

Bolivia 2021

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Pequeño Alpamayo and Huayna Potosí 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" 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. At 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 your goal is to climb in the Himalaya, these mountains are great training.

The IMG Bolivia expeditions are organized by IMG Program Director Greg Vernovage, assisted by our IMG Bolivian guides. Our IMG Guides in Bolivia have climbed some of the highest 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 combination of 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. [Sign up now for Bolivia!](#)

We have also worked with many individuals and groups to organize custom programs in Bolivia. Whether its different trip dates, other mountains, or additional acclimatization or tourist days before or after a trip, we're here to assist you. If you have a favorite IMG guide who you like to climb with, we can also work with your group to put a great trip together with them. Please let me know how I can help you!

Greg Vernovage
Everest@MountainGuides.com

Bolivia: Just The Facts

Summits:

Pequeño Alpamayo: 17482' • 5330m
Huayna Potosí: 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.

Our expedition begins with a couple nice training days in the Condoriri area of the Cordillera Real Mountains culminating with a climb of **Pequeño Alpamayo (17,482')**. Then we head over to **Huayna Potosi (19,974')** which is one of the Classic Bolivian peaks. 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')**. For those interested in climbing Parinacota and/or Sajama, we can work with you on these mountains as well in a Custom Program arrangement.

Bolivia checks all the boxes for a mountaineer looking for a fun adventure. The mountains are spectacular, the people are welcoming and we include plenty of sightseeing and acclimatizing before heading to our climbing objectives. The history of the ancient people is noted everywhere and many of the skills learned hundreds of years ago are still being used today. The wildlife is abundant, and we rarely make a move without being accompanied by llamas, donkeys or mules as well as other wildlife that is just curious!

Getting off the plane at 13,000' will be a bit of a shock as you start hauling your duffels around the airport and are quickly 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 the city of La Paz, and 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 health, wealth, and happiness.

Our visit to Bolivia wouldn't be complete without a trip to Lake Titicaca for two nights, the highest lake in South America at over 12,500 ft. We'll 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 Tigris for his exploratory expeditions and lunch on local food on the shore of the island.

After our acclimatization, we are ready for the mountains! For both trips, we will go to the Condoriri area, where we will continue acclimatizing and attempt our first mountain, Pequeño Alpamayo (17,482ft). After several days of training and acclimatization climbing, we head to Huayna Potosi (19,974ft.)



Condoriri Base Camp and Pequeño Alpamayo

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. To climb 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 15,000ft. The next day, we'll hike from base camp to our high camp, Nido de Condores (the Condor's Nest) perched at 18,000ft. 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 which, the team will face a headwall. This is a steep climb at over 20,000 feet that 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/depart early in the morning.)

Program Fees and Payment Schedule

July 18-30, 2021

Pequeño Alpamayo (17,482ft)
Huayna Potosi (19,974ft)

Landcost: \$4,300
Single Supplement: \$300

July 31-August 6, 2021

Illimani (21,200ft)

Landcost: \$1,500
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
 - Includes 3 La Paz hotel nights, double occupancy (2 before and 1 after the climb returns to La Paz). For members climbing Illimani, we add 2 more nights (so 2 before, 2 in the middle, and 1 at the end). We can make the reservation for you if you wish to come early or stay on after the trip ends; this additional time would be 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
- Taxis
- Single supplement accommodations
- 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 room reserved upon arrival
- Beverages during the trip
- Personal shopping and snacks
- Lunches and dinners in La Paz with the exception of the Welcome Dinner
- 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% is a good starting point.
- Emergency medical/evacuation coverage (Required Travel Insurance)

Fee Payment Schedule for Bolivia Program: July 18-30; July 31-Aug 6		
	Huayna Potosi	Illimani Extension
With Application	\$1,500	
90 days before departure	\$3,300	\$1,500

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 information, let us know. Our bank does not charge for incoming bank wires; however, please account for 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.) If you need assistance with

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the various insurance options, please email [Becky Kjorvestad](mailto:Becky.Kjorvestad) or call the IMG Office (360.569.2609.)
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.

Custom Programs

We have worked with many individuals and groups to organize custom programs in Bolivia. Whether its different dates, other mountains, or additional days before or after a trip, we're [here](#) to assist you.

2021 Bolivia Itinerary

PEQUEÑO ALPAMAYO & HUAYNA POTOSI (19,974'/6094m) • July 18 - 30, 2021		
Day	Date	Itinerary
Day 1	Sunday, July 18, 2021	Arrive La Paz, transfer to hotel, welcome dinner
Day 2	Monday, July 19, 2021	City Tour, visit local markets, second hotel night
Day 3	Tuesday, July 20, 2021	Lake Titicaca (12,400ft) hiking, overnight at Copacabana
Day 4	Wednesday, July 21, 2021	Boat ride to Sun Island, second night at Copacabana
Day 5	Thursday, July 22, 2021	Move to Tambo Condoriri (14,000ft)
Day 6	Friday, July 23, 2021	Move to Condoriri BC (15,100ft) mountaineering review
Day 7	Saturday, July 24, 2021	Training and climbing
Day 8	Sunday, July 25, 2021	Ascend Pico Austria and/or other nearby peaks
Day 9	Monday, July 26, 2021	Ascend Pequeño Alpamayo and/or other nearby peaks
Day 10	Tuesday, July 27, 2021	Move to Huayna Potosi Base Camp
Day 11	Wednesday, July 28, 2021	Move to Casa Blanca (16,380ft)
Day 12	Thursday, July 29, 2021	Summit day Huayna Potosi, return to Base Camp
Day 13	Friday, July 30, 2021	Return to La Paz. Hotel.

ILLIMANI (21,200'/6462m) Extension • July 31 - August 6, 2021		
Day 14	Saturday July 31, 2021	Free day in La Paz. Hotel.
Day 15	Sunday, August 1, 2021	Move to Illimani Base Camp (about 15,750ft)
Day 16	Monday, August 2, 2021	Acclimatization day
Day 17	Tuesday, August 3, 2021	Establish Illimani High Camp (about 17,875ft)
Day 18	Wednesday, August 4, 2021	Summit Illimani, descend to BC
Day 19	Thursday, August 5, 2021	Return to La Paz. Hotel.
Day 20	Friday, August 6, 2021	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>



Huayna Potosi

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 duffel. 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: 60 cm in length
- 12-point crampons
- Climbing harness
- Climbing helmet
- 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 60L
- Smaller "daypack" for your airline travel carry on
- Sleeping bag: rated to 0F to -10F
- Sleeping pads

Camp Accessories

- Cup/Bowl/Spoon
- Headlamp
- Water bottles (2L of capacity)
- Water bottle insulation X 2

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- 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
- Wristwatch
- 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/Athletic Tape/Band-Aids
- Aspirin
- Ibuprofen
- Imodium
- 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: mountainguides.com/comments.shtml
