base Camp (meeting climbers of all nationalities!), and feel regular loads (45 to 50 lbs) are too heavy for you, then our Normal Route with Porters expedition is for you! We have designed this trip so that at Base Camp you may to decide how many carries you will need a porter. You may choose to use a porter for every carry, to alternate days, or experiment as you go.



**NORMAL ROUTE WITH PORTERS  
ACONCAGUA EXPEDITION ITINERARY**

**DAY 1:** Group meets in Mendoza, Argentina. Equipment check and afternoon briefing at the hotel. For dinner we will have a chance to taste the fine Argentinean cuisine and wine.

**DAY 2:** Drive west from Mendoza to Penitentes ski area, at 8,500'. Our drive winds along the Rio Mendoza, deep into the heart of the rugged Andes Mountains, where we begin our acclimatization in Penitentes. An optional afternoon hike is recommended.

**DAY 3:** We will begin our approach to Base Camp. This 25-mile approach gives us the chance to begin our acclimatization. We follow the Horcones Valley, and camp our first night in Confluencia, at 10,900'. Mules carry our gear.

**DAY 4:** Hike to the base of the majestic South Face of Aconcagua, at 13,000', toward Plaza Francia. Return to Confluencia to spend our 2nd night, before heading to Base Camp the next day. This hike will facilitate our acclimatization process.

**DAY 5:** After 3 days of hiking through colorful desert landscape we reach our Base Camp, Plaza de Mulas, at 13,800'.

**DAY 6:** Rest and acclimatization day at Base Camp. We want everyone to have the best possible chance to make the summit. The most effective way to do this is to take the time to acclimatize to the low oxygen environment. We will incorporate rest days into our schedule and climb in traditional expedition style. We will be carrying loads up to our next camp, and returning to sleep below at the previous camp. The next day we will move to the higher camp. This day (Day 6) we will practice snow and ice techniques on the Nieve Penitentes, unique snow and ice formations created by direct sunlight.

**DAY 7:** Carry a load to Camp I, Plaza Canada, at 16,170'. Return to Base Camp

**DAY 8:** Leave Base Camp. Move to Camp I. Beautiful campsite with impressive views of the north side of Aconcagua and alpine Cerro Cuerno.

**DAY 9:** Carry a load to Camp II, Nido de Condores, at 17,820'.

**DAY 10:** Leave Camp I. Move to Camp II.

**DAY 11:** Carry a load to Camp III, Piedras Blancas (High Camp) at 19,200'.

**DAY 12:** Move to Camp III. This unique spot will be our High Camp where we will spend at least 2 nights. Here we are surrounded by interesting rock formations only a day from the summit.

**DAY 13, 14, 15:** Summit! Weather permitting. We allow a window for our Summit Day in case of poor weather and depending on how group is acclimatizing.

**DAY 16:** Descend from High Camp to Base Camp.

**DAY 17:** Hike out the Horcones Valley with its impressive views of Aconcagua's South Face. Mules carry out our gear. Spend the night in Penitentes.

**DAY 18:** Drive to Mendoza. Enjoy delicious evening banquet with your team. Spend night in Mendoza.

**Next Day:** Fly home or continue traveling in South America.

*Note: This itinerary is intended to be a guideline only, weather days and rest days are always a possibility while on a climbing expedition.*

## GUANACOS VALLEY AND TRAVERSE ACONCAGUA EXPEDITION ITINERARY

### GUANACOS VALLEY AND TRAVERSE ROUTE

#### DATES OF TRIP:

NOV	DEC	JAN	FEB
Nov 27 - Dec 16	Dec 3 - 22	Jan 4 - 23	February 5 - 24
	Dec 11 - 30	Jan 8 - 27	February 12 - Mar 3
	Dec 15- Jan 3	Jan 15 - Feb 3	February 16 - Mar 7
	Dec 18 - Jan 6	Jan 22 - Feb 10	
	Dec 27 - Jan 14	Jan 29 - Feb 17	

**DURATION: 20 days**

**COST OF TRIP :Before \$ 4300 NOW! \$3,900**

**DEPOSIT DUE TO RESERVE A POSITION: \$700**

**BALANCE AMOUNT: \$3200**

**BALANCE DUE: 75 days before departure**

*Note: This year the Aconcagua Park Authorities have closed the lower Guanacos Valley until further notice. We are working hard to get it reopened for the upcoming Aconcagua climbing season. If the closure persists into next season we will be using the Ameghino Valley and Upper Guanacos Valley Route until the Lower Guanacos Valley access issue can be resolved.*

**COST INCLUDES:** Professional Mountain Guides, 2 nights hotel accommodation in Mendoza, at the five star Mendoza Park Hyatt, with breakfast buffet (1 night at the beginning of the expedition and 1 night at the end of the expedition), 2 nights hotel accommodation, breakfasts and dinners in Penitentes, all land transportation, mules, all expedition food, all community gear such as; tents, stoves, state of the art Base Camp, cooking gear, medical kits, satellite phones, radios, gamow bag, pulse-oximeters, etc.

**YOU ARE RESPONSIBLE FOR:** Round-trip flights to and from Mendoza, Argentina, Aconcagua climbing permit fee (which you will pay in Mendoza, accompanied by your guide), meals in Mendoza, personal equipment, passport, personal items and services (laundry, snacks, drinks, tips, etc.), expenses incurred in the case of a rescue or early departure from the expedition, and SAT phone charges.

\*Important: Plan to arrive in Mendoza by 3 pm, the 1st day of your expedition. Plan to depart Mendoza the day AFTER the last day of your expedition. Some clients choose to arrive in Mendoza a day or two early. We do NOT cover any of the expense of spending extra days/nights in Mendoza.

## GUANACOS VALLEY AND TRAVERSE ROUTE

This route is a newly discovered, non-technical route explored by Aventuras Patagonicas in 1997. This is the least traveled and most remote route on Aconcagua. It has gradual elevation gain between camps allowing for easier acclimatization than other routes. Acclimatization is the key element to summiting the highest peak in the Western Hemisphere. Our excellent success rate has been improved by climbing Aconcagua via the Guanacos Valley. We named this route the "Guanacos Route". During the exploration of the valley, we encountered large herds of wild guanaco, a rare sight in the Aconcagua region. Very few people are encountered on this route, giving this route a true sense of adventure.

**TRAVERSE:** Our Traverse has been popular among our clients. Climbing Aconcagua via this non-technical route and descending the shorter Normal Route gives you a full experience of the mountain. You will travel through three different valleys, the Vacas, Guanacos and Horcones, and pass four huge faces of this tremendous mountain. On all of these expeditions, mules take our gear to Base Camp, Plaza Guanacos, on the east side of the mountain. After the Summit, we descend the north side of Aconcagua via the Normal Route, to Plaza de Mulas Base Camp. Mules then carry our gear from Plaza de Mulas back to Penitentes, while we hike out to civilization with a light pack. **We ascend via the Ameghino or the Guanacos Valley and traverse to the Normal Route for the descent.**



## GUANACOS VALLEY AND TRAVERSE ROUTE

**DAY 1:** Group meets in Mendoza, Argentina. Equipment check and afternoon briefing at the hotel. Dinner will be a chance to taste fine Argentinean cuisine and wine.

**DAY 2:** Drive west from Mendoza to Penitentes ski area at 8,500'. Our drive winds along the Rio Mendoza deep into the heart of the rugged Andes Mountains where we begin our acclimatization in Penitentes. Optional afternoon hike.

**DAY 3, 4, 5:** Approach to Plaza Guanacos Base Camp. Mules carry our gear. This approximately 35-mile approach is essential to our acclimatization. Our first two days we follow the same route as our Vacas and Relinchos Valley Expeditions. The third day begins our new approach. We continue up the Vacas Valley passing the Relinchos Valley. The chance of seeing other expeditions on this new exciting route is remote. The chance of seeing wildlife is much more probable. Spectacular glaciers contrasting with a desert backdrop make this approach both surreal and unforgettable. We have an excellent chance of seeing herds of guanacos. When Rodrigo did an exploratory trip to the region he encountered several hundred guanacos, counting 80 in one sighting alone! These magnificent mammals are well camouflaged, extremely elusive, and a rare sight in the Aconcagua region.

**DAY 6:** Plaza Guanaco Base Camp at 13,000'. Rest and acclimatization day at Base Camp. We want everyone to have the best possible chance to make the summit. The most effective way to do this is to take the time to acclimatize to the low oxygen environment. We will incorporate rest days into our schedule and climb in traditional expedition style. We will be carrying loads up to the next camp and returning to sleep below at the previous camp. The next day we will move to the higher camp.

**DAY 7:** Carry a load to Camp I at approximately 15,200'. The route goes up the narrow valley between the north side of Cerro Ameghino and Cerro San Francisco. Here we will be able to see Nieve Penitentes, unique snow and ice formations created by the direct sun. Return to Base Camp.

**DAY 8:** Leave Base Camp. Move to Camp I.

**DAY 9:** Carry a load to Camp II at 16,500', a pleasant, well-protected area with tremendous views of Cerro Mercedario, Cerro Mano, and other Andean giants. Return to Camp I.

**DAY 10:** Move to Camp II.

**DAY 11:** Carry a load to Camp III below the Polish Glacier, at 17,800'.

**DAY 12:** Move to Camp III depending on how group is doing.

**DAY 13:** Carry to High Camp, Piedras Blancas (White Rocks), at 19,200'.

**DAY 14:** Move to High Camp.

**DAY 15, 16, 17:** Summit! Weather permitting. We allow several days for our Summit Day in case of poor weather.

**DAY 18:** Descend the Normal Route to Plaza de Mulas Base Camp. This will be quite exciting since we descend a different side of the mountain.

**DAY 19:** Hike out the Horcones Valley, with its impressive views of Aconcagua's South Face. Mules carry our gear. Spend the night in Penitentes.

**DAY 20:** Drive to Mendoza. In the evening, enjoy a delicious team banquet! Spend night in Mendoza. Next Day: Fly home or continue traveling in South America.

*Note:*

*This itinerary is intended to be a guideline only, weather days and rest days are always a possibility while on a climbing expedition.*

## ACONCAGUA EQUIPMENT LIST

EVERYTHING YOU WILL NEED FOR YOUR ACONCAGUA EXPEDITION

### FEET

- Socks: 3 pair outer socks - thick wool or synthetic
- 3 pair inner socks - thin silk or synthetic
- 2 pair cotton socks for approach
- Optional: 1 pair VBL (vapor barrier liner) socks

- Plastic double mountaineering boots
  - Lightweight hiking boots or sturdy tennis shoes
  - Booties, down or polarguard
  - Gaitors
  - Neoprene booties w / rubber sole, for river crossings.
- No sandals please!

Optional: Teva sandals for base camp / light river crossings

### UPPER BODY

- Lightweight polypropylene or capilene turtleneck 2
- Expedition weight polypropylene or capilene shirt 1
- Fleece jacket
- Breathable windproof outer jacket, such as goretex, with hood
- Heavy weight down or Polarguard Expedition Parka w / heavy wt insulated hood (-20 F)
- Cotton T-shirts - 2

### LOWER BODY

- Polypropylene or nylon briefs or underpants - 3 pair (optional)
- Lightweight polypropylene or capilene long underwear bottoms - 1 pair
- Expedition weight polypropylene or capilene long underwear bottoms - 1 pair
- Fleece pants (full length side zippers recommended)
- Breathable windproof pants or bibs such as Goretex (full-length side zippers recommended)
- Shorts - 1 pair
- Lightweight cotton pants (for hike in, base camp - optional)

### HANDS

- Mittens, thick fleece, down or thick wool - 1 pair
- Gloves, polypropylene or capilene - 1 pair
- Insulated finger gloves - 1 pair.
- Goretex wind shells for mittens - 1 pair

### HEAD

- Ski hat, wool or fleece
- Balaclava, wool, or synthetic, to cover neck, face and chin
- Baseball cap

### SLEEPING GEAR

- Down or polarguard sleeping bag comfortable to -20 o F
- 1 foam pad or 1 thermarest pad (full length recommended)

### PACK

- Pack with 5,500 - 6000 cubic inches capacity
- Large daypack for approach
- Extra large strong duffel bag (at least 7000 cubic inches) with strong zipper and lock, large enough for pack to fit in - for mules to carry and for storage of gear.

### TECHNICAL EQUIPMENT

- Ice axe 70 cm. approx. Standing with your arm relaxed at your side, ice axe should reach from palm of your hand to the ground. For Polish Glacier Route: Ice axe can be 5 -10 cm shorter.
- Crampons: 12 points, non-rigid, recommended.
- Ski poles - adjustable preferred

### Polish Glacier Route ONLY:

- Crampons: Non rigid or rigids are ok.
- Ice Axe: Semi technical Mountaineering axe (60 cms is ok)
- Climbing harness which fits comfortably over bulky clothing.
- Carabiners, 6 regular and 2 locking
- 1 Ascender
- 30 feet of 6 mm perlon rope

## ACONCAGUA EQUIPMENT LIST

EVERYTHING YOU WILL NEED FOR YOUR ACONCAGUA EXPEDITION

### PERSONAL

- Headlamp with extra batteries
- 2 pairs of sun glasses (one as a spare)
- Ski goggles Sunscreen SPF 29 - 1 large or 2 small tubes
- Sunscreen lip protection - 1 stick
- Skin moisturizer - 3 oz.
- Mole skin, bandaids, tape, throat lozenges
- Pocket-knife
- Plastic bowl, large cup (insulated), spoon
- 2 water bottles -1 quart capacity, wide mouth (nalgene recommended) with water bottle insulator
- Toothbrush and toothpaste
- Toilet paper- 1 or 2 rolls
- Antibiotics - 1 cycle broad spectrum
- Aspirin or Ibuprofen - 30
- Disposable lighter
- 2-3 stuff sacks, assorted sizes
- 1 large stuff sack to store pack contents on Summit Day
- Iodine pills - 2 new small bottles (for water purification)
- \$100 US dollars in small bills (\$1's, \$5's, & \$10's best) for meals, drinks, etc. in Penitentes

### OPTIONAL

(take most of these items to Base Camp only):

- Camera ( preferably small) and film
- Journal, pen/pencil, book, games, walkman
- Small towel and soap, baby wipes, foot powder
- Swimsuit
- Teva sandals ( for base camp and river crossings)
- Cotton bandana
- Earplugs (for windy nights)
- Pee bottle - 1 qt. capacity, wide mouth, nalgene bottle \*(useful at higher camps)
- 2 lbs. of your favorite lunch treat or energy bars (we provide full lunches)
- 1 oz. of your favorite spice
- 1 Thermos -1 quart capacity, lightweight
- Hydrating system such as camel bag – 2 quart capacity \*(for approach & lower mountain only, these freeze up high, NOT a replacement for a waterbottle)
- Disposable handwarmers
- Portable water filtration system
- Neck gaitor for Summit Day

## REFERENCES

Please feel free to contact any of these previous Aventuras Patagonicas clients.

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## AVENTURAS PATAGONICAS CLIENT COMMENTS

The experiences and comments of our past clients show the dedication of Aventuras Patagonicas

In my book, you could not find a more qualified company. I am certain, there are other good ones, but no other company knows Aconcagua as well. They own that mountain! The people are first-class and I am sure you will have a wonderful experience, but most of all a safe one. Should you have any further questions, feel free to contact me. - **Hubertus Guenther, Spokane, Washington**

They are the best on Aconcagua. I have known Rodrigo Mujica for almost 8 years now, and I have climbed both Aconcagua and the Vinson Massif with Aventuras Patagonicas. The guides are excellent, and the whole organization is well organized, especially on Aconcagua, which is basically their "home court". Have fun. - **Hank Skade, Tiburon, California**

I personally recommend using Aventuras Patagonicas for your Aconcagua expedition for the following reasons: They have great logistics on the mountain, and logistics is key to success. Being ill prepared on this mountain not only decreases your chances, but as history keeps repeating, it can be fatal. It is not worth using a "cheaper" company or compromising gear to save \$500. Up there you need everything to your advantage. Everything from their meal planning to packing to mule provisioning to the highly skilled American guides they used was excellent. Just a quick look at other companies on the hill was all that was needed to tell we were the best prepared and provisioned team up there. We had the cool Mountain Hardware tents; got morning blood-oxy readings daily.....and the Guanacos Route, in my personal opinion, is superior for acclimatization.

Your success on Aconcagua depends on many factors, the least of which are certainly not your pre-trip physical prep, mental preparedness and fortitude, the quality of your gear and some serious luck with the weather. Because there are so many complications that can deny you the summit which may be out of your control, it certainly makes sense to "max out" on the things which you can control; because for the price you pay for guided expeditions, it is always a real shame to come down off the mountain with failure, when problems you may have had could have been avoided by better planning. Using A.P. is part of great planning and I am not too proud to admit that my success in February '03 of summiting was partly because of their great program. Come prepared and take the pre-departure gear check in Mendoza seriously. Augment their food by taking some of your favorite nutritious lunch snacks with you (like beef jerky, tuna and high-protein energy bars); the lunch snacks available in Argentina are marginal, especially for your high days when your appetite will be pretty awful. Most of all enjoy the stark beautiful Andes; summit or not I am sure you will have the adventure of a lifetime. If I can be of more assistance, feel free to call. - **Brian Ward, Marina del Rey, California**

Great trip! Great company! Great Guides! Great Mountain! I lost a fair amount of weight on the mountain and probably put twice as much back on after spending a week and a half in Chile after the climb. If I didn't find every great restaurant in Santiago, I can't begin to guess where another one would be hiding. The country was super. The people were wonderful. It's been a trip that will be tough to beat (although I'll continue trying). I have roughly 400 pictures of the climb and some events leading up to it and following it on CD. I will gladly make a copy of that CD and send it to anyone wanting it. I hope to see all of you on other mountains in the future.

## AVENTURAS PATAGONICAS CLIENT COMMENTS

I have climbed with a number of companies in the past and found my experience with Aventuras Patagonicas to be the best. Honestly, the services received from others has been good, but Patagonicas had (1) great, highly skilled, personable, and knowledgeable guides, (2) great food through advance base camp - after that, it's good old high altitude grub (3) a super ability to read and adapt to clients, (4) a wonderful climbing route (knowing what I know now - if the "Normal" route were my only option, I wouldn't climb the mountain) and (5) very strong organizational and logistical skills. If I were to climb Aconcagua again, they would undoubtedly be my first choice. - **Howard Jones, Show Low, Arizona**

I think Rodrigo and Bonnie have done a great job of putting together a very professional and highly competent team and organization. And though I have heard and am sure that Rodrigo himself as well as other AP staff are great guides as well, I was lucky enough to go with lead guide Jim Williams, who is not only fun but also one of the most (worldwide) experienced guides out there anywhere. I would not do the Normal Route -- since Rodrigo's circuit, going out on the Normal Route, is such a great circumnavigation of the mountain, that I would not recommend it any other way if possible. - **Mauricio Jaramillo, Ketchum, Idaho**

Rodrigo - I had the time of my life on Aconcagua. The trip was absolutely incredible, two weeks that I will treasure for the rest of my life. Whilst I enjoyed Orion and Zoe, and think they are highly competent, I have to say that Mike made the trip. Even though he is young, he just inspires confidence and security. I knew no matter what happened up there, he could fix it for us. I would climb anything with him. In fact, does he climb Denali? Well done Rodrigo - I would recommend Aventuras Patagonicas without hesitation. Hope to climb with you again soon. - **Nicky Messner, USA**

Overall, I was very impressed with the Guanacos Valley Route and much preferred it from the normal route after our descent on the latter. Additionally, I was impressed with the quality and experience of the guides and was very happy that the weather turned in our favor so that I was able to summit. Finally, I was pleased that our group chemistry worked out as well as it did ...no negative incidences whatsoever. Thanks for your help with everything. Keep up the good work and I hope to climb with your outfit again someday soon. - **Dave Markwell, San Francisco, California**

Hi Rodrigo (and Bonnie), Just wanted you to know that I had a great time on Aconcagua. The trip was everything I had hoped it would be. Summiting was definitely the high point. Overall I thought the expedition was excellent. I really thought the guides were excellent. I especially enjoyed spending time with Mike and Zoe. I didn't get to know Orion as well because he had to come out with sick clients fairly early in the trip. Martin is one of the strongest people I've ever met. He helped carry my pack down from the summit when I was starting to get really tired later in the day. That was incredibly appreciated! - **Nathan Dolbeare, Normal, Illinois**

I have traveled a lot all over the world and have used many different guide companies, but none really stand out as excellent, except Rodrigo and his company. I just did 2 wks. in Patagonia with him. They are really good with the details, safety, food, and fun. Any extra cost will be well worth it. The whole experience is going to be great with this company! Good luck on your climb and feel free to contact me. - **Frank Brummer, Teutopolis, Illinois**

**AVENTURAS PATAGONICAS CLIENT COMMENTS**

Thanks again for the experience!! You truly manage a "class" outfit!!! - **Dan Kammann, Champlin, Minnesota**

Overall it was a fantastic trip, it was everything I wanted and more. The guides and clients worked very well together which helped to make it an excellent trip. - **Jim Considine, Chicago, Illinois**

The expedition was fantastic, everything was first rate. Tom and Brendan were very knowledgeable and a lot of fun. If the weather would have cooperated I'm confident we would have made the summit, although that didn't dampen the experience. I would certainly recommend your company to anyone. I would like to get 5 of your baseball style caps from you. Thanks!v- **Al Haeg, Columbia Heights, Minnesota**

Rodrigo, Thanks for the follow up and all the efforts for such a successful trip. It was truly memorable and was all and more than I had expected. The mountain showed us many faces - from warm dry days, to snow flurries, to the full out summer storm. Bruce, Noah, and Mike all did a superb job. The decisions were well thought out and well made, food was fine, and they did a fine job of adapting to the weather. Many thanks. - **Dan Holmes, Ventura, California**

Overall it was a great trip that I'd highly recommend to others. Should be doing Denali with Aventuras Patagonicas next April / May. - **Wayne Morris, United Kingdom**

It was truly a great trip and I look forward to the next one, although I'm not sure when that will be! - **Geoff Martindale, United Kingdom**

Great company, great guides, AWESOME trip. I highly recommend them. They are safe, cautious, very experienced on the mountain and professional. Have a good time and train hard. It will be worth it. - **Cheryl Akright, Tabernash, Colorado**

No doubts that Rodrigo Mujica owner of AP has a top company with skilled guides. If you want to summit Aconcagua (like me) AP is your only option. Good Luck. - **Christian Smidth, Parana, Brazil**

I can give nothing but the highest recommendation for Aventuras Patagonicas. I have climbed in North and South America with Rodrigo Mujica and he is without question one of the finest guides in the business. I have known him for most of twenty years and his expeditions are an education in culture, an adventure in safe climbing, and all with excellent food and detailed preparations. You will be pleased with your choice if you decide to climb with them. Best of luck. Let me know how it goes and give Rodrigo my best regards. - **Cleve McDonald, Anchorage, Alaska**

..... I known Mr. Mujica and Bonnie Schwahn as Guides both on Denali and Aconcagua. I personally have been twice on expeditions with his company, Aventuras Patagonicas, on Aconcagua. I also feel I have a fair assessment of guide companies and their quality of guides. I am very pleased to inform you that Aventuras Patagonicas scores a solid A+ in virtually all areas..... - Their information and communication before the climb are thorough, helpful and geared toward your individual needs. Someone is always available. - Once in South America you find yourself in the top hotels available. You feel safe, looked after and entertained in a tasteful first class manner. Everyone goes out of their way to show you the interesting parts of the Chilean culture, which of course as locals only they can do. - The arrangements for the hike-in and climb are flawless and professional. Nothing is left to chance. You begin to feel in competent and safe hands. The equipment is state of the art. On both of my expeditions the tents were brand new, a trademark of the Company. - Once on the mountain you begin to realize what a superb guide Rodrigo Mujica really is. He is very sensitive to his clients, anticipates their strengths, their weaknesses and uniquenesses. The food is good and plenty as I have ever had on a mountain.

## AVENTURAS PATAGONICAS CLIENT COMMENTS

Most important he is a safe top notch climber and knows Aconcagua better than any person I know, to the point that guides of other companies rely on his input, decisions and judgment, especially in tight spots. Truly, cowboys, rangers, guides, and climbers alike consider Rodrigo as Mr. Aconcagua. You feel he owns the mountain. His summit success ratio speaks by itself and you know if anyone can get you to the summit, Rodrigo will.

- On the way down, you get surprised with all kind of niceties. While other companies camp at Plaza de Mulas, we stayed at the hotel, showered, ate quasi restaurant food and slept in beds. What a treat..... At the trailhead watermelon and beer was waiting for us, followed by an incredible feast of a meal, followed by another first class hotel ..... which again is part of the fee. An evening of dinner and top entertainment are followed by a sad good bye.

If you don't already know by now, in my opinion Aventuras Patagonicas is a first class act. I recommend them highly and you are welcome to give out my name for future references. As busy as our lives are, one does not want to go wrong and expose oneself to three weeks of misery or possibly danger. Both of my trips with this company were marvelous, safe and extremely enjoyable.

- **Hubertus Guenther, Spokane, Washington**

Thanks for your kind note on the recent Aconcagua climb. I also hope we can climb together again. I have filled out the evaluation sheet, and you'll see that I've given you and your Aventuras Patagonicas colleagues top marks in every category. However, I'd like to briefly record my assessment in words. In all respects, your management and leadership of the Aconcagua climb was outstanding. I say this not merely because your support enabled me to reach the summit, although that was certainly a key goal of mine.

Your concern for the health and safety of all the group was exemplary. The well-paced itinerary gave us the conditioning and acclimatizing to altitude that we all needed to give us the best opportunity to summit. You showed great skill and organizational ability in managing the difficult job of assuring that all the necessary gear for the climb was where it needed to be, when it needed to be there. In the Andean world, this is no small feat!

The food and equipment were all first class. Nobody expected a gourmet experience on the mountain, but we had excellent food, which fueled our effort. Also, your professionalism and friendliness brought a group of strangers together into a real team, which not only succeeded in the climb, but enjoyed this demanding experience. I know that I will be keeping up with these new friends in the future. All the information you provided on equipment, conditioning, preparation and travel was concise, accurate and helpful. Our accommodations "....." were quite well chosen. And finally, the cost of the trip was reasonable and fair, considering everything included in the package.

In short, I would enthusiastically recommend that anyone wanting to climb Aconcagua (or any other mountain, for that matter) strongly consider doing so with you. Best regards, and keep in touch. - **Carlton Stoiber, Washington, DC.**

## TRAINING

TRAINING TIPS FOR YOUR EXPEDITION

It is imperative that everyone joining a mountaineering expedition be in a high standard of physical fitness when the expedition begins. The amount of time needed for training is completely dependent on the general level of fitness a person is in prior to the expedition. For the person that has spent the last ten years behind a desk with no emphasis on keeping in shape, it may take two years to regain top physical ability. The person that has always prioritized conditioning and a rigorous workout as a part of their daily routine may only take a few months to fine tune for the demands of mountaineering.

Consider, when setting up your program, that you will need to develop the endurance to carry a 50 lb. pack, wearing climbing boots for 6-8 hours per day. Though it is impossible to “train” for altitude, you can put yourself on a conditioning program that will best prepare you for this type of physical stress. How to do this? It is impossible to be specific and say if you do this and that you will be ready for a physically demanding expedition. Each person is different and everyone has different terrain and time at their disposal. After many years of observing climbers there are some reoccurring training schemes that seem to help some people be better prepared than others.

1 - Train for developing stamina. Run, bike, ski, fast walk. Vary your routine to prevent overuse injuries and push yourself without injuring yourself. Do warm up and cool down stretches.

2 - Progressive resistance weight training. This type of training improves anaerobic metabolism that feeds much of muscular work. This type of human energy production is fed by stored carbohydrates that require no additional oxygen to metabolize.

3 - Train on hills or stairs with a pack on. Be prepared for 13,000’ of uphill wearing a 50 lb. pack and 13,000’ of downhill. Start with a light pack, gradually increase the weight. Never run with a pack on.

4 - Wear 2 lb. ankle weights to help condition for the extra weight of climbing boots, soft snow and loose scree. (Don’t wear these while running).

5 - Train as often as possible by skiing or hiking for all day, weekend, or longer trips. Train for what you are going to do! If you want to be good at climbing big mountains with a big pack on, start on little mountains with a small pack on and work your way up. Conditioning by climbing is the best thing you can do. Get comfortable moving in mountainous terrain all day long!! Heavy packs tend to tire climbers the most. Be prepared by training ahead of time and you will do fine. Don’t expect to get used to wearing a pack while you are on the expedition.

6 - A good diet cannot be underestimated. Research out a diet that will help develop stamina and strength and that you can live with. There are lots of books and articles that will get you started or consult a professional nutritionist that has worked with athletes.

## TRAINING

TRAINING TIPS FOR YOUR EXPEDITION

7 - Be mentally prepared for the expedition. Know before you start the climb and accept the fact that at times you will be uncomfortable and that your body is going to be uncooperative. You are going to have to push yourself (unless you are superhuman). If you don't have the ability to do this you won't be successful. You may be in a cramped tent for many storm days. You are leaving the comforts of home in order to experience a unique challenge and a remarkable mountain. It is worth it! You must also be well enough "in tune" with yourself to know the difference between pushing yourself and acute mountain sickness, pulmonary or cerebral edema. These are all serious altitude related problems which must be acknowledged. It is possible to "push yourself" too far. For the safety of the team, the chief guide will make a final decision on who needs a rest day, who continues to ascend, or who descends.

We hope this gives you ideas on which to base your training schedule. We recommend talking to a professional exercise trainer and setting up a conditioning program that you can incorporate into your daily routine, which will meet these goals. This type of training can easily take two hours per day, 5 days a week. Be committed to it and be consistent. It will pay off many times over! Start today with your training and keep it up. Good luck and please call, or email us, if you have any questions.

