

Peru Expedition Training Course - Itinerary

The Cordillera Blanca (White Mtn Range) provides the perfect setting to familiarize climbers with snow and ice climbing techniques, expedition-style camping and teamwork, crevasse rescue, and safe glacier travel. We will establish a Base Camp in the Ishinca Valley and make ascents of Urus, Ishinca, and Tocllaraju during the course of our training. This is an ideal preparation for Alaskan or Himalayan expeditions, or for those wishing to participate in our Huascarán expedition.

Day 1 Arrive Lima, Peru. Flights arranged w/early AM arrival. Transfer via private mini-bus to Huaraz (3100M), the busy center for local government, education, and tourism. The 8 hour drive will take us from the modern capital city of Lima, along the spectacular desert coastline, up winding river canyons, and finally over the high plains to the foothills of the mighty Andes mountains. A restful night awaits us after dining on local specialties. Hotel lodging.

Day 2 We will relax this morning and let our bodies recover from the long hours of travel. We can leisurely tour the sights of Huaraz, as well as check equipment and prepare loads for burros. We will begin our acclimatization program with an afternoon hike or mountain bike ride. Hotel lodging.

Day 3 We begin our training today, driving to a location where we can begin learning snow travel at the most basic level. First we will familiarize ourselves with the safe and efficient use of ice-axe and crampons. Other topics today will be self-arrest and roped travel, and basic crevasse rescue scenarios. After a full day of training, we return to Huaraz. Hotel lodging.

Day 4 Today we get an early start, meeting our transportation after breakfast, and driving to the village of Collon and the trailhead for the Ishinca Valley. Our Arriero and his pack-burros will be waiting for us at the entrance station for the Huascarán National Park. We will hike with only a light day-pack, while the burros carry all other personal and group gear. The hike takes us up through forests and meadows to our Base Camp at 4100M, surrounded by peaks which will be our training grounds and climbing objectives. Tent.

Day 5 Immediately above our Base Camp lies the snow-capped summit of Urus Este, 5420 M. We will attempt the summit via the SE Ridge, first ascending a moraine ridge to a beautiful granite slabs and ledges, and finishing up an exposed glacier to the summit. After lunch on the peak we will descend to Base Camp. Tent.

Day 6 Today we will rest in Base Camp, letting our bodies recover from the many days of travel and give ourselves precious time to adjust to the increasing altitude. The nearby glacial lakes and wildflower meadows will give us opportunities to explore and photograph nearby. We can also review the glacier rescue techniques we've learned and repeat practice scenarios to build confidence and proficiency. Tent.

Day 7 Our next climbing objective will be the 5600M summit of Ishinca. Today we will move to the 4800M Ishinca High Camp, nestled in the moraines between several small glacial lakes. Here we will notice more fully the effects of the increasing altitude. We have a very impressive view of Ishinca from camp, and can study the climbing route, and its challenges, from the comfort of camp. Tent.

Day 8 When the sun rises today we'll already be well on our way to the top of Ishinca. The North Slopes Route involves considerable glacier travel, and snow climbing up to 45 degrees. From the top we should have spectacular views of some of the highest peaks in South America. We will have especially great views across the valley to Tocllaraju, our next summit goal. We should reach the summit and make our descent back to High Camp with plenty of time remaining to descend to Base Camp. Tent.

Day 9 Another rest day in Base Camp will be welcome today. This will also give us a chance to work with the guides individually and in small group scenarios. Our climbing techniques and glacier skills will be put to the test on Tocllaraju, as well as our fitness, acclimatization, and endurance. Tent.

Day 10 Today's trek is a challenge, both physically and psychologically. We wind our way up through seemingly endless moraine switchbacks, finally reaching the glacier's edge. Once on the glacier, the angle



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eases and we make more efficient progress to Tocllaraju High Camp at 5250M. We will make our camp on the glacier and prepare for tomorrow's climb. Tent.

Day 11 We will need to make a VERY early start today to ensure we can complete the climbing route, as well as the descent back to High Camp, before the sun's warmth weakens snow-bridges over crevasses, making them hazardous to cross. At 6055M, Tocllaraju's summit is the high-point of the expedition, and will provide us with panoramic views hard to match. We may choose to remain at High Camp and wait for colder, and safer, snow conditions in the morning. Tent.

Day 12 Today will be kept as a reserve day in the event of poor weather or route conditions, acclimatization needs, or rest requirements. Tent.

Day 13 Our Arriero and his pack-burros will meet us this morning in Base Camp. By mid-afternoon we should be finishing our trek to Collon, where our transport will be waiting to take us back to the comforts of Huaraz. A shower, a celebration dinner, and a soft bed will be our rewards for hard work well-done. Hotel lodging.

Day 14 We will enjoy our final parting views of the Cordillera Blanca this morning from the roof-top terrace of the hotel before our transfer to Lima. Flights will be arranged with late afternoon departures. (We are happy to arrange lodging in Lima/ Miraflores if you wish to extend your visit.)