



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

Mexico Volcanoes Expedition

Pico del Orizaba 18,851ft. , Ixtaccihuatl 17,343 ft. , La Malinche 14,640 ft.



The summits of Orizaba 18,851 and Ixtaccihuatl 17,343 will be the main objectives of this ten day sojourn south of the border. While not highly technical climbs, they do require a relatively high level of commitment and conditioning. It is strenuous, and to complete two climbs in one trip requires a sustained effort that can only be realized through proper training and conditioning. We will start our trip from the Hotel in Puebla, visiting the sights in and around Puebla and the Zocalo or main square before traveling west of Puebla to start our acclimatization at the huts at La Malinche and climbing La Malinche 14,640 ft. before heading off Paso de Cortez to the base of Ixtaccihuatl for more acclimatization time. We will then climb to the hut at 15,500 ft on Ixtaccihuatl before attempting the summit the following day, returning to the trailhead and a night in Puebla. We then spend the day traveling via private transportation to the sleepy town of Tlachichuca. Spending the evening at the home of Senor Reyes arranging transportation/

obtaining supplies for the trip to the Piedra Grande Hut at the base of Orizaba. The following day we will travel to the Piedra Grande Hut 14,000 ft. for the evening. Next day with an alpine start we attempt the summit of Pico del Orizaba. With our success we return to Tlachichuca and Senor Reyes Complex for a hot shower and a bunk for the night. We then head off to the beautiful town of Pueblo & the Airport for our flights back to the US. Our expedition to Mexico is an exciting mix of climbing, traveling and enjoying the Mexican culture.

What to Expect: We will be climbing at what are considered high elevations (15,000 to 18,000 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 from the huts or base camps. We try to keep this weight to a minimum. We are traveling and climbing in a foreign country, and while Sierra Wilderness Seminars Inc. 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 a exciting and fun-filled adventure!

Expedition Costs: \$3,000.00 / Special: 2 for \$5,350.00 SAVE: \$650.00

Note: Price subject to change until booking due to international exchange rates.

November 3rd-12th, 2016

December 29th – January 7th, 2017

Additional Dates: Available with 3 or more - regular prices or by private arrangement.



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Includes: Professional American guide(s), information support, land transportation, hotels, hut fees, permits, porters (as needed), all food while trekking and climbing, entrance fees to parks, climbing permits, radios, safety equipment, group technical equipment, and group camping equipment including tents, stoves, and fuel. Except as noted under food and beverages, laundry, and personal climbing and trekking equipment.

Group size: Limited to 6 expedition climbing members

Food & Beverages: All meals are provided while climbing and trekking. Clients are responsible for extra beverages and meals while in cities,* extra beverages while at base camp on the mountain or in cities, 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: International Airfare to Mexico, international airport taxes, meals in cities, and beverages, laundry, and personal climbing and trekking equipment.

Level of Experience Needed: You must have a basic knowledge and recent previous experience in the practice and use of crampons, ice ax, roped team travel, and winter camping/climbing. Experience of climbing at altitude above 12,000 ft. - 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.

Physical Conditioning: 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, exercise 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.

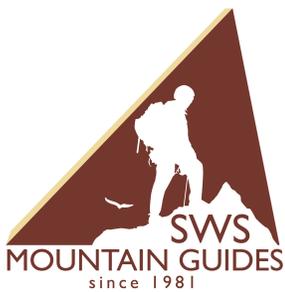
Acclimatization: Most climbers don't think they need as much time for acclimation as is scheduled during our expeditions. We have found through experience that our schedule is optimum for climbing at high altitudes to keep you both healthy and give you the best chance to reach the summit. Please give 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 Mexico 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. Check our Travel tips links at our website: www.swsmountainguides.com under Resources.

Immunizations: A recommended list of immunizations for Mexico 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 Mexico 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





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very important to have your immunizations up to date. Check our Travel tips links at our website:

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Passports, Visas and other Documentation: You are required to have a passport for travel in Mexico and for entrance back into the United States. Please don't forget! You are responsible for your Airport Exit Taxes, some are included in your international ticket price others are collected at the airport of departure. Please be aware they can be as much as \$25.00 to \$30.00 per person.

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 35 lbs on international departures without additional fees. 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.

Meeting Location: We will be contacting you at least **14 days** before your departure with the name and phone number(s) of the hotel in Mexico 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.

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 web site at: www.swsmountainguides.com under reservations and click on the link to trip cancellation insurance or contact our office for the application.

Deposits: A 50% deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your 50% deposit we will send you an Expedition Application Form, receipt of your deposit and your complete course information package. Either the Director of SWS Mountain Guides or the lead Guide on the expedition will contact you with any questions we may have and to help you coordinate your airline arrangements.

Refunds: A 50% 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 \$1,000.00 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.

Additional Notes: Airline Scheduling and Planning: Please schedule your flight arrival for Afternoon or Evening first day of the Expedition. Departure Flights: Schedule your departure flights for late afternoon or early evening of the last day of the expedition

Mexico Expedition Itinerary

Summits of La Malinche, Ixtaccihuatl and Pico del Orizaba

Day 1: Fly from US to Puebla, Mexico -Typically in the evening, meet group in hotel in Puebla, Mexico, (7,136 ft.) Evening the hotel.

Day 2: Transportation from Puebla to "Centro Vacacional IMSS La Malintzi" in cabins for the night at (10,000 ft.) short acclimation hike in and around La Malinche.

Day 3: Summit La Malinche 14,640 ft. / Transportation from La Malinche to Altazomoni Climber's Hut at Paso de Cortez - 13,200 ft. Night in Hut at Paso de Cortez (13,200 ft.)

Day 4: Hike to hut on Ixtaccihuatl (15,500 ft.)



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Day 5: Climb Ixtaccihuatl and hike back to trailhead, transportation back to Puebla for a hot shower and night in the hotel.

Day 6: Travel day to Tlachichuca night in town at Senior Reyes Hostal, gather gear and supplies for climb of Orizaba

Day 7: Transportation to the Piedra Grande Hut. (14,000 ft.), night by the hut.

Day 8: Climb of Orizaba back to Tlachichuca and the comfort of Senior Reyes Hostal

Day 9: Extra day for Weather or Acclimatization at Piedra Grande Hut (14,000 ft.)

Day 10: Transportation to Puebla, Night in Hotel

Day 11: Early Morning Flights back to the US