

Ecuador Volcanoes Expedition

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Ecuador is simply a great country to visit. It has everything from 20,000' glaciated peaks to the Amazon Jungle, and we will experience both! Why more Americans don't spend time in Ecuador is beyond us. On our two-week trip, we will try to sample as much of this beautiful country as possible. Our two ascents will include Cayambe (18,990') and Cotopaxi (19,347'). Chimborazo (20,561') is available as a 3-day extension for the interested and capable climber.

IMG has been leading expeditions to Ecuador since the early 80's and the contacts and relationships we've built over the years make this program unique. The climbs themselves are only a piece of the total adventure with IMG in Ecuador.

This information should answer many of your initial questions and also guide you through the next stages of preparing for the climb. Should you have any questions, please feel free to contact us at any time.

ABOUT THE PROGRAM

Time is spent in Quito before and after our ascents, exploring cathedrals and markets and sampling local cuisine. We will also visit the famous Indigenous market in Otavalo and spend time with a friend who is a weaver in the town of Peguche.

Our acclimatization schedule is interesting and includes two mountains. We hike Fuya Fuya (13,986') and Imbabura (15,190') prior to our Cayambe attempt. Additionally, we do a basic technique review on the slopes of Cayambe and spend two nights at the Oleas–Ruales–Berge Refuge prior to our climb. After our summit attempt we will drive to the jungle town of Papallacta, where we can soak in the hot springs for which this town is famous.

Cotopaxi is next, which may just be the most picturesque volcano in the world. The team will climb from the José F. Ribas Refuge located at 15,973'. After climbing Cotopaxi, we spend a night at the hacienda of La Cienega. We wrap up the trip with a traditional home-cooked meal and celebration at our local Ecuadorean guides home.

The itinerary gives us the flexibility to pull an additional day, even two, out of the schedule if needed for weather contingencies. An IMG Senior Guide leads each of these programs.

Ecuador: Just The Facts

Chimborazo: 20,561' • 6267m

Set Your GPS:

1° 28' S • 78° 48' W

Sizing Up:

Chimborazo is the highest peak in Ecuador. It was believed to be the highest mountain in the world, a belief which was sustained until the discovery of the Himalayan peak Dhaulagiri (26,794') in 1808.

First Boot-Prints on Top:

In 1880 by Edward Whymper with guides J. and L. Carrel

It's Probably Nothing:

Though there are no records of recent eruptions, and it's long been considered extinct, latest research and seismic activity indicate that Chimborazo is an active volcano with water 25m below the top.

Ok Maybe It's Something:

High precipitation has formed a large summit ice cap beneath which is a crater that today is old, eroded, and contorted, suggesting that Chimborazo may have been even higher in its younger years.

Nevado Cayambe: 18,996' • 5790m

Set Your GPS:

0° 2' N • 78° 9' W

Sizing Up:

Cayambe is the third highest mountain in Ecuador and the only major peak in the world whose summit is crossed by the equator.

First Boot-Prints on Top:

In 1880 by Edward Whymper with guides J. and L. Carrel

Bring A Jacket:

The only snow-capped peak on the equator, Cayambe has over 6800' of prominence, 20 glaciers forming a permanent (though receding) snow-cap and is the coldest place on the equator.

Don't Wait Too Long To Climb It:

Increased seismic activity was recorded on the volcano between 2003 and 2005.

We are joined by some of the finest Ecuadorian guides, directed by Romulo Cardenas. We've climbed with Romulo for over three decades. Romulo has over 300 ascents of Cotopaxi, over 100 of Cayambe and over 200 of Chimborazo. Yes, you read that correctly. All our Ecuadorian guides are dear friends, experienced guides and add immeasurably to your Ecuadorian experience.

You will see more of Ecuador than you ever imagined. Our goal is to make this trip so much more than just a mountaineering expedition.

Program Fees and Payment Schedule

Ecuador Volcanoes November 2021 Trip Dates:

- Cayambe and Cotopaxi Only: November 4-16, 2021 Landcost: \$3,900
- Optional Chimborazo Extension: November 16-19, 2021 Landcost: \$1,200

Ecuador Volcanoes January 2022 Trip Dates:

- Cayambe and Cotopaxi Only: January 6-18, 2022 Landcost: \$3,900
- Optional Chimborazo Extension: January 18-21, 2022 Landcost: \$1,200

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

COSTS INCLUDED:

- IMG Guides
- Double accommodation in hotels
- Shared accommodation in refuges
- Group transportation
- Group equipment including ropes, stoves/fuel, radios, group first aid kits
- Meals while climbing

COSTS NOT INCLUDED:

- Roundtrip airfare to Quito
- Meals while not climbing
- Snacks while climbing
- Personal climbing equipment from gear list
- **REQUIRED Insurance*:** IMG requires that all trip participants purchase Travel Insurance for international programs that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program.

Fee Payment Schedule - Ecuador Volcanoes Program			
Due	Payment of:	Cayambe/Cotopaxi Only	w/Chimborazo Extension
At registration, if > 90 days of Trip Date	Application Fee	\$1,000	
At 90 Days Prior to Trip Date	Balance of Landcost Fees	\$2,900	\$1,200
At registration <= 90 days of Trip Date	Total Landcost Fees	\$3,900	\$5,100

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. Due to our no refund cancellation policy, 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 have general questions regarding travel insurance contact Becky Kjørvestad in the IMG Office (360-569-2609) or email becky.kjorvestad@mountainguides.com. Note on insurance coverage dates: **Please extend your insurance policy to cover your trip until you return to your home country.** Please provide us with the confirmation of your travel insurance and remember to bring a copy with you on your trip.

AIR TRAVEL

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations. We recommend you consider their service: 800 909.6647 or img@cttdestinations.com. Seats can sometimes be in short supply to South America and flight schedules can change frequently. Because of this, we encourage you to make your reservations early. Most flights to Quito arrive later in the evening. Remember, you are responsible for making all of your own flight arrangements.

Ecuador Volcanoes Expedition Itinerary

Day 01	Depart home for flights to Quito. Most flights arrive around midnight. A shuttle will transfer the group to our hotel in Quito.
Day 02	Morning tour of Old Town Quito. Depart Quito for the town of Otavalo. Lunch will be at a local restaurant on the way, where we will have a chance to sample the hardy potato soup this region is known for. In the afternoon, we will visit a local weaver in the town of Peguche. Night will be spent in Otavalo.
Day 03	Early morning visit to the famous Otavalo Indigenous Market. We will hike to the top of Fuya Fuya (13,986') after our market visit. We will return to Hotel Otavalo for a second night there.
Day 04	Acclimatization hike to the summit of Imbabura (15,109'). Transfer that afternoon to Hacienda Guachala near the town of Cayambe where we will begin to prep our climbing equipment in the evening/afternoon.
Day 05	Drive to the Oleas-Ruales-Berge Hut (15,902') on Cayambe. The group will spend the afternoon relaxing at the hut and discuss topics including high altitude and expedition climbing.
Day 06	Training day on the lower slopes of Cayambe. Review to include basic cramponing, proper use of the ice axe and roped travel. Second night spent at the hut.
Day 07	Summit attempt of Cayambe (18,996'). Return to the hut, pack gear and transfer to Papallacta for the night at the famed hot springs and hotel.
Day 08	Drive to Hacienda El Porvenir at the base of Cotopaxi; this hacienda is a great staging spot for our climb and is very close to Cotopaxi itself.
Day 09	The team will head to the José F. Ribas Refuge located near the glacial tongue of Cotopaxi. This refuge is quite new and sits at 15,970'.
Day 10	Summit attempt on Cotopaxi (19,347'). Return to refuge, pack up all our gear and drive onward to the Hotel Cienega, outside the city of Latacunga.
Day 11	Visit with Jorge Anhalzer, famed Ecuadorian explorer, climber, photographer, journalist, ultralight pilot and old friend. Lunch of Ecuadorian dishes prepared by Romulo's wife, Patricia, at their home. Return to Quito for the night.
Day 12	Free day in Quito. A fun option for the group is to take the Teleferico (gondola) up to hike around Pichincha, a mountain just on the outskirts of Quito with great views of the city. Other folks may choose to visit the museum and residence of famous Ecuadorean artist Guayasamin. The team will then have a final dinner at a beautiful restaurant in town, finish up packing and transfer to the airport for flights home.
Day 13	Most flights to the United States depart Quito just after midnight. That's the night of Day 12/morning of Day 13. Catch connecting flights to your home and arrive home on Day 13.
**Day 11 or 12 can be made available as a contingency day, if needed, to wait out bad weather on either climb.	

Chimborazo Extension

Day 13	Drive from Quito south to the Whymper Hut (15,744') on Chimborazo. Night spent there.
Day 14	First possible summit attempt from the hut.
Day 15	Summit bid of Chimborazo (20,564 feet) or weather contingency day. Late evening return to Quito. Hotel night in Quito.
Day 16	Early morning departure (just after midnight) from Quito to the U.S. and catch connecting flights for home.

ROUTE DESCRIPTION

All climbs involve cramponing on moderately steep slopes and a great deal of glacier travel. The snow level is reached between 15,000' and 16,000' and each of the ascents will require several thousand feet of snow climbing. Crevasse problems should be no more difficult than those encountered in climbing Mt. Rainier. The routes are very exciting and much more involved than those on the Mexican volcanoes. You should expect summit days to average around 12 hours round-trip from the high camps.

CONDITIONING & CLIMBING SKILLS

You cannot over train for high altitude climbing. Concentrate on your heart, legs and lungs. You will enjoy the trip more if you are properly prepared. An aerobic program of either running, stair climbing or bicycling, plus a conditioning program for the thigh muscles is strongly recommended starting at least three months before your trip. Although climbs of Cayambe and Cotopaxi do not require carrying an excessively heavy backpack, training with weight can help increase your aerobic stamina and endurance. You owe it to your team mates to be in excellent condition for the trip. Ecuador offers a great opportunity for climbers to test their abilities at higher elevations, but previous mountaineering knowledge of ice axe arrest, cramponing and rope team travel are required. Everyone needs to be familiar with these climbing skills.



EQUIPMENT

The enclosed personal equipment list is for your guidance. Most items are required, a few are optional. Please consider each item carefully and be sure you understand what each piece of equipment's function is before you substitute or delete items from the list. If you are in question about any piece of equipment, please contact us, we're here to help. Keep in mind that this list has been carefully compiled by IMG.

FOOD

Breakfasts and dinners will be provided while you are climbing; this includes hot drinks and coffee. These meals will consist of 'quick preparation' foods brought from the United States, as well as local foods. We ask that each climber supplies their own lunches/snacks for the climbs. This gives us a lot more flexibility and this way you'll always have something handy to munch on. Bring things like candy, nuts, granola bars, GORP and powdered drink mixes. Breads, fruits and some other items are available in Ecuador and we will make a stop before each climb to buy these perishable items. If you're looking for tips on climbing snacks, check out what IMG guides are [eating](#). Each individual will be responsible for his/her own restaurant meals when we are not climbing; this usually comes out to between \$200-\$400.

WEATHER

Historically, November through February and June have proven to be reasonably stable weather periods. We should, however, be prepared for both cold and wet weather. Conditions on the mountains should be comparable to those encountered on Mt. Rainier. Temperatures in Quito and neighboring towns should be mild with the possibility of an afternoon shower. A light jacket or sweater will likely be needed in the evenings.

PASSPORTS AND VISA

A valid passport with at least 6 months of validity (after your day of entry into Ecuador) is required. Also, if you have a 'well-traveled' passport, make sure there are blank pages available for the visa stamps. An embarkation/disembarkation card is usually handed out on board your flight to Quito. Present your passport and embarkation/disembarkation card upon landing in Quito. You must keep your copy of this card with you and present it upon leaving Ecuador. No other visa or form is currently required.

MEDICAL INFORMATION

We need to be informed of any allergies you may have, medicines you are currently taking and any medical conditions which could possibly affect your ability to safely participate on a climbing expedition. In addition to the first aid items listed on the equipment list, there are a few additional medications that you should consider. Any medication should be used only if necessary and its use should be discussed thoroughly with your physician (and with your guide) before you take the medication.

IMMUNIZATIONS

No immunizations are currently required to enter Ecuador, but [the CDC has recommendations](#). As a minimum we recommend that you consider the following:

- Routine vaccinations:** includes Chickenpox (Varicella), Diphtheria-Tetanus-Pertussis, Flu (influenza), Measles-Mumps-Rubella (MMR), Polio
- Hepatitis Vaccines:** For both hepatitis A and B.
- Covid-19**
- Note - malaria chemoprophylaxis is NOT necessary** (unless you travel to the lower parts of the country below approximately 2300m).



“Working with a world class guide and organization, you clearly expect top notch mountaineering. What went beyond this was the incredible introduction to the beauty, people and culture of Ecuador combined with the opportunity to climb two 19,000 summits.”

—Robert A.

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

Ecuador Volcanoes Expedition Equipment List

Item	Examples/Notes
Internal frame mountaineering backpack	
2 duffel bags	
Small carry-on/travel bag	
Ice Axe (60-70 cm)	
Crampons	
Adjustable ski poles	
Climbing Harness	
Climbing Helmet	
1 locking and 1 non-locking carabiner	
Sleeping bag rated between 0F and +10F	
Inflatable sleeping pad	
Double climbing boots	
Gaiters	
Light hiking shoes or boots	
2 sets of wools socks	
Light hiking shirt	
Light hiking shorts and pants	
2 Pairs of synthetic underwear	
2 sports bras (ladies)	
Synthetic base layer for legs (long underwear)	
Soft-shell climbing pants	
Waterproof Gore-Tex pants with full-length leg zippers	
2 Synthetic upper body base layers	
1 or 2 medium weight insulating layers	
Soft-shell jacket	
Medium weight insulated parka	
Waterproof Gore-Tex jacket	
Wool/fleece beanie hat that fits under your helmet	
Light weight gloves	
Medium weight gloves	
Heavy weight gloves	
Buff	
Glacier glasses	
Goggles	
Sunscreen and lip balm (at least 30 spf)	
2 wide-mouth Nalgene water bottles	
Plastic cup, bowl and spoon	
Headlamp with extra batteries	
Camera	Keep it light, and bring spare batteries
Toiletries	Toothbrush, toothpaste, floss, hand sanitizer
Personal first aid kit:	Consult with your doctor to acquire high altitude medications and to complete form 5 in the application package.
<ul style="list-style-type: none"> • High altitude and travel medications <ul style="list-style-type: none"> -Acetazolamide (14 tablets @ 125mg) -Dexamethasone (4 tablets @ 4mg) -Nifedipine (2 tablets @ 30mg) -Azithromycin • Aspirin • Antacids • Imodium • Moleskin or second skin for blisters • One roll of athletic tape 	
1 Large plastic compactor bag	We will use this to line our backpacks to protect our gear from precipitation
Pocket knife	Swiss Army type is handy
Alarm wrist watch	We like a watch with an altimeter, like the Suunto Vector
Casual clothes	There is down-time in between climbs. Make sure to bring some comfortable clothes for hanging out and going out to dinner. Leave the black tie/dress at home, but classier attire is appropriate at some of the haciendas where we will be dining. Don't forget a bathing suit for soaking in the hot springs in Papallacta.