



BOLIVIA CLIMBS EXPEDITIONS

AVENTURAS PATAGONICAS - MOUNTAIN GUIDES

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BOLIVIA CLASSIC CLIMBS

PEQUEÑO ALPAMAYO, HUAYNA POTOSI, AND ILLIMANI

DATE OF TRIPS 2009 - 2010

MAY	JUNE	JULY	AUGUST
May 2 – 16	June 6 - 20	July 6 - 20	August 1 – 15
May 9 - 23	June 13 - 27	July 11- 25	August 8 - 22
May 16 - 30	June 20 – July 4	July 18 – August 1	August 15 – August 29
May 23 – June 6	June 27 - July 11	July 25 – August 8	August 22 – September 5
			August 29 - September 12

COST OF TRIP: \$ 3500
DEPOSIT DUE TO RESERVE A POSITION: \$ 700
BALANCE AMOUNT: \$ 2800
DATE BALANCE DUE: 75 Days before departure

COST INCLUDES:

Professional mountain guides, 2 nights of hotel accommodation in La Paz, Bolivia, all land transportation via 4 X 4 vehicle, burros, llamas, porters (for Huayna Potosi and Illimani), camp guardian, cook, meals while in the mountains, all community gear (Base Camp tent, tents, stoves, cooking gear, ropes, ice screws, pickets, medical kit, satellite phone, radios, etc.), and National Park fee.

YOU ARE RESPONSIBLE FOR:

Flights to La Paz, any lodging excluding 2 nights in La Paz, meals (except while you are climbing), personal equipment, passport, personal items and services (laundry, drinks, tips, etc.), and expenses incurred in the event of a rescue.



ITINERARY

DAY 1: Group meets in La Paz, Bolivia's capital city. La Paz is the world's highest capital, over 10,000 ft in elevation, where you begin the process of acclimatizing as soon as you step off the plane. Gear check and an afternoon briefing will be at the hotel. Because acclimatization is crucial to a successful expedition, we highly recommend that you arrive 2 to 3 days earlier in La Paz, prior to the start of the expedition. Attractive day treks and tours can be arranged from La Paz.

DAY 2: Acclimatization day in La Paz. The main purpose of our second day is to spend another night above 10,000'. A great occasion to visit La Paz and its many colonial sites.

DAY 3: Drive towards the beautiful Condoriri Valley to a small mountain village where we hire burros to carry our gear. A pleasant hike of about 3-4 hrs takes us to our Base Camp located by a beautiful lake surrounded with breathtaking views of the Condoriri massif. Our goal will be to climb Pequeno Alpamayo (17,618' or 5,300 mts) the next day.

DAY 4: Early Start, we follow the Condoriri Valley with our headlamps to start the gentle ascent up the main Glacier. After several hours of moderate hiking we arrive at the base of the steep pyramid of Pequeno Alpamayo. Spectacular snow and ice climbing to the summit. Descend to Base Camp.

DAY 5: Descend to trailhead where we are picked up by 4X4. Drive to where we begin our climb Huayna Potosi (19,974'). This is a dramatic drive across the majestic Cordillera Real. We arrive at the foothills of Huayna Potosi and begin our climb to Camp 1 the same day to keep our acclimatization. We may have porters to help us carry community gear only.

DAY 6: Move to Camp 2, our High Camp.

DAY 7: Early start toward the spectacular snowy Summit of Huayna Potosi. Moderate snow climbing will take us to the top. Descent to High Camp and possibly all the way to the base depending on our Group. If we do descend all the way, we will drive back to La Paz for a nice hardy meal and a bath, that same day.

DAY 8: Rest day in La Paz. We will shop for fresh food, clean gear and pack for Illimani, the highest peak in Bolivia, at 21,201 feet.

DAY 9: Drive southeast towards Illimani. The highest peak in the Cordillera Real, it is a massive mountain with three spectacular summits above 20,000'. At the end of this rugged road we meet the llamas and their handler who will take our gear to Base Camp at 15,000'.

DAY 10: Carry a load to 18,000', our High Camp, and return to Base Camp.

DAY 11: Move to High Camp (18,000'). From this camp we will have great views of the cirque of Illimani and across Lake Titicaca.

DAY 12-13: Summit Day!! Weather permitting. Early start to tackle Illimani's (21,201') steep Southwest Buttress, interesting and careful glacier travel negotiating impressive crevasses. Before reaching the summit ridge we climb a beautiful 40 - 45 degree face. The gentle summit ridge offers spectacular views of the Andes.

DAY 14: Descent to La Paz. Celebration Dinner.

Next Day: Fly back 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.

BOLIVIA TECHNICAL CLIMBS ILLIMANI, ANCOHUMA AND ILLAMPU

DATE OF TRIPS 2009 / 2010

MAY	JUNE	JULY	AUGUST
May 2 – 17	June 6 - 21	July 6 - 21	August 1 – 16
May 9 - 24	June 13 - 28	July 11- 26	August 8 - 23
May 16 – May 31	June 20 – July 5	July 18 – August 2	August 15 – 30
May 23 – June 7	June 27 - July 12	July 25 – August 09	August 22 – September 6
			August 29 - September 13

COST OF TRIP: \$ 3700
DEPOSIT DUE TO RESERVE A POSITION: \$ 700
BALANCE AMOUNT: \$ 3000
DATE BALANCE DUE: 75 Days before departure

COST INCLUDES:

Professional mountain guides, 2 nights of hotel accommodation in La Paz, Bolivia, all land transportation via 4 X 4 vehicle, burros, llamas, porters (for Huayna Potosi and Illimani), camp guardian, cook, meals while in the mountains, all community gear (Base Camp tent, tents, stoves, cooking gear, ropes, ice screws, pickets, medical kit, satellite phone, radios, etc.), and National Park fee.

YOU ARE RESPONSIBLE FOR:

Flights to La Paz, any lodging excluding 2 nights in La Paz, meals (except while you are climbing), personal equipment, passport, personal items and services (laundry, drinks, tips, etc.), and expenses incurred in the event of a rescue.



ITINERARY

DAY 1: Group meets in La Paz, Bolivia's capital city, the world's highest capital at above 10,000 ft, starting our acclimatization program as soon as you step out of the plane. Gear check and afternoon briefing at the hotel. Because acclimatization is crucial to our success, we highly recommend that our clients arrive 2 to 3 days earlier in La Paz prior to the start of the expedition. Attractive day treks and tours can be arranged from La Paz.

DAY 2: Acclimatization day in La Paz. The main purpose of our second day is to spend another night above 10,000'. This is a great occasion to visit La Paz and its many colonial sites.

DAY 3: Drive southeast towards Illimani (21,201'). The highest peak in the Cordillera Real, it is a massive mountain with three spectacular summits above 20,000'. At the end of this rugged road we meet the llamas and their llama handler who will take our gear to our Base Camp at 15,000'.

DAY 4: Carry a load to 18,000', our High Camp, and return to Base Camp.

DAY 5: Move to High Camp (18,000'). From this camp we have great views of the cirque of Illimani and across Lake Titicaca.

DAY 6: Summit Day!! Weather permitting. Early start to tackle Illimani's steep Southwest Buttress, interesting and careful glacier travel negotiating impressive crevasses. Before reaching the summit ridge we climb a beautiful 40-45 degree face. The gentle summit ridge offers spectacular views of the Andes.

DAY 7: Descent to Base Camp and down to La Paz. Dinner and rest.

DAY 8: Drive north towards our next objective, Ancohuma, (21,095'). It is an impressive and challenging mountain. With the help of llamas we reach our Base Camp at 15,400' by a beautiful lake.

DAY 9: Move to Camp I at 17,200'.

DAY 10: Move to Camp II at 18,900'. Beautiful glacier travel and a pass through a col takes us to the north side of the mountain where we establish camp.

DAY 11: Summit day, weather permitting. On summit day we climb a few pitches of 50-55 degree ice and mixed climbing, giving us access to the crest of the 1500 foot knife-edged North Ridge, a spectacular and exposed ridge that takes us to the summit. Ancohuma and Illampu have some of the finest climbing in Bolivia, and the Andes, offering quality glacier, snow, ice and mixed climbing.

DAY 12: Descent to Base Camp.

DAY 13-14-15: Hike to the base of Illampu (20,873'), our final objective of the trip. Illampu offers great ice and snow climbing on its Southwest Face up to 50-55 degrees. Move to high camp and summit next day (weather permitting).

DAY 16: Descent to La Paz.

Next Day: Fly back 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.

BOLIVIA EXPEDITION DESCRIPTION

ILLIMANI, ANCOHUMA, & ILLAMPU

Our Mountaineering expedition to Illimani (21,201 feet), Ancohuma (21,095 feet) and Illampu (20,873 feet), will confirm that some of the most dramatic alpine peaks in the Western hemisphere lie in Bolivia. We start our trip in La Paz, Bolivia where we spend a few days to begin our acclimatization process. We then head to Illimani, the highest peak of the magnificent Cordillera Real of Bolivia, a range comparable with any of the world's major ranges. Illimani is a fun non-technical snow climb and a great place to get well acclimatized for our next objective, Ancohuma. This peak is one of the most spectacular peaks of the Cordillera Real with fun and steep ice and snow climbing up to 50-55 degrees. The climbing includes mixed snow and rock, which give us access to the crest of the spectacular 1,500' knife-edge north ridge that takes us to the summit. After our descent to Base camp, and a well-deserved rest, we head for our final goal, Illampu. As our final peak, and greatest challenge of the expedition, this climb offers steep snow and ice of up to 55 degrees, with overwhelmingly beautiful views of the whole, and vast Cordillera Real, eastern Peru, the Amazon Basin, and Lake Titicaca.



BOLIVIA CLIMBS 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 (Optional)
- 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
- Lightweight 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
- Pile or bunting 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
- Crampons, 12 points non-rigid recommended.
- Seat harness, to fit comfortably over bulky clothing.
- Carabiners, 6 regular, 2 locking
- Ski poles, adjustable preferred (optional)

*Technical Climb ONLY:

- 1 Ascender
- 30 feet of 6mm perlon rope
- North Wall hammer (second tool)
- Helmet

PERSONALS

- Head lamp and extra batteries
- Sun glasses
- 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 or 3, assorted sizes
- Extra large, strong duffle bag with lock
- Iodine pills - 1 or 2 new small bottles (for water purification)
- Clean clothes for the city and between trips

Optionals

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

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
(509) 838-1543

Peter Lewis
Executive Director
American Mountain Guides Association
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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.

