



TREKKING IN PATAGONIA

AVENTURAS PATAGONICAS - MOUNTAIN GUIDES

1303 Sumac Avenue - Boulder Colorado - 80304 USA
(303) 447 2858 Toll Free: 1 - 888 - 203 - 9354
summit@patagonicas.com www.patagonicas.com

TABLE OF CONTENTS

2	TRIP DESCRIPTION
3 - 4	TREKKING IN PATAGONIA ITINERARY Detailed itinerary Day 1 through Day 18, dates and cost
5	TREKKING IN PATAGONIA EQUIPMENT LIST Everything you will need for the Trek, including optional gear
6 - 7	AVENTURAS PATAGONICAS CLIENTS REFERRAL CONTACT LIST List of names, phone numbers, and e-mails of previous clients
8 - 9	AVENTURAS PATAGONICAS CLIENTS LETTERS OF REFERENCE Letters of reference from previous AP clients
10 - 11	TRAINING INFORMATION Training tips for your expedition

TREKKING IN PATAGONIA

TORRES DEL PAINE AND FITZ ROY MASSIFF

TRIP DESCRIPTION

The two National Parks in Southern Patagonia, the Towers of Paine (Torres del Paine) of Southernmost Chile close to Cape Horn, and the nearby Park of the Glaciers (Parque de los Glaciares, and Fitz Roy Massiff) in Southern Argentina, offer some of the most spectacular trekking on the planet! The highlight of these beautiful and scenic wonders are their breathtaking granite monoliths jutting out of the Patagonian Plateau, symphony of glaciated towers, rugged horns, and monstrous fortresses, some with faces rising more than 6,000 vertical feet from the plateau below.

On this trek we will circumnavigate these magnificent formations, among the most famous of exotic destinations for the world's most accomplished alpinists, crossing panoramic mountain passes alongside the tremendous expanse of the Southern Patagonian Icefield, hiking across windswept plains with dramatic, riveting backdrops, ascending through dwarf beech (Lenga) forests, winding past glacier fed turquoise lakes, to the base of the towering vertical walls. An impression you will never ever forget.

Most of the trek we will enjoy the freedom of daypacks as packhorses carry our heavier gear. We have designed variations of this trip due to the region's rugged and unique character and extreme changeable weather conditions the area is noted for, adjusting distance and destinations of the trek for different experience and comfort levels. Most of the treks require moderate hiking experience and the ability to participate and enjoy the adventure of a lifetime, camping in unpredictable weather conditions and spectacular beauty, enjoying the hospitality of the local people and the exoticness of the native wildlife, the ñandu (ostrich family), the guanaco (alpaca family), and a variety of colorful geese, duck, swans, woodland birds and raptors, not to mention the famous Andean Condor.



There are many ranches and orchards homesteaded in this region and we will have opportunities to enjoy the warmth of the local inhabitants who have pioneered and braved this rugged climate and magic land for many years.

TREKKING IN PATAGONIA TORRES DEL PAINE AND FITZ ROY MASSIFF

DATE OF TRIP 2010 / 2011

OCT / NOV	NOV / DEC	DECEMBER	JAN / FEB	FEB / MAR	MARCH
Oct 23- Nov 9	Nov 6 - 23	Dec 4- 21	Jan 4 - 21	Feb 5 - 22	Mar 5 - 22
Oct 30 - Nov 16	Nov 13 - 30	Dec 11 - 28	Jan 8 - 25	Feb 12 - Mar 1	Mar 12 - 29
	Nov 20 - Dec 7		Jan 15 - Feb 1	Feb 19 - Mar 8	
	Nov 27 - Dec 14		Jan 22 - Feb 8	Feb 26 - Mar 15	
			Jan 29 - Feb 15		

COST OF TRIP: \$ 4600

DEPOSIT DUE TO RESERVE A POSITION: \$ 1000

BALANCE AMOUNT: \$ 3600

DATE BALANCE DUE: 75 Days before departure

COST INCLUDES:

Professional Guides, two nights of four star hotel accommodations in Punta Arenas, two nights of hotel accommodations in Chalten, one night of hotel accommodations in Puerto Natales, land transportation from Punta Arenas, horses, permits, all expedition food, all community camping gear (tents, stoves, cooking gear, medical kit, radios, etc.),

YOU ARE RESPONSIBLE FOR:

Professional Guides, two nights of four star hotel accommodations in Punta Arenas, two nights of hotel accommodations in Chalten, one night of hotel accommodations in Puerto Natales, land transportation Flights to Punta Arenas, personal equipment, food in towns, passport, personal items and services (laundry, drinks, tips, etc.), and expenses incurred in the event of a rescue.



TORRES DEL PAINE ITINERARY

Day 1: Fly to Punta Arenas via Santiago, Chile. We meet you at the hotel, where we check your gear and have a short briefing. At dinner you will have the chance to taste delicious Patagonian dishes, and the best of Chilean wines.

Day 2: Drive to Towers of Paine National Park, crossing the Patagonian Pampas. After entering the park, our vehicle drops us at Hosteria Las Torres, where we enjoy a snack and begin our trek into the Paine Mountains. We will be carrying light daypacks while horses carry our gear up the Ascencio Valley to our Torres Camp.

Day 3: Hike to Valle del Silencio (Silence Valley), a special treat! We follow an almost unknown trail that climbs to the source of the Ascencio River. Surrounded by dense rain forest, the trail ascends this vast hidden valley. Here we can admire the sight of the mythical granite spires of Escudo (the Shield), Fortaleza (the Fortress), and the Towers of Paine.

Day 4: Morning hike to Mirador de las Torres (Overlook of the Towers), where we will have an incredible panoramic view of glaciers and the Paine Towers, reflected on the lake below. Hike back to Refugio Las Torres, to spend the night in this cozy Patagonian hut, enjoy showers, rest, and home cooking.

Day 5: A vehicle drops us at Pudeto, where we take the ferry boat across the turquoise waters of Lake Pehoe to our next point, Refugio Pehoe. After a snack we continue our hike through Circuito Chico (little circuit) towards Italian Camp, the entrance to the Valle del Frances (the French Valley).

Day 6: Day hike to Valle del Frances. As we head deeper into the valley we are welcomed by the breathtaking forms of granite pinnacles such as Los Cuernos (the Horns), La Hoja (the Leaf), La Espada (the Sword), and La Mascara (the Mask). The glaciated beauty of Paine Grande will astound you with thunderous sounds of massive chunks of ice falling from its heights.

Day 7: Return to Refugio Pehoe. In the afternoon we will follow the trail to Lake Grey, rewarded by the striking views of the Grey Glacier calving into its waters. In the distant background you will see the tremendous Southern Patagonian Icefield. Return to the Refugio Pehoe hut to enjoy a well-deserved rest.

Day 8: From Pehoe, we return to Pudeto on board the ferry, where a vehicle awaits us. We will drive out of the park to Puerto Natales, where we spend the night at a hotel and have a nice dinner before departing for the Fitzroy Massiff trip.

Day 9: Drive to Chalten, Argentina. We will spend the night in Chalten, the gateway to the Fitzroy Massif, another amazing patagonian paradise.

Day 10: Hike to Bridwell Camp, spectacular and pleasant hiking leading us to the base of Cerro Torre, one of the most spectacular mountains on the planet. Horses carry our gear, while we hike with daypacks.

Day 11: Hike to and spend the day on the Torre Glacier. We will hike on the glacier, exploring the fascinating world of glaciers.

Day 12: Move camp to Poincenot Camp, in the Fitzroy area, spectacular hiking with impressive views of Fitzroy. On a sunny day we can swim in one of the lakes we encounter on the hike.

Day 13: Hike towards Fitzroy and Laguna de los Tres.

Day 14: Move camp to Los Troncos. We step out of the Park to a less visited area, where we have very unique and impressive views of the back side of the Fitzroy Massiff. Los Troncos is like stepping into Snow White and the seven dwarves' house in the woods, where little cabins and homemade meals await us.

Day 15: Hike towards Guillaumet, a beautiful rock spire in the Fitzroy Massiff. Pleasant steep hiking takes us to the Upper Glacier where we can admire the Southern Patagonia Icefield.

Day 16: Our hike out to Chalten. We pack our horses for the last time and hike out to Chalten.

Day 17: Drive back to Punta Arenas. Celebration Dinner and end of the Expedition.

Day 18: Fly back to Santiago. Connect with your flight 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 trip.

TREKKING IN PATAGONIA EQUIPMENT LIST

FEET

- Socks, thick wool or polypropylene - 2-3 pair (outer socks) thin silk or polypropylene -2 pair (inner socks)
- Cotton socks - 2 pair
- Lightweight hiking boots and sturdy tennis shoes
- Gaitors

UPPER BODY

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

LOWER BODY

- Lightweight polypropylene or capilene long underwear bottoms - 1 pair
- Expedition weight polypropylene or capilene long underwear bottoms-1 pair
- Pile or bunting pants (optional)
- Breathable windproof pants or bibs such as Goretex (full length side zippers recommended)
- Shorts -1 pair
- Lightweight cotton pants

HANDS

- Gloves, polypropylene or capilene -1 pair
- Insulated Gloves

HEAD

- Ski hat, wool or pile
- Baseball cap

SLEEPING GEAR

- Synthetic sleeping bag comfortable to 0° F.
- 1foam pad or 1 thermarest pad (full length recommended)

PACK

- One and a half day pack

PERSONALS

- Headlamp and extra batteries
- Sunglasses
- Ski goggles
- Sun screen lotion SPF 29 - 1 tube
- Sun screen lip protection - 1 stick
- Mole skin, bandaids, tape, throat lozenges
- Pocket knife
- 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
- 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
- Ski poles - adjustable preferred

REFERENCES

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

- Eileen Nobles and Robert Odien, Colorado Springs, CO Rocpath@aol.com
- Mike O'Brochta, Leesburg, VA (703) 779-8682 grits@obrochta.net
- Mark Lepick, Kailua, HI (808) 432-5851 (wk) m_lepick@yahoo.com
- Pamela Cruse-Sollazzo, Fort Collins, CO (970) 484-8459
- Bill Drake and Tracey Becken, Grantham, NH (802) 649-5340 (Bill wk) wdrake@valley.net
- James Remaly, Santiago, Chile 011-56-2 232-0635 remaly@yahoo.com
- Joe Bates, Solihull, England 0044 121 456-4456 (daytime) jrbates@clementkeys.co.uk
- Sandro Grigio, Woodbridge, Ontario (905) 850-2225 sand.rooch@sympatico.ca
- Laura Perry, Morgan Hill, CA (408) 779-0007 (wk), 779-8980 (eves)
- Richard Mithoff, Houston, TX (713) 654-1122 dmorris@mithoff-jacks.com
- Daniel Pastor, Sydney, Australia (612) 9417-4080 dpastor@slb.com d_pasztor@yahoo.com
- David Earle, Longmeadow, MA (413) 565-2957 david.earle@bhs.org
- Julie Bayly, Fort Kent, ME (207) 834-5272 juliebayly@hotmail.com
- Luke Luo, Dallas, TX (972) 995-5741 zluo@ti.com
- David Markwell, San Francisco, CA (415) 370-8365 david.markwell@yahoo.com
- Keith and Emily Reis, Boulder, CO (303) 998-0686 keith@sanitassalesgroup.com
- Megan Delehanty, San Francisco, CA megandel@hotmail.com
- Ed Morgan, Hardin, MT (406) 665-1109 edmorgan4@msn.com
- Mike Holman, Trout Lake, WA (503) 703-6633 mjholman@gorge.net
- Matt MacEachern, Vancouver, BC (604) 325-5902 matt.maceachern@telus.net
- Brian Ward, Beverly Hills, CA (310) 717-5748 BrianKWard@msn.com
- Michael Padden, Anchorage, AK michael.padden@marsh.com / mcpadde@acalaska.net
- Lisa Slow, NY, NY (212) 362-7741/ 275-7788 days lisa.slow@turner.com
- Nancy Allen, Wasco, OR (541) 442-5111 bikingnana@skyride.net
- Jerry Mack, Golden, CO (303) 279-1404 jmack@americanalpineclub.org
- George and Nancy Kierspe, Palm Beach Gardens, FL (561) 354-1411 gkierspe@powermfg.com
- Andrew Creely, Carmel, CA (831) 625-3900 acreeley@oldfieldcreely.com
- Al Haeg, Columbia Heights, MN AHaeg@oldhomefoods.com
- Chad Gilpin, Minneapolis, MN (612) 926-8763 chad.gilpin@hotmail.com
- Kelle O'Neal, San Francisco, CA (415) 425-9661 kellezona@yahoo.com.sg
- Michel Prefontaine, (413) 567-2476 Michel.Prefontaine@bhs.org
- Cleve McDonald, Anchorage, AK (907) 274-7997 clevemcdonald@gci.net
- Scott Graham, Lookout Mtn. TN (423) 821- 7861 scott.graham@dbscorporation.com
- Nicky Messner, nicky@themessners.com
- Nathan Dolbeare, Normal, IL nathan@dolbeare.com
- Cheryl Akright, Tabernash, CO, CAKRIGHT@aol.com
- Frank Brummer, Teutopolis, IL Frank@farmweld.com
- Jana Heyd, Gig Harbor, WA jana.heyd@metrokc.gov
- Don Whittfield, Gig Harbor, WA wabldginsp@aol.com
- Alex Laine, Oak View, CA (805) 649-3011 talaine@spcglobal.net
- William Fisher, Burlingame, CA wfisher@pclient.ml.com
- Tim Cummings, cummings@shaar-hagolan.co.il
- Mauricio Jaramillo, Ketchum, ID MauricioJB@msn.com
- Bill Whitmarsh, England bwhitmarsh@hns.com
- James Considine, Chicago, IL (773) 975-7122 jconsidine@spcglobal.net
- Trisha O'Brien, MI (734) 276-0744 tobrien@pjax.com
- Robert Castrodale, Ashville, NC (828) 251-5009 IZSROBERTO@aol.com
- Howard Jones, Show Low, AZ (928) 532 -7174 hojo@lucero.com

- Patrice Gordon, Hanover, NH (603) 643-6643
patrice.gordon@interiorhealth.ca
- Les DeWitt, Atherton, CA (650) 327-2566 / office
(650) 327-3053 les@dewitt.com
- Bob Wyler, Manhattan Beach, CA (310) 545-8142
Bobwyler@yahoo.com
- Hank Skade, Tiburon, CA (415) 461-2811
Hskade@aol.com
- Hubertus Guenther, Spokane, WA (509) 838-1543
hpguenther@aol.com
- Brad Lewis, San Carlos, CA (650) 556-1958
- Eduardo Gatell, Guadalajara, Mexico 532-812-9221
egatell@pisa.com.mx
- Robert Guthrie, Niwot, CO (303) 652-3430
- Mikaelis Feigelovicius, Lithuania 3708686000
mf@bsddb.com
- Ben Dake, Cottage Grove, OR (541) 942-4479 (1st
Pres of Cottage Grove) fpcbd@efn.org
- Hans Schenk, Ridgeway CO, (970) 626-3938
hlschenk@frontier.net
- Mike Dodson, San Francisco, CA
mdodson@dgrp.com
- Mills Davis, Alvaton, KY mills71571@aol.com
- Darren Noseworthy, Toronto, Ontario (416) 591-
3999
- Paul Obert, Birmingham, AL (205) 991-0689
- Mark Shope Sacramento, CA (916) 421- 4140
mark_shope@ascentbuilders.com
- Edward McCullough, Great Falls, VA (202) 220-
1218
- Jane Sheldon, Ashland, OR (541) 488-0988
- Jennifer Wolfe, Bothell, WA (425) 488-4263
jennwolfe@juno.com
- Paul de Saint Victor, Sylvania, OH (419) 885-1849
dsv@mhsnr.org
- Mark Egolf, Elizabethton, TN (423) 474-0120
egolfm@hotmail.com
- Lyle Wilder, Port Alsworth, AK (907) 891-2295
lylewilder@juno.com
- David Good, Atlanta, GA (404) 355-5982
- Carlos Clark, Dickinson, TX (281) 337-1940
carlosclark@earthlink.net
- Christian Skibsted, Santiago, Chile 011 562 206-4682
cskibsted@mifactory.com
- Bob Elias, Incline Village, NV (775) 831-3797
mandosrob@aol.com
- Ed Holiday, New York, NY eholiday88@aol.com
- Sean Cain, Mill Valley, CA (415) 388-9502
sean.cain@tfn.com
- Pat Dorman, Anchorage, AK (907) 561-2475 office,
and 229-1990 cell pgdorman@gci.net
- Richard Supple, Brooklyn, NY (718) 499-8959 eves,
supple.teeg@verizon.net
- Carlton Stoiber, Washington, D.C. (202) 966-7793
crstoiber@earthlink.net
- Roberto Luis Troster, Sao Paulo, Brazil 55-1-96564864
robertotroster@uol.com.br
- Lance Mulleneaux, Brookline, MA (617) 738-4983
mulleneaux@hotmail.com
- David Feese, Littleton, CO (303) 933-2168
- Thomas Riederer, Santa Barbara, CA (805) 569-3038
tree-d@cox.net
- Tom Rudquist, Inver Grove Heights, MN
abusean@uswest.net

Professional References

American Mountain Guides Association

Mike Alkaitis, Executive Director (303) 271-0984
mike@amga.com

Exum Mountain Guides

Al Read, President (307) 733-2297
aread@wyoming.com

CLIENT COMMENTS AVENTURAS PATAGONICAS

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
(509) 838-1543**

**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 applied for this non strenuous trek)

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.

