

Bolivia 2016

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Parinacota (6342m; 20,807ft) and Sajama (6542m; 21,463ft)



For accessible high altitude technical climbing, you can't beat Bolivia! These programs are suitable for climbers in good physical shape with Mt. Rainier type experience (crampons, ice axe, roped glacier travel). This is also a great trip for the climber who fell in love with Bolivia the first time and wants to get back down and climb the tallest peak at 6542m (21,458ft).

For **August** we are adding a **new 2 week program** to climb **Parinacota** (6342m; 20,807ft) and then **Sajama** (6542m; 21,463ft), the highest peak in Bolivia.

This new program combines many of the staples that we love at IMG. A remote part of the world with two peaks over 6000 meters and they are volcanoes!

The Bolivia program is led by our IMG Senior Guide assisted by our top Bolivian guides (trained by Carlos Escobar, one of the most experienced Bolivian climbers). This trip will bring you to a wonderful country again and take you to Sajama and above that **6500 meter** mark that tests us all. We are looking forward to running this program in 2016. Bolivia is a great place for climbing!

After acclimatizing in La Paz for a day, we will drive about 5 hours towards the Chilean border and the Cordillera Occidental Range. Our staging area will be Sajama Village (4250m; 13,943ft). This village is right out of the Wild West and is also the gateway to Sajama National Park, created mainly to protect the Quinoa Forests. For acclimatization, we will make a day trip to the nearby Acotango Volcano, where we can hike to over 5500m/18,000ft. As an added bonus, we will have the chance to visit the hot springs located in the valley around Sajama Village.

Bolivia: Just The Facts

Summits:

Pequeño Alpamayo: 17482' • 5330m
Huayna Potosi: 19,974' • 6094m
Illimani: 21,200' • 6460m
Parinacota: 20,762' • 6330m
Sajama: 21,463' • 6542m

Set Your GPS for Bolivia:

17°00' S 65° 00' W

Size Matters:

Bolivia is slightly less than three times the size of Montana. At 11,900' La Paz is the world's highest capitol city. Bolivia also has the highest commercial airport (El Alto, at 12,500'), the highest ski resort and highest navigable lake (Lake Titicaca, at 11,463'.)

Don't Trip:

If someone falls into Lake Titicaca, it is traditional not to rescue them but to let them drown as an offering to the Earth Goddess Pachamama. Legend has it that the first Inca rose from the lake's depths.

The Locals:

The Bolivian Andes are thought to have been civilized for over 21,000 years. Almost half of Bolivia's population is Indian, still living in very traditional communities. The Chipayas Indians still live in their traditional mud igloos and retain their ancient language. On the shores of Lake Titicaca, the Floating Islands of the Uro Indians are home to 600 families living as they did six centuries ago.

Nothing Says You're Sorry Like...:

Families in La Paz bury a llama fetus beneath their houses to apologize to the spirits for desecrating the land

Maybe, Maybe Not:

In a Bolivian one-mule village, legendary outlaws Butch Cassidy and the Sundance Kid supposedly met their demise at the hands of the Bolivian Army in 1908.

The first of the big volcanoes that we will climb is one of the Payachatas (Twins) called Parinacota (6342m; 20,807ft). This is the higher and more picturesque of the Twins and will be a great warm up for the taller Sajama. We go first to the saddle of the Twins 4850m (15,912ft) with porter support, where we will set our camp. After a good day of training and acclimatization, we head to the summit and return to Sajama Village.



The Twins, Parinacota (20,807ft / 6342m) and Pomerape (20,610ft / 6282m)

After Parinacota we have a contingency/rest day scheduled. When we are ready for Sajama, we move to Sajama Base Camp (4800m; 15,740ft), about a five hour hike (with porter support). The following day we move up to the High Camp at (5700m; 18,700ft).

“Just wanted to send along my thanks for a great Bolivia trip. What a great mix of culture and awesome climbing! Everything went well, logistics, top-notch guides, food, awesome mountains. Really enjoyed being in La Paz and experiencing the people and culture...”

— Debbie B.

For more comments from IMG climbers, please see our website at:
www.mountainguides.com/comments.shtml



Sajama from the hot springs

Our climb of Sajama will take us to the summit where the world record soccer match was played in 2001. This is a steep climb up the glaciated cap of the tallest volcano in Bolivia. From the summit, you will be able to see the Salt flats in the distance as well as the Cordillera Real and of course the Twin Peaks, Parinacota and Pomerape.



Sajama panorama

Following our ascents the team will return to La Paz for a final night. Members are free to leave the next day (many flights to/from USA arrive/depart early in the morning). However, we have built in contingency days to be on the safe side to accommodate any wind or weather that Sajama is known for.

Program Fees, Deposit and Payment Schedule

2016 DATES: Sajama: Sunday, August 7 - Saturday August 20, 2016 (La Paz to La Paz)

LANDCOST: \$5,300 (single supplement \$300)

Costs included: Guides @ 2:1 ratio, including IMG senior guide along with our IMG Bolivian guides, cooks, drivers, porters/mules, group equipment (kitchen, tents, etc.), climbing permit fees/park fees/museum, airport transfers, ground transportation, lodging starting with your arrival in La Paz until our return to La Paz (3 nights in LaPaz Hotel included: 2 before, 1 after climb. We can make the reservation for you if you wish to come early or stay on after the trip ends). Welcome dinner on first night and continental breakfasts in La Paz, and all food after departing LaPaz are included.

Costs not included: International airfare to/from Bolivia, Bolivia visa on arrival (\$160), taxis, food and lodging should you arrive in La Paz early or stay longer than itinerary, alcoholic beverages during the trip, personal shopping and snacks. Lunch and dinner in La Paz not included (except for Welcome Dinner). Please bring \$300 for the tip pool. We will collect this at the Hotel, for distribution to all the Bolivian staff (drivers, porters, cooks, guides, etc). If you would like to provide some additional tip money to your IMG guide, this is up to you! We suggest 5% as a good starting point.

Fee Payment Schedule for the Parinacota and Sajama Program:

With Application	\$1,000
May 09, 2016	\$4,300

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. If you require bank wire info, let us know. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

“Thanks again for the most amazing trip!!! I am still riding high from it... I am so excited to keep climbing with IMG and moving to the next level...”

—Deborah R.

“As I’ve come to appreciate from past IMG expeditions, the logistics, staff, and team members on this IMG trip were as good as ever before and you guys delivered another once-in-a-lifetime experience...”

—Mary H.

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IMG Bolivia Gear List

This equipment list is meant to help you compile your personal gear for a mountaineering expedition. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items. Keep in mind that this list has been carefully compiled by Eric Simonson, the expedition organizer. Don't cut corners on the quality of your gear.

Climbing Gear

- Ice Axe: A 60 cm length is probably the most useful length. Bring a light weight axe with a pick that will stick easily in hard glacier ice. Attach a light weight wrist leash that is usable for climbing steeper terrain.
- 12 point Crampons: These must be sharp and must fit your boot perfectly.
- Climbing Harness: Make sure the buckle is easy for you to thread in cold conditions! Gear loops will be useful for this trip as well as adjustable leg loops.
- Climbing Helmet: Required. Be sure you can comfortably fit a warm hat underneath.
- Hardware: Bring 3 locking and 4 lightweight regular carabiners. It is helpful if at least one of the locking carabiners has a "key gate", like the Petzl Attache. Bring one handled ascender, and one Petzl Tibloc for ascending the fixed rope. You will need rigging material--two sewn 48" nylon slings and 20' of 7 mm perlon should be sufficient. Also include one small 5 mm prussik loop (about 4 feet of cord tied with a double fisherman's knot) for a rappel backup. For rapelling the Black Diamond ATC Guide is good since it can handle ropes from 7.7mm to 11mm. A Figure 8 is an old standby and works on a variety of ropes and also icy ropes. While it twists the ropes more, it is quite foolproof. You might consider both, in case you drop one of them and lose it.
- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack and fit into your duffel.

Backpack & Sleeping Bag

- Climbing Backpack: Medium size internal frame pack (60 liter capacity). Look for a pack which is comfortable to carry, very durable, as light as is reasonable and one which has a minimum number of bells and whistles.
- You may choose to bring a smaller "daypack" for your airline travel carry on.
- Sleeping Bag: Bring a sleeping bag comfortable to -0°F. Down is lighter and much more compressible. Be sure to bring a compression stuff sack.
- Sleeping Pads: one RidgeRest and/or Thermarest pad. A stuff sack helps prevent punctures.

Camp Accessories

- Utensils: Bring an insulated mug with a lid, a decent sized bowl, spoon, pocket knife and lighter. It is nice to have a small stuff sack to keep them clean.
- Headlamp: With several sets of extra batteries. Many climbers like to also bring a "back up".
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and memory cards. Bring a thumbdrive for photo swapping.
- Pocket Knife.

Footwear

- Double Climbing Boots with expedition liners. Make sure your crampons can be adjusted to fit them! Consider overboots if you are unsure whether your boots are warm enough.
- Gaiters.
- Camp Shoes (Like a Croc or sandal that can be worn with warm socks).
- Comfortable hiking shoes/boots for the approach to the camps (rocky trail)
- Socks: Four sets of climbing socks.

Clothing

- Insulated Parka: Heavyweight insulated expedition parka with hood.
- Shell Jacket: Lightweight waterproof-breathable construction with a hood.
- Shell Pants: Lightweight waterproof-breathable shell pants or bibs with full-length leg zippers. ALSO very useful are synthetic insulation full-zip pants, for example, Mountain Hardware Compressor Pants — for evenings and cold summit days.
- Mid Layers: Fleece or Soft Shell layering pieces that work well with the rest of your clothing. A Soft Shell jacket and an expedition weight longjohn top will work well.
- Climbing Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion. I'd recommend a Schoeller fabric climbing pant for general use that can be worn over longjohns.
- Base Layers: 2 synthetic tops and 1 bottom. Zip neck tops are the way to go.

Outerwear Accessories

- Mittens: Fleece mittens with an over mitten. Nothing competes with a mitten for warmth when the going get tough.
- Ski Gloves: A warm insulated glove with leather palm will be worn a lot of the time.
- Light Gloves: Polypropylene or fleece. Leather palms handle the fixed line better.
- Leather gloves or good abrasion resistant climbing glove for the rock sections.
- Stocking Hat: Wool or fleece stocking hat with ear protection.
- Neck Gaiter and/or a Buff (highly recommended).
- Baseball hat and Bandana.

Personal Accessories

- Eyewear: Bring good sunglasses with side protection. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions. The ski goggles are essential for all climbers in really stormy conditions and can serve as an emergency back up for broken or lost sunglasses.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Your favorite lens solutions may not be available in Bolivia, bring enough for the duration.
- Wrist Watch: With alarm and night light. An altimeter watch is useful.
- Basic First Aid: Hand sanitizer, moleskin or Compede, athletic tape, aspirin (some climbers take a baby aspirin every day up high) and/or ibuprofen / acetaminophen, Imodium, Band-Aids, antacid, ear plugs, and two rolls of toilet paper in quart Ziploc bags, small towel, soap/shampoo.
- Prescription Medications: 1) Antibiotic for upper respiratory problems (azithromycin) 2) Antibiotic for GI problems (Cipro or azithromycin); 3) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Tylenol 3 or similar for severe headaches; 6) Malaria Chemoprophylaxis, if needed based on travel plans; 7) Asthma medication, if any history (many climbers use Advair inhalers at high altitude to prevent Khumbu cough). For serious illness on high altitude expeditions standard treatment protocol is immediate descent and if necessary 8) nifedipine, for pulmonary edema (we suggest 30mg time release tablesp-bring a couple tablets) and 9) dexamethasone, for cerebral edema (bring a few 4mg tablets).
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Skin Care: Sunblock lotion (at least #30 protection factor -- have at least one smaller tube (1 oz) that can fit in your pocket) and lip salve. Put your lip protection on a string and hang it from your neck. That way you'll use it. It also works great for your nose.
- Personal Snack Food: The food is great on the trek but you might enjoy a few snacks (not more than 5 pounds) from home and some drink mixes if you like these to add to your water bottle.
- Books / music. Plan on doing some trading!
- Hand and Foot warmers (a few, if you are prone to cold issues)

Travel Items

- Duffel Bags: We normally pack all our equipment in two large duffel bags. Make sure they are well labeled with indelible ink as well as a travel tag. The duffels go on the trek/climb with you and will be carried by porters. Expect for them to get wet and muddy, so rugged, waterproof duffels are good. Bags with wheels are nice for the airport, but the porters don't like to carry them, so don't bring wheeled bags (or at least not two of them). You will also store some travel clothes at the hotel in La Paz while trekking, so a small additional bag with a lock might be handy. You'll want padlocks, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties). Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- Travel Wallet: Some type of secure travel wallet is a must. Remember a pen for travel documents.
- Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and **in same name as airline ticket** (or with endorsement-for women who changed name w/ marriage). It is easy to get your Bolivia visa on arrival in La Paz at the airport...bring a passport photo and \$160. Make sure you have a couple photocopies of your passport and a couple of extra passport photographs, and carry these in a separate location. You'll be glad you did if you ever lose a passport.
- Casual Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening. Tip: Keep your travel clothing modest, please do not wear short shorts and skimpy tops, the locals take offense.
- Bathing Suit: There will be an opportunity to visit some hot springs in Sajama.

“So... the headline is that trip #8 for me with IMG was pretty freakin' awesome.

A lot of people have asked me how the climbing compared with Denali. I go back and forth on this, but for sure, from a technical perspective Bolivia was definitely challenging. A fair bit of mixed climbing and some very steep terrain. This was great for me... As a climber, I LOVED the fact that there was so much climbing packed into the trip.

It is abundantly obvious you love what you are doing and genuinely [care] that people have fun, achieve their climbing goals and stay safe. That piece just makes for a really great atmosphere... which, in my opinion, is a big part of what keeps people coming back.

Given all of this, it seems unlikely that #8 is going to be my last IMG trip!”

—Viki T.

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Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Rabid animals are occasionally encountered in Bolivia.
- Malaria** – Not necessary unless you plan on traveling, for example, to certain areas near sea level before/after the trip...then malaria chemoprophylaxis is recommended (we suggest Malarone)
- Yellow Fever** – Not necessary unless coming from an endemic country.

We recommend that you visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check the Center for Disease Control Website www.cdc.gov and <http://wwwnc.cdc.gov/travel/destinations/bolivia.htm>

Air Travel and Insurance Arrangements

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or img@cttdestinations.com for help with your plans.

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We strongly recommend that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. For more information, please see our page on [cancellation, rescue/repatriation insurance](#) or contact the IMG Office.

“I was very impressed with how smoothly the logistics unfolded in all steps of the trip. I know how many details go into trip planning and there wasn't a missed step... I'd like to give a big thumb's up to you, and I'll be sure to look at another trip with IMG... Thank you for all you did to ensure such a wonderful experience..”

—Grace P.

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BOLIVIA 2016: Parinacota & Sajama Itinerary

Parinacota (20,807'/6342m) and Sajama (21,458'/6542m)		
Day 1	Sunday, August 7, 2016	Arrive La Paz 3700m (12,500ft)
Day 2	Monday, August 8, 2016	City Tour
Day 3	Tuesday, August 9, 2016	Depart for Cordillera Occidental (Sajama Village) 4250m (13,943ft)
Day 4	Wednesday, August 10, 2016	Acclimatization Day to Acotango Volcano 5500m (18,040ft)
Day 5	Thursday, August 11, 2016	Move to BC in the saddle between the Twins 4850m (15,912ft)
Day 6	Friday, August 12, 2016	Training/Acclimatization Day
Day 7	Saturday, August 13, 2016	Climb Parinacota, descend to Sajama Village 6342m (20,807ft)
Day 8	Sunday, August 14, 2016	Contingency/Rest
Day 9	Monday, August 15, 2016	Move to Sajama BC 4800m (15,740ft)
Day 10	Tuesday, August 16, 2016	Move to High Camp 5700m (18,700ft)
Day 11	Wednesday, August 17, 2016	Summit Sajama and return to Base Camp 6542m (21,458ft)
Day 12	Thursday, August 18, 2016	Contingency
Day 13	Friday, August 19, 2016	Return to La Paz
Day 14	Saturday, August 20, 2016	Depart for Home

“I had a most amazing time in Bolivia — I score the trip a 10 out of 10 and it well exceeded my expectations (which were high to start with)! I had fun, was challenged, grew as a climber and an individual, and came away with a great sense of accomplishment, new friends, and a hunger for more (and more frequent) adventure!”

—Deborah R.

“Gotta say, and I have been on a lot of trips with you and different guiding companies, this rates as the best ever. The flawless planning and detail that went into this trip was remarkable. Everything, including the steak and sausage BBQ that awaited us as we came down was superb. I cannot thank you and your staff and guides enough for this truly wonderful experience here in Bolivia.”

—Bill H.

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