

PARINACOTA VOLCANO (6.330M.)



Trip details:

- **11 days**
- **5 nights Hotel**
- **Flight Santiago-Arica Included**

About Altiplano (Atacama) Area.

Atacama it stretches from the highlands of the Andean Altiplano over the golden sands of the Atacama Desert as far as the shores of the Pacific Ocean. Diverse, surprising, majestic and untouched. This place for those people that search unique adventure with its breathtaking high volcanoes, hot springs and Andean culture, vast expanses of land and here and there, occasional signs of life... llamas, vicunas, flamingos and alpacas.

Your trip.

Your trip start in Santiago, where our staff await you at the airport. After accommodate in our hotel. Here, we will check your personal mountaineering equipment according to our equipment list (see below). This is a very important step for our expedition. Sometimes, we discover some clothes not warm enough for climb Parinacota Volcano. In that, case we can suggest some alternatives where you can buy or rent extra equipment.

Next day, our driver will pick you up and drive you at Santiago airport for our flight to Arica, where our guide will await you and transfer to city. Hotel accommodation.

From Arica we will drive to Putre village, spending two nights for acclimatization and then we will move to Lauca National Park at 4.000m above sea level.

For our trip, we will discuss the philosophy and style, prescription medications at altitude, the effects of Diamox (Acetazolamida), sanitation, water treatment, teamwork, techniques and advises to climbing a big volcano.

Bring your personal duffel bag to put in your personal equipment such as crampons, mountaineering boots, technical clothes, etc,

For extra safety, 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.

ANDES MOUNTAIN EXPEDICIONES



PROGRAM

Day 1: Arrival to Santiago.

After your flight arrival, our guide will pick you up at Santiago airport. Private transfer to our Hotel in Santiago. Equipment check. Dinner not included.

Day 2: Flight to Arica - Putre.

Breakfast. Pick up at hotel in Santiago. Private transfer to Airport. Fly to Arica. Our guide will await you at Arica airport. Ground transfer in a private vehicle to Putre located at 3,600 meters above sea level (11,811ft). Dinner not included.

Day 3: Putre - Jurasi hot springs.

Breakfast. Day trip walking up to Jurasi hot springs. Visit Jurasi hot spring, located at 4.000m. Lunch included. Acclimatization trek and hot spring. Back to Putre. Dinner not included.

Day 4: Putre - Lauca National Park - Caquena Bofedal.

Breakfast. Ground transfer from Putre to high land (Altiplano). Arrival to Caquena, green field area with a great view of Volcano Parinacota. Also, in this day we will take a time to visit old and traditional village of Parinacota. Camp at 4,500m (14,763ft.). Dinner.

Day 5: Acclimatization Trek.

Breakfast. Acclimatization trek around Caquena area, where we can see and learn about animals and flora that lives in high altitude areas. Back to our camp, rest and dinner.

Day 6: Acclimatization Trek.

Breakfast. Acclimatization trek around Caquena area, where we can see and learn about animals and flora that lives in high altitude areas. Back to our camp, rest and dinner. Today we will carry some of our gear at high camp and leave it up there for next days camp.

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Day 7: Camp 1 - Parinacota High camp.

Breakfast. Long trek toward high camp, arriving at 5,200m (17,060ft.) Today, animals (Llamas and donkeys) will help us to carry our load. Around 4 to 5 hours of hike. Set up our camp. Dinner.

Day 8: Rest day.

Rest day before summit day. Half day walk, up from our high camp. Back to our camp. Dinner.

Day 9: Summit day.

Breakfast. We start our summit attempt before sunshine. This is a long day toward this summit, it`s take around 11 to 12 hours round trip. From the top, we contemplate great view to neighbor peaks of Paomerape and Sajama (Bolivia). Back to our camp. Dinner.

Day 10: Parinacota high camp – Quaquena - Arica.

Breakfast. 10:00am donkeys arriving to pick up our bags and equipment for our return to base camp. Walk down to our base camp (3 to 4 hours). Celebrating meals. Here our vehicle will transfer us to Arica (3 hours). Hotel accommodation. Dinner not included.

Day 11: Fly to Santiago.

Private ground transfer to Arica airport. Fly back to Santiago. Pick up at the Santiago airport, private transfer to Hotel. Dinner not included.

Day 12: Fly back.

Pick up at the hotel. Private transfer to airport. Flight back.



Services:

- Mountain Guide
- Private ground transport
- Flight Santiago - Arica - Santiago, with 20 kg baggage
- Two nights Hotel in Santiago, double occupancy with breakfast
- Two nights Hotel in Putre Hotel, double occupancy with breakfast
- One night Hotel in Arica, with breakfast
- First aid kit
- Pulse oximeter for check the acclimatization
- High mountain tents for sleep

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- Base Camp Dinner tent with tables and chairs
- Medicine kit
- Radio communication UHF, VHF
- Satellite phone (USD\$ 6 el minute)
- All the meals while we are in the mountain (Breakfast, dinner and box lunch)
- Permit climb

Services does not include:

- All personal climbing equipment gear
- Excess luggage on flight to Arica (20 kg.)
- Accident and rescue insurance
- Cash for extra expenses, extra meals and drinks
- Dinners in Santiago, Putre and Arica

Camping food detail:

Snack: Crackers, cheese, coke, bear, olive, onions, chips, wine, orange juice, etc...

Dinner: First plate, Second Plate, Desert, Chilean wine, coke and coffee

Breakfast: Tea, milk, coffee, toast bread, eggs, cereals, jam, juice, pancakes, biscuits, cake, etc..

Trail food: Sandwich, peanuts, dried juice, candies, peanuts, cereals bars, fruit, small juice box, chocolate bar, biscuits, cheese, salami.

Parinacota Equipment List

Upper body:

- 2 T-shirt's long sleeve polypropylene
- 2 T-shirt's cotton or 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 /Gore-Tex 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 recommended)
- 1 pair of shorts for swim
- 1 lightweight cotton pants (day of trekking approach)

Feet

- 4 pair of sock (best polypropylene)
- Trekking boots or lightweight trekking shoes

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- At least, plastic double mountaineering boots
- Gaitors

Technical Equipment:

- Adjustable trekking poles
- Ice axe (walking Ice axe 70 to 90 cm. aprx.)
- Crampons (desirable flexible and automatic)
- Backpack (70 liter or more)
- Sleeping bag (at least for -20°C)
- Long cushion insulator (inflatable pad 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)
- Duffel bag with lock

RENT EQUIPMENT.

If you need to rent equipment, please let us know in advance. In Copiapo is not possible to find equipment, so at your arrival to Santiago is the only opportunity do find equipment for rent or stores for buy it. In Santiago there are a several good quality store if you need to buy material.

Links.

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

We site program: <http://www.andesmountain.cl/2H-Parinacota/Parinacota.html>

Regards

Pedro Marzolo

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