

Cordillera Blanca, Peru “Gran Traverse” Maparju, Huapi, Ishinca, Nevado Urus and Chopicalqui extension An Andean Climbing Adventure!

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Join IMG this July for a spectacular trek and climbing traverse in the Cordillera Blanca. We'll attempt 4 moderately challenging peaks over 5,000 meters during the 14 day program: Maparju, 5326m, Huapi, 5415m, Ishinca, 5530m, and Nevado Urus, 5423m. Trekking off the beaten track and fun non-technical glacier climbing makes this “a trip of a lifetime” trekking and climbing adventure in one of the most stunning mountain ranges in the world.

A seven day addition is available for those with intermediate climbing skills wishing to attempt Chopicalqui, one of the highest peaks in the Cordillera Blanca at 6,345m (20,817 ft).

Trip Highlights

- A fourteen day trek and climbing expedition in the heart of the Cordillera Blanca. Climbing is non-technical, but our travels will take us off the beaten track and into a spectacular part of the Andes with multiple challenging ascents during our travels.
- The chance to climb over 6,000 meters (20,817 feet) on the Chopicalqui extension.
- Trip leaders include both an IMG veteran guide and a Peruvian IFMGA certified guide for the best possible experience and leadership.
- Porters and mules will transport a large part of your gear during the trekking portion of our trip, to make the hike more enjoyable. A cook accompanies the trek.
- Ample time to comfortably acclimatize to the higher altitude.
- Private vehicle with driver for all transfers. Your leaders will meet you at the airport in Lima and transport you by private van/bus directly to Huaraz and back. Program leaders supervise every step of the journey for your travel security and comfort.

Dates and Prices: Cordillera Blanca “Gran Traverse”: July 8-23, 2012
Landcost: \$3,850

Chopicalqui Extension: July 23-29, 2012
Landcost: \$1,650

Landcost includes: IMG leader, Peruvian leader and local staff including porters, mules; private tours as described in itinerary; transfers to/from Lima airport and return; hotel accommodations in three -star hotels with continental breakfast; group camping gear (tents, cooking gear, porter gear, stoves, lights, dining tent, bathroom tent; cook and trekking food and meals (3 meals per day, while hiking).

Landcost does not include: airline tickets of any kind; airport taxes; meals in towns or restaurants as indicated on the itinerary; trail snacks or bottled water; staff/guide tips, or required [travel insurance policy](#) (for trip cancellation, medical treatment, evacuation etc.)

Length: 16 days ; Chopicalqui extension: an additional 7 days

Location: Northern Peru

Rendezvous Point: Lima, Peru, then private transport on to Huaraz as a team.

Team Size: 9 climbers with 1 Senior IMG Leader and 1 certified Peruvian Guide **plus** porters, mule support and cooks

Background Requirements

Prerequisites

Excellent all around fitness and previous hiking/trekking experience, preferably at altitude. Basic mountaineering experience is recommended, but some training and skill review will be conducted during the trek as needed. Non climbers may attend the trek portion of the trip and skip the climbs if preferred.

Fitness

Most of the trek days typically require 4-8 hours of effort, with the bulk of our gear carried by mules and/or porters. Because of the trekking portion of this trip and the general high altitude of the area (10-15,000 feet), we recommend that all participants engage in a physical training program for several months prior to trip departure. All participants must consult with their family physician regarding their personal health and the additional demands of high altitude well in advance of the trip.

Experience

Participants should have extensive hiking experience and be confident on rugged terrain. Overnight backpacking or trekking experience is helpful. High altitude experience is also beneficial, to confirm that your body can reasonably tolerate visits to 10,000 feet and higher.

For the climbing portions of the trip, basic glacier travel experience is recommended; trekkers will use an ice axe, crampons, and rope-up for glacier travel. Training will be reviewed during the program. For the Chopicalqui extension, previous glacier experience is required at elevations over 4,000 meters. This climb is much like a 'mini-Mt. McKinley climb' in many respects (altitude, cold, expedition camping, etc), so it is recommended that climbers have similar skills, such as learned through one of IMG's training seminars.

Immunizations

The following may be recommended for travel to Peru. Consult a travel clinic, and check out the Center for Disease Control Website at www.cdc.gov

- Tetanus-Diphtheria, Polio, MMR: You should already have these. Do you need a booster?
- Meningitis, Hepatitis A and B: Recommended. Ask your physician/travel clinic for advice.
- Yellow Fever: Recommended, you may need to show your shot record with the Yellow Fever endorsement.
- Cholera: Not a very effective vaccine. Ask your physician/travel clinic for advice.
- Rabies and Typhoid: Not a bad idea to be on the safe side, the new vaccines are easy.
- Malaria: We are above the Malaria zone on the mountain, but bring long sleeves and bug juice for evenings in cities; chemoprophylaxis is especially a good idea if you plan to travel to lower elevations in Peru.

“The thing I like best about George's longer expeditions is how everyone comes together and becomes a tight knit team. It's like having a family away from home. George takes smaller groups, and I think that makes a big difference...”

—Bruce G.

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

Climbing in Peru with International Mountain Guides

Our expedition will be accompanied by a local veteran guide, knowledgeable of the geography, history and culture of the area. During the trekking portion of our program, we will use some local porters with mule backup to transport our gear and supplies. This permits us to enjoy the walk each day, as we move along unencumbered, free to take photos and investigate our surroundings. Meals will be served by our cook in a dining tent set up for your comfort during breakfast and dinner.

The mountains of northern Peru, including the Cordillera Blanca, include the most well known and spectacular peaks in all of the Andes. These mountains include 20 summits over 6,000 meters and a staggering list of peaks over 5,000 meters. High, stunning peaks piercing the sky with beautiful turquoise lakes and alpine meadows surrounding base camp; this is without a doubt one of the most beautiful mountain destinations in the world.

Our team will fly to Lima from Dallas or Miami via overnight flight, arriving in Lima in the early a.m. For help with travel arrangements, IMG recommends our travel agency, CTT Destinations. IMG@CTTDestinations.com 800-909-6647. Owner Pirjo DeHart can help you to coordinate your travel plans with the IMG itinerary.

Your IMG guide will travel from the States with you to Lima. You'll be met by your local guide and driver and ushered onto a private van/bus at the airport. The 8 hour drive to Huaraz will allow time to get to know the rest of the team, talk about the upcoming program with your guides, and perhaps catch up on a little sleep.

Upon reaching Huaraz, you'll check into the hotel, get oriented in this hospitable and scenic town and enjoy your first dinner in country. The guides will be full of useful information and will organize the group's activities over the next two days. Huaraz is located at 3100 meters in elevation, so this is a crucial time to start the acclimatization process. The first full day is limited to mild exertion only, touring town or perhaps visiting the ruins of Wilkawain nearby. On day two, the guides will take you on an acclimatization hike to Lake Churup for the day, a gain of 900 meters in elevation. Three nights in Huaraz will give you plenty of time to start adjusting to altitude.

During the trek itself, you'll trek for 4-8 hours a day, depending on terrain and distance to be traveled. Most of your gear will be carried by mule or porter, and you will carry only necessary items for that day's travel on your back: water, snacks, camera, shell clothing and insulating layers. You'll be crossing passes of 4,000 meters in height, and generally camping at base camps up to that elevation. The scenery is spectacular, and the hiking terrain varies from good trail to cross country grass and scree slopes. The porters and mules travel in advance of the team, and camp is normally set up and waiting when you arrive.

Summit climb days on the trek will be alpine style, and will typically include a start up a climber's trail, followed by talus hiking and scrambling, followed by glacier travel to the summit. The summit of Urus will also involve some moderate rock scrambling and climbing. Each member normally carries a light pack for the day with necessary lunch and clothing only. The only exception to this rule will be the carry over the ridge of Ishinca on summit day. Porters will assist with member's loads (mules will not be able to make this stretch), and members will carry personal gear up to the summit ridge, cache it there for the summit push, then return to claim it and carry over to the next camp. This permits us to complete our mountain traverse, on to the final challenge Urus, and then out to the trail head.

Come join us on this one of a kind trekking, climbing and cultural adventure. It's an experience that will provide memories to last a lifetime!

Cordillera Blanca “Gran Traverse” Itinerary

- Day 1 Leave USA late and arrive in Lima early Day 2 (0600hrs) (IMG's preference) [OR] depart USA early and arrive late Day 1 (2200hrs) in Lima and overnight in hotel (at additional expense). Please coordinate with IMG prior to booking your flight. Our staff will meet you upon arrival.
- Day 2 Depart Lima early, private van/bus ride with driver to Huaraz. A full day's drive, about 7-8 hours. Overnight and dinner in Hotel Andino.
- Day 3 Today we'll hike from the hotel, through the highlands and villages above Huaraz. This is a critical acclimatization day for many people, before we leave for the mountains. It'll establish a healthy acclimatization period for the entire group. Afternoon will be spent resting, and organizing personal gear. Dinner in town.
- Day 4 Up early for an all day acclimatization hike to Lake Churup, 4600m., a 900m training hike that will take 8 hours round trip from Huaraz. Return to hotel in the afternoon. Dinner in town. In the early evening, the group will make final preparations for the trek and leaders will do a group gear check and briefing.
- Day 5 Drive from Huaraz to the trailhead (3800m). A hike of 4-5 hours up valley brings us to a meadow camp with spectacular views at 4200m.
- Day 6 An acclimatization day. We'll hike up to the glacier for some light exercise, and enjoy the views, and make our plan for the summit ascent.
- Day 7 Up EARLY today for our first ascent of Maparju, 5326m. A hiking path brings us up to the col (Abra Villon) at 5000m. Straight forward roped glacier travel leads us to the summit. Return to same camp after climb.
- Day 8 Leisurely wake up after the previous day's efforts. After breakfast, we hike to our next destination, Laguna Palccochoa, base camp for our next objective.
- Day 9 Summit day for our second peak of the trip: Huapi, 5415m. We climb up steep grass and scree to the glaciated SW ridge. We follow the ridge on snow to the summit with spectacular views. Return to camp.
- Day 10 Trek to Laguna Perolcocha and camp at the lake.
- Day 11 Climb Ishinca (5530m.), and then descend to Ishinca Valley. By doing this, we completely traverse over into another valley...making the trip a fantastic "gran traverse." All gear will be carried up on summit morning and then left at the col on Ishinca, so it won't have to be carried to the summit. Porters will assist with carrying gear up and over.
- Day 12 Optional weather/rest day. Could be used before Ishinca, or before Urus.
- Day 13 Climb Nevado Urus, 5423m., from our Ishinca Valley base camp. Return to base camp. If possible, we will try to descend this day to Huaraz, which will give everyone a full rest day there, relaxing before our trip home. If we are able to do this, those climbing Chopi will leave for the mountain one day earlier, which will also provide a little cushion time at the end of the trip in a similar fashion. We'll make this decision based upon the ability of the group, weather, and other factors.
- Day 14 Hike out to trailhead to our waiting transportation and return to Huaraz. Sort gear, clean up and relax. Free day in Huaraz. In the evening we will be treated to a traditional Peruvian dinner and dancing. Dinner will be the typical Pachamanca dinner fiesta complete with Maximo's extended family, music, and fun! It's a special event with lots of food, drink and a band. You'll enjoy the experience as a way to end our trip for some, and recharge for the next part of the trip!

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Cordillera Blanca “Gran Traverse” Itinerary (continued)

- Day 15 **For those leaving Peru this day:** Morning shopping; leave mid-morning for Lima. Depart Lima late this day. **For those staying on for Chopicalqui, 6345m:** we'll take this as a reorganization and rest day. Take it easy!
- Day 16 **For those who left for the USA the day before:** Arrive mid-day at home after a great trip to Peru! **For those climbing "Chopi":** Drive to trailhead, about 1 hour from Huaraz. Organize gear, and then carry full packs for 1-2 hours to Chopi Basecamp, at 4,200 meters. Like our Gran Traverse, we'll have porter assistance, which will help make our loads more manageable.
- Day 17 We'll leave by 8 AM, and make our way through brush and meadows, to a small ridge. Camp (Moraine Camp) will be placed on a moraine, around 4,800 m, after our 5-6 hour effort.
- Day 18 Our climb to Camp I will first take us along a moraine to the glacier, and we'll then rope up and walk up the glacier, which is up to 45 degrees in some places. It's a reasonable 5-6 hour ascent and a good warm-up for the next day. Camp will be made just before the start of the summit ridge. Prepare for the summit day, and get to bed early.
- Day 19 We'll get up well before midnight, and leave by 12:30 or so in the cold. Our route will first take us to the summit ridge, and then along it for 7-9 hours. The slopes vary in steepness, and weaves around crevasses on the ridge. The summit is usually guarded by a large bergshund, or a crevasse, and once we negotiate that, a 60 degree steep pitch leads us to the summit. It's possible we may fix a rope to the summit, to assist with the ascent and descent, which is usually made by a rappel. We'll spend no more than an hour on the summit, resting and taking hero shots and pictures of the area. Our descent back to Camp I will take us about half our uptime, or around 3-5 hours. It'll be our longest day yet, probably around 14-18 hours. Descend lower if possible. Eat a quick dinner, and drop into bed!
- Day 20 We'll get up early this day, descend from Camp I to our moraine camp, then onward to Chopicalqui base camp, and then the trailhead. We'll bus back to Huaraz, for some well deserved showers, an end of trip meal, and a real bed in our hotel!
- Day 21 Leave around 8-9 AM for Lima, and depart Lima late. A long day of travel, so be prepared with snacks et al. It's an "overnight flight," so plan to sleep on the flight if you can.
- Day 22 Flights arrive in Miami/Dallas about 5 AM, which leaves plenty of time to make connections for flight home. Arrive home by mid-afternoon. Crash hard and rest. Reacquaint yourself with friends and family. Celebrate life!

“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. IMG is way better than the others. Way better! You guys are the best in the business...”

—Jim P.

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

Cordillera Blanca “Gran Traverse” Personal Equipment List

FOR THE TREK

FEET:

- Medium to medium heavy weight waterproof hiking boots – with suitable ankle support; make sure whatever you wear is broken in and very comfortable; if leather, treat the boot multiple times with waterproofing. A traditional leather hiking boot will work well here, or use something like the La Sportiva EVO GTX boot)
- Wool or synthetic socks (2-3 complete changes)

LOWER BODY:

- Underwear (2-3 pair for trail use)
- Long johns (1 pair, lightweight synthetic)
- Lightweight nylon trekking pants. Best of all are the nylon zip-off leg pants.
- Waterproof/breathable pants (preferable with leg zips)

UPPER BODY:

- Long john top (1 lightweight—zip neck is best)
- Expedition long john/fleece top (around 100 weight), or a warmer puffy/fleece vest
- Soft shell, Primaloft or fleece jacket (200-300 weight; consider a hooded garment)
- Waterproof/breathable jacket with hood
- Down or synthetic parka with hood (REQUIRED, but reasonably light in weight)
- T-shirt (synthetic is best)

HEAD AND HANDWEAR:

- Fleece or wool hat
- Sun hat or baseball cap
- Lightweight wool or fleece gloves
- Warmer gloves (fleece or synthetic insulated Gore-Tex climbing gloves)
- Gore-Tex mitts with thick fleece or synthetic liners
- Bandanna
- Chemical hand warmers (4 for trek, plus 1 more for Chopi)

SLEEPING:

- Sleeping bag (down or synthetic, down to 0 degrees F., lightweight compression bag)
- Therm-a-Rest (or) Thick closed cell full-length foam pad (or both, for supreme sleeping comfort!)

MISCELLANEOUS:

- Pack (large size, internal frame, in the range of 5,000 cu. in.; Note: test prior to use! Try to keep the weight of the pack down, less than 4-5 pounds. Top loading works best)
- Pack rain cover to protect from mist...and mud! (or bring 2-3 large garbage bags)
- Adjustable ski poles
- Extra large stuff sacks (2; for packing clothes and bulk of personal lunch; to keep things organized and dry)
- Medium stuff bag (for daily lunch)
- Sunglasses (1 pair dark pair; plus retainers, i.e. Chums)
- Suncream (1 full bottle; 35-50 SPF protection; consider taking a small bottle for summit climbs)

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Cordillera Blanca “Gran Traverse” Personal Equipment List (continued)

- Lip protection (with high SPF)
- Water bottles (2; wide mouth 1 qt. Nalgene type bottles [be sure to mark with your name with a thick Sharpie pen]; A water hydration system can substitute for one bottle. Leave water bottle covers at home.)
- Toilet paper (2 large rolls in zip-lock bag; plus personal hygiene wipes)
- Garbage bags (5-6 large, heavy duty; 30+ gal; use these to line your pack and all of your large stuff bags; it's an excellent way to keep your gear dry. At camps, put your boots in one. Extra bags are ALWAYS GOOD!)
- Headlight (Petzel LED is best; fresh batteries, plus 1 spare set).
- First aid kit (Personal needs only, Band-aids, athletic tape, moleskin, non-prescription pain meds and anti-inflammatory drugs such as Advil. Pepto Bismol tablets are helpful for dealing with minor stomach distress. Consult with your doctor about the trip and travel at altitude and bring any recommended prescription drugs **in original prescription bottles**.)
- Potable Agua tablets for water purification (1 bottle of 50 tablets, or, lightweight personal water purification device—make sure you know how to use it, and what it filters; must filter viruses and use iodine to be 100% effective.)
- Insect repellent (DEET is most effective. The bugs, in general, are not too bad, but best to be safe!)
- Toothbrush & paste
- Day pack (highly recommended for air travel & general touring—lightweight with few frills, top loading is best)
- Lunch (for on and off mountain, to supplement provided lunches). Please bring a variety of foods weighing in total no more than 5 lbs. You can supplement this some with local foods, candies, and fresh fruits.

Lunch ideas include: String cheese, beef jerky, dried fruit, candy bars, energy bars, hard candies, nuts, electrolyte replacement drink mix (something lightweight, several quarts repackaged into a Ziploc bag, or get some of those lightweight flavored water drink mixes), 2-5 quarts worth of powdered power drink mix for your harder days (like Cytomax). Salty snacks are often appreciated. Include 4-6 gel energy packets (like GU) for the harder summit days.

CLIMBING GEAR

- Stretch nylon climbing pants, Schoeller type fabric. Or lightweight fleece pants.
- Climbing helmet
- Adjustable lightweight climbing harness
- Reasonably sharp 12 point crampons fit to your boots (avoid aluminum)
- Plastic double boots or newer style double synthetic/leather double boots (Asolo, Boreal, La Sportiva)
- Heavy weight socks to fit your climbing boots (You'll need a total of 2-3 changes of socks for the entire trip, to fit both your trekking and climbing boots. Bring an extra pair or two if you need special socks to fit your climbing boots?)
- Minimum 2 locking pear shaped carabiners, 3-4 regular carabiners
- Belay device (such as Black Diamond ATC)
- Mechanical ascender, with slings/Perlon cord for attaching to harness (bring one ascender IF you are on the Chopi climb, plus two prussiks; just bring prussik slings for the trek)
- 20 feet of 6 mm Perlon accessory cord (for ascenders/prussik slings). Or bring your already constructed prussik loops/ascender loop.
- 60-70 cm Ice axe with wrist leash
- Knee length gaiters

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OPTIONAL

- Lightweight balaclava
- Diary, pen & pencil
- iPod or MP3 player – bring one you are willing to risk losing. Best if it runs on batteries. If you bring a charger (to use in town) add an electric plug adapter suitable for Peru.
- Camera(s), extra storage media cards and extra batteries
- Binoculars, smaller style (maybe share some; 1-2 pair for the group?)
- Book, vitamins, ear plugs

FOR THE CHOPICALQUI EXTENSION

- Consider adding warmer fleece pants if you get cold easily (full side zips preferred)
- Add an additional set of headlamp batteries
- Add 2-3 additional pounds lunch food including 4-5 additional gel packets
- Drink mix for 3-4 days (bring some hydration drinks (like Cytomax), along with some lightweight drink mix to flavor your water)

IN TOWN

- Passport/Visa/Airline tickets
- Money (\$100-150 for the local staff tips, plus \$500+ for misc: drinks, some meals, travel, and gifts, and your departure taxes, when flying into/out of Peruvian airports (not included in your airline ticket). Bring some smaller bills, like \$5's and \$10's) ATM's are available in Lima and (limited) in Huaraz.
- Credit cards
- Travelers checks (not as useful; could be hard to exchange)
- Money belt/neck pouch
- Running/tennis shoes (use as camp shoes)
- Socks; cotton or synthetic, for travel (3)
- Small bag of liquid biodegradable soap (for clothes)
- Underwear (3-4)
- Toiletries (be sure to keep it light here)
- Toilet paper (1 roll)
- Cotton pants or synthetic travel pants (2)
- Dress shirts (1-2)
- T-shirts or short sleeve travel shirts (2-3)
- Cheap watch
- Large tough duffel bag (to fit pack; for air travel and porter carry. ***Make sure your bags doesn't exceed airlines baggage size and weight restrictions; extra luggage fees are expensive!***)
- Second large duffel bag or suitcase (for air travel and to store gear at hotel)
- TSA locks: Consider using the new TSA locks for your bags when flying (can work for hotel and on trek, too)
- Ear plugs

Easy-wash travel clothing is convenient, as are jeans and non flashy shirts. Avoid bright colors or logos that mark you as a tourist. The town of Huaraz and the trek are "tourist friendly," so being a tourist doesn't create any problems—but it's a good idea to dress-down, nonetheless. Cotton for trail use, however, is generally DISCOURAGED.

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Gear Donations: We like to encourage our Peru trekkers to bring along some of their used and close-to-worn-out-gear and clothing on this trip. This gear can then be donated to our local guides and staff after the trek—and make your bag lighter for your flight home. Appropriate items include long underwear tops and bottoms, pile clothing, socks, gloves and mittens, outerwear, gaiters, and other clothing items that you've used during your trip but you no longer need—or want. This token is not expected by us or our local staff, but it is a good way to “unload” some of your older gear that you no longer need or want and help out someone who can put it to good use. Extra trek food can also be left for the Peruvian staff after the trek.

We certainly don't want to overwhelm our local staff, and your guides will help coordinate the donation so that all are treated fairly. Our local contacts certainly appreciate anything you can give them, but please don't make any promises along the way.

Lastly mark all personal gear including water bottles clearly in indelible ink with your name (especially water bottles). Check the condition of your gear and be sure to test new pieces of equipment thoroughly.

