



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

Mexico Volcanoes Expedition Pico del Orizaba 18,851ft.

The summit of Orizaba 18,851 will be the main objectives of this eight day sojourn south of the border. While not highly technical climbs, they do require a relatively high level of commitment and conditioning. We will start our trip from the Hotel in Puebla after flying in Puebla Mexico at an elevation of 7,136. The following 2 days we will travel to the resort town of Centro Vacacional IMSS La Malintzi on the slopes of La Malinzi (14,640 ft) to continue our acclimatization sleeping two nights at 10,000 ft. with day hikes to just over 14,000 ft. We then spend the day traveling via private transportation to the sleepy town of Tlachichuca. Spending the evening at the home of Senor Reyes arranging transportation/ obtaining supplies for the trip to the Piedra Grande Hut at the base of Orizaba. The following day we will travel to the Piedra Grande Hut 14,000 ft. for the evening. For an alpine start for the summit of Orizaba early the next morning. With our success we return to Tlachichuca and Senor Reyes Complex for a hot shower and a bunk for the night. We then head off to the beautiful town of Pueblo & the Airport for our flights back to the US.



What to Expect: We will be climbing at what are considered high elevations (15,000 to 18,000 ft.). Your physical conditioning, mental attitude and flexibility will all be factors in making an exciting, fun, and successful trip. 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 fun and 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 a exciting and fun-filled adventure!

Dates & Costs: Check website: www.swsmountainguides.com for current Departures & Pricing

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. Except as noted under food and beverages, laundry, and personal climbing and trekking equipment.

Group size: Limited to 6- 8 expedition climbing members

Guide to Client Ratio: 1:3 /4



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

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.

Not included: International Airfare to Mexico City, international airport taxes, meals in cities, and beverages, laundry, and personal climbing and trekking equipment.

Level of Experience Needed: You must have a basic knowledge and recent previous experience in the practice and use of crampons, ice ax, roped team travel, and winter camping/climbing. Experience of climbing at altitude above 14,000 ft. 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.

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, exercise 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 over all 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 altitudes 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 Mexico will be sent upon receipt of your deposit. Following the guidelines will the likelihood of keeping you healthy and happy while you are traveling. It is extremely important to maintain your health while trekking and climbing. Check our Travel tips links below: [Traveler's Health - Food & Water](#) [Adventure Travel Tips](#)

Immunizations: A recommended list of immunizations for Mexico will be sent in conjunction with our health information upon receipt of your deposit. If you require this information before making your decision to join the expedition give our office a call. We will be contacting you with any up to date information on Mexico if needed. You can get up to date information at your local Public Health Department along with inexpensive immunizations. 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. Check our immunization links for Mexico at the US CDC mexico immunations recommendations [check here](#). Call SWS Mountain Guides if you have any questions.





SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

Passports, Visas and other Documentation: You are required to have a passport for travel in Mexico and for entrance back into the United States. Please don't forget! You are responsible for your Airport Exit Taxes, most are included in your international ticket price others are collected at the airport of departure. Please be aware they can be as much as \$25.00 to \$30.00 per person.

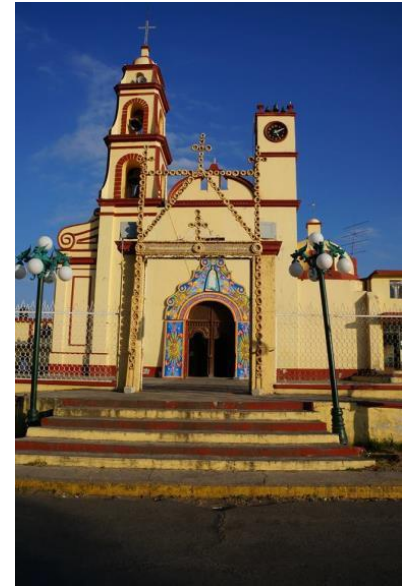
Baggage Restrictions: Please check with your airline and point of departure for baggage restrictions. Generally, you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 35 lbs on international departures without additional fees. The equipment on our list is under 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.

Meeting Location: We will be contacting you at least 14 days before your departure with the name and phone number(s) of the hotel in Puebla, Mexico 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 50% deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your 50% deposit we will send you an Expedition Application Form, receipt of your deposit and your complete course information package. Either the Director of SWS Mountain Guides or the lead Guide on the expedition will contact you with any questions we may have and to help you coordinate your airline arrangements.

Refunds: International Expeditions & Treks:

A **50% deposit** (less \$1,000 application fee required with each International Expedition or Trek reservation ten months or **300 days** before expedition or trek starting date, the **BALANCE** is due **90 days** before the course starting date. In the event you cancel your reservation between 300-90 days before the course, a \$1,000.00 cancellation fee is required, and the balance of your course fee refunded. Between 90-45 days before the course, a 50% cancellation fee required with the balance refunded. **We are sorry, but NO REFUNDS made within 60 days before the course starting date.**





SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

Additional Notes: Airline Scheduling and Planning: Please schedule your flight arrival for Afternoon or Evening first day of the Expedition. Departure Flights: Schedule your departure flights for late afternoon or early evening of the last day of the expedition

Mexico Expedition Itinerary for La Malinche, Ixtaccihuatl, Pico Del Orizaba

- Day 1** Fly from US to Puebla, Mexico -Typically in the evening, meet group in hotel in Puebla, Mexico, (7,136 ft.) Evening the hotel.
- Day 2** Private Transportation from Puebla to “Centro Vacacional IMSS La Malintzi” in cabins for the night at (10,000 ft.) short acclimation hike in and around La Malinche.
- Day 3** Acclimation hike of La Malinche 14,640 ft. / Cabins for a second night at (10,000 ft.)
- Day 4** Transportation from La Malinche to Altzomoni Climber’s Hut at Paso de Cortez - 13,200 ft. Prepare for the climb Ixtaccihuatl (17,343 ft.) Acclimation hikes or walks with a night in the Altzomoni Hut.
- Day 5** Hike to hut on Ixtaccihuatl (15,500 ft.)
- Day 6** Climb Ixtaccihuatl and hike back to trailhead, transportation back to Puebla for a hot shower and night in the hotel.
- Day 7** Travel day to Tlachichuca night in town at Senior Reyes Hostal, gather gear and supplies for climb of Orizaba
- Day 8** Private Transportation to the Piedra Grande Hut. (14,000 ft.), night by the hut.
- Day 9** Climb of Orizaba back to Tlachichuca and the comfort of Senior Reyes Hostal
- Day 10** Private Transportation to Puebla International Airport – Hotel in Puebla or Afternoon Flights back to US
- Day 11** Optional Travel day: Early Morning Flights back to the US from Puebla or Mexico City International Airport.

Alternate Mexico Expedition Itinerary *Depending on Conditions On Ixtaccihuatl* **Summits of Pico Del Orizaba and La Malinche**

- Day 1** Fly from US to Puebla, Mexico -Typically in the evening, meet group in hotel in Puebla, Mexico, (7,136 ft.) Evening the hotel.
- Day 2** Private Transportation from Puebla to “Centro Vacacional IMSS La Malintzi” in cabins for the night at (10,000 ft.) short acclimation hike in and around La Malinche.
- Day 3** Acclimation hike of La Malinche 14,640 ft. / Cabins for a second night at (10,000 ft.)
- Day 4** Travel day to Tlachichuca night in town at Senior Reyes Hostal, gather gear and supplies for climb of Orizaba
- Day 5** Private Transportation to the Piedra Grande Hut. (14,000 ft.), night by the hut.
- Day 6** Acclimatization hike and training day if needed - Night in Piedra Grande Hut
- Day 7** Climb of Orizaba back to Tlachichuca and the comfort of Senior Reyes Hostal
- Day 8** Climb to high camp at 16,000 ft.
- Day 9** Extra Acclimatization Day or Weather Summit Day
- Day 10** Private Transportation to Puebla International Airport – Hotel in Puebla or Afternoon Flights back to US
- Day 11** Optional Travel day: Early Morning Flights back to the US from Puebla or Mexico City International Airport.