

Bolivia 2012

Pequeño Alpamayo & Huayna Potosi; Illimani extension

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Dear Prospective Bolivia Team Member:

Thank you for your interest in our IMG climbing program in Bolivia. For 2012 we will again climb three great peaks in Cordillera Real: Pequeño Alpamayo (17,482'), Huayna Potosi (19,974') and Illimani (21,200'). This program is suitable for climbers in good physical shape with Mt. Rainier experience (crampons, ice axe, roped glacier travel). The Bolivia program is led by IMG Senior Guide Greg Vernovage assisted by our top Bolivian guides (trained by Carlos Escobar, one of the most experienced Bolivian climbers).

Greg had a great trip to Bolivia in 2011 and the team was successful on all the summits! We are looking forward to doing it again in 2012. Bolivia is a great place for climbing!

Bolivia's mountain scenery is spectacular, Indians colorful, and ruins thought-provoking. It has been called the Tibet of the New World. And like Tibet it has a grand history of civilization. Ruins of the prominent Inca and Amayra Peoples still stand, and many still live by the lessons in farming and ranching developed and taught by their ancestors hundreds of years ago.

This country also seems to be the land of the "highest," claiming the highest commercial airport, highest capital city, and the highest navigable lake in all the world! At an altitude of 11,900 feet La Paz nests in a gigantic bowl 1600 feet below El Alto, the city's international airport. The mountains of the Cordillera Real (Royal Range) rise sharply towards the sky in the background and are as striking as any to be found in South America.

Getting off the plane at 13,000' will be a bit of a shock as you start hauling your duffels around the airport. You will quickly be reminded that you are at altitude. One of the most critical factors determining our success in the mountains of Bolivia will be our ability to acclimate well. And with this in mind, we have designed a 15 day program in an effort to give every member of the team the BEST possible chance to

Bolivia: Just The Facts

Summits:

Pequeño Alpamayo: 17482' • 5330m
Huayna Potosi: 19,974' • 6094m
Illimani: 21,200' • 6460m

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.

summit Huayna Potosi. For climbers choosing to extend their stay, we tackle Illimani, the famous 21,300 foot peak southwest of La Paz.

While acclimatizing, there is plenty to do and see while in La Paz. An afternoon will be spent introducing you to the unique city of La Paz. We'll spend time wandering through colorful outdoor markets where the local people sell everything from fruit and vegetables to antiques and musical instruments. If you like, you can even outfit yourself with a few charms from the Witches Market, "guaranteed" to bring you health, wealth, and happiness.

We will also take a short day trip outside of La Paz to see the Tiahuanaco ruins, dated 1600 BC, and said to be among the most important archeological finds in South America and one of the most advanced civilizations to exist on the continent. It remains somewhat of a mystery, having vanished from the face of the earth, leaving many questions and few answers. Much of Tiahuanaco remains beneath the ground as Bolivia very simply doesn't have the funds to operate a full-scale archeological dig. Certainly, many of its secrets still lie buried beneath the earth's surface.

Our visit to Bolivia wouldn't be complete without a trip to Lake Titicaca. We'll lunch on freshly caught trout and charter a small boat to take us out to the Island of Suriki where we will visit the Amayra Indians who helped Thor Heyerdahl build the famous reed boats Ra II and Tigris for his exploratory expeditions. Our overnights will be at Copacabana, a beautiful lakeside resort.

After our acclimatization, we are ready for the mountains! First, we'll take a short ferry ride on the lake, then load up and journey by jeeps to the Condoriri National Park, and a night at the beautiful Tambo Condoriri Hut, followed the next day by the trek to Base Camp. After a day of training on the nearby glacier, we'll be ready for the climb to the summit of Pequeño Alpamayo (17,482'), a great training climb. After this, we tackle Huayna Potosi (19,974'), a very rewarding climb and one of the most beautiful mountains on the continent. The climb normally requires the use of fixed lines and running belays, as well as solid basic snow and ice climb skills. After our ascent we'll return to Base Camp, and then the next day to La Paz for a good meal and a night at the hotel.

For people extending their Bolivia adventure, our trip to Illimani begins with a drive east from La Paz, over a 16,500' pass. At the village we'll load the bulk of the gear onto a few pack animals and begin our hike into base camp at about 15,000 feet. The next day, we'll hike from base camp to our high camp, Nido de Condores (the Condor's Nest) perched at 18,000 feet. The route from base camp will take us onto a rock ridge and involves some very minor rock scrambling.

Following our hike up to Nido de Condores we have an option of climbing to the summit the very next day, or waiting until the day after. This decision will be based upon the weather, route conditions, and team strength. From Nido de Condores we will have a fantastic view of the entire Cordillera Real to the north. And, Sajama, Bolivia's highest mountain, will be visible far off to the west near the border of Chile. With the setting sun the lights of La Paz will begin to burn brightly and flicker in the distance below. Lake Titicaca glistens in the distance, and as the Andean night drapes Illimani in darkness, the Southern Cross gradually reveals itself. It's quite a spectacular sight!

The summit climb will take us out of the high camp via a narrow snow ridge, presenting some exposed climbing. We normally find ourselves using running belays and fixed lines at this point to safeguard the team. This technique will be covered prior to our pre-dawn departure for the summit so don't worry if you're a little rusty. Many of you may be familiar with this practice, but it's always good to review it together so that we're all on the same page the day of the climb. And, if you're completely unfamiliar with this type of protection, it's simple and you'll be able to pick it up very quickly. We'll continue climbing over a series of ramps involving standard glacier travel with the exception of a few short steep stretches. After several hours of climbing our goal will have come in sight at last. We'll climb one final ramp up onto a classic finish along the very narrow ridge leading to the summit of Illimani.

Following our ascent of Illimani we will return to La Paz and catch our flights home. Often times our flight will take us just over the shoulder of Illimani, rewarding us with a spectacular final view of this great mountain and the surrounding countryside.

Program Fees, Deposit and Payment Schedule

2012 DATES: Alpacayo and Huayna Potosi: Friday August 4 - Wednesday August 18 (USA to USA)
Illimani Extension: Sunday August 19 – Friday August 24.

LANDCOST: \$2,900 Alpacayo and Huayna Potosi (single supplement \$300)
\$1,000 Illimani extension (single supplement \$200)

Costs included: Guides, porters, group equipment (kitchen, tents, etc.), all climbing permit fees, airport transfers, ground transportation and lodging starting with your arrival in La Paz until our return to La Paz. Welcome Dinner and continental breakfasts in La Paz are included.

Costs not included: International airfare to/from Bolivia, Bolivia visa on arrival (\$135), taxis, food and lodging should you arrive in La Paz early, alcoholic beverages during the trip, personal shopping and snacks. Lunch and dinner in La Paz not included except for Welcome Dinner.

Fee Payment Schedule for 2012 Bolivia Program:

Payment Schedule*	<u>Alpacayo and Huayna Potosi</u>	<u>Illimani Extension</u>
With Application	\$1000	
May 04, 2012	\$1,900	\$1,000

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. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

“As a climber, I LOVED the fact that there was so much climbing packed into the trip...”

— Viki T.

“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.

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

Bolivia Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for Bolivia . 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 from your duffel. 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. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with online outdoor retailer Mountain Gear to post gear lists, along with specific product recommendations, on the Mountain Gear website. These lists can be accessed via links from our website at www.MountainGuides.com . Mountain Gear also offers a 5% discount on all products to IMG customers - visit their online store at www.MountainGear.com or place telephone orders at 800.829.2010.

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. The summit day is a consistent 40 degrees, so a shorter axe is necessary.
- [] 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 10' of 8 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.

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.
- [] 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. Keep in mind that many of your nights will be much warmer than -20, especially on the trek in to base camp.
- [] Sleeping Pads: Bring one RidgeRest or Thermarest pad. A stuff sack helps prevent punctures.

Clothing

- [] Insulated Parka: Heavyweight insulated expedition parka with hood.
- [] Shell Jacket: Lightweight waterproof-breathable construction with a hood.
- [] 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 Hardwear 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 and zippered fleece pants for the summit push.
- [] Base Layers: - 2 synthetic tops and 1 bottom. Zip neck tops are the way to go.

Camp Accessories

- [] Headlamp: Bring a good LED headlamp with 2 sets of lithium batteries for cold conditions. I'd recommend the Petzl MYO RXP.
- [] Water Bottles: 2 wide mouth plastic water bottles with insulated covers. A small Thermos bottle is great for cold mornings.
- [] Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure). One bottle of Potable Aqua (enough to treat 25 liters) should be more than sufficient.
- [] Utensils: Bring an insulated mug with a lid, a decent sized bowl, spoon, pocket knife and lighter. You are better to bring lighters from the US. TSA says you can carry them on, or pack two in a DOT approved case. La Paz lighters are not very good.

Footwear

- [] Double Climbing Boots with expedition liners. Make sure your crampons can be adjusted to fit them! The newer insulated boots like the Scarpa Phantom 6000, or the La Sportiva Spantik, are ideal for the climb--they climb well on the rock sections and are warm enough for up high.
- [] Approach boots. A good example is the La Sportiva Trango S, which will work on the trek and approach to Camp 1, and even up to Camp 2 if conditions warrant.
- [] Gaiters.
- [] Socks: Four sets of climbing socks.

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 (Purell), moleskin or Compede, athletic tape, aspirin (some climbers take a baby aspirin every day up high) and/or ibuprofen / acetaminophen, Imodium, Band-Aids, antacid, insect repellent, ear plugs, and two rolls of toilet paper in quart Ziploc bags (we will have a supply at Base Camp), small towel, soap/shampoo. Prescription Medications: 1) Antibiotic for upper respiratory problems; 2) Antibiotic for GI problems; 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 (the climb/trek will not enter malaria likely zones); 7) Asthma medication, if any history. For serious illness on high altitude expeditions standard treatment protocol is 8) nifedipine (for pulmonary edema) and 9) dexamethasone (for cerebral edema) in association with immediate descent.
- [] 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.

- [] Garbage Bags: 2 or 3 large plastic bags make great liners for your pack in wet weather.
- [] 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 also some drink mixes if you like these to add to your water bottle (let the iodine have 30 minutes contact time before adding). Summit climbers should bring some high altitude snacks they prefer for hard days, approximately 10 pounds including a drink mix like Cytomax. Include a number (10-20) of Gu, Power Gel or similar for the upper route.
- [] Books/ tapes/CD's. If everyone brings one or two books we can trade amongst team members and other expeditions.

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.
- [] Daypack: A smaller rucksack makes a great carry-on bag for your flight and is useful during the trek.
- [] 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. Bring a copy of the information pages and a couple of extra passport photographs. Carry these in a separate location. You'll be glad you did if you ever lose a passport.
- [] Camera, memory cards, batteries. Bring one by all means, but keep it reasonable in size and weight. A small, 16gb USB flash drive will make it easier to share photos with team members.
- [] Casual Clothes: For travel/meals in dining rooms. 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: Some of the hotels have pools (eg, in Bangkok).

Trekking Gear

- [] 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: You may choose to bring a smaller "daypack" for your airline travel carry on, and this can be used on the trek if you want to carry a smaller (35 liter or so), light trekking pack. You need a pack big enough for your clothes, water, camera, food, etc during the day.
- [] Pack Cover: Waterproof rain cover for your trekking pack.
- [] Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- [] Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric is better.) Don't overdo your trekking clothes. A pair of shorts, long pants and a couple of shirts will do. You can hand wash them during the trek as needed.
- [] Lightweight Approach Boots: Find a pair that fits and log some miles in them before your trip. A low cut shoe is adequate, but some hikers will prefer more ankle support.
- [] Sleeping Bag: Climbers will make due with their expedition bag, trekkers only can get by with a lighter bag rated to 10°F.
- [] Sleeping Pad or Thermarest (one light one is sufficient, you will be provided a thick open cell foam "trekking mattress".

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)

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 at www.cdc.gov

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 and Sherpas 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. We recommend Travelex as a sole provider of [Trip Cancellation and Travel Insurance](#).

“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 from Illimani base camp, was superb. I cannot thank you and your staff and guides enough for this truly wonderful experience here in Bolivia.”

—Bill H.

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

BOLIVIA 2012: Itinerary

Pequeño Alpamayo & Huayna Potosi		
Day	Date	Itinerary
Day 1	Saturday, August 04, 2012	Leave USA via Miami.
Day 2	Sunday, August 05, 2012	Arrive Bolivia in morning, transfer to Hotel in Las Paz 11,900'. Take it "easy" on first day in La Paz. Welcome dinner at hotel.
Day 3	Monday, August 06, 2012	City Tour, visit local markets, second night in La Paz.
Day 4	Tuesday, August 07, 2012	Visit Lake Titicaca, 12,400' / Acclimatization Hiking. Overnight at Copacabana.
Day 5	Wednesday, August 08, 2012	Boat ride to Island of the Sun, visit pre-Inca ruins. Second night at Copacabana.
Day 6	Thursday, August 09, 2012	Move to Condoriri National Park spend one night in Tambo Condoriri, a really nice hut just inside the entrance of the Park.
Day 7	Friday, August 10, 2012	Hiking to Condoriri base camp. We establish base camp by Lago Condoriri, a splendid alpine lake sitting in a huge amphitheatre of impressive peaks. Prepare for climbing and review mountaineering techniques.
Day 8	Saturday, August 11, 2012	Glacier training and review the use of fixed rope and running protection.
Day 9	Sunday, August 12, 2012	After an early morning departure, we rope up and ascend the beautiful pyramid of Pequeño Alpamayo (17,482').
Day 10	Monday, August 13, 2012	Move to Huayna Potosi Base Camp.
Day 11	Tuesday, August 14, 2012	Hike to Huayna Potosi High Camp (known as Campamento Argentino at 17,880').
Day 12	Wednesday, August 15, 2012	Training day at High Camp
Day 13	Thursday, August 16, 2012	Summit day Huayna Potosi 19,974'; return to Base Camp.
Day 14	Friday, August 17, 2012	Return to La Paz.
Day 15	Saturday, August 18, 2012	Depart La Paz in morning, arrive home same day
Illimani Extension		
Day 16	Sunday, August 19, 2012	Drive east from La Paz, via 16,500' pass, to reach Illimani Base Camp.
Day 17	Monday, August 20, 2012	Establish Illimani High Camp, 18,000'.
Day 18	Tuesday, August 21, 2012	Summit Illimani, 21,200'.
Day 19	Wednesday, August 22, 2012	Contingency day.
Day 20	Thursday, August 23, 2012	Return to La Paz.
Day 21	Friday, August 24, 2012	Depart La Paz in morning, arrive home same day

"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.

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