

Ecuador Volcanoes 6268m

- **Climb of Cayambe**
- **Climb of Cotopaxi**
- **Climb of Chimborazo, furthest point from the centre of the earth**
- **Colourful markets**



EXPEDITION OVERVIEW

Ecuador is an astonishingly beautiful country that has some of the highest volcanoes in the world. Our expedition tackles four of the best volcanic peaks, with a careful program of acclimatization and skills development to ensure you have the best chance of success, comfort and enjoyment combined with sufficient rest days to absorb the culture and visit the colorful Indian market of Otavalo. You will be astounded at the unusual volcanic rock landscapes and luxuriant vegetation that gives Ecuador its unique environment.

We initially climb on the volcanic peaks of Pasocha (4200m) and Illinizas Norte (5116m) before taking time out to visit the vibrant Otavalo market. One day of skills are given before we attempt our next volcanoes, Cayambe (5790m) a beautiful glaciated peak and ideal preparation for the classic summit, Cotopaxi (5897m) and for those doing the extension our final peak Chimborazo (6268m), the highest peak in Ecuador and the furthest point from the centre of the earth. The views of the surrounding natural wonders and volcanic peaks are a spectacle to behold. Through the clouds you will be able to gaze upon your previous endeavours and savour the clear air and views of the distant Andes.

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.



PREVIOUS EXPERIENCE

This is a fairly demanding trip which attempts 4-5 summits in 17 days. You should have a good level of hill fitness but there is very little load carrying involved. Previous winter walking experience with ice axe and crampons would be beneficial although not essential as training sessions are included.



ECUADOR ITINERARY

Day 1: International flight to Quito

Day 2: Quito

Arrive in Quito and settle into your hotel. Meet with the rest of the team and start to acclimatize to the thin air. Quito is 2850m so you may already feel slight effects of the altitude. (H)

Day 3: Acclimatisation Quito

Visit the old city of Quito, the best conserved colonial town in South America. The fabulous, richly decorated churches, museums, squares and the numerous colonial buildings come under the banner of "Cultural Heritage of Humanity". Lunch in town (not included), and then an ascent of Cruz Loma (4050m) by cable railway for an unforgettable view of the capital and the highest Ecuadorian summits. (H, B)

Day 4: Ascent of Pasocha (4200m)

A short journey out of Quito allows you to take a lovely acclimatisation walk and up Pasocha where there is a very good chance to see the magnificent Condor soaring above us. Overnight in Machachi (Puertas al Corazon Lodge) (Ld, B, L)

Day 5: Illiniza's Refuge

After breakfast we head south following the famous "Volcanoes Valley", to reach the small village of El Chaupi located at the foot of the twin summits of Illinizas Norte and Sur. We transfer to the place known as "La Virgen" (3900m) walk up to the Illiniza's Refuge (R, B, L, D)

Day 6: Illinizas Norte summit (5116m)

Early in the morning we leave the camp, the next 2 or 3 hours walking is fantastic and brings us to the pass between the two summits. A further 2 hours are needed to climb the north peak of Illinizas (5116m). This route does not present any major difficulties although you may need to use your hands at a few points. Overnight at Hotel El Indio Inn. (H, B, L)

Day 7: Otavalo – Cayambe Refuge (4600m)

Today we head towards Cayambe via the Otavalo Indian market, the most famous and colourful Indian market in Ecuador. After lunch we transfer to the Cayambe refuge (4600m). The vehicle will drive as far up the rough trail as possible, followed by a walk of 1 to 1.5 hrs to the Refuge with a small backpack. (Your mountain backpack and food will be transferred by 4WD vehicle). (R, B, L, D)

Day 8: Skills workshop on the Cayambe glacier

We meet with our mountain guides and walk up to the glacier at about 4800m to start a practical snow and ice technique course - ice axe and crampon work, progression in snowfields, rope handling, belays in snow, self-arrest, study of the different snow types, different progression techniques on 40 to 80 ° slopes, natural and artificial ice anchors, knots. Back to the refuge at the end of the afternoon. (R, B, L, D)

Day 9: Cayambe summit (5790m) - Lasso

We leave the refuge at around 1:00am to attempt Cayambe (5790m). This is a reasonably technical summit, but we should be topping out for sunrise and back to the refuge by mid morning. After a light brunch we will continue down and transfer to Lasso for a well-deserved celebration. (H, B, L)

Day 10: Cotopaxi Refuge

After breakfast we leave for the Cotopaxi National Park. A dusty road takes us up to 4600m, just 200m below the Cotopaxi refuge (4800m). With food & equipment this takes around 45 minutes up a sandy path to the Refuge. (R, B, L, D)

Day 11: Cotopaxi summit (5897m)

After a midnight alarm call we aim to depart from the refuge at 1:00am to climb the world's highest active volcano (5897m). This ascent is almost totally on glacial terrain but without any major difficulties. There are only a

few crevasses and these are well marked. Only the presence of fresh snow or strong winds can make this ascent a difficult one. It will take you around 6 to 7 hours to appreciate the magnificent summit cone. Back to the refuge around 10:00 am for a light lunch before continuing down to the road

Day 12: Lasso to Riobamba for Chimborazo or Return to Quito

The group returns to Quito or for those climbing Chimborazo we head toward the nature reserve and overnight in a hotel at the town of Riobamba (H, B, L, D)



Day 13: Drive to Carrel Hut ascend to Stubel Camp

Today we head up to the carrel hut in preparation for our attempt on Chimborazo, the highest mountain in Ecuador and in its own way, the tallest mountain in the world, its summit being the furthest point from the centre of the earth due to the equatorial bulge!

From the Carrel Hut we walk for about two hours up to Stubel Camp, porters carry group gear. (C, B, L, D)

Day 14: Chimborazo summit (6268m)

Another midnight wake up call, as 8 to 9 hours are needed to reach Ecuador’s highest summit. This new route that follows the Stubel glacier is free from the danger of rock fall that had previously plagued the original route. The ascent is quite long with a height gain of 1260m (approx. 8 hrs up and 3 hrs down) but with good weather the views are stunning and ‘Chimbo’ provides a fitting conclusion to the expedition. (H, B, L, D)



Day 15: Reserve Summit Day

Day 16: Return international flight

Breakfast return to Quito and transfer to the airport to take your flight home. (B)

Day 17: Arrive back in the UK



Day		Accom	Meals
1	Depart UK	Plane	
2	Arrive in Quito.	Hotel 2850m	
3	Acclimatisation in Quito	Hotel 2850m	B
4	Ascent of Pasochoa (4200m)	Lodge 2890m	BL
5	Illiniza’s Refuge	Refuge 3950m	BLD
6	Iliniza Norte summit (5116m)	Hotel 2530m	BL
7	Otavalo to Cayambe Refuge	Refuge 4600m	BLD
8	Skills workshop on the Cayambe glacier	Refuge 4600m	BLD
9	Cayambe summit (5790m) to Quito	Hotel 2850m	BL
10	Cotopaxi Refuge	Refugio 4800m	BLD
11	Cotopaxi Summit (5897m)	Hotel	BL
12	Return to Quito or Drive to Riobamba for Chimborazo	Hotel 2850m/ Hotel 2750m	BLD
13	Drive to Carrel Hut ascend to Stubell Camp	Camp 5050m	BLD
14	Chimborazo summit (6268m)	Camp 5050m	BLD
15	Spare Chimborazo summit day/ to Quito	Hotel 2850m	BLD
16	Return international flight	Plane	B
17	Arrive back home	Own bed	

CLIMATE

Our expeditions visit the Ecuadorian highlands during the dry seasons with temperature in Quito ranging from 14 – 22 degrees. However, the country is notorious for its unpredictable weather and it’s usual to experience all 4 seasons in one day!

LANGUAGE

Spanish & Quichua plus many regional dialects.

A TYPICAL DAY

Most days start around 7.00 am, 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 in the early hours.

PASSPORTS AND VISAS

On arrival you will be given a T3 Travel Permit which is valid for 90 days. Please ensure your passport has at least 6 months validity beyond your date of entry into Ecuador. You should always carry your passport and travel permit as it is an arrestable offence not to be able to produce identification.

ACCOMMODATION

Accommodation is a mixture of hotels and mountain refuges. There is no camping on this expedition.

LOCAL TRANSPORT

All transfers will be made using private minibuses or 4x4 jeeps where required.

BAGGAGE

On occasions you will need to carry your sleeping bag, personal mountaineering equipment and group food to a refuge. This usually takes less than a couple of hours. Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. Extra baggage may be left in the hotel in Quito while you are in the mountains. We recommend that you pack your clothes and other essential items in plastic bags or dry bags to ensure they remain dry. We will be supplying you with a complimentary Adventure Peaks kitbag with your Final Joining information.

VACCINATIONS AND MEDICAL PRECAUTIONS

It is usual to ensure you are vaccinated against Typhoid, Diphtheria, Tetanus and Polio. However, you should obtain up-to-date professional medical advice from your GP or Travel Clinic. It is also strongly advised that you have a Yellow fever vaccination if you are planning to extend your trip to the jungles or coastal lowlands.



CURRENCY

To help stop rampant inflation the Ecuadorian Sucre was 'dollarized' in 2000 and US dollars are now the accepted currency. Please ensure all notes are clean and undamaged as otherwise they may be refused.

TIPPING

There is no compulsory tipping on any of our expeditions. In Ecuador tipping is the usual way for individuals and groups to thank staff for good services. It should be remembered, however, that over-generosity can lead to jealousies in many poor countries. We recommend you allow in the region of US\$80.

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 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.



GALAPAGOS ISLANDS EXTENSION

Totally isolated in the Pacific Ocean, about 600 miles off the coast of Ecuador, the Galapagos Islands are the home to some of the most remarkable and unique birds and reptiles in the world. This excursion will be aboard a comfortable cruise boat that will enable you to visit a number of islands and see as much of the famous wildlife as possible. There will also be plenty of time for relaxation, swimming or snorkelling from the boat. To reward yourself for your strenuous trekking and to make the most of visiting this stunning part of the world, the Galapagos are an essential addition to any trip. Return five days later.

