



Aconcagua

a first "7000m"

Polish glacier, E-NW traverse

CERRO Aconcagua (6967 mts) is in the heart of the Argentinian Andes, west of Buenos Aires, and is the highest mountain of the American continent. It's the least expensive (nearly) 7000'meters peak with the former LENINE (now called CHON TON) 7134m ,in Kirghizia .

An ACONCAGUA expedition is even less expensive than the 7000 m summits in the ex-URSS, including the straightforward **Lenin Peak**. (in Kirghistan) which we also offer to climb.

15km from Santiago, the Chilean capital, **Aconcagua** is the only summit of this altitude accessible to non-mountaineers. Nevertheless you need to be fit and perfectly acclimatized. A 3-week expedition is the absolute minimum to give you a good chance of reaching the summit safely..

We will reach this mountain either from Chile (Santiago) or from Argentina, and will walk in over 3 days via the east face (las vacas valley); or from the west (Horcones valley) for the easy normal route.

DATES : _ POLISH east glacier route

(we also offer the normal route or FALSO POLACO traverse, accessible to all trekkers)

: TWO DEPARTURES PER YEAR: about 20th of November (on foot ;or on SKIS) and 10th of January (on foot) .

DURATION: 23 DAYS for the POLISH glacier

(other easier routes, maximum 20 days)

Whatever the route choosed, we often do the 5 first days of acclimatization in CORDON DEL PLATA,close to MENDOZA, climbing up easy peaks of 5300 m altitude like Cerro PLATA, Cerro RINCON.....etc , if you ask for !!

We are high mountain guides and organise our own expeditions. As such, we are responsible for your safety and therefore take care to organise homogenous/well-prepared groups (unlike certain agencies), and ensure IF YOU LIKE a 'pre-acclimatisation' before leaving France (2 nights at the Aiguille du Midi or the Cosmiques hut with 2 days mountaineering, at your extra expense).

Level /NIVEAU : you need to be an experienced mountaineer, used to camp or bivouac in altitude, even though it is not a technical route, but a high altitude ascent on glacier with crevasses.!

And you also need to be determined, fit and in good health.

You must enjoy walking, but it is not necessary to have used crampons before (except for the east face, by the Polish route, where the skills required are the same as for the traverse of the 3 Mt. Blancs from the Aiguille du Midi.

PRICE PER PERSON without the international airfare :

Normal route: 2500 euros including UIAGM guide , ascent permit and Aconcagua tax.

•

****Traverse "falso polaco" : 2800 euros including ascent permit and Aconcagua taxes**

* POLISH route, **East face** : via the Polish glacier, 30° – 45° (4 à 5 persons per guide) with sections of 50°:

2990 euros / maximum 5 participants)

Our services include =

Professional bilingual or trilingual (UIAGM) international high mountain guide, who speaks at least english and Spanish (or French)

Ratio, 1 mountain guide for 5 clients

All local organization

Airport assistance in Mendoza (or SANTIAGO DE CHILE if the group decides to fly to there ; we'll charge more for Santiago)

Private transportation including airport pick up and drop off in MENDOZA !

Mendoza, 2 hotel nights with breakfasts (double occupancy of bedrooms)

Assistance to get the ascent permits

Penitentes, 2 or 3 hotel nights at AYELEN with half-pension, and double occupancy of bedrooms

All meals during the approach and expedition; dining-tents with chairs and tables at base camp

Permanent access to drinks, tea, coffee, biscuits, at base camp

High quality common group gear : lafuma and THE NORTH FACE tents & propane gas

Mules for your individual gear to base camp, (and also for return with maxi 30 kg.pp.)

First Aid kit, hyperbaric chamber, oximeter, oxygen bottles at base camp and camp 1

Radio communication VHF and BLU HF

SERVICE doesn't include :

All personal climbing gear

Aconcagua permit per person

Porter (available) for personal or collective gear

Any cost involved in an early or late departure from base camp, or from any camp

Meals, drinks and restaurants in Mendoza or in towns

Accident or RC civil liability insurances; rescue insurance; doesn't include any kind of insurance

Any extra expense or other service not included in our list

N.B. OUR PRICES don't INCLUDE TAXES , ASCENT PERMITS & ENTRY to THE ACONCAGUA NATIONAL PARK. (total about 200 euros)

IMPORTANT

_ All itineraries are subject to changes due to snow and weather conditions and changes, due to individual acclimatization....

_ personal porter available upon request (about 250 US dollars a day) at your additional cost

Our organisational experience and skills in the field mean that you can participate in this expedition in maximum safety (with advice from high mountain guides Fred BUTTARD + Yves Astier).

In preparation for our expeditions, we offer fairly cheap weekends in CHAMONIX or on Ben Nevis, where you can meet your guide and the other expedition members, and update your technical skills.

Aconcagua, along with the Lenin Peak (Chon Ton), is the (nearly) 7000m summit which is technically easy enough to be accessible even to non-mountaineers.

If you are motivated by discovery and adventure, and are in very good physical condition, you can take part in this high altitude expedition. Nevertheless, some mountaineering experience would be preferable, and would allow you to operate in independent teams following the tracks and advice of our high mountain guides.

DAY BY DAY PROGRAMME

Day 1 : By air, Paris-Buenos Aires Mendoza or Lyon-Buenos Aires
Or from LONDON or PARIS to MENDOZA- Argentina (through Buenos Aires or Santiago)
Welcoming you at airport in Mendoza. At night, hotel in MENDOZA.

Day 2

Transfer to Aconcagua Provincial park permit office, to obtain the different trek and ascent permits (a compulsory PERSONAL procedure); then we head west to PENITENTES village, at the entry of the Vacas valley; lodging at hotel Penitentes or Ayelen

Day 3 : Acclimatization trekking including ascent of **Cerro Penitentes** (approx. 4500 m) or



ascent of MAIPO. Fantastic views of the south face of Aconcagua from Cerro Penitentes. Return to Puente del Inca.

Rest or swim (hot springs). Tidying up our rucksacks...

Days 4 & 5 & 6 : We will sleep from now on every night in TENTS.

APPROACH accross Las Vacas valley up to PLAZZA ARGENTINA , altitude 4300 m

Rucksacks and food carried by mules whilst crossing the great desert plains. Just carry with you a small 30 litres rucksack for your jackets and a bottle of water, some food and a compass !!

Days 7 & 8: setting up the base camp !! And ACCLIMATIZING walks.

Days 9 to 11 :

Then acclimatization walks (carrying loads up to camp 2), or ascent of another snowy 5400m or 5800m summit (Cerro Ameghino normal route, for instance) + sleeping one night anyways in CAMP 1, 5300 m altitude, even if we don't attempt to climb Cerro Ameghino. The other days we 'll come back down to base camp, 4300 meters altitude, called Plaza ARGENTINA.

Days 12 to 19: ascent of Aconcagua.

We will set up our tents and sleep at the altitude of :

_ camp 1= at 5200 m + _

_ camp 2 = below the polish glacier (on a windy big platform) , alti 5840 meters high

_ camp 3 = around 6200 m on the glacier

_ then to the summit 6967 meters, and immediately downwards on the easy NW normal route to NIDO DE CONDORES (5300m) ,huge plateau and col /pass between the normal route and the east face. Next day, probably DAY 17 or 18 , descent to PLAZA DE MULAS 4350 m, base camp of the normal route (where we will probably rest one day if we have time left !) .

IF NEEDED we will have time for two attempts.

* Nights spent in tents

* Several attempts (with porters if necessary, at your own expense). DESCENT on the north-west side by the normal route to NW base camp of PLAZA DE MULAS.....

Day 20 : In one day, return to the hotel in Penitentes where we'll find our town garments. Luggage, rucksacks, tents, etc., will be carried by mules from base camp...

Day 21 or 22 : Return to MENDOZA by minibus.

Day 22/ 23 = Then return flight: by air Mendoza-London or Mendoza-Paris .

PROGRAMME for the POLISH glacier & traverse :

From day 4 onwards, the actual expedition will begin with three days of acclimatization walking up the verdant 'valle de las vacas' as far as PLAZA ARGENTINA, base camp for the east face of ACONCAGUA, at 4300 m!

Around days 8 &10:

Ascent of a small summit - no mountaineering involved.

Either ascent of the normal route on CERRO AMEGHINO, or light load carrying to camp 1 and PITCHING FIXED TENTS at camp 1 (4950m.) Night 8/9 spent at camp 1, passive acclimatisation.

PORTERAGE

* Walk in to base camp: by mule (luggage).

* Ascent of Aconcagua: carry own rucksac.

MISCELLANEOUS

*Preparation and fitness training during the months preceding the expedition are fundamental to its success, as very strong winds, cold and altitude demand excellent physical fitness.

- All decisions concerning the ascent will be made by the mountain guide alone.

ACCOMMODATION

MENDOZA, PUENTE DEL INCA, hotels ou inns. Tents supplied.

FOOD



Excellent food in restaurants and hotels. Mountain food specially prepared for high altitudes.

CLIMATE

Best time of year : from the beginning of NOVEMBER to the end of MARCH.

During the southern summer, the average temperature is 14°C with a minimum 2°C at dawn and maximum 20°C at midday. The climate is very dry and **the sky is usually translucent and luminous**. Clouds are rare, and rain infrequent. However, above 3000m there is always the possibility of storms with snowfall in the afternoon.

Winds are very strong and usually from the west in the afternoons. Their effect is most noticeable in the transverse valleys and especially during the ascent.

BEST TIME OF YEAR : November to March (July to November for ski touring). In November bring snowshoes (with ski boot bindings) as well as crampons.

FORMALITIES

* Bring travellers cheques or US dollars.

* The local currency is the Peso.

Valid passport, no visa required.

Argentine Consulate : 1 impasse Kléber 75016 PARIS. Tel: 01 45 53 22 25. Open Monday to Friday, 0900 - 1400.

* **You must** provide us with a medical certificate confirming your fitness for high altitude, (for your own safety, as well as for the **Argentinian authorities**).

* There are no compulsory vaccinations, we recommend just the usual ones (polio, tetanus, BCG).

* With adequate acclimatisation, altitude is good for you.

* In town, beware of the "**turista**" (diarrhoea), **dubious water supplies and fresh fruit and vegetables**.

PRICE INFORMATION for the normal route or the traverse

Providing that there are enough participants : 5% reduction for couples, 10% for groups of 4 or 5 persons, 15% for groups of more than 5 persons, 15% for students. Reductions not concurrent.

OUR PRICE INCLUDES

*Travel Paris-Paris. (Payable to the agency of our choice).

*Supervision and training by a **high mountain guide**.

* Food and accommodation.

* Hire of mules and minibus. Climbing permit and taxes for ACONCAGUA included.

* Expedition equipment.

OUR PRICE DOES NOT INCLUDE

(allow approx 153 euros)

* Drinks.

* Meals in towns : Buenos Aires , Santiago, Mendoza, Penitentes, or PDI Puente del Inca.

* Airport taxes.

* Personal expenses over and above those of the expedition.

*3% compulsory insurance (repatriation-assistance-illness-accident-cancellation and interruption of the journey, loss or theft of luggage, rescue expenses).

Details of this policy will be sent to you when you book.

GUIDING

A UIAGM high mountain guide, specialist in high altitudes.

NUMBER OF PERSONS

Normal route : Minimum 5 persons, maximum 10.

By paying a 20% supplement, the expedition can take place with just 4 members

YVES ASTIER, guides-alpamayo.com _BP 9 _ 73701 Bourg ST Maurice cedex / France

Phones + 33 607785244

E-mail : Y. Astier @ Wanadoo . fr

Visit our web site : guides-alpamayo.com

EQUIPMENT

We supply :

- * Ropes and mountain equipment * Tents * Stoves * Altimeter & compass

You supply :

- * first aid kit + 'pee bottle'
- * thermarest or karrimat : enflatable mattress
- * personal equipment
- * a big rucksack (and a kit bag)
- * Koflach, rigid or semi-rigid mountaineering boots (big enough to be able to wear two pairs of woollen socks without being cramped; we suggest plastic boots with a foam or 'thermal' inner).
- * waterproof gaiters, laces
- * crampons equipped with ANTIBOTT , ice-axe (60 cm minimum) + 1 or 2 piranhas, short technical ice-axe
- * telescopic ski poles
- * 1 harness + fig of 8 + 3 prusik or MACHART loops ; 1 helmet (light); 2 ice-screws (Simond ou Black Diamond)
- * down sleeping bag + sheet inner for those who like a little extra comfort
- * 2 pairs glacier glasses + COMPULSORY ski goggles
- * 1 or 2 pairs of waterproof gloves (thisulate + gore-tex) , 1 pair warm mitts, mittens + wool gloves or fleece inner gloves
- * wool socks
- * hat or headband + PIPOLAKI balaclava , scarf, sun hat or cap.
- * survival blanket + whistle + personal compass
- * waterproof gore-tex jacket (SNC, Millet or Lafuma).
- * duvet jacket (Lafuma, Valandré or Millet)
- * waterproof gore-tex trousers (SNC or LAFUMA)
- * head torch, 6 batteries, spare bulbs, penknife, bowl and cutlery, lighters, insulated drinking bottles (1 or 2, Vango or Camping gaz : 1,5 l)
- * warm, practical clothes, overgarments, 1 pr fleece trousers (SNC) and 1 down jacket essential.
- * shorts, tee shirts, warm underclothes, clothes for in town.

*toiletries *camera (well protected) and films *small personal first aid kit (personal medicines, aspirin, sun block (skin and lips), sun cream (factor 60); vitamin C ; glucose sweets; roll of adhesive tape, safety pins, 10cm wide elastic bandage, elastoplast, disinfectant wipes, water treatment tablets.) * Spoon, small pan or plastic bowl

And your passport !!!