



MOUNTAIN
PROFESSIONALS

ACONCAGUA TRIP INFORMATION PACKET

TRIP INFORMATION

Location: Andes Range, Argentina

Days: 19

Route: Normal Route

Trip begins in Mendoza International Airport!

PRICE INCLUDES:

- Mountain Professionals Mountain Guides
- Transfer from Mendoza Airport to our hotel at the start of the trip
- 2 Nights accommodation in Mendoza at MOD Hotel (based on double occupancy)
- Breakfasts in Mendoza
- Welcome Dinner in Mendoza
- Accommodation in Penitentes Hotel (based on double occupancy)
- Private transport to and from Penitentes
- Full mountain services, equipment, meals, group climbing gear!
- Mules for personal baggage to base camp (20kg. / 45lbs.)
- Assistance with climbing permit purchase procedure
- First Aid Kits, Radios, and safety equipment
- Porter service for group gear from high camp down to base camp
- Full basecamp services including dining tent, table, chairs, and cook staff!
- Access to solar panels, charging and satellite phone

PRICE DOES NOT INCLUDE:

- Items of a personal nature, individual travel costs, delays, taxis, etc
- Personal Climbing Permit fee: You will pay for your climbing permit, in Mendoza, accompanied by your guide. The prices reflect 2015/16 permit fees and are subject to change. Medium Season: December Approximate: \$750 USD
- Personal clothing and climbing specific personal gear
- Alcoholic drinks and personal snacks or drinks
- Recommended Travel/Trip Cancellation Insurance



PROJECTED ITINERARY:

Please see the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch or dinner is included in the cost of your trip.!!

- DAY 1:** Arrive in Mendoza and met by our staff for transport to our hotel. Evening meeting, gear check, change money, group dinner. (D)
- DAY 2:** Finalize any details and guide purchase climbing permits for you at the Permit Office in Mendoza. Private transport to Penitents and sleep in hotel. (B,D)
- DAY 3:** Drive to Punta del Inca trailhead and begin hike. Walk approximately 4 hours to Confluencia Camp. Easy trail walking and mules carry our baggage each day to basecamp. (B,L,D)
- DAY 4:** Walk for approximately 7 hours to Plaza de Mulas Base Camp. Easy trail walking. (B,L,D)
- DAY 5:** Rest Day in Basecamp. Plaza de Mulas (4000m). (B,L,D)
- DAY 6:** Carry loads for acclimatization to Camp 1 (Camp Canada) 5000m walking on scree and ice mixed with rock. 4-6 hours. Return to basecamp. (B,L,D)
- DAY 7:** Rest day in basecamp. (B,L,D)
- DAY 8:** Move to camp 1. (B,L,D)

- DAY 9:** Carry loads for acclimatization to camp 2 (Camp Nido Condores) walking o scree and ice or snow. 6 hours. Return to camp 1 to sleep. (B,L,D)
- DAY 10:** Return climb to camp 2. Move into camp. (B,L,D)
- DAY 11:** Rest Day in Camp 2. (B,L,D)
- DAY 12:** Move to Camp 3 at Colera Camp (19,500 ft./5943m). (B,L,D)
- DAY 13:** Climb the traverse of rock and snow up the normal route to Independencia Hut and continue up through the Canaleta to the summit (6962m). Return to High Camp for sleep. (B,L,D)
- DAY 14-16:** Extra days allowed for bad weather or additional acclimatization needs or adjustments to the schedule by the guide staff. (B,L,D)
- DAY 17:** Descend to Plaza de Mulas basecamp. (B,L,D)
- DAY 18:** Hike out the Horcones Valley to Punta del Inca gate and transport to Penitentes and transport on to Mendoza for Celebration. Hotel Night. (B,L)
- DAY 19:** Departure flight day to home country (Return Flight). (B)

PACKING INFORMATION:

During the trek into base camp, you will walk with your mountain backpack each day. This pack will be light, as you will only need to carry some clothing layers, food and water, camera etc. for the day.

In addition, each climber can bring 20 kgs. of personal gear in a duffle bag which will be carried by mules each day. This duffle bag will arrive at camp each night for you to have access until the next morning when you will pack it for the mules once again for transport to the next camp. We repeat this process each morning during the trek until reaching base camp.

We recommend you bring a storage bag which you can leave in either Mendoza or Penitentes at the hotel concierge for storage of clean city clothes and other items not needed on the expedition.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photo copy of your passport page and extra passport sized photographs of your self.
- Arrive at the airport with plenty of time to ensure your baggage is within weight limits and is properly checked through all the way to Mendoza.
- There is no need for expensive watches or other jewelry that can only draw unwanted attention to a foreign traveler.



FOOD:

We ask each team member to bring 2 high altitude meals, Freeze Dried Packs work best. Example Mountain House 16 oz. Pro Pack, Real Turmat or equivalent. These will serve as your own dinner during two nights at the highest camp. We will make boiled water for these packs and for hot drinks and have additional snacks for the group as well as extra meals for delay. All other the meals during the expedition on mountain are provided. Please see the detailed day to day section for reference of which meals are included in town.

You will need to bring your own high camp utensils such as bowl, spoon, mug, etc. Refer to the equipment list for these items.

Please have additional small snacks that you really enjoy on hand during each day. Examples are candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. For reference... plan to bring about 2 pounds of assorted ! snack foods. Many, many snacks and other food items are available for purchase just 1 block from our hotel in Mendoza at the immense grocery store Carrefour.

BRINGING MONEY:

It is a hard suggestion to make, because personal tastes dictate the amount. We will confirm the Climbing Permit fee amount once the park service confirms the number, this amount should be kept separate from spending money. However a good general suggestion is to bring \$300 in cash in small U.S. bills in addition to your climbing permit money. This petty cash will be more than needed for small things along your travels, buying presents, beverages, and some meals while in town or on extra days spent upon early return to Mendoza and tipping. There are ATM machines in Mendoza. These will dispense Argentine Pesos and give a marginal exchange rate automatically within your transaction at the true bank rate. It is highly recommended to bring U.S. Dollars or Euros, to change for all of your money in Argentina, the grey market rate is much more advantageous and your spending power will be greatly increased buying everything in Pesos. We will have our money changer come to the hotel for you to change money if you would like to take advantage of this rate.

TIPS:

Any Days on your own: While in Argentina: At restaurants: it is generally 10% tip for servers. In taxis: you should not tip taxi drivers, simply pay the rate for the ride.

While on expedition days, there really are no situations where you will need to tip, outside of meals that are not included in the expedition cost.

We are often asked about tipping guides; our team of mountain guides are passionate about what they do for a living and work hard to deliver the best expedition experience possible.

Tipping from either individuals or a combined group is not a requirement but is greatly appreciated and is common in the American and Argentina guiding industry.



FIRST AID:

Our guides will be carrying a complete first aid kit which will include high altitude drugs. We ask you to carry a small personal kit, contents could include:

- Any personal prescription medications in their original containers
- Over-the-counter headache tablets such as Ibuprofen or Aspirin
- Over-the-counter stomach meds, such as Pepto Bismal
- If you have a history of severe allergic reactions -you should see your doctor about Epinephrine auto-injector (e.g., Epi Pen)

There will be Medical Doctors stationed at Plaza Argentina Base Camp. Every climber is required to check in with the Park Service Doctors upon reaching base camp to check blood pressure and blood oxygen saturation. It is a simple check in.

Please note: If for any reason you choose to or must leave Plaza Argentina earlier than our team scheduled departure, you will be responsible for any costs incurred. This is why trip insurance is recommended.

ADDITIONAL INFORMATION:

Please start taking precautions regarding your health from the moment you step onto the plane for travel. Wash hands regularly and drink plenty of water.

Please bring a small personal bottle of Purell type alcohol hand-sanitizer.

Argentina has it all, from remote wild locations to the most cosmopolitan cities. Sometimes things happen a bit slower than in other countries, but it is very modern in Mendoza and you will find everything accessible during our travel in country. You can drink the water directly from the tap in Argentina. You may choose to drink only bottled ! water in cities if you would like to take additional precaution. On the expedition, you will be able to fill your water bottles from streams or from the base camp water barrel we will have next to our dining tent. We will treat the water using iodine tablets or other method.

Please bring a bottle of water purification tablets such as Iodine tablets, so that there is no confusion on water treatment. We will make every effort to carry lots of purification tablets, however on trail days it is easiest for individuals to carry a small personal supply of cold water purification tablets. These tablets can be purchased at any outdoor retailer store or in Mendoza.

COMMUNICATIONS:

While in Mendoza: Plenty of telephones and many internet cafes offer every type of communication. Our hotel has two desktop computers with internet for guests as well as wireless internet throughout most of the hotel.

While on the mountain: There are phones and internet options in Base Camp through some local operators who accept dollars or Pesos. We will have a satellite telephone that you can use at a cost of \$5 per minute.

Our team will post dispatches with text and photo descriptions on the Mountain Professionals website under the NEWS tab. Friends and family can follow the adventure there.

CHARGING:

On Aconcagua it is much easier to bring spare batteries for electronics. If you need to charge something during the expedition, please think through any cords and chargers you would need as well as a converter for the local plug. Universal kits are available in outdoor/travel stores. We will have access to power outlets at base camp locations.

So charging on Base Camp rest days is the best option for your batteries. We will also bring a small solar panel for charging on the mountain, for USB outlets.



MOUNTAIN PROFESSIONALS ACONCAGUA HISTORY:

Mountain Professionals is in a strategic position to offer over 14 years of experience leading expeditions to the summit of Aconcagua. Our senior guides have lived and worked in Argentina for many years and have developed a top-notch trip to climb Aconcagua. From our very comfortable hotels to the private transports and superb base camp meals, we have fine tuned each and every detail along the way for a seamless experience.

We have operated multiple expeditions each season to Aconcagua since 2005 and the founding guides have been climbing and guiding on the mountain since 2001. Our trips have enjoyed a very high success rate of approximately 90%. Most of our guides have lived for extensive periods of time in Argentina and Mountain Professionals operates a local office in country.



CONTACT INFORMATION:

Mountain Professionals Direct Line:

(1) 303.956.9945

admin@mtnprofessionals.com

Main Contact: Ryan Waters, Director

Secondary Emergency Contact While on Expedition:

Lore Vazquez Morton, Administration

Lore@mtnprofessionals.com

Our Hotel In Mendoza Information:

The MOD Hotel Mendoza!

Moreno 1230, 5500 Mendoza, Argentina

+54 261 459 7777

www.the-mod.com

USEFUL RESOURCES:

Trip Insurance:

At Mountain Professionals, nothing is more important than our clients' health and safety. Although we do everything possible to ensure our clients have a safe experience, an illness or injury before or during your trip could require a medical evacuation or other unforeseen costs. That is why we want to strongly recommend that you protect yourself with Global Rescue, the leading provider of medical evacuation and response services.

Global Rescue - <http://www.globalrescue.com/mtnprofessionals/>

Argentina Entry Visa:

ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: A valid passport is required for U.S. citizens to enter Argentina. U.S. citizens do not need a visa for visits of up to 90 days for tourism or business. As a result of a recent change in Argentine law, prior to arrival in Argentina at any entry point, U.S. citizen tourist and business travelers must pay a \$160 reciprocity fee by credit card online at <http://www.argentinafees.com/>. Once paid, you must print out the receipt and present it to the Argentine immigration officer at the time of entry. The fee is valid for ten years from the date of payment and multiple entries.

Team Members from countries other than the U.S.A - Please check the entry requirements for Argentina well before your trip to ensure you are informed.

U.S. Embassy in Buenos Aires

Embassy of the United States of America

Av. Colombia 4300

(C1425GMN) Buenos Aires - Argentina

Tel.: (54-11) 5777-4354

USEFUL NOTES:

- Contact us if you prefer Single Room in Mendoza at an additional charge of \$150 u.s. that covers the 2 nights (1 in the beginning and 1 at end of trip). This fee can be paid in Mendoza or along with your balance.
- Our Mendoza hotel has two desktop computers in the modern lobby with internet.
- The lobby and rooms are also equipped with WIFI. There is a spa and full bar with a great selection of wines.
- Satellite phones are available at Basecamp for a charge of \$5 u.s. per minute.
- Internet access is available at Basecamp for a charge of \$15 u.s. per 30 minutes.
- Hot Shower is available at Basecamp for a charge of \$20 u.s.



PORTER CHARGES:

Aconcagua is an expedition mountain. Each team member is required to carry their own personal gear between camps. However, we do try and limit personal pack weight by employing porters for group carries at certain times. Some climbers would like to hire a personal porter in addition. If you are interested in hiring a porter for any reason we can arrange at base camp. Here are the rates:

- Basecamp to Camp 1 – one time carry up to 20 kg. Cost: \$150 u.s.
- Basecamp to Camp 2 or above – one time carry up to 20 kg. Cost: \$250 u.s.



Please follow this 5 step checklist to complete your trip registration:

1. Signed Policies Document
2. Signed Health Questionnaire
3. Signed Waiver Form

Please fill out these three documents, scan and return them in an email to admin@mtnprofessionals.com. If you prefer to mail the documents, please use the address below.

4. Make \$500 u.s. Deposit to secure your spot
5. Final balance of payment due 45 days before trip

Please post payments (payable to Mountain Professionals) to:

Mountain Professionals LLC
PO Box 1468
Boulder, CO 80306

To receive International Wire: (Include \$20.00 USD for our fee to receive Wire)

Account information will be provided by our administration team.