



Expeditions

MEXICAN VOLCANOES (Pico de Orizaba) (5636m)



EXPEDITION OVERVIEW

This expedition offers the opportunity to climb the highest volcano in North America, along with two other volcanoes, in just 11 days! We start our acclimatisation by first visiting the Teotihuacan Pyramids, before moving over to our base for the ascent of La Malinche (4460m), followed by Iztaccihuatl (5260m) and finally heading out to our main objective, Orizaba (5636m), the continent's third highest mountain after Denali and Mt Logan. The route to the crater rim follows a rocky ravine and then the Glacier de Jamapa before the views across the Gulf of Mexico start to emerge to give a breath-taking summit panorama from this perfectly formed conical shaped peak.

For those with more time you can extend your stay and explore the diverse cultures of Mexico with visits to the Oaxaca, Monte Alban and Mitla as well as visiting a Mescal distillery for example.

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

If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this expedition. Previous experience of ice axe and crampons skills is a pre-requisite for this expedition, and we recommend that you also have experienced walking at over 4000m.

GROUP AND LEADERS

A fully qualified Mexican guide will accompany all groups. For large groups we will also send an Adventure Peaks leader to accompany you. This trip is exclusive to Adventure Peaks.



WEATHER

April and May see the highest temperatures in Mexico's capital Mexico City, whereas the lowest temperatures are usually in January and February. The dry season here is November to May, and this is followed by four months of significant rainfall, with average rainfall of 170mm in July. October is perhaps the best month to visit the interior of the country, after the rains have ended and everything is still green. The most popular climbing season however is November to the end of February, once the dry season is well established and the snow consolidated.

WHAT TO CARRY

Orizaba is climbed via one high camp at 4650m. We will have to carry all the equipment we need to establish this camp (in two loads), which we will strip on the way down the following day. All other days are just day excursions when we only carry items needed for the day. A 65 litre rucksack will be appropriate for this expedition.

CATERING ARRANGEMENTS

Three course evening meals are provided with a continental style breakfast in the morning. We ask that you pay for any drinks the same night. On mountain days we provide pack lunches, while breakfasts and dinner will be taken in the huts / camps. In towns we do not provide lunches as there are plenty of places where you can purchase food and snacks to carry with you, or on some days we may stop at a bar for lunch if the group prefers.

ACCOMMODATION

In Mexico City you will stay in a central hotel. Twin, double or single rooms (supplement applicable) are available. On the mountains we use traditional mountain refuges which provide only dormitory accommodation or maybe camp.

LANGUAGE AND TIME

Language: Spanish is the official language of Mexico but English is spoken by our guides and quite widely used in business and commercial circles.

Time: GMT -6 hours. Mexico has summer time between the start of April and the end of October each year.

HEALTH

All our 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. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). 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 Mexico 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 roped winter walking above 5000m (some will exclude this option).



ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itinerary is designed to allow sufficient time to acclimatise whereas many other operators seem to simply rush you to the top of Orizaba and back! The best way to avoid symptoms of altitude sickness is to walk at a gentle steady pace and drink plenty of fluid.

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 winter walking equipment and a harness is all that is required, together with a sleeping bag rated to -15°C which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from our shop in Ambleside or online.



BAGGAGE

For your own comfort, travel light. Normally airlines restrict baggage to 23kg, but on long haul flights it is often higher. On Izta you will need to carry personal equipment, porters will carry tents and food up to the high camp.

VISAS AND PERMITS

If you're visiting Mexico as a tourist you don't need a visa, but you do need a tourist card, which you can get on arrival by completing an immigration form available on-board flights to Mexico. You will need to keep this card and present it at departure. It is highly advisable that your passport is valid for at least six months after the date of entry to Mexico as immigration officials and airlines may apply different criteria than those stated by official sources.

LOCAL COSTS

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

CURRENCY

The currency in Mexico is the Mexican Peso (MXN). MasterCard, Visa and American Express cards are generally accepted by businesses catering to tourists. ATMs on the Cirrus and Plus networks are easily found in cities and towns throughout Mexico, dispensing Pesos for holders of both debit and credit cards. It is illegal to change money on the street.

TIPS / STAFF BONUSES

Tipping in Mexico follows the same format as tipping in the United States or Canada. Most service employees earn very little or no base salary and the tips they earn comprise the vast majority of their overall income. Work on 15% of

the bill in restaurants. Your guide is salaried, but generally we advise around \$30 - \$50 if you feel he / she has done a good job.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any expeditions 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 you a lightweight AP branded fleece.

FLIGHTS AND JOINING ARRANGEMENTS

Within the published price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the Land Only and the price. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change. All clients will be met on arrival and transferred to the first hotel.



The rendezvous for this trip is the ARRIVALS HALL AT MEXICO CITY AIRPORT when your flight comes in on Day 1.

Return flights can be booked to depart anytime midday onwards on Day 10, or later if you wish to extend your stay.

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

EXTENSION IDEAS

Why not stay on a couple more days and enjoy a visit to the historic city of Oaxaca or visit the pre-hispanic ruins at Monte Alban and Mitla, followed with a visit to a Mescal distillery. Please refer to our website for prices.

MEXICAN VOLCANOES ITINERARY

No	Day, date	Today we...	We stay at...	Accommodation...	Meals...
1	Sat	Fly	Mexico City (2200m)	Hotel	
2	Sun	Visit Teotihuacan/Transfer	Malintzi (3070m)	Cabins	BD
3	Mon	La Malinche ascent	Malintzi (3070m)	Cabins	BLD
4	Tue	Transfer	Izta Base Camp (3860m)	Camp	BD
5	Wed	Acclimatise	Izta Base Camp (3860m)	Camp	BLD
6	Thu	Izta ascent	Puebla City	Hotel	BLD
7	Fri	Transfer	Piedra Grande (4230m)	Hut	BLD
8	Sat	Summit day	Piedra Grande/Zoapan	Hut/Hotel	BLD
9	Sun	Spare Summit day	Zoapan	Hotel	BLD
10	Mon	Depart	Plane	Plane	B
11	Tue	Home	Home	Own bed!	

Day 1 Fly to Mexico City. You will be picked up at the airport and transferred to your hotel. It's a good idea to take it easy for the rest of the evening and drink plenty of fluids to aid acclimatisation to the 2200 metre altitude.

Day 2 From Mexico City it is a one hour drive to the beautiful colonial town of Tlaxcala where we will have lunch and do some sightseeing. Later that afternoon we will travel for one more hour to Malinche, where we will spend the night in cabins at 3070 metres. Time permitting we will go for an acclimatisation walk in the afternoon. In the evening there will be a briefing with your mountain guide who will check your equipment and go over the plans for the next few days.

Day 3 We wake up around 6am for the ascent of La Malinche. The initial slopes are easy angled through pine forest, before emerging into the open at 3800m as the angle steepens. There is a fair amount of loose ground and boulders to cross as one gets nearer to the summit, from where we are rewarded with great views of Popocatepetl & Iztaccihuatl to the west and Orizaba to the east. The descent back down to the cabins takes about 3 hours. We spend a second night in the cabins.

7 to 8 hours walking

Day 4 After breakfast we drive for about two hours to Cholula Pyramid and then later on to Iztaccihuatl base camp 3800m.

Day 5 Today we climb and acclimatise to 4500 meters and return to the hut. *5 hours walking*

Day 6 Today we make our ascent of Iztaccihuatl 5260m. Leaving early we climb our way up the 'Sleeping Lady' as it is known, starting at the feet, then knees and finally to the summit at the chest, a big day with 5km over 5000m, which will provide us with excellent acclimatisation for Pico de Orizaba. *10 to 12 hours walking.*

Day 7 After a restful night in our hotel in Puebla we transfer to Zoapan for lunch before driving by 4x4 up to the Piedra Grande Refuge at 4250m.

Day 8 We set off at around 1am for our ascent. Once we reach the glacier we will be rope up as we progress across the snowfields that lead up to the crater rim. It can take about 6 to 8 hours to reach the summit of Pico de Orizaba (5636m). After some time to enjoy the panorama we descend to Piedra Grande Hut (approx. 5 hours). We then travel back to Zoapan where we can relax in the comforts of a hotel and celebrate over dinner.

8 - 12 hours walking

Day 9 Spare weather day or time in Zoapan.

Day 10 After breakfast in Zoapan we transfer to Mexico City international airport to catch our overnight flight home. Alternatively you may like to stay on a bit longer on in Mexico and enjoy one of our extensions.

3 hours walking.

Day 11 Arrive back home.

