



Aconcagua

a first "7000m"

**On foot or by ski,
the normal route (the NW face) or the E-NW traverse**

Aconcagua (6967 m,GPS) 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'er ; even less expensive than the 7000 m summits in the ex-URSS, including the straightforward **Lenin Peak**. (in Kirghistan) which we also offer.

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 acclimatised. A 3-week expedition is the absolute minimum to give you a good chance of reaching the summit, in safety..

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 : normal route or traverse, accessible to all trekkers : TWO DEPARTURES PER YEAR: 12th November (from far ,the BEST SEASON), and JANUARY 9 TH for "falso polaco" TRAVERSE (on foot) .

On skis (4300 EUROS):

2 departures every year, from end of October ,or MID NOVEMBER (the best season)

DURATION: maximum 21 days

NIVEAU : you don't need to be a mountaineer, this route is accessible to a fit walker who can stand the cold. It is not a technical route, but a high altitude ascent.

You will preferably :

Be used to walking in the high mountains.

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.

N.B. OUR PRICES don't INCLUDE TAXES , ASCENT PERMITS + ENTRY TO THE ACONCAGUA NATIONAL PARK.

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 a 'pre-acclimatisation' before leaving France (several nights at the Aiguille du Midi or the Cosmiques hut).

PRICE PER PERSON without the international aircraft fare (with minimum5 persons) :

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

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****Traverse : 2795 euros including ascent permit and Aconcagua taxes**

*** maximum 5 participants)**

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 Philippe Collet and Yves Astier).

In preparation for our expeditions, we offer paying weekends, 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 or Lyon, or LONDON to Buenos Aires/ Mendoza or LONDON/ SANTIAGO and MENDOZA....where we'll welcome you at airport !

. Hotel in MENDOZA .

Day 2 : By coach to Los Penitentes. Acclimatisation trekk including ascent of **Cerro**



Penitentes (approx. 4500 m) or ascent of MAIPO. Fantastic views of the south face of Aconcagua. Return to Puente del Inca.

Rest or swim (hot springs). Preparation of rucksacs...

Days 3 & 4 : 'en route' for Aconcagua. Walk in towards the normal route base camp, as far as the NORMAL ROUTE 'hotel-mountain hut' (4300m), or the las Vacas valley (east face) for the traverse. Rucksacs and food carried by mules whilst crossing the great desert plains. We will stay either under canvas or in the mountain hut, depending on numbers and budget.

Days 6 & 7: acclimatisation summit: from the base camp for the normal route, **Le Cuerno**, reaching 5460m ; on the east side, ascent of Cerro Bonete or another snowy 5400m ou 5800m summit (Cerro Ameghino)

Day 8 : preparation for the summit.

Days 9 - 18: ascent of Aconcagua. We will have time for two attempts.

* Nights spent in tents (on the normal route, the basic mountain huts/bivouacs have all collapsed : Condor's Nest (5400m), except the Berlin hut (5990m)), then the summit.

* Several attempts, with porters if necessary. Descent to base camp.

Day 18 or 19 : Return to the hotel at Puente Del Inca. Luggage, rucksacs, tents, etc., will be carried by mule from base camp...

Day 19 or 20 : Return to Santiago, Chile, or Buenos-Aires, by minibus.

Day 21 : By air Buenos Aires-Paris, or Santiago – Paris.

PROGRAMME for the TRAVERSE :

From day 4 onwards, the actual expedition will begin with three days of acclimatisation walking up the verdant 'valle de las vacas' as far as PLAZA ARGENTINA, base camp for the east face of ACONCAGUA, at 4200 m!

Around day 7 :

Ascent of a small summit - no mountaineering involved.

Days 8 & 9 :

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.

Days 10 - 17 :

Ascent of the east face, with 3 camps (only camp 1 will have fixed tents); the classic traverse finishes via the normal route on the north west side, which we will use for the descent. Descent from the summit to the Berlin hut (5960m) or the plateau/pass 'Nido de Condores' (nearly 5600m.) for the night!

Day 17 :

Descent to the normal route base camp mountain hut (4300m), PLAZA DE MULAS . The next day, (in the worst case, on **day 18**), we will return to the village of PUENTA DEL INCA in one long, 8-hour day, via the arid LOS HORCONES valley, which is barren but beautiful and very colourful. Luggage will be transported by mule. From PUENTE DEL INCA, transfer by road to MENDOZA or SANTIAGO DU CHILI.

PORTERAGE

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

* Ascent of Aconcagua: carry own rucksac.

MISCELLANEOUS

* Day 2 : The guide will spend half a day dealing with any permission problems in Mendoza.

*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

SANTIAGO or BUENOS AIRES, 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. (Payable to the agency of our choice).

* 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 3 members.

"ALPAMAYO" BUREAU DES GUIDES B.P 18 38250 VILLARD DE LANS

Tel 06 07 78 52 44 and 04 76 94 18 75 (before 7 pm)

E-mail : Y. Astier @ Wanadoo . fr

Visit our web site : perso.wanadoo.fr/yves.astier/

EQUIPMENT

We supply :

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

You supply :

- * first aid kit + 'pee bottle'
- * thermarest or karrimat
- * personal equipment
- * a big rucksac 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, ice-axe (60 cm minimum) + 1 or 2 piranhas, short technical ice-axe
- * telescopic ski poles
- * 1 harness + fig of 8 + 3 prusik 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
- * 3 pairs of gloves, 1 pair warm mitts + wool gloves or fleece inner gloves
- * wool socks
- * hat or headband + PIPOLAKI balaclava , scarf, sun hat.
- * survival blanket + whistle + personal compass
- * warm waterproof gore-tex jacket (SNC, Millet or Lafuma).
- * duvet jacket (Lafuma, Vallandré 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 !!!