Bolivia 2019

Pequeño Alpamayo and Huayna Potosi Climb with Illimani Extension

With some of the Western Hemisphere’s best high altitude climbing, you can't beat Bolivia for refining your mountaineering skills! These programs are suitable for climbers in excellent physical condition with solid Mt. Rainier type skills (crampons, ice axe, and roped glacier travel).

If you have a Himalayan Peak in your sights for the future, Bolivia is a great training ground. With their high altitudes, the mountains bear a striking resemblance to the rugged peaks of the Himalaya. From Ama Dablam to Cho Oyu, Lhotse, or Everest -- if one of these is your goal, these mountains are great training.

Our expedition begins with a couple nice training climbs in the Condoriri area of the Cordillera Real mountains, with a climb of Pequeño Alpamayo (17,482’). Then, we head over to Huayna Potosi (19,974’). These are excellent climbs, requiring a variety of snow and ice climbing skills. If you have the time, take advantage of your acclimatization by adding the higher and steeper Illimani (21,200’).

The Bolivia expedition is organized by IMG Program Director Greg Vernovage, assisted by our IMG Bolivian guides (trained by Carlos Escobar, one of the most experienced Bolivian climbers). Our IMG Guides in Bolivia have climbed high peaks around the world and will train you for all the technical skills needed to have a successful attempt on these great mountains. With our top-quality accommodations in the city and camps, and great guides, the Bolivia trip is about as good as it gets for combining fun travel and challenging high altitude climbing. We are looking forward to doing it again this year!
Bolivia's mountain scenery is spectacular, Indians colorfully adorned, and ruins thought-provoking. Llamas and alpacas graze on the hillsides and around camps. We may even see a condor! 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 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. While acclimatizing, there is plenty to do and see while in La Paz. An afternoon will be spent introducing you to the unique city. 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.

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 (Sun Island) where we will visit the Amayra Indians who helped Thor Heyerdahl build the famous reed boats Ra II and Tigress for his exploratory expeditions. Our overnights will be at Copacabana, a beautiful lakeside resort.

After our acclimatization, we are ready for the mountains! For both trips, we will go to the Condori area, where there are a number of good training and acclimatization climbs including Pequeño Alpamayo (17,482’). After several days of training and acclimatization climbing, we head to Huayna Potosi (19,974’). These are very rewarding climbs which require the use of fixed lines and running belays, as well as solid basic snow and ice climbing skills. After our ascents we’ll return to the Base Camp Refugio. The next day we will head to La Paz for a good meal and a night at the hotel.

For our Huayna Potosi climbers, we offer Illimani as an extension. This is a more technical climb, which is suited to climbers with additional acclimatization under their belts. For Illimani we drive east, over a high pass to a village where 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. The Illimani summit day sees the team climbing a narrow snow ridge. After the ridge, the team faces the headwall. This is a steep climb at over 20,000 feet. This section demands our attention, presenting some exposed climbing using running belays and fixed lines, with a classic finish along the ridge leading to the summit of Illimani.

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/depay early in the morning).
# Program Fees and Payment Schedule

<table>
<thead>
<tr>
<th>Trip #1</th>
<th>Trip #2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pequeño Alpamayo (17,482') and Huayna Potosi (19,974')</strong></td>
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</tr>
<tr>
<td>May 19–31, 2019</td>
<td>July 21 - August 2, 2019</td>
</tr>
<tr>
<td><strong>Landcost:</strong> $4,300</td>
<td><strong>Landcost:</strong> $4,300</td>
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<tr>
<td>Single supplement $300</td>
<td>Single supplement $300</td>
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| **Illimani (21,200') Extension** | **Illimani (21,200') Extension** |
| June 1–7, 2019 | August 3-9, 2019 |
| **Landcost:** $1,500 | **Landcost:** $1,500 |
| Single supplement $200 | Single supplement $200 |

## Costs Included:
- Guides @ 2:1 ratio
- Cook Team
- Drivers
- Porters/mules
- Group equipment (kitchen, tents, etc.)
- Climbing permit fees/park fees/museum/boat to Sun Island
- Airport transfers
- Ground transportation
- Lodging for published itinerary
  - Starting with your arrival in La Paz until our return to La Paz (3 nights in La Paz 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, this is at your expense)
- Welcome dinner on first night and continental breakfasts in La Paz
- Food during the trip after departing La Paz

## 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
  - Please let us know by your final payment due date if you arrive in the middle of the night and would like a day room reserved upon arrival.
- Alcoholic beverages during the trip
- Personal shopping and snacks
- Lunch and dinner in La Paz not included
  - Welcome Dinner will be provided to the team
- Tip pool ($300 USD) for the local staff (drivers, porters, cooks, etc.)
- Additional tip money to your IMG guide, this is up to you! 5% as a good starting point.
- Emergency medical/evacuation
- Required Travel Insurance
Fee Payment Schedule for Bolivia Program

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<tr>
<th></th>
<th>Huayna Potosi</th>
<th>Illimani Extension</th>
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<tr>
<td>With Application</td>
<td>$1,000</td>
<td></td>
</tr>
<tr>
<td>90 days before departure</td>
<td>$3,300</td>
<td>$1,500</td>
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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.

REQUIRED Travel Insurance: IMG requires that all participants on International programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts). More info: https://www.mountainguides.com/travel-insurance.shtml. If you need assistance with the various insurance options, give Becky Kjorvestad a call in the IMG Office (360 569 2609) or email becky.kjorvestad@mountainguides.com. Note on end dates: Please extend your insurance policy to cover your trip until you return to your home country.

Air Travel
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.
# 2019 Bolivia Itineraries

## Trip #1

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<tr>
<th>Day</th>
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<th>Itinerary</th>
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<tr>
<td>Day 1</td>
<td>Sunday, May 19, 2019</td>
<td>Arrive La Paz, transfer to hotel. Welcome dinner.</td>
</tr>
<tr>
<td>Day 2</td>
<td>Monday, May 20, 2019</td>
<td>City Tour, visit local markets, second hotel night.</td>
</tr>
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<td>Day 3</td>
<td>Tuesday, May 21, 2019</td>
<td>Lake Titicaca (12,400') Hiking, overnight at Copacabana</td>
</tr>
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<td>Day 4</td>
<td>Wednesday, May 22, 2019</td>
<td>Boat ride to Sun Island. Second night at Copacabana.</td>
</tr>
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<td>Day 5</td>
<td>Thursday, May 23, 2019</td>
<td>Move to Tambo Condoriri (14,000’)</td>
</tr>
<tr>
<td>Day 6</td>
<td>Friday, May 24, 2019</td>
<td>Move to Condoriri BC (15,100’). Mountaineering review.</td>
</tr>
<tr>
<td>Day 7</td>
<td>Saturday, May 25, 2019</td>
<td>Training and climbing</td>
</tr>
<tr>
<td>Day 8</td>
<td>Sunday, May 26, 2019</td>
<td>Ascend Pico Austria and/or other nearby peaks.</td>
</tr>
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<td>Day 9</td>
<td>Monday, May 27, 2019</td>
<td>Ascend Pequeño Alpamayo and/or other nearby peaks.</td>
</tr>
<tr>
<td>Day 10</td>
<td>Tuesday, May 28, 2019</td>
<td>Move to Huayna Potosi Base Camp.</td>
</tr>
<tr>
<td>Day 11</td>
<td>Wednesday, May 29, 2019</td>
<td>Move to Campamento Argentino (16,380’)</td>
</tr>
<tr>
<td>Day 12</td>
<td>Thursday, May 30, 2019</td>
<td>Summit day Huayna Potosi, return to Base Camp.</td>
</tr>
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## ILLIMANI (21,200’/6462m) Extension • June 1-7, 2019

| Day 14 | Saturday, June 1, 2019 | Free day in La Paz                                                          |
| Day 15 | Sunday, June 2, 2019 | Illimani Base Camp (about 15,750ft).                                       |
| Day 16 | Monday, June 3, 2019 | Acclimatization day                                                          |
| Day 17 | Tuesday, June 4, 2019 | Establish Illimani High Camp (about 17,875ft).                             |
| Day 18 | Wednesday, June 5, 2019 | Summit Illimani, descend to BC.                                             |
| Day 19 | Thursday, June 6, 2019 | Return to La Paz.                                                           |
| Day 20 | Friday, June 7, 2019 | Departure                                                                  |
Trip #2

**PEQUENO ALPAMAYO & HUAYNA POTOSI (19,974'/6094m) • July 21 - August 2, 2019**

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<td>Day 1</td>
<td>Sunday, July 21, 2019</td>
<td>Arrive La Paz, transfer to hotel. Welcome dinner.</td>
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<td>City Tour, visit local markets, second hotel night.</td>
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<td>Thursday, August 1, 2019</td>
<td>Summit day Huayna Potosi, return to Base Camp.</td>
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**ILLIMANI (21,200'/6462m) Extension • August 3-9, 2019**

| Day 14| Saturday, August 3, 2019 | Free day in La Paz                                                      |
| Day 15| Sunday, August 4, 2019 | Illimani Base Camp (about 15,750ft).                                  |
| Day 16| Monday, August 5, 2019 | Acclimatization day                                                    |
| Day 17| Tuesday, August 6, 2019 | Establish Illimani High Camp (about 17,875ft).                        |
| Day 18| Wednesday, August 7, 2019 | Summit Illimani, descend to BC.                                        |
| Day 19| Thursday, August 8, 2019 | Return to La Paz.                                                       |
| Day 20| Friday, August 9, 2019 | Departure                                                              |

If you have any questions, we are ready to get you the answers. You can email Greg Vernovage: Everest@MountainGuides.com

Ready to sign up? You can find the application forms here: https://www.mountainguides.com/pdf/IMG-Forms.pdf
IMG Bolivia Gear List

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 duffle. Keep in mind that this list has been carefully compiled by Greg Vernovage, the expedition organizer. Once you are confirmed on the roster, we will be sending Newsletters with a more comprehensive gear list with tips for each piece of equipment.

Climbing Gear
- Ice Axe: A 60 cm length
- 12-point Crampons
- Climbing Harness
- Climbing Helmet: Required
- Trekking Poles

Hardware
- 3 locking carabiners
- 4 lightweight regular carabiners
- Ascender (with handle)
- 2 X 48" slings
- 20' of 7mm perlon cord
- 1 X 5mm prussik loop
- ATC for rappelling (A Figure 8 is also a good option)

Backpack & Sleeping Bag
- Climbing Backpack: minimum of 60 liters
- Smaller “daypack” for your airline travel carry on
- Sleeping Bag: Rated from 0 to -10F
- Sleeping Pads

Camp Accessories
- Cup/Bowl/Spoon
- Headlamp
- Water Bottles X 2
- Water bottle insulation X 2
- Water Treatment
- Camera
- Pocket Knife

Footwear
- Double Climbing Boots
- Gaiters
- Camp Shoes
- Comfortable hiking shoes/boots
- Socks X 4

Clothing
- Insulated Parka
- Shell Jacket
- Shell Pants
- Synthetic Insulated full-zip pants
- Mid Layers: Fleece or Down Sweater
- Soft Shell Jacket
- Soft Shell Climbing Pants
- Base Layers
- 2 Synthetic Tops
- 1 Synthetic Long John
### Outerwear Accessories

- Mittens
- Heavy Climbing Gloves
- Light Gloves
- Leather gloves
- Wool or fleece winter hat/beanie
- Neck Gaiter and/or a Buff
- Baseball Hat
- Bandana

### Personal Accessories

- Glacier Glasses
- Goggles
- Vision correction
- Wrist Watch
- Small Travel Towel
- Soap/Shampoo
- Cold medicine (Sudafed, etc.), Chloroseptic or Tessalon Perles throat lozenges.
- Sunscreen with SPF minimum 30
- Lip balm with sunscreen
- Personal Snack Food: 3lbs
- iPhone/Kindle/Book
- Hand and Foot warmers X 3

### Basic First Aid

- Hand Sanitizer
- Moleskin or Compede
- Athletic Tape
- Aspirin
- Ibuprofen
- Imodium
- Band Aids
- Antacid
- Ear Plugs
- 2 rolls of toilet paper

### Required Prescription Medications

- Antibiotic for respiratory and GI problems (azithromycin / “Z-Pak”)
- Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week
- Sleeping pills for jet lag
- Malaria Chemoprophylaxis, if needed based on travel plans
- Asthma medication
- Nifedipine, for pulmonary edema (30mg time release tablets-bring a couple tablets)
- Dexamethasone, for cerebral edema (bring a few 4mg tablets)

### Travel Items

- Duffel Bags X 2
- Travel Wallet
- Passport
- Casual Clothes for around town
Immunization 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 to certain areas near sea level before/after the trip
- 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

“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.

“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

International Mountain Guides  •  www.mountainguides.com  •  email: office@mountainguides.com

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