



Open Expedition to Mt. Aconcagua 6,962 mts

Normal Route

Dates and Costs for the 2009 season

04 January - 22 January 2009

24 January - 11 February 2009

14 February - 03 March 2009

£2300.00 from Mendoza, flights can be arranged if required.

The North East route or Normal route to the summit of Aconcagua does not present any type of technical difficulties; therefore it does not require you to have any experience climbing on rock or ice. It is possible to trek from Plaza de Mulass to the summit, however, depending on conditions there are times when crampons and ropes are used for your safety. The guides will advise you of this.

In order to minimise the effects of acclimatisation and increase your chances of reaching the summit we recommend that you prepare for your expedition a few months before the start of the trip. Hiking with a packed rucksack, spending time on your feet as well as maintaining a healthy diet will play an important part in helping you enjoy your expedition.

The main obstacles that you will encounter on the expedition are the effects of the altitude. Our programme is designed to give your body the best opportunity to acclimatise - we have built into the itinerary rest days to allow you to adjust to the steady height gain. Also, the low temperatures can be a problem; however this can be greatly reduced by wearing good quality clothing designed to withstand these low temperatures.

Top Tip

In order for you to abandon (temporarily) your modern way of life in favour of living for almost 3 weeks in the outdoors requires imagination and energy. Being prepared mentally to accept these challenges will be the key to your success.



Itinerary (Heights in Meters)

Day 01: Mendoza (760)

Transfer from Airport to the hotel. During this time we will check your personal equipment and if need be assist you in hiring any items of mountain equipment that you may require. You will spend 1 night in the hotel (food not included)

Day 02: Mendoza / Puente del Inca (2,725)

Before departing for El Puente del Inca we will help you to obtain the necessary climbing permits (cost included in the price) Lunch will be served in the hostel Puente del Inca. That afternoon we will prepare our equipment so that it can be transferred by mules to Confluencia Camp. Stay 1 night in the hostel.

Day 03: Puente del Inca / Confluencia (3,300)

The group will be taken to the park entrance where the permits will be processed by the rangers, and then we will begin the trek to Confluencia Camp.

Day 04: Confluencia / Plaza Francia (4000) / Confluencia

The group will trek to Plaza Francia, where we will witness the spectacular views of the South face of Aconcagua. Later we will return to Confluencia. This trek is considered to be a fundamental part of the acclimatisation process.

Day 05: Confluencia / Plaza de Mulas (4260)

The trek to Plaza de Mulas will take approx. 8 hrs. On arrival we will stay in our comfortable well equipped camp site.

Day 06: Plaza de Mulas

Rest day. We will walk the short distance to the glacier where the group will practise the use of crampons; this activity will increase you chances of reaching the summit of Aconcagua.

Day 07: Plaza de Mulas / Camp 1 'Canada'

Acclimatisation trek from Plaza de Mulas to Camp 1 Canada. The group will have lunch at camp 1 before returning to Base camp. This trek will take approx. 5 hrs.

Day 08: Plaza de Mulas

Rest day and final equipment check. Ready for the next stage of the expedition that will require a lot more effort.

Day 09: Plaza de Mulas / Camp 1 'Canada'

A 3 hour trek will take us to Camp 1 where we will have lunch and prepare the camp. Here we will begin to feel the effects of the altitude.

Day 10: Camp 1 'Canada' / Camp 2 'El Nido de Condores' (5,250)

Ascend to Camp 2 'The condors nest' this trek will take approx. 4 hrs. On arrival, the group, with the help of the guides will make camp and then rest.

Day 11: Camp 2 'El Nido de Condores'

Rest and acclimatisation day. This will give you an opportunity to reflect with the thought that every step takes you closer to the summit!



Day 12: Camp 2 / Camp 3 'Berlin' (5900)

A short 3 hr walk takes us to Camp3 'Berlin' This is quite a demanding trek due to the characteristics of the terrain. This will be the last camp before the summit!

Day13: Camp 3 / Summit (6962) / Camp3 'Berlin'

Ascend from Camp 3 to the summit then return to Camp 3. The great day has finally arrived. We get up early in the morning and after breakfast, begin the summit push, on reaching the top of Aconcagua you will experience an incredible sense of satisfaction and achievement, standing on top of the highest mountain in the Americas and the highest mountain in the world outside of Asia. Later that day we will descend to Camp 3 where we will stay the night with the memories of our success still vivid in our minds!

Day 14: Camp 3 'Berlin' / Plaza de Mulas

A three hour trek will see us back in Plaza de Mulas where we will spend the rest of the day resting and recounting our experiences that will endure long after the expedition has ended.

Day 15: Plaza de Mulas / Puente del Inca

Descend to Puente del Inca, the last big effort of the expedition. All equipment will be transferred by mules, so all you need to carry is a rucksack containing your personal gear for the trek. The group will stay the night in the hostel Puente del Inca.

Day 16: Puente del Inca / Mendoza

Return to the beautiful city of Mendoza, spending your last day sampling the Argentinean steaks washed down with the locally produced wines.

Day 17: Mendoza

Breakfast in the hotel before departing.

Day 18: Contingency day

Day 19: Contingency day



Important

This itinerary is presented as a model and we will endeavour to follow it as much as possible. However, there may be times when because of events beyond our control, such as climate changes, that could put the group at risk. Cracking Days Out reserve's the right to change the itinerary in order to protect the well being of the group and all other parties concerned.

Services included in the Expedition

Airport transfers to hotel

Hotel in Mendoza

2 night's bed and breakfast in a comfortable hotel in Mendoza (one night on your arrival and one night on your return from the mountain) The rooms are double (shared). However, if you wish to stay in a single room then please inform us when making your reservation. This service will incur an additional cost.

Assistance in purchasing your permit

In order for you to enter the national park, which is managed by the local government of Mendoza you have to buy a permit (included in the cost) Our staff will assist you in this, all permits have to be applied for in person.

Transfer Mendoza / Puente del Inca / Mendoza

We will travel the 180km from Mendoza to El Puente del Inca in private transport, giving the group an opportunity to enjoy the stunning views of the Central Andes along the way.

Meals

During your time spent on Aconcagua all meals (breakfast, lunch, snack and evening meals) are included. These are carefully planned by professionals in order to give you a balanced diet required for life in the outdoors. All the menus are fixed and from the third day will be prepared by cooks except when we are in the high camps where the food will be prepared by the guides. If you have any special dietary requirements then please advise us when making your booking and we will prepare you a menu according to you taste. This service is an extra cost.

Hostal el Puente del Inca

During the time of the Incas, Puente del Inca was a strategic point from which the Incas would cross the Andes. For the last 80 years it has become the starting point from which all expeditions leave and head up to the summit of Mt. Aconcagua. The hostel is only 5 kms. from the entrance to Aconcagua national park. You will spend two nights in the hostel (1 night at the beginning of the expedition and 1 night at the end). Bedrooms are for 3 to 6 people, depending on the numbers in the group, with private bathrooms. Also, full breakfast and evening meal are included in the price.

Services not included

Food and drink other than those specified in the programme are not included. Cost of visas, vaccinations, tips for porters, guides and other staff, bar bills, hotel refreshments, travel insurance; personal clothing and equipment.

Costs incurred when abandoning the expedition

If you decide to abandon the expedition, for whatever reason (personal, sickness etc.), then private arrangements can be made, at your own cost, to transport you back to Mendoza.