



## Bolivian Peaks

- **Climb the classic routes of the Bolivian Cordillera Real**
- **Pyramidal mountains with pure snow faces**
- **Enjoy La Paz and Lake Titicaca**



### EXPEDITION OVERVIEW

This classic expedition to the Cordillera Real offers a magnificent setting for the mountaineer to ascend some magnificent and shapely peaks. From La Paz we depart to Copacabana and acclimatize beside Lake Titicaca, with visits to Inca ruins and the Island of the Sun. Once acclimatized, we trek into the Condoriri area, described as truly fairylike; pyramidal mountains with pure snow faces, elegant ridges and fields of penitents. We warm up on Pico Austria (5100m) and Pyramid Blanca (5230m) alongside glacier training before tackling the elegant and beautiful Pequenno Alpamayo (5337m) and Illusion (5330m).

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

We return to La Paz for a days rest before tackling Huayna Potosi (6088m), a two day ascent. Finally we move to Illamani (6462m) our main objective and the mountain that dominates the skyline of La Paz, a fitting climax to a fantastic expedition. Bolivia has certainly lived up to its reputation for having the most stable and reliable weather. We have always had the most wonderful weather allowing us to complete our full programme of peaks. This expedition is ideal for those who have completed a winter mountaineering course, an alpine course or an expedition such as Mera Peak or the Ecuador Volcanoes.

## BOLIVIAN PEAKS

The expedition has been arranged to allow members to ascend a wide variety of peaks. It is quite a full-on itinerary, but individuals are welcome to take rest days and miss out the occasional summit.

We start in the Condoriri group of mountains, the home of thirteen beautiful peaks over 5,000m, each accessible within 1 days journey from base camp. Base camp is idyllically situated on the shores of Laguna Chiar Khota (Black Lake) with striking views of the Condoriri's great peaks. The approach to the base camps will be made on foot with the assistance of mules. We aim to climb the following three or four peaks:

**Point Austria Grade P 5100m** A great acclimatisation peak over rocky terrain allowing good views and providing an understanding of the layout of this wonderful basin and our future objectives.

**Pyramid Blanca Grade 1/PD 5230m** A good hill for us to get to grips with crampons and alpine movement, whilst also gaining valuable altitude and further acclimatisation.

**Pequeno Alpamayo Grade AD 5337m** A magnificent peak that is both impressive and beautiful. From base camp the mountain looks much harder than it is. Our route from BC takes us up through the moraine before reaching the glacier in about 1 hour. We work our way up the glacier to the minor summit of Tarija after 3 hours on the glacier, here we get the most awesome views of Pequeno Alpamayo and its perfect summit pyramid. To ascend, we drop a little to gain the main West-Southwest ridge of Pequeno Alpamayo for a spectacular one hour ridge walk to the summit of this magnificent peak.

**Illusion Grade AD 5240m** We have a choice of routes, the normal route or the direct, the latter being more technical and involving a series of rock steps. About 5hrs to the summit.

We return to La Paz for a well earned rest, before heading back into the mountains for our next objective and to break the 6000m barrier!

**Huayana Potosi Grade AD 6088m** Huayana Potosi is an impressive but easy ice pyramid in the Altiplano. Again the approach to base camp is easy and well supported by porters, a two day excursion.

Once again in La Paz before we take the impressive drive out to do Illimani, our main objective and fitting end to this impressive country.

**Illimani Grade PD 6462m** Illimani is the highest peak of the Cordillera Real. Its snow capped bulk dominates the city of La Paz. It is described as one of the most beautiful and impressive peaks in South America. It is approached via two camps (the first by mules, the second by porters) and the ascent takes around 6 hrs on summit day. A great finale to this wonderful country.

## ACCLIMATISATION

During our acclimatisation period we have time to explore La Paz, Visit Lake Titicaca and the Island of the Sun

## PREVIOUS EXPERIENCE

This is an ideal progression from Scottish winter climbing/mountaineering (Grade I) or an Alpine introductory course/Mont Blanc.

## BOLIVIA ITINERARY

**Day 1-2** International flight arrive La Paz. Transfer to Hotel. 3700m. Hotel.

**Day 3** Acclimatisation and final preparations in La Paz. Drive to Copacabana on the shores of Lake Titicaca. 3820m. Hostel.

**Day 4** Early start to visit Isla de Sol (The Island of the Sun). Hostel.

**Day 5** Drive to Tuni. Acclimatisation walk. Camp.

**Day 6** Organise mules. Trek to Condoriri base camp on the shores of the Laguna Chiar Khota. 4600m. Camp.

**Day 7** Point Austria (walk). 5000m. Camp

**Day 8** Pyramid Blanca. 5230m. Camp

**Day 9** Rest Day. Camp.

**Day 10** Ascent of Pequeno Alpamayo (west-southwest ridge). 5370m. Camp.

**Day 11** Ascent of Illusion. 5330m. Camp.

**Day 12** Descend to Tuni. Return to La Paz. Hotel.

**Day 13** Early drive to just below the Zongo Dam. Trek to Campamento Argentino. Camp.

**Day 14** Ascent of Huayana Potosi (normal route II/AD). 6094m. Descend to Zongo Dam. Return to La Paz. Hotel.

**Day 15** Rest Day in La Paz. Hotel.

**Day 16** Drive to Pinaya. Trek to base camp at Puente Roto. 4400m. Camp.

**Day 17** Move to ABC at Nido de Condores. 5400m. Camp.

**Day 18** Ascent of Illimani (normal route II/PD). 6438m. Return to BC. Camp.

**Day 19** Reserve summit day. Camp.

**Day 20** Return to Pinaya and onto La Paz. Hotel.

**Day 21** Spent in La Paz. Hotel.

**Day 22-3** Return international flights.

## CLIMATE

Bolivia tends to have the most stable weather in the Andes, climbing is best May to August. The snow and ice tends to be very stable in the Cordillera Real due to the low night temperatures.

## LANGUAGE

Spanish (Latin American) is the official language and is spoken by the majority of Bolivians, although many still speak the pre-Inca language of Aymarian.



Pequeño Alpamayo

## A TYPICAL DAY

Most days start around 7.00am just after sunrise enabling us to make the most of the cool morning air and involve around 6-8 hours of walking/climbing. Summit days will be the exception when we often start at around 2am. We will have the support of a local cook throughout the expedition.

## WHAT YOU NEED TO PROVIDE

Your personal equipment as detailed in the clothing and equipment list.

## PASSPORTS AND VISAS

British Citizens do not require a visa to enter Bolivia as a tourist. On presentation of a valid British passport you will be granted a 30-day stay in the country.

## ACCOMMODATION

Out of the mountains you will stay in comfortable tourist class hotels on a bed and breakfast basis. On the expedition you will share a tent with your partner or a member of the same sex.

## LOCAL TRANSPORT

All transfers will be made using private minibuses, jeeps or taxis.

## BAGGAGE

Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. You will be limited to 20kg for movement by mules. Extra baggage may be left in the hotel in La Paz while you are in the mountains. We recommend that you pack your clothes and other essential items in plastic bags to ensure they remain dry. We will be supplying you with

a complimentary Adventure Peaks kitbag on receipt of your final payment.

## VACCINATIONS AND MEDICAL PRECAUTIONS

There are no statutory requirements in Bolivia, unless you are arriving from an area infected with cholera or yellow fever. We recommend however, that you be protected against typhoid, polio, tetanus and, particularly, hepatitis A. You may also wish to consider malaria if you intend to travel down to the Amazon Basin at the end of your stay in the mountains. Your doctor should advise you on this matter and about vaccinations, and you should make an appointment to see him/her well in advance of your expedition.

## CURRENCY

Bolivia's unit of currency is the Boliviano, which is practically worthless outside Bolivia so don't change more than you need. US dollars are widely accepted as an alternative to the local currency.

## TIME

GMC/UTC minus 4 hours; La Paz

## TIPPING

There is no compulsory tipping on any of our expeditions. However tipping in restaurants is usual. Muleteers have come to 'expect' a tip at the end of the trek, which usually comprises of some old clothing as well as some cash. It should be remembered, however, that over-generosity can lead to jealousies in poor countries. Generally speaking, all tips should be a way for individuals to thank staff for good service. Allow in the region of \$60.

## BOOKS (Available from Adventure Peaks)

**Bolivia A Climbing Guide** by Yossi Brain, Cordee

**The Andes: A Guide For Climbers** by John Biggar, BigR Publishing

**Bolivia Lonely Planet Guide**

## INSURANCE

It is **essential** that you take out full mountaineering insurance that covers you for mountain rescue, helicopter rescue and medical expenses. These policies can be taken out directly with AULT Insurance Brokers 0121 569 8772 or obtained through the BMC or other specialist insurers. Evidence of insurance must be carried with you in the mountains. We will require a copy of your insurance prior to departure.

## INCLUSIONS

Breakfasts, accommodation, food whilst in the mountains, transfers, transportation of baggage by mules and porters.

## EXCLUSIONS

Main meals and drinks in towns, tips for hotel, restaurant and porters/muleteers, insurance

## EXTENSIONS: AMAZON BASIN

Please note: you would need Malaria tablets for this extension

(L – lodge/hostel, B – breakfast, L- lunch, D- Dinner)

### Day 1 La Paz – Rurrenabaque.

Leaving La Paz we take an internal flight of about one hour to Rurrenabaque and transfer to the River Yacuma for a short motor boat ride to our main camp at Las Pampas. On the way we should get to see several species of monkeys, black caiman, yacares or crocodiles, turtles, pink river dolphins and a variety of birds. (L,B,L,D)



**Day 2** Today is a combination of walks and boat rides to view anacondas and lizards, swim in the lagoon with the pink dolphins and fish for piranha. Given good weather we will witness a beautiful setting sun and a night time walk to observe the eyes of crocodiles. (L,B,L,D)

**Day 3** We awake early to catch the morning chorus of birds alongside the rising sun, a delightful pre breakfast experience. Before returning to Rurrenabaque we take a final boat ride in search of dolphins and turtles. (H,B,.)

**Day 4** Breakfast and return flight to La Paz.

## UYUNI SALT LAKE

Uyuni is the biggest Salt Lake in the world with its many interesting sites including the Red and Green Lagoons.

**Day 1** Leave La Paz at 21:00hrs for an overnight transfer by luxury air conditioned coach.



**Day 2** Arrive Uyuni at 7.00 hrs. Time to wash and shower before heading to visit the salt lake with its intricate shaped salt sculptures and water holes, Fish Island and the Valley of the Cactus. Head towards San Juan. (L,B,L,D)

**Day 3** Leave San Juan to visit the ecologically beautiful Red Lagoon , together with the impressive lagoons; Canape, Hedionda, Chiarcota, Honda and the Desert of Siloli. Overnight Red Lagoon (L,B,D)

**Day 4** Today we leave the Red Lagoon for the Green Lagoon visiting the Geysers, Morning Sun and its hot water springs. We return via the Red Lagoon to the Valley of Rocks and Alota. (L,B,D)

**Day 5** Return to La Paz.

## MACHU PICCHU (4 DAYS/3 NIGHTS)

You can transfer by luxury coach or a short airline flight to neighbouring Peru for a visit to the architectural wonders of the ancient Inca people. You will stay in comfortable hotel accommodation and have to time explore Cusco before taking the classic train ride for Ollantaytambo to experience the unique and mysterious civilisation of Machu Picchu. A leisurely end to your expedition.

