High Altitude Mountaineering Course
Cordillera Real, Bolivia

This High Altitude Mountaineering course is designed to give you the skills to climb high altitude peaks and prepare you for climbing on technical terrain at these attitudes. We will be instructing and reviewing the following climbing techniques; glacier travel, ice/snow climbing techniques, crevasse rescue, multi-pitch climbing snow climbing, short roping, ice/snow anchors, belay techniques, rappelling, glacier navigation, route finding, and decision making. Additional topics to be covered or experienced; proper acclimatization, pace, knowing when to turn back, weather considerations, alpine starts, mountain medicine, judgment, and hazard evaluation. We will attempt 2-3 peaks between 17,000 ft. and 19,000 ft. in the Cordillera, Real depending on local conditions, group skill level, and as our time allows. Possible options to be attempted; Pequino Alpamayo (18,187 ft.), Condoriri (18,525 ft.) and Huayna Potosi (19,998 ft.) other peaks and climbs maybe substituted due to climbing conditions. While an excellent pre course for the Sajama Expedition (21,463 ft.) this is a great introduction to climbing in the Bolivian Andes with ascents of peaks over 17,000 ft., all the while learning advanced climbing techniques and how to be safe at high altitude. Feel free to give us a call if you have any questions or need to make reservations. Come join us!

What to Expect: We will be climbing to high elevations (over 17,000 ft.). Your physical conditioning, mental attitude, and flexibility will all be factors in making an exciting, fun, and successful trip. You will be required to carry your share of the group equipment and food while climbing to our high camps. We try to keep this weight to a minimum with the use of burros/horses/llamas up to base camp. We are traveling and climbing in a foreign country, and while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the adventure is being flexible, and making changes to the itinerary as needed to account for local conditions. If you keep this in mind you will have an exciting and fun filled adventure!

Mountaineering Course Cost: $3,295.00
Illimani/Sajama Option Add: $975.00
Lake Titicaca Option Add: $475.00

Note: Price subject to change until booking due to international exchange rates.

Expeditions Dates
September 7-20, 2014
September 6-19, 2015

Additional Dates: Available with 3 or more - regular prices or by private arrangement.
Acclimatization Lake Titicaca Option: 4 days before departure date
Climb Options: Add 6 days
Level of Experience: Previous experience at altitude above 14,000 ft. You must have knowledge and previous experience in the practice and use of crampons and ice ax self-arrest. Winter camping climbing, belaying, rappelling and general rope handling skills are recommended. If you have questions about the level of experience needed, please give our office a call and we can recommend courses or seminars to prepare you for your trip.

Includes: Professional American guide(s), information support, land transportation, hotels, hut fees, permits, porters (as needed), all food while trekking and climbing, entrance fees to parks, climbing permits, radios, safety equipment, group technical equipment, and group camping equipment including tents, stoves, and fuel.

Not included: International Airfare to La Paz, Bolivia international airport taxes, meals in cities, and beverages as noted under food and beverages, laundry, and personal climbing and trekking equipment.

Group size: Limited to 6 adventures/expedition climbing members

Food & Beverages: All meals are provided while climbing and trekking, Clients are responsible for extra beverages and meals while in cities, * extra beverages while at base camp on the mountain or in cities, this includes: beer, soda, bottled water, designer water and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

Physical Conditioning: Expedition Training; Level IV training required 5 times per week for at least 3 days at 40-60 minutes each session, 2 days at 60 -120 minutes each session, in one of the following categories or mixture of each: running, bicycling, swimming, stair master, ski machines, or other aerobic activities. It is also a good idea to include in your workout some type of flexibility training 3 times a week (stretching for at least 15 minutes). Plan on including weekend training hikes and climbs with your loaded pack for overall conditioning, this is a very important part of your overall training. Other activities which will improve your conditioning for the expedition include; weight training for strength, versa climber, jogging with a light day pack, and running stairs or hills.

Acclimatization: Most climbers don’t think they need as much time for acclimation as is scheduled during our expeditions. We have found through experience that our schedule is optimum for climbing at high attitudes to keep you both healthy and give you the best chance to reach the summit. Please give us a call if you have any questions.

Equipment: Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

General Precautions for International Travel: A complete
package of Health Information for travel in South America can be found at the Center for Disease Control - Travel Destinations: [http://wwwnc.cdc.gov/travel/destinations/list](http://wwwnc.cdc.gov/travel/destinations/list)

Following the guidelines will increase the likelihood of keeping you healthy and happy while you are traveling. It is extremely important to maintain your health while trekking and climbing.

**Immunizations:** A recommended list of immunizations for South America can be found at the Center for Disease Control - Travel Destinations: [http://wwwnc.cdc.gov/travel/destinations/list](http://wwwnc.cdc.gov/travel/destinations/list)

Local Public Health departments do offer inexpensive travel immunizations or check with your personal physician. If you need immunizations, please get them as soon as possible - some immunizations are given over a period of time. For your health and safety it is very important to have your immunizations up to date.

**Passports and other Documentation:** You are required to have a passport with 6 months prior to expiration, for travel in Bolivia and for entrance back into the United States. Please don’t forget! Check the equipment list. Boliva Visa $135.00 upon entry into Bolivia. Airport Exit Tax from La Paz, Bolivia is approx.: $24.00 U.S. funds. (maybe included in your airline Ticket).

**Special Note on Visas:** Expect to pay for a visa (US citizens only) of $135.00 upon entry cash only. It is good for 5 years*

*Note this may have changed with the Obama election, we will keep you posted.

**Baggage Restrictions:** Please check with your airline and point of departure for baggage restrictions. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 35 lbs. The equipment on our list is under the weight and size restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive. Additional note: Airlines are not currently charging for baggage on international departures.

**Meeting Location:** We will be contacting you at least 14 days before your departure with the name and phone number of the hotel in Quito, Ecuador where you will be meeting your guides with instruction on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will be in contact to discuss the options.

**Deposits:** A $1,000.00 deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your $1,000.00 deposit and Expedition Application you will be sent a complete course information package. Either the Director of SWS Mountain Guides or one of the guides leading the expedition any questions you may have to help answer and to help you with your airline arrangements will contact you.

**Refunds:** A $1,000.00 deposit is required with each reservation and the balance is due 90 days prior to the course. In the event you must cancel your reservation, between 90-60 days before the course, a $750.00 cancellation fee is required and the balance refunded. Between 60-45 days prior to the course a 50% cancellation fee is required with the balance refunded. We are sorry, but NO REFUNDS can be made within 45 days prior to the course starting date.

**Includes:** Information support, professional guides, ground transportation, all lodging, mules, horses, and porters (as needed), all meals while climbing, continental breakfasts while in cities at our hotel(s), entrance fees to parks, hut fees, climbing permits, radios, safety equipment, group technical equipment, and group camping equipment including tents, stoves, and fuel.

**Food & Beverages:** All meals are provided while climbing and/or trekking, continental breakfasts while in cities at our hotel. Clients are responsible for extra beverages and meals while in cities, extra beverages while at base camp, or in huts or on the mountain, this includes: beer, soda, bottled water, designer water and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.
Not included: Airfare to and from La Paz, Bolivia, meals in cities, and beverages as noted above*, Visa entry fee of $135.00 for US Citizens only, airport exit tax if not included in your return Ticket, laundry, and personal climbing and trekking equipment.

Group size: Limited to 6 adventures/expedition climbing members

Trip cancellation Insurance: It is recommended that you obtain trip cancellation insurance for your journey. You can find trip cancellation insurance on a link at our website: www.swsmtns.com/resourses or give us a call.

Bolivia High Altitude Mountaineering Camp Itinerary

Day 1: Arrive in the Hotel, recover from the long flight, napping / first full day of acclimatization / Light exploring of La Paz, meet guides and other clients for dinner in La Pa that evening (approx. 11,500 ft.)

Day 2: Tiwanaco Tour of pre-Incan ruins outside La Paz / Light Acclimatization walking. (Approx. 14,000 ft.)

Day 3: Morning transportation hut to trailhead with hike to base camp / mule support / Acclimatization 15,500 ft.

Day 4: Review of basic climbing techniques (glacier travel, crampons use, ice ax) on glacier by Base Camp / acclimatization (Approx. 15,500 ft.-16,500 ft.)

Day 5: Review of intermediate climbing techniques on glacier (crevasse rescue, team self arrest) by base camp Acclimatization (Approx. 15,500 ft.-16,500 ft.)

Day 6: Alpine Start / Climb 17,000 ft.-18,000 ft. Peak –Return to Base Camp

Day 7: Hike out to transportation back to La Paz, for re-supply, hot shower and great meal

Day 8: Morning transportation hut at the base of Huayna Potosi, Short hike to glacier review of climbing knots and equipment. acclimatization (approx. 15,500 ft. – 16,000 ft.)

Day 9: Ice Climbing Instruction / Glacier on Huayna Potosi

Day 10: Climb to High Hut with porters / 17,000 ft.

Day 11: Alpine Start / Climb Huayna Potosi / 19,998 ft.

Day 12: Hike out to Lower Hut / Return to La Paz, Celebration dinner

Day 13: La Paz Bolivia / Early Morning Flights back to U.S. / OR: Continue Extension for Sajama or Illmani Expedition

Day 14: Early Morning Flights back to U.S. / Extension for Sajama or Illmani Expedition
Expedition Extension Illimani - Add 6 Days

Day 15: Transportation to Base of Illimani

Day 16: Hike to High Camp

Day 17: Summit Climb back to High Camp

Day 18: Extra Summit Day

Day 19: Hike down to Meet Transportation/ Back to La Paz

Day 20: Return Flights back to U.S

Lake Titicaca Pre-Expedition Acclimatization - Add 4 Days Before

Day 1A: - Flight into La Paz, Bolivia, Evening in La Paz

Day 2A: - Transportation to Lake Titicaca Evening in Copacabana, Bolivia 12,600 ft.

Day 3A: - Water Taxi to Island of the Sun for Acclimatization Hiking and Night at 13,000 ft.

Day 4A: - Second Night in Copacabana exploration hikes and great meal watching the Sun Set over Lake Titicaca 12,600 ft.

Expedition Course Day 1: Transportation back to La Paz, Bolivia meet additional group members

Note: This is a general itinerary and we will attempt to follow this approximate schedule. However, due to the nature of international travel, climbing conditions, and camp availability, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goals with success on several summits and quality High Altitude Climbing instruction.

Additional Notes: Airline Scheduling and Planning: Please ensure your flights arrive in the Morning the first day of the course. Early Morning flights arriving at 5-6 am from Miami is the norm. (we will provide hotel reservations in La Paz as needed) and schedule your departure flight for the afternoon or evening of last day of the course. (you can leave on the following morning (very early), but we will have to charge you an extra night in the hotel in La Paz. Please give us a call prior to making your final flight arrangements or if you have any questions at 1-888-797-6867. If you are taking both the High Altitude Mountaineering Course and Illimani or Sajama Expedition Extension you will have any extra day in La Paz to relax and enjoy the culture.