

## **Bolivian 6000m Trilogy** **Ancohuma – Illimani – Sajama** (15, 20 or 26 Days)



### **EXPEDITION OVERVIEW**

The Bolivian Andes are exceptional and probably provide some of the most stunning and best climbing in the world. This new expedition combines the ascent of Bolivia's three highest peaks, with a journey to the most remote and beautiful areas of the Cordillera Real. Ancohuma 6427m is a magnificent isolated mountain that is seldom climbed but has the most wonderful glacial approach and pyramidal summit, Illimani 6438m dominates the city of La Paz and can be seen from all corners of the city and unlike Ancohuma gets many ascents, Sajama 6542m is an extinct stratovolcano, it oozes solitude as it rises above the immense openness of the Cordillera Occidental to form the highest mountain in Bolivia.

Bolivia is renowned for having the most stable and reliable mountain weather and it has certainly lived up to its reputation as we have always experienced the most wonderful weather over the last decade allowing us to complete our full programme of peaks on every expedition.

This expedition is ideal for those who have climbed alpine routes of AD or Scottish Winter Climbs of grade II

## WHY CLIMB WITH ADVENTURE PEAKS

- **100% Expedition successes on all expeditions to Bolivia over the past 15 years**
- **100% Peak success on all Bolivian expeditions over the past 15 years**
- **No load carrying**
- **High Guiding ratio**
- **2 summit days for each of the 6000m peaks**
- **All permit fees included in the price**

## PREVIOUS EXPERIENCE

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

## BOLIVIAN TRILOGY ITINEARY

The expedition has been arranged to allow members to ascend a wide variety of peaks whilst allowing clients to choose the length of their expedition by opting out after each of the peaks giving the option of a 15, 20 or 26 day expedition.

**Day 1-2** International flight arrive La Paz.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) where we explore villages and Inca ruins Hostel.

**Day 5** Drive to Sorata and acclimatisation walk

### Ancohumas Grade AD 6430m

We climb the third highest peak in Bolivia from the Laguna Glacier basecamp via its north western routes, a magnificent climb on 45-50 degree snow and ice slopes



**Day 6** Drive to Laguna Chijillata a beautiful lake 4800m.

**Day 7** Arrive Ancohumas BC at Laguna Glacier 4877m a high mountain lake in a giant cirque centred on three converging glaciers from the 6000m peaks surrounding this idyllic camp

**Day 8** Rest with acclimatisation walk and preparation for ascent

**Day 9** Move up to camp 1 on the glacier

**Day 10** Move to a high Camp on Ancohumas at 5600m

**Day 11** Summit **Ancohumas** 6430m. Overnight at La Guna Chijillata.



*The final summit ridge*

**Day 12** Reserve Day (or overnight in Sorata or La Paz)

**Day 13** Return BC and then La Paz

### Illimani Grade PD 6438m

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.

**Day 14** Drive Pinaya, Trek to BC 4400m at Puente Roto.

**Day 15** Move to ABC at Nido de Condors (5400m)



**Day 16** Ascent of **Illimani** 6438m. Return to BC

**Day 17** Reserve summit day

**Day 18** Return to Pinaya and onto La Paz. Hotel.



### **Sajama Grade PD 6542m**

This is the highest mountain in Bolivia an extinct volcano and therefore a neat conical shape rising high out of the plain with spectacular views. There are no technical sections to climb but the altitude will make the going difficult and a steady pace is best.

**Day 19** La Paz to village of Sajama (5hrs)

**Day 20** Trek into BC 4602m

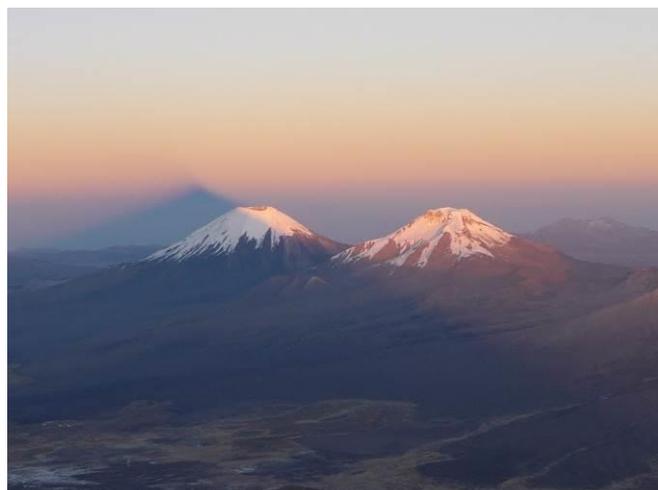
**Day 21** Climb to high camp 5456m

**Day 22** Summit **Sajama** 6542m (7-8hrs)

**Day 23** We visit the Thermal Springs en-route to La Paz

**Day 24** Reserve Day

**Day 25-26** 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.

### **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 7-8 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.

### **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. If you are not a British Citizen, please check whether you require a visa with your local Bolivian Embassy.

### **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.

## CURRENCY

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

## 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 \$80.

## INSURANCE

It is **essential** that you take out full mountaineering insurance that covers you for mountain rescue, helicopter rescue and medical expenses. 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/porters, transfers to and from in-country airport if flights booked through Adventure Peaks.

## EXCLUSIONS

Main meals and drinks in towns, personal insurance, travel to and from UK airport, transfers to and from the in-country airport if flights **not** booked through Adventure Peaks, tips for hotels, restaurants and for porters/muleteers.

## EXTENSIONS: AMAZON BASIN

**You would need Malaria tablets for this extension**

### 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.



### 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.