

ANDES MOUNTAIN EXPEDICIONES

**ACONCAGUA NORMAL ROUTE**



**Trip:**

**19 days length**

**4 nights hotel**

**Mules up to Base Camp**

**Hi altitude Expedition**



Aconcagua was first climbed in 1897, up the Northwest side of the mountain by Swiss Mountain Guide Matthias Zurbriggen. This route has become the most popular way to climb the mountain, and is known as the Ruta Normal or Normal Route. The extreme altitude, severe winds, and cold temperatures make an ascent by this, or any other route on this mountain, very challenging.

**Your trip.**

Aconcagua normal route is a classic mountaineering trip. Our expedition starts in Mendoza where our guides await you at the airport. After accommodate in our hotel, we will check your personal mountaineering equipment according to our equipment list (see below). This is a very important step in the expedition, sometimes we discover some clothes not warm enough for this mountain, do not sub estimate cold temperatures in this mountain. In that case we can suggest some alternatives and also stores where you can buy or rent extra equipment.

In Mendoza we will get our Aconcagua climbing permit climb (not including in the price), to do that our guide will accompany you at Park office in Mendoza. For this you need to show your passport. After finish this you can enjoy this beauty city, friendly people and prepare last details for our Aconcagua expedition.

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Also, we will discuss the philosophy and style of the expedition, prescription medications at altitude, the effects of Diamox (Acetazolamida), sanitation, water treatment, teamwork, techniques and advises to climbing a big mountain like Aconcagua.

At day two of our program our van will take us to Penitentes, a ski area on the Argentinean side of the dramatic Andes Mountain Range, a 3 to 4 hour ride from Mendoza, ascending over 10,000 feet through rugged mountain scenery.

Here we will stay one night at 2,500m, Penitentes is the beginning of our acclimatization process.

For Normal route we take a maximum of 9 clients and 3 guides.

Our meals are varied and well chosen. Fresh and delicious food is always available in our trips. Vegetables, fruit, meat, chicken and even fish are among our menu, as well as pastas, rice, potatoes rich in carbohydrates. Wine, coke, beer, biscuits, cheese, crackers and everything we need to make our trip pleasant. In high camps we use intensive amount of calories per day, carbohydrates, weight, taste, variety and creativity.

### **Approach to Base camp.**

This trip has two days approach to base camp and one day to hike at south face of Aconcagua. In these days we use horses for carry load. Common equipment such as tents, stoves, pots, food will be transferred by horses.

Bring your personal duffel bag to put in your equipment such as crampons, ice axe, mountaineering boots, technical clothes, etc, and one horse (mules) will carry it to next camp, until base camp. On approach days you can use a day pack to carry trail food, water and some extra clothes in case of cold days. Maximum weight of duffel bag is 20kg.

We have access to our mules and gear every night on the approach. Occasionally a thunder shower will pass by and have us quickly changing from shorts to our warm clothes.

At the end of expedition, we will use same system to carry down common and personal equipment with horses.

### **Base Camp.**

We will spend a minimum of 3 nights in Plaza de Mulas Base Camp, due this way give us a best chance to acclimatize and make the Summit. The most effective way to do this is to take the time to acclimatize to the low oxygen environment. To develop this idea, we will carry our loads (fuel, food, climb material, etc..) up in our packs to the next camp and return to sleep below at the previous camp. Carry high and sleep at lower camp. The next day we will move to the higher camp.

We check your acclimatization, we use Nonin Pulse oxymeters for high mountaineering expeditions. Every expedition has one of these instruments to measure the saturation of oxygen of each client allowing for daily control and safety in the route to the summit.

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### Porters.

This service are available, (NOT INCLUDED IN ORIGINAL BUDGET), you need to let us know if you wish a porter and we will have it all arranged for you.

Porters cost \$120 to \$160 per load carry. You will need a maximum of 5 to 6 load carries from Base Camp to High Camp (Berlin) and back down to Base Camp again, if you choose to have a porter for each carry, and move, and for the descent of the mountain. Porters will be available at Base Camp. The final number of estimated load carries may be decided at Base Camp.

### PROGRAM

#### Day 1: Arrival to Mendoza.

Flight to Mendoza. We will await you at the Mendoza airport. Private transfer from airport to our Hotel (Hotel Aconcagua 4\* [www.hotelaconcagua.com](http://www.hotelaconcagua.com)) located in town center near shops and restaurants. Meeting to discuss the program and check your personal mountain equipment. Dinner. Dinner not included.



#### Day 2: Mendoza - Penitentes.



Get the climbing permits during the morning. Ground transfer to Penitentes in a private vehicle, village at the mountain at 2.400 m.a.s.l. Lodging in Hotel, Penitentes (Hotel Ayelen). Dinner and breakfast include.

#### Day 3: Entrance Park – Confluencia.

After leave our gear ready to be loading on the mules, we will begin our approach to base camp in Plaza de Mulas, doing our first stop at camp Confluencia (3,368m). Dinner.

#### Day 4: Confluencia - South Face - Confluencia.

Breakfast. This day, our main objective is the acclimatization process. On this day, will hike until the imposing Aconcagua south face (Plaza Francia trek), 7 hour round trip. Back to Confluencia camp. Dinner.

#### Day 5: Confluencia - Plaza de Mulas.

Breakfast at the morning. This it is a long trek through the upper section of the Horcones valley, until "Plaza de Mulas" (6-7 hours) located to 4,200 meters above the sea level. Camp. Dinner.

#### Day 6: Acclimatization day.

Breakfast . This day we'll make smooth trek near to our base camp, visit the Horcones Glacier.

Check our high mountaineering equipment before to carry to high camps. Dinner.



#### Day 7: Carry load to camp Canada.

Breakfast. After pack our gear we will hike until camp "Canada" (4,877 meters), carrying part of our equipment, food and fuel. Back to the base camp. Dinner.

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### **Day 8: Plaza de Mulas - Camp Canada.**

Early we will hike until the Camp "Canada", that is reached approximately between 4 to 5 hours. Set up or camp and dinner.

### **Day 9: Camp Canada - Nido de Cóndores.**

Early we will initiate a trek by a smooth slope, towards to "Nido de Cóndores" camp at 5,365m. Set up or camp and dinner.

### **Day 10: Carry load to camp Berlin.**

Carry part of our equipment and food to "Berlin". Back to "Nido de Cóndores" camp. Dinner.

### **Day 11: Nido de Cóndores - Camp Berlin (5,950m.)**

Early we will initiate our hike towards our last camp. There we'll rest and prepare our equipment, water and food for the summit day. Set up or camp and dinner.

### **Day 12: Berlin - Summit - Berlin.**

Leaving early, we will initiate our ascent via normal route. The "Paso del Viento" is our first psychological difficulty due the long traverse. Soon, the path continues toward the Canaleta, the most hard section to climb due the difficult loose rock section and for the high altitude. Once surpassed already we can count with the **summit** photo and a spectacular view of the South face of the Aconcagua.



### **Day 13: Berlin - Plaza de Mulas.**

Down hill until Plaza de Mulas. If conditions are ok, we can continue down to Puerte del Inca. Dinner at Plaza de Mulas.

### **Day 14: Plaza de Mulas - Puente del Inca.**

Long trek to Puente del Inca. Transfer to Hotel in Penitentes, Ayelen. If the group agree, in this day we can drive until Mendoza. Hotel Aconcagua.

### **Day 15: Puente del Inca - Mendoza.**

Drive to Mendoza. Hotel Aconcagua.

### **Day 16, 17: Extra days.**

Is necessary indicate that the expedition can take a extra days for better climatic conditions or reach a better acclimatization.

### **Day 18: Mendoza – Flight back.**

Pick up at the Hotel. Transfer to airport.



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### **Service includes:**

- Bilingual mountain Guide (Max. ratio guide - client, 1:3)
- All private land transportation, from airport
- Two nights hotel in Mendoza, four stars (breakfast included)
- Two nights hotel in Penitentes (breakfast included)
- One dinner in Penitentes
- Mules for common equipment (tents, stoves, pots, food, fuel, etc.)
- Mules for personal gear (20 kg. max.) to base camp (Plaza de Mulas) and return
- High quality Mountain tents for sleep
- Dinner tent at base camp
- Complete high altitude cooking gear with tables and chairs
- All meals during the expedition
- Radio communication
- Medical kits during the expedition
- Satellite phone during the expedition (US\$ 6 a minute)
- Pulse and Oxygen daily monitored to check acclimatization

### **Service does not include:**

- Flight to Santiago, Chile, or Mendoza, Argentina
- Aconcagua permit fee (High season USD\$ 450)
- All personal climbing equipment (see personal equipment list)
- Accident and rescue insurance
- Cash for extra expenses
- Porters at Base camp. This can be arranged at Base camp if you need help carrying your things up to high camps.
- Extra meals in Penitentes and Mendoza (dinners and lunches in Mendoza)
- Extra days in hotels in case of premature arrival
- Extra nights Hotel, in Mendoza and Penitentes in case of not use of extra days or premature arrival from the Mountain
- Extra transportation from Penitentes to Mendoza in case if you leave our trip before schedule.

## Personal Equipment for Aconcagua Normal route expedition

### **Upper body:**

- 2 T-shirt's long sleeve polypropylene
- 2 T-shirt's polypropylene short sleeve
- 1 expedition weight polypropylene or capilene shirt
- 1 jacket of pounds or fleece
- 1 breathable jacket such as Gore-Tex with hood
- 1 jacket of pile
- Down or Polarguard parka with hood

### **Head**

- Sun cap
- Ski hat fleece or wool
- Balaclava

### **Hands**

- 1 pair of gloves thin polypropylene
- 1 pair of gloves heavy polypropylene
- 1 pair of gloves doubles (neoprene or fleece internal layer /Goretex shell)

### **Lower body:**

- 2 lightweight polypropylene underpants
- 1 fleece pants with full length side zippers
- 1 breathable windproof pants or bibs such as Gore-Tex (full length side zippers)

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recommended)

- 1 lightweight trekking pants (day of trekking approach)

### Feet

- 2 pair of socks polypropylene, thick for up to base camp
- 1 pair of sock polypropylene, thin for summit day
- 2 pair of socks for approach trekking days
- Trekking boots or lightweight trekking shoes
- Plastic double mountaineering boots or Leather double mountaineering boots
- Gaitors

### Technical Equipment:

- Adjustable trekking poles
- Ice axe (walking ice axe 50 to 70 cm long)
- Crampons (desirable flexible and automatic)
- Day pack for approach
- 1 Ascender
- Backpack (65 liter or more)
- Sleeping bag (at least for -20°C)
- Long cushion insulator (inflatable pad and/or foam pad)

### Personals

- 2 pair of sun glasses (one as a spare)
- Sun screen lotion protector
- Sun screen lip protector
- Skin moisturized
- Bottle of water of at least 900 cc with thermal cover (insulator)
- Frontal lamp (more pound)
- At least US\$ 100 in cash for cost personal in the field base (telephone, shower, drinks and extra food)
- Duffel bag with lock

### LINKS:

Application trip: <http://www.andesmountain.cl/aplicacion.html>

Web site: <http://www.andesmountain.cl/2B-Aconcagua/aconcagua.html>

Best regards,

**Pedro Marzolo**

**Andes Mountain Expediciones**

**Patagonia-Aconcagua-Andes Centrales-Cordillera Blanca-Atacama**

mail: [andes@andesmountain.cl](mailto:andes@andesmountain.cl)

web: [www.andesmountain.cl](http://www.andesmountain.cl)

Address: Las Pircas 23, Condominio Los Portones, Colina - Chile

cell: +56-997997493

Skype: pedro marzolo