

## Bolivia's Royal Mountains



### TREK OVERVIEW

Bolivia's Cordillera Real (Royal Mountains) rise out of the Andean Altiplano to the east of the fabled Lake Titicaca. Six shapely 6000metre summits soar more than 2200 metres above the plateau to the summit of Illamani at 6462metres. Our venture through the Cordillera provides a serious challenge to even the fittest walker. Flying in to La Paz (3650m) means that before you even start walking you are at a significantly high altitude. Rest and relaxation, usually offered at the end of a trek, is actually enjoyed before you start with time spent acclimatising on the shores and islands of Lake Titicaca.

The trek takes you right through the heart of the mountains, passing many lakes, crossing numerous passes from where close up views of the major summits and extended views across the range reward your efforts. You come face to face with Condoriri (the Condor's Head), and the mighty HuaynaPotosi (6094m). After eleven days at high altitude, we finally descend from mountain to rainforest, dropping down following one of Bolivia's 'Inca Trails' to finish, in thick air, at Chairó at 1300m.

### 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/FITNESS

This is a demanding trek which spends a lot of time at high altitude and involves a lot of ups and downs. If you are used to regular multi day hill walking you should have the right level of fitness to fully enjoy your time on this trek. Previous trekking experience is not essential but is recommended before you take on this trek. Non hill walkers must come with a good degree of fitness and stamina. Most days involve 4 - 6 hours walking, with plenty of options to extend or shorten the walks.

### GROUP AND LEADERS

On selected departures (please refer to our website) a fully qualified UK leader will accompany all groups of five or more passengers. He/she will work alongside an experienced Bolivian leader. All other groups will be led by an English speaking Bolivian guide. This trip is exclusive to Adventure Peaks.



### WEATHER

Landlocked Bolivia experiences a dry, sunny winter between the months of April and October, fortunately having some of the most stable weather in the Andes. Daytime temperatures in the strong sun can get up to 20°C. But the higher you go, the colder it will be. You can expect sub zero temperatures at night for most of the trek. Walkers should realize however that weather in the mountains is unpredictable and should be prepared for this.

### WHAT TO CARRY

Your main baggage will be transported for you so you will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential

items such as water bottle, camera, wet-weather gear and extra layers etc.

### CATERING ARRANGEMENTS

There are many restaurants to choose from in La Paz, Copacabana and Corioco where dinners are at your own expense. On trek all food is freshly prepared by our cooks using local ingredients and there is plenty for everyone. A typical menu on this trip would be:

**Breakfast:** Porridge or cereal, fruit, pancakes, cheese, jam, margarine, tea, coffee, hot chocolate.

**Lunch:** A picnic lunch is provided most days consisting of fresh salad, cold meat, bread, avocado, cheese and fruit.

**Dinner:** A three course meal is served every night consisting of soup, traditional and European, followed by fresh fruit or dessert and drinks.

### ACCOMMODATION

Three star hotels are used in La Paz, Copacabana and Corioco. Double / twin share rooms will be provided, with singles available on request. On the Isla del Sol we use a basic lodge. There are ten nights camping where we accommodate you in 2-person tents.

### LANGUAGE AND TIME

**Language:** Spanish is the international language used in Bolivia, with Quechua and Aymara the main two national languages. English is not widely understood, except by your guide and tourist restaurant staff in the main towns.

**Time:** GMT -4. No daylight saving time at present.

### HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. The following vaccinations are usually recommended: Hepatitis A, Tetanus, Polio, Typhoid and possibly Rabies. Malaria prophylaxis is only needed if you extend to visit the rainforest. Consult your GP or a vaccine specialist for professional advice or refer to this website: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk). Rules for the need for Yellow Fever Vaccinations in Bolivia do change so check this with your Health Professional. Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

### INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Bolivia and that any evacuation in the event of a serious medical emergency to the nearest hospital may be by land and not by helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

### ALTITUDE

This is a high altitude trek. You can expect to feel the effects of altitude as you fly in to 3650m at La Paz (the airport is actually at over 4000m), and will need to take things especially slowly for the first day or so. For this reason we take you across to Lake Titicaca for some acclimatisation before heading up to the high Andes. If

you are new to altitude you may have concerns about the effects. With our acclimatisation program altitude rarely causes anyone any problems on this trip beyond some headaches and breathlessness. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid, especially the local coco leaf tea.

### USEFUL TIPS

Just in case your main luggage goes missing en route, it is



a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

### EQUIPMENT

A detailed equipment list is provided on booking but normal walking equipment is all that is required, together with a three season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

### BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg. Some items can be left at the hotel in La Paz for your return.

### VISAS AND PERMITS

Visas for entry into Bolivia are not required by nationals of the UK, Ireland, USA, Canada, Australia, New Zealand and most EU countries. On arrival you will be issued with a Tourist Card which must be kept safe. If you are flying in via the US, then you MUST have a machine readable passport.

### LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips for local staff and personal spending.

### CURRENCY

The currency in Bolivia is the Boliviano (BOB), which is tied to the US dollar. ATMs and change bureaux are available in the arrivals hall at the airport and in La Paz. We suggest you bring some USD cash with you, ensuring you have some small denomination notes which can be used directly for most purchases. You will need to obtain all the cash you need for the trek while in La Paz. Credit/debit cards are fairly widely accepted in La Paz.

### TIPPING

Tipping is an accepted part of life in Bolivia. We generally tip our local guides and drivers as a group and would recommend around \$40 - \$70 per person to cover all tips for the trip. A 'tips pool' often works better than all individuals digging into their pockets every time. Tipping at meals and in hotels is normal practice.

### ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will



receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

### FLIGHTS AND JOINING ARRANGEMENTS

Flights are **NOT** included as part of this holiday. Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights which are expensive at the best of times! The cost of flights will be quoted to you separately and will vary with departure and booking date. The best routing is via Miami, with American Airlines arriving in La Paz early morning on Day 2, and departing early morning on day 17. Whatever flight you take, you will be met at the airport and transferred to the hotel in La Paz.

**The rendezvous for this trip is the ARRIVALS HALL AT LA PAZ AIRPORT when your flight comes in on Day 2.**

Return flights can be booked to depart any time on Day 17.

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

## BOLIVIA'S ROYAL MOUNTAINS ITINERARY

No	Day	Today we...	We stay at...	Accommodation...	Meals...
1	Sat	Fly	Plane	Plane	
2	Sun	Arrive La Paz	La Paz(3650m)	Hotel	
3	Mon	T/fer to Titicaca	Copacabana(3810m)	Hotel	B
4	Tue	Titicaca	Sun Island(3810m)	Lodge	BLD
5	Wed	Titicaca - to trek	Khotia(4420m)	Camp	BLD
6	Thu	Trek 1	Ajwani Lagoon(4610m)	Camp	BLD
7	Fri	Trek 2	Janchallani Lagoon(4720m)	Camp	BLD
8	Sat	Trek 3	Condoriri BC(4680m)	Camp	BLD
9	Sun	Trek 4	Condoriri BC(4680m)	Camp	BLD
10	Mon	Trek 5	Livinosa Lagoon(4550m)	Camp	BLD
11	Tue	Trek 6	Rinconada(4550m)	Camp	BLD
12	Wed	Trek 7	Sanja(4000m)	Camp	BLD
13	Thu	Trek 8	Challapampa(2800m)	Camp	BLD
14	Fri	Trek 9	San Francisco(2000m)	Camp	BLD
15	Sat	Trek 10 - end!	Coroico(1525m)	Hotel	BL
16	Sun	Coroico and La Paz	La Paz(3650m)	Hotel	B
17	Mon	Depart La Paz	Plane	Plane	B
18	Tue	Arrive home	Home	Own bed!	

### Day 1 Depart UK

**Day 2** On arrival in La Paz you will be met at the airport and transferred to the hotel. The rest of the day is free for your own exploration of the city, taking things slowly to get used to the altitude.

**Day 3** A couple of hours drive after breakfast takes us across the altiplano to the pilgrimage town of Copacabana on the southern shores of Lake Titicaca. Here there are plenty of rural and lakeside walks to enjoy.

**Day 4** After breakfast we take a boat across to the Isla del Sol. Here we will walk from the south to the north of the island, visiting Inca and pre-Inca sites and the museum, all the while enjoying the delightful tranquillity of this traffic free island whose 800 inhabitants make a living from fishing, farming and us (tourism). *3 to 4 hours walking.*

**Day 5** We take a boat back to the 'mainland' and transfer to Khotia Lake, the start point of our trek into the heart of the Cordillera.

**Day 6** We ascend gently to cross a pass at 4720m and descend the other side to have our lunch in the valley below near on old tin mine. We then ascend up the valley to delightful camping spot next to the small Ajwani Lagoon. *6 to 7 hours walking.*

**Day 7** From Ajwani Lagoon continue trekking to Laguna Janchallani. There are fabulous views of Condoriri's head and left wing, as well as Huayna Potosi's west face from the trail. *5 to 7 hours walking.*

**Day 8** Trek to Condoriri base camp today (ChiarKhota). Today the team will have the opportunity to attempt to climb to the summit of Pico Austria (5200m). *6 to 8 hours walking.*

**Day 9** A spare day, rest day or a day to get close up to the glaciers tumbling down from the summit of Condoriri.

**Day 10** Trek to Livinosa Lagoon via two passes of over 5000m, from where you will be rewarded with stunning views of the Cordillera Real. *5 to 6 hours walking.*

**Day 11** Continue trekking down to Chacacampa and then on down to Botijaca. Your journey will continue from here towards the Zongo pass and very close to the base of Huayna Potosi Mountain (6088m), where it will join the 'Uma Palka' trail and you can continue to Rinconada.

**Day 12** Trek up to the Telatapass (5000m) and then continue on down to Sanja village.

**Day 13** Trek up to the Wakakunka pass (4300m) then descend for many hours down to Challapampa (2800m). This is where you join the classic Inca trail - The Choro trail. During this beautiful trek you will have the opportunity to view some excellent sections of stone work which were reputedly built by the Incas.

**Day 14** The change in air temperature will be felt today as you drop down into the sub-tropical lowlands known as the Yungas and the vegetation will also become denser. You pass through a few villages today to finally reach the campsite. *6 to 7 hours walking.*

**Day 15** You continue following the Inca paved path, making a final descent to the village Chairó (1300m). Here you will meet your transport to take you to the picturesque town of Coroico, where you can celebrate the end of your trek! *6 to 7 hours walking.*

**Day 16** A free day at Coroico town, with an option to walk to the nearby waterfalls or you may choose to simply relax beside a nice swimming pool before returning to La Paz.

**Day 17** Early transfer to the airport for the flight to Miami.

**Day 18** Arrive UK