



OJOS DEL SALADO EXPEDITION

AVENTURAS PATAGONICAS - MOUNTAIN GUIDES

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OJOS DEL SALADO EXPEDITION TRIP ITINERARY & DESCRIPTION

TRIP DESCRIPTION:

Ojos del Salado, at 22,572', is the second highest peak in the world outside of Asia, and the world's highest volcano. It is a giant among giants located in the Chilean Altiplano comparable only with Tibet. Before the climb we will have several days to acclimatize. We will take day hikes in the fantastic Atacama Desert, visit saltwater lakes frequented by flamingos, and enjoy the natural hot springs at Laguna Verde, 14,765', a turquoise lake with a view of snow-capped volcanoes and red desert slopes. 4-wheel drive vehicles will take us as high as 17,000', where we begin our Ojos climb. From this point we climb to Refugio Tejos, a hut at 19,350', is probably the highest mountain hut in the world! Gentle scree slopes and occasional snow patches lead us to the summit from which we can admire the huge extinct crater. We will also have a chance to climb an 18,000-foot volcano before the Ojos climb. Participants must be in good physical condition and have previous mountaineering experience. Although Ojos is not a technical climb, altitude and weather conditions are a major challenge.

DATES OF TRIP 2009/ 2010

NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
Nov 28 - Dec 13	Dec 5 - 20 Dec 19 - Jan 3	Jan 3 - 18 Jan 16 - 31 Jan 23 - Feb 7 Jan 30 - Feb 14	Feb 6 - 21 Feb 13 - 28 Feb 20 - Mar 7 Feb 27 - Mar 14	Mar 6 - 21

COST OF TRIP: \$ 4400

DEPOSIT DUE TO RESERVE A POSITION: \$ 700

BALANCE AMOUNT: \$ 3500

DATE BALANCE DUE: 75 Days before departure

COST INCLUDES:

Professional Mountain Guides, 2 nights hotel accommodation in Santiago (4 star), 2 nights hotel accommodation in Copiapo, all land transportation (such as vans and 4x4), all expedition food, all community gear (such as tents, stoves cooking gear, medical kit, etc).

YOU ARE RESPONSIBLE FOR:

All flights, meals in Santiago and Copiapo personal equipment, passport, personal items and services (laundry, drinks, tips, etc.), expenses incurred in the case of a rescue.

ITINERARY

DAY 1: Group meets in Santiago. Equipment check and afternoon briefing at the hotel. For dinner we will have a chance to taste fine Chilean cuisine and wine.

DAY 2: Fly to Copiapo. Afternoon free, spend night at Hosteria Las Pircas (Inn).

DAY 3: Drive up to the Copiapo Valley, camp at the San Andres meadows, at about 6,500 ft. Set up camp and hike in the afternoon.

DAY 4: Drive to Salar the Maricunga, at 11,811 ft., spectacular salt lake where flamingos nest. Camp near the Salar.

DAY 5: Hike in the morning. Drive to Barrancas Blancas, where we will spend a few nights getting acclimatize.

DAY 6: Acclimatization hike to Laguna Verde at 14,765 ft. an unforgettable turquoise lake, with hot springs nearby that we will get the chance to enjoy as well. Return to Barrancas Blancas.



DAY 7: Acclimatization climb up to Cerro Radioactivo 18,000 ft. We will do the approach by 4-wheel drive vehicle up desert slopes. Return to Barrancas Blancas.

DAY 8: Drive up to Refugio Atacama at 17,050 ft., where we will camp and use this shelter.

DAY 9: Optional hikes. Depending on how the group is doing, we will have the chance to climb Cerro Ojitos 19,200 ft., which is a beautiful accessible peak northwest of Ojos del Salado.

DAY 10: Hike up to Refugio Tejos, a hut at 19,350 ft., probably the highest mountain hut in the world! Here we will spend the night.

DAY 11-12: Summit! Weather permitting.

DAY 13: Down to Barrancas Blancas where we will spend the night.

DAY 14: Drive to the town of El Salvador. Overnight at Hotel.

DAY 15: Fly back to Santiago from El Salvador.

DAY 16: Fly back home.

NOTE:

This itinerary is intended to be a guideline only, weather days and rest days are always a possibility while on a climbing expedition.

OJOS DEL SALADO EQUIPMENT LIST

FEET

- Socks, wool or thick polypropylene - 3 pair (outer socks)
- silk or thin polypropylene - 3 pair (inner socks) VBL socks (optional) cotton socks - 2 pair
- Climbing boots, double mountaineering boots (plastic)
- Lightweight hiking boots or strong tennis shoes
- Booties, down or polar guard
- Gaitors

UPPER BODY

- Lightweight polypropylene or capilene turtleneck shirt- 2
- Expedition weight polypropylene or capilene shirt -1
- Pile or bunting coat
- Breathable windproof outer jacket such as goretex (with hood)
- Down or polar guard parka (with hood)
- Cotton T-shirts - 2

LOWER BODY

- Polypropylene or nylon briefs or underpants - 3 pair
- Lightweight polypropylene or capilene long underwear- 1 pair
- Expedition weight polypropylene or capilene long underwear- 1 pair
- Breathable windproof pants or bibs (recommended with full length side zippers)
- Pile or bunting pants
- Shorts - 1 pair
- Lightweight cotton pants (hike in, base camp, - optional)

HANDS

- Mittens, wool Dachstein or pile - 2 pair
- Gloves, polypropylene or capilene - 1 pair
- Goretex or nylon wind shells - 1 pair

HEAD

- Ski hat (wool or pile)
- Balaclava (wool, polypropylene or capilene)
- Sun visor or baseball cap

SLEEPING GEAR

- Down or polar guard bag comfortable to -20 degrees F
- 1 foam pad or 1 thermarest (full length recommended)

PACK

- Pack with 5000 to 6000 cubic inches capacity
- Day pack, for approach and day hikes

TECHNICAL EQUIPMENT

- Ice axe 70 cm. approx. Standing with your arm relaxed at your side, the ice axe should reach from the palm of your hand to the ground.
- Crampons, 12 points, non-rigid recommended
- Seat harness, make sure it fits comfortably over your bulky clothing
- Carabiners, 3 regular, 2 locking

PERSONALS

- Head lamp and extra batteries
- Sun glasses - bring two (one as a spare)
- Ski goggles
- Sun screen lotion spf 29 - 1 tube
- Sun screen lip protection - 1 stick
- Skin moisturizer - 6 oz.
- Mole skin, bandaids, tape, second skin
- Pocket knife
- Plastic bowl and cup (large), and spoon
- Water bottles (2) nalgene wide mouth, 1 quart capacity
- Nylon cord 15 ft
- Tooth brush and tooth paste
- Antibiotics - 1 cycle broad spectrum
- Stuff sacs 2-3
- Iodine pills - 1 new small bottle (for water purification)

OPTIONALS:

- Ski poles, highly recommended (Adjustable preferred)
- Camera and film
- Journal, pen, book
- Small towel and soap or baby wipes, foot powder
- Swimsuit
- Cotton bandana
- Pee bottle - wide mouth 1 qt capacity
- 2 lbs of your favorite lunch treat
- 1 oz. of your favorite spice

REFERENCES

Please feel free to contact any of these previous Aventuras Patagonicas clients:

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AVENTURAS PATAGONICAS CLIENT COMMENTS

To contact past AP clients directly refer to:
<http://www.patagonicas.com/clientcontacts.html>
We hope that the experiences and comments of our past clients will help you better to understand the dedication of Aventuras Patagonicas.

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Peter Lewis
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Re: Aventuras Patagonicas

Gentlemen,

For the past five years have I known Mr. Mujica and Bonnie Schwahn as Guides both on Denali and Aconcagua. I personally have been twice on expeditions with his company, Aventuras Patagonicas, on Aconcagua. I also feel I have a fair assessment of guide companies and their quality of guides. I am very pleased to inform you that Aventuras Patagonicas scores a solid A+ in virtually all areas:

-The cost of the Aconcagua expedition is less than others I was aware of.

-Their information and communication before the climb are thorough, helpful and geared toward your individual needs. Someone is always available.

-Once in South America you find yourself in the top hotels available. You feel safe, looked after and entertained in a tasteful first class manner. Everyone goes out of their way to show you the interesting parts of the Chilean culture, which of course as locals only they can do.

-The arrangements for the hike-in and climb are flawless and professional. Nothing is left to chance. You begin to feel in competent and safe hands. The equipment is state of the art. On both of my expeditions the tents were brand new, a trademark of the Company.

-Once on the mountain you begin to realize what a superb guide Rodrigo Mujica really is. He is very sensitive to his clients, anticipates their strengths, their weaknesses and uniquenesses. The food is good and plenty as I have ever had on a mountain. Most important he is a safe topnotch climber and knows Aconcagua better than any person I know, to the point that guides of other companies rely on his input, decisions and judgment, especially in tight spots. Truly, cowboys, rangers, guides, and climbers alike consider Rodrigo as Mr. Aconcagua. You feel he owns the mountain. His summit success ratio speaks by itself and you know if anyone can get you to the summit, Rodrigo will.

-On the way down, you get surprised with all kind of niceties. While other companies camp at Plaza de Mulas, we stayed at the hotel, showered, ate quasi restaurant food and slept in beds. What a treat, and all part of the package fee. At the trailhead watermelon and beer was waiting for us, followed by an incredible feast of a meal, followed by another first class hotel in Santiago, which again is part of the fee. An evening of dinner and top entertainment are followed by a sad good bye.

If you don't already know by now, in my opinion Aventuras Patagonicas is a first class act. I recommend them highly and you are welcome to give out my name for future references. As busy as our lives are, one does not want to go wrong and expose oneself to three weeks of misery or possibly danger. Both of my trips with this company were marvelous, safe and extremely enjoyable.

Sincerely,

-Hubertus Guenther, Spokane, WA (509) 838-1543
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Dear Rodrigo

Thanks for your kind note on the recent Aconcagua climb. I also hope we can climb together again. I have filled out the evaluation sheet, and you'll see that I've given you and your Aventuras Patagonicas colleagues top marks in every category. However, I would like to briefly record my assessment in words.

In all respects, your management and leadership of the Aconcagua climb was outstanding. I say this not merely because your support enable me to reach the summit, although that was certainly a key goal of mine.

Your concern for the health and safety of all the group was exemplary. The well-paced itinerary gave us the conditioning and acclimatizing to altitude that we all needed to give us the best opportunity to summit. You showed great skill and organizational ability in managing the difficult job of assuring that all the necessary gear for the climb was where it needed to be, when it needed to be there. In the Andean world, this is no small feat!

Third, the food and equipment were all first class. Nobody expected a gourmet experience on the mountain, but we had excellent food, which fueled our effort. Also, your professionalism and friendliness brought a group of strangers together into a real team, which not only succeeded in the climb, but enjoyed this demanding experience. I know that i will be keeping up whit these new friends in the future. All the information you provided on equipment, conditioning, preparation and travel was concise, accurate and helpful. Our accommodations in Santiago and Penitentes were quite well chosen. And finally, the cost of the trip was reasonable and fair, considering everything included in the package.

In short, I would enthusiastically recommend that anyone wanting to climb Aconcagua (or any other mountain, for that matter) strongly consider doing so with you.

Best regards, and keep in touch

Carlton Stoiber
Washington, DC.

TRAINING

Designed for Aconcagua Expedition, some points may not apply for these climbs where Expedition Style are not part of the climbs.

It is imperative that everyone joining a mountaineering expedition be in a high standard of physical fitness when the expedition begins. The amount of time needed for training is completely dependent on the general level of fitness a person is in prior to the expedition.

For the person that has spent the last ten years behind a desk with no emphasis on keeping in shape, it may take two years to regain top physical ability. The person that has always prioritized conditioning and a rigorous workout as a part of their daily routine may only take a few months to fine tune for the demands of mountaineering.

Consider, when setting up your program, that you will need to develop the endurance to carry a 15 lb. pack, wearing climbing boots, for 6-8 hours per day. Though it is impossible to “train” for altitude you can put yourself on a conditioning program that will best prepare you for this type of physical stress. How to do this? It is impossible to be specific and say if you do this and that you will be ready for a physically demanding expedition. Each person is different and everyone has different terrain and time at their disposal. After many years of observing climbers there are some reoccurring training schemes that seem to help some people be better prepared than others.

1- Train for developing stamina. Run, bike, ski, fast walk. Vary your routine to prevent overuse injuries and push yourself without injuring yourself. Do warm up and cool down stretches.

2- Progressive resistance weight training. This type of training improves anaerobic metabolism that feeds much of muscular work. This type of human energy production is fed by stored carbohydrates that require no additional oxygen to metabolize.

3- Train on hills or stairs with a pack on. You must be prepared for several thousand feet uphill and downhill, ideally wearing a 15lb pack. Never run with a pack on.

4- Wear 2 lb. ankle weights to help condition for the extra weight of climbing boots, soft snow and loose scree. (Don't wear these while running).

5- Train as often as possible by skiing or hiking for all day, weekend or longer trips. Train for what you are going to do! If you want to be good at climbing big mountains with a big pack on, start on little mountains with a small pack on and work your way up. Conditioning by climbing is the best thing you can do. Get comfortable moving in mountainous terrain all day long!! Heavy packs tend to tire climbers the most. Be prepared by training ahead of time and you will do fine. Don't expect to get used to wearing a pack while you are on the expedition.

6 - A good diet cannot be underestimated. Research out a diet that will help develop stamina and strength and that you can live with. There are lots of books and articles that will get you started or consult a professional nutritionist that has worked with athletes.

7 - Be mentally prepared for the expedition. Know before you start the climb and accept the fact that at times you will be uncomfortable and that your body is going to be uncooperative. You are going to have to push yourself (unless you are superhuman). If you don't have the ability to do this you won't be successful. You may be in a cramped tent for many storm days. You are leaving the comforts of home in order to experience a unique challenge and a remarkable mountain. It is worth it! You must also be well enough "in tune" with yourself to know the difference between pushing yourself and acute mountain sickness, pulmonary or cerebral edema. These are all serious altitude related problems, which must be acknowledged. It is possible to "push yourself" too far. For the safety of the team, the chief guide will make a final decision on who needs a rest day, who continues to ascend, or who descends.

We hope this gives you ideas on which to base your training schedule. We recommend talking to a professional exercise trainer and setting up a conditioning program that you can incorporate into your daily routine, which will meet these goals. This type of training can easily take two hours per day, 5 days a week. Be committed to it and be consistent. It will pay off many times over! Start today with your training and keep it up. Good luck and please call or email us, if you have any questions.

