



# NEVADO JUNCAL EXPEDITION

AVENTURAS PATAGONICAS - MOUNTAIN GUIDES

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# NEVADO JUNCAL EXPEDITION

## NEVADO JUNCAL TRIP ITINERARY & TRIP DESCRIPTION

### DATES OF TRIP 2010 / 2011

OCTOBER	NOVEMBER	DECEMBER
Oct 30 - Nov 10	Nov 6 - 17	Dec 4 - 15
	Nov 13 - 24	Dec 11 - 22
	Nov 20 - Dec 1	Dec 18 - 29
	Nov 27 - Dec 8	Dec 28 - Jan 8

**COST OF TRIP:** \$ 3300

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

**BALANCE AMOUNT:** \$ 2600

**DATE BALANCE DUE:** 75 Days before departure

#### **COST INCLUDES:**

Professional Mountain Guides, 2 nights hotel accommodation in Santiago (4 star), all land transportation, mules, all expedition food, all community gear (such as tents, stoves cooking gear, medical kit, etc) .

#### **YOU ARE RESPONSIBLE FOR:**

Professional Mountain Guides, 2 nights hotel accommodation in Santiago (4 star), all land transportation, mules, all expedition food, all community gear (such as tents, stoves cooking gear, Flights to Santiago, meals in Santiago, personal equipment, passport, personal items and services (laundry, drinks, tips, etc.), expenses incurred in the case of a rescue.

#### **TRIP DESCRIPTION:**

Nevado Juncal, at 20,163' is one of the most impressive mountains in the Chilean Central Andes, located 50 miles south of Aconcagua. This is a rarely visited area offering a tremendous variety of scenic climbing from moderate to technical. After an enjoyable journey, with mules to carry our gear, we reach base camp at 8,910 feet. Here rugged alpine walls and a breathtaking view of Juncal encircle us. Our climb ascends the heavily glaciated north side of the mountain. Juncal is a challenging mountain to climb and one of our long time favorite trips. Climbers must have previous mountaineering experience, be in excellent physical condition, and be well acquainted with the use of ice axe, and crampons.



## ITINERARY

**DAY 1:** Group meets in Santiago. Equipment check and afternoon briefing at the hotel. At dinner we will try some of the fine Chilean cuisine and wines.

**DAY 2:** Drive east from Santiago to Juncal junction at 7000'. The road follows the Rio Aconcagua along the dramatic Andes Mountains. Hike up to Juncal base camp following Rio Juncal until we reach our camp, Vega Nacimiento, at 8000'. We will establish our base camp here at the foot of spectacular Juncal Glacier. Nevado Juncal is heavily glaciated for a mountain in the dry Central Andes. Mules will carry our gear. Although we do not gain much altitude on our approach, having the mules to carry our gear makes it especially nice on the approach.

**DAY 3:** 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 if necessary 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. We will also review some climbing techniques on the glacier.

**DAY 4:** Carry a load to Camp I, at 10,000'. Impressive views of Nevado Juncal, La Columna, Alto de los Leones, Yeguas Heladas, and Aconcagua. We begin our climb hiking up the east side of Juncal Glacier to the base of the North Face of Juncal, where we will establish Camp I. Return to Base Camp.

**DAY 5:** Leave Base Camp. Move to Camp I.

**DAY 6:** Carry a load to Camp II, at 15,510'. Return to Camp I.

**DAY 7:** Move to Camp II. We ascend snow slopes with a short section of easy mixed climbing.

**DAY 8:** Move to Camp III, at 18,150'. Steep snow slopes and amazing views of the Central Andes take us to our High Camp.

**DAY 9-10:** SUMMIT! Weather permitting, or rest day depending on how group is doing.

**DAY 11:** Descend down to Base Camp.

**DAY 12:** Walk out to Juncal junction. Drive back to Santiago. Celebration dinner. 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 trip.*

## JUNCAL EQUIPMENT LIST

### FEET

- Socks, thick wool or polypropylene - 2-3 pair (outer socks) thin silk or polypropylene -2 pair (inner socks)
- Vapor Barrier Liner (VBL) socks, (optional) - 1 pair Cotton socks
- 2 pair
- Plastic double mountaineering boots
- Lightweight hiking boots or sturdy tennis shoes
- Booties, down or polarguard
- Gaitors

### UPPER BODY

- Lightweight polypropylene or capilene turtleneck -2
- Expedition weight polypropylene or capilene shirt- 1
- Fleece or Pile jacket
- Breathable windproof outer jacket, such as goretex, with hood
- Down or Polarguard parka with hood
- Cotton T-shirts - 2

### LOWER BODY

- Polypropylene or nylon briefs or underpants -2 pair
- Lightweight polypropylene or capilene long underwear bottoms - 1 pair
- Expedition weight polypropylene or capilene long underwear bottoms- 1 pair
- Fleece or Pile pants (optional)
- Breathable windproof pants or bibs such as Goretex (full length side zippers recommended)
- Shorts - 1 pair
- Lightweight cotton pants (hike in, base camp - optional)

### HANDS

- Mittens, wool Dachstein or pile - 2 pair
- Gloves, polypropylene or capilene - 1 pair
- Goretex wind shells - 1 pair

### HEAD

- Ski hat, wool or pile
- Balaclava, wool, polypropylene or capilene
- Baseball cap

### SLEEPING GEAR

- Down or polarguard sleeping bag comfortable to - 15 oF
- 1 foam pad or 1 thermarest pad (full length recommended)

### PACK

- Pack with 6000 cubic inches capacity
- Day pack for approach

### TECHNICAL EQUIPMENT

- Ice axe 70-60 cm. approx.
- Crampons, 12 points non-rigid recommended.
- Seat harness, to fit comfortably over bulky clothing.
- Carabiners, 6 regular, 2 locking
- 1 Ascender
- 30 feet of 6mm perlon rope
- Ski poles - adjustable preferred

### PERSONALS

- Head lamp and extra batteries
- Sun glasses - two pair (one as a spare)
- Ski goggles
- Sun screen lotion SPF 29 - 1 tube
- Sun screen lip protection - 1 stick
- Skin moisturizer - 3 oz.
- Mole skin, bandaids, tape, throat lozenges
- Pocket knife
- Plastic bowl, large cup, spoon
- Water bottles (2 )nalgene 1 quart capacity wide mouth
- Tooth brush and tooth paste
- Toilet paper- 1 roll
- Antibiotics - 1 cycle broad spectrum
- Aspirin or Ibuprofen - 20
- Disposable lighter
- Stuff sacks 2-3, assorted sizes
- Extra large strong duffel bag with lock (at least 7000 cubic inches)
- Iodine pills -1 new small bottle (for water purification)

### Optionals

- Camera and film
- Journal, pencil, book, games, walkman
- Small towel and soap, baby wipes, foot powder
- Swimsuit
- Cotton bandana
- Pee bottle - 1 qt. capacity, wide mouth
- 2 lbs. of your favorite lunch treat (we do provide full lunches)
- 1 oz. of your favorite spice

## REFERENCES

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

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## AVENTURAS PATAGONICAS CLIENT COMMENTS

To contact past AP clients directly refer to:  
<http://www.patagonicas.com/clientcontacts.html>

We hope that the experiences and comments of our past clients will help you better to understand the dedication of Aventuras Patagonicas.

Spokane, WA 99224  
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Peter Lewis  
Executive Director  
American Mountain Guides Association  
710 Tenth Street, Suite 101  
Golden, Colorado 80401

Re: Aventuras Patagonicas

Gentlemen,

For the past five years have 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:

-The cost of the Aconcagua expedition is less than others I was aware of.

-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. Most important he is a safe topnotch 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, and all part of the package fee. At the trailhead watermelon and beer was waiting for us, followed by an incredible feast of a meal, followed by another first class hotel in Santiago, 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.

Sincerely,

**-Hubertus Guenther, Spokane, WA (509) 838-1543  
hpguenther@aol.com**

Dear Rodrigo

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 would 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 enable 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!

Third, 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 whit these new friends in the future. All the information you provided on equipment, conditioning, preparation and travel was concise, accurate and helpful. Our accommodations in Santiago and Penitentes 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

**Designed for Aconcagua Expedition, some points may not apply for these climbs where Expedition Style are not part of the climbs.**

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 15 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.** You must be prepared for several thousand feet uphill and downhill, ideally wearing a 15lb pack. 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.

**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.

