



SWS Mountain Guides

P.O. Box 988

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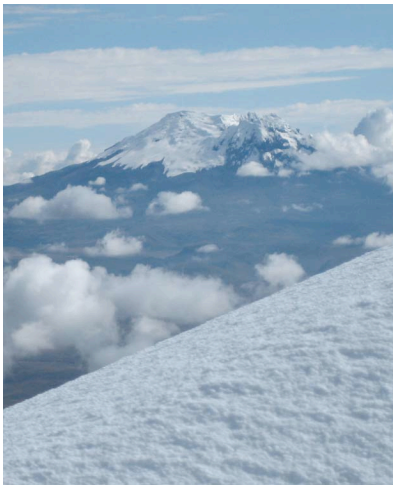
www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

Ecuador Volcanoes High Altitude Mountaineering Course

The Land of the Incas

Cayambe (18,997 ft.) Cotopaxi (19,348 ft.) Chimborazo (20,703 ft.)



Join SWS Mountain Guides for a climbing adventure in Ecuador! Our 14-day expedition allows the opportunity to experience cities, villages, countryside's, and high mountain peaks. After arriving in Quito, Ecuador's capital and the heart of the Central Highlands, we will spend two days shopping, sight-seeing, and exploring Quito while acclimatizing. Traveling north from Quito through the mountain city of Cayambe up to one of the finest huts in Ecuador at 14,200ft. At the base of Volcan' Cayambe (18,997 ft.) we will train and review climbing techniques and our acclimatization prior to our summit attempt of Cayambe. We will return to Quito and the Magic Bean for a hot shower and a great meal before head south to Latacunga to further acclimatize in the vicinity of Cotopaxi National Park. Traveling to the Cara Sur Hut at the base of Cotopaxi for a night in our hut at 13,125 ft before climbing the next day to our high camp at 15,700 before attempt the summit of Volcan' Cotopaxi (19,348 ft.) the next day. If you have booked our extension we will continue our adventure south, to Riobamba, feeling fit and acclimatized for our attempt of Chimborazo (20,703 ft.), the highest peak in Ecuador. If not we will be returning to Quito for airline departures, but if time allows we will explore the town of Bano's an

exciting town with a mix of international travelers and hot springs for a relaxing evening. This trip is a true travel adventure with a lively mix of sight seeing, climbing, hiking, and exploring. If you have always wanted to experience the culture of South America, and have a desire for high altitude climbing, come join us! **Note:** We are happy to accommodate non-climbing participants who have a desire to explore Ecuador, but do not have desire to attempt the summits.

What to Expect: We will be climbing at what are considered high elevations (15,000 ft. to 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 SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the fun and 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 exciting and rewarding adventure!

Trip Information:

Dates: January 2nd- 15th, 2012 **Special Price:** ~~\$3,150.00~~ **\$2,850.00**
November 3rd -16th 2012 **Price:** \$3,150.00

Chimborazo optional Extension:

January 16th-21st, 2012 **Special Price add:** ~~\$875.00~~ **\$775.00**

November 17th-21st 2012 **Price add:** \$875.00

*Price subject to change until booking due to international exchange rates.

Level of Experience Needed:

Climbers High Altitude Mountaineering Training Level IV conditioning. We recommend basic knowledge of backpacking, hiking and/or basic mountaineering skills including basic ice ax and crampon use. 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 this trip.

Non-Climbers Moderate Level III conditioning - hiking, trekking, or backpacking experience is recommended.





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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 our expeditions and courses. 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 or check the Health information link at: www.swsmtns.com/expeditionhealth.html Following the guidelines will increase 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 or check the Health information link at: www.swsmtns.com/expeditionhealth.html Local Public Health departments do offer inexpensive travel immunizations or check with your personal physician. 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 Ecuador and for entrance back into the United States. Please don't forget! Check the equipment list. Airport Exit Tax from Quito, Ecuador is approx.: **\$40.80 U.S. funds**. (Not included in cost of trip).

Baggage Restrictions: Please check with your airline and point of departure for baggage restrictions. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 40 lbs. The equipment on our list is under the weight and size 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. Additional note: Airlines are not currently charging for baggage on international departures.

Meeting Location: We will be contacting you at least **14 days** before your departure with the name and phone number of the hotel in Quito, Ecuador 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 SWS Mountain Guides 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.



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Includes: Information support, professional guides, ground transportation, all lodging, mules, horses, and porters (as needed), all meals while climbing, continental breakfasts while in cities at our hotel(s), entrance fees to parks, hut fees, 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/or trekking, continental breakfasts while in cities at our hotel. Clients are responsible for extra beverages and meals while in cities, extra beverages while at base camp, or in huts 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: Airfare to and from Quito, Ecuador, meals in cities, and beverages as noted above*, airport exit tax (Approx. \$40.80), laundry, and personal climbing and trekking equipment.

Group size: Limited to 8 adventures/expedition climbing members

Trip cancellation Insurance: It is recommended that you obtain trip cancellation insurance for your journey. You can find trip cancellation insurance on a link at our website: www.swsmtns.com on the reservations page or under travel form from the reservations link. Or check with your travel agent.

Ecuador Itinerary:

Day 1. Arrive in Quito, Ecuador from United States. Meet your guides, evening at the Magic Bean, no meals included.

Day 2. We will start the acclimatization process in Quito, (9,200 ft.) with the first two nights spent adjusting to the new culture, exploring Quito, and enjoying the shops and excellent restaurants. We will take a short trip to the equator known as the Mitad del Mundo (middle of the world) just outside the city of Quito, and tour the museum inside the monument which is at a latitude of 0°0'00". The afternoon will consist of short acclimatization hike at the nearby pre Incan ruins of Rumicucho or a walking tour of Old Town Quito. Overnight at the Magic Bean

Day 3. Another day of acclimatization day. After a leisurely breakfast at the Magic Bean and we will then pack up our lunches and catch a taxi to the TeleferiQo and catch the tram up to the base of Rucu Pinchincha. From here we will then proceed to hike up to the top (15,413 ft.) and have lunch and enjoy the tremendous views of Quito and the surrounding areas. Back to the Magic Bean to pack for tomorrow's trip to Cayambe. No meal included

Day 4. Travel north from Quito through the mountain city of Cayambe up to one of the finest huts in Ecuador at 15,250ft. Depending on conditions, a short hike may be necessary to the hut. The evening will be including lectures in high altitude mountaineering considerations, knots, and mountain medicine. Overnight at the hut.

Day 5. Acclimatization day/ overview of basic mountaineering skills. Overnight in the hut

Day 6. Acclimatization day with a short hike to the glacier. From here, we will conduct instruction in glacier travel and crevasse rescue skills. Overnight at hut.

Day 7. We rise early and begin our ascent of Nevado Cayambe (18,993 ft.). We climb on glaciated terrain and steep snow slopes and finally tackle the difficult bergschrund near the summit. Overnight at hut

Day 8. Weather Day/ possible summit day. Overnight at the hut



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Day 9. Travel back to Quito for a hot shower and a relaxing evening at the Magic Bean / re-pack and re-supply. Dinner not provided

Day 10. Travel to Cotopaxi National Park Cara Sur Hut 13,125 ft. on the Southside of Cotopaxi. Spend the afternoon and evening enjoying the wonderful views. Overnight in Cara Sur Hut

Day 11. Sleep in, have a nice breakfast and pack our daypacks (the heavy gear is carried by horse) for a hike up to the high camp at 15,700 feet. Overnight in High Camp Hut

Day 12. Up early for Summit day of Cotopaxi (19,347 ft.) from a Southside route. Overnight at Cara Sur Hut 13,125 ft.

Day 13. Extra Summit day (weather day), upon completion we will hike back to our transportation and head back to Quito for our celebration dinner and some last minute shopping. Prepare for flights home or if staying on for Chimborazo Extension back to Quito to re-supply and re-pack.

If we have extra days due to great weather, we may make a trip to the city of Bano's for a relaxing evening at low elevation and a dip in the natural hot springs.

Day 14-A. Transport to the airport and flight back home.

Chimborazo Extension:

Day 14-B. **Chimborazo Extension:** Travel to the town of Riobamba and a night in the Whymper Hotel.

Day 15. Travel to the base of Chimborazo with an short (easy) hike to the Edward Whymper Hut (16,500 ft.)

Day 16. Day of Acclimatization at the Whymper Hut (16,500 ft.)

Day 17. Midnight departure for a summit Attempt of Chimborazo (20703 ft.)

Day 18. Extra Day for a Summit Attempt (if needed). Or Travel to Banos for a well-deserved soak in the mineral springs and Celebration dinner.

Day 19. Travel back to Quito, and our final evening in the Capital city with great food and drink!
Overnight at the Magic Bean

Day 20. Flights out of Quito back to the 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, climbing conditions, and camp availability, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goals with success on several summits and quality High Altitude Climbing instruction.

****Additional Notes on Airline Scheduling and Planning:** Please plan your flight so you arrive in the morning to afternoon of first day for the scheduled departure date. For your departure, schedule your flight for the morning of the last date of the expedition. Any additional nights in Quito will be at your own expense. Please give us a call prior to making your final flight arrangements, or if you have any questions give at 1-888-797-6867.