



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

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www.swsmountainguides.com

Phone: 888.797.6867 / fax: 877.797.6867

ACONCAGUA EXPEDITION

Highest Peak in Western Hemisphere

Normal Route



The summit of Aconcagua (22,834 ft.) is the main objective of this 3-week expedition to the southern hemisphere. We will be attempting the regular route, which, while not requiring a high degree of technical expertise, does require a relatively high level of commitment and conditioning due to the nature of the weather and high altitude involved. It is strenuous and reaching the summit requires a sustained effort that can only be realized through proper training and conditioning.

What to Expect: We will be climbing to high elevations (over 20,000 ft.). Your physical conditioning, mental attitude, and flexibility will all be factors in making an exciting, fun, and

successful trip. You will be required to carry your share of the group equipment and food while climbing to our high camps. We try to keep this weight to a minimum with the use of burros/horses up to base camp. We are traveling and climbing in a foreign country, and while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the adventure is being flexible, and making changes to the itinerary as needed to account for local conditions. If you keep this in mind you will have an exciting and fun filled adventure!

Trip Cost & Dates:

January 28th - February 18th, 2013

Price: Regular Route: \$5,000 based on 6 clients / \$5,400 based on 4 Clients

Polish Route: \$5,700 based on 6 clients / \$5,900.00 based on 4 clients

Note: Price includes Aconcagua climbing permit / Price subject to change until booking.

Route: Pricing for Normal Route Expedition. Optional routes are available and are decided by the Expedition team prior to departure. Contact SWS and our guides for options.

Level of Experience Needed:

Climbers You must have a basic knowledge and recent previous experience in the practice and use of crampons, ice ax, and winter camping/climbing. It is recommended that you have experience trekking or climbing above 14,000 ft. If you have questions about the level of experience needed, please give our office a call and we can recommend courses or seminars to prepare you for your trip.



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Physical Conditioning:

Climbers - Expedition Training; Level IV training required 5 times per week for at least 3 days at 40-60 minutes each session, 2 days at 60 -120 minutes each session, in one of the following categories or mixture of each: running, bicycling, swimming, stair master, ski machines, or other aerobic activities. It is also a good idea to include in your workout some type of flexibility training 3 times a week (stretching for at least 15 minutes). Plan on including weekend training hikes and climbs with your loaded pack for over all conditioning, this is a very important part of your overall training. Other activities which will improve your conditioning for the expedition include; weight training for strength, versa climber, jogging with a light day pack, and running stairs or hills.

Acclimatization: Most climbers don't think they need as much time for acclimation as is scheduled during Aconcagua expeditions. We have found through experience that our schedule is optimum for climbing at high altitudes to keep you both healthy and give you the best chance to reach the summit. Please give us a call if you have any questions.

Equipment: Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

General Precautions for International Travel: A complete package of Health Information for travel in South America will be sent upon receipt of your deposit. Following the guidelines will the likelihood of keeping you healthy and happy while you are traveling? It is extremely important to maintain your health while trekking and climbing.

Immunizations: A recommended list of immunizations for South America will be sent in conjunction with our health information upon receipt of your deposit. If you require this information before making your decision to join the expedition give our office a call. We will be contacting you with any up to date information on Argentina if needed. You can get up to date information at your local Public Health Department along with inexpensive immunizations. If you need immunizations, please get them as soon as possible - some immunizations are given over a period of time. For your health and safety it is very important to have your immunizations up to date.

Passports and other Documentation: You are **required** to have a passport for travel in Argentina and for entrance back into the United States. Please don't forget! Check the equipment list. Airport Exit Tax from Mendoza, Argentina is Approx. **\$30.00- \$40.00 in U.S. funds**. (Not included in cost of trip).

Please note: Argentina now charges a reciprocal fee to tourists entering from countries that charge its citizens a visa or entrance fees (i.e.: US). Consequently, **\$140.00** (Not included) to enter their country for US citizens, other international travelers pay as well, between \$15.00 and \$55.00 US dollars.

Baggage Restrictions: Please check with your airline and point of departure for baggage restrictions. Generally, departures from the US allow you to check two bags (not exceeding 50 lbs per bag) with one additional carry on not to exceed 40 lbs. The equipment on our list is under the weight and size



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restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive.

Meeting Location: We will be contacting you at least **14 days** before your departure with the name and phone number of the hotel in Mendoza, Argentina, where you will be meeting your guides with instruction on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will be in contact to discuss the options.

Deposits: A \$750 deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your \$750 deposit and Expedition Application Form you will be sent a complete course information package. Either the Director of Sierra Wilderness Seminars or one of the guides leading the expedition any questions you may have to help answer and to help you with your airline arrangements will contact you.

Refunds: A \$750.00 nonrefundable deposit is required with each reservation and the balance is due 90 days prior to the course. In the event you must cancel your reservation, between 90- 60 days before the course, a \$750.00 cancellation fee is required and the balance refunded. Between 60- 45 days prior to the course a 50% cancellation fee is required with the balance refunded. We are sorry, but NO REFUNDS can be made within 45 days prior to the course starting date.

Includes: Information support, professional guides, ground transportation, all lodging, mules and porters (as needed), all meals while climbing (Puente del Inca to Puente del Inca excluding beverages and lunches in Puente del Inca as noted below*), breakfast in cities, entrance fees to parks, climbing permits, radios, safety equipment, group technical equipment, and group camping equipment including tents, stoves, and fuel.

Food & Beverages: All meals are provided while climbing and trekking, dinners and breakfasts while in Puente del Inca, Continental breakfasts while in cities at our hotel. Clients are responsible for extra beverages and meals while in cities, *extra beverages and lunches in Puente del Inca, extra beverages while at base camp or on the mountain, this includes: beer, soda, bottled water, designer water and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

Not included: Air-fare to and from Mendoza, Argentina, meals in cities, lunches in Puente del Inca, and beverages as noted above*, airport exit tax (Approx. \$30.00), laundry, and personal climbing and trekking equipment.

Group size: Limited to 8 adventures/expedition climbing members with 2-3 guides

Trip cancellation Insurance: It is recommended that you obtain trip cancellation insurance for your journey. You can obtain trip cancellation insurance by logging on to our website at: www.swsmtsn.com under reservations and click on the link to trip cancellation insurance or contact our office for the application.



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General Itinerary for Aconcagua Expedition

- Day 1 Arrive in Mendoza, Argentina/ Meet Group
- Day 2 Mendoza, Argentina; obtain climbing permits & supplies, night in Mendoza
- Day 3 Bus or Private Transport to Puente del Inca, night in Puente del Inca (9,500)
- Day 4 Nights in Puente del Inca, (9,500 ft.)
- Day 5 Hike to Confluencia (11,000 ft.) 10-12 mile hike
- Day 6 Hike to Base camp (14,000 ft.) 10 mile hike
- Day 7 Aconcagua Base camp (14,000 ft.) acclimatize
- Day 8 Aconcagua Base camp (14,000 ft.) acclimatize
- Day 9 Aconcagua Base camp (14,000 ft.) acclimatize/Haul Loads to Camp Canada
- Day 10 Aconcagua Base camp (14,000 ft.) acclimatize / Haul Loads to Camp Canada
- Day 11 Climb to Camp Canada (16,500 ft.)
- Day 12 Climb to Upper Condors (18,000 ft.)
- Day 13 Rest at Upper Condors (18,000 ft.)
- Day 14 Upper Condors (18,000-ft./ Camp Berlin (19,500 ft.)
- Day 15 Upper Condors (18,000-ft./ Camp Berlin (19,500 ft.)
- Day 16 Summit Attempt (22,834 ft.)
- Day 17 Summit Attempt (Extra days for weather)
- Day 18 Summit Attempt (Extra days for weather)
- Day 19 Descend to Base camp from High Camp





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Day 20 Hike to Puente del Inca- 25-mile hike Return to Mendoza for celebration dinner

Day 21 Return flights to United States

Note: This is a general itinerary and we will attempt to follow this approximate schedule. But due to the nature of international travel, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goal of success on the summit of Aconcagua. Expeditions will end upon return to Mendoza. SWS Mountain Guides will not be responsible for extra hotel days in Mendoza or Santiago if the trip ends early due to a quick ascent or abandonment of the climb, illness, or unforeseen problems.

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