

# ACONCAGUA BY THE NORMAL ROUTE

*The Aconcagua ascent is the best occasion to live your first experience in High Altitude.*

From the base camp, technical difficulties are minimal, but the altitude is omnipresent with its wind and cold. After a three-days training trek which will allow us to admire the South face of Aconcagua, we will reach the base camp and start acclimatizing whilst climbing the Cerro Bonete (5004m). We continue on the Aconcagua Normal Route... This trip is offered in collaboration with Kandoo Adventures and our local partner in order to propose to you a large choice of guaranteed departure dates. You might do this trip with travellers from these agencies in your group.

 Region	Great ascent
 Activity	Expedition
	Summer
 Duration	18 days
 Group	3 to 12 people
 Code	EAVN
 Price	From €5,495
 Level	4/5
 Comfort	3/5
 Language(s)	English

## ITINERARY

### Day 1 Mendoza

We fly to Mendoza and hop on a transfer ride to our hotel. We settle and spend the afternoon to prepare for the expedition.

*Accommodation : Hotel*

### Day 2 Mendoza-Penitentes

We start our day by a private transfer from Mendoza to Penitentes. We spend the night at the hotel near Puente del Inca and start to immerse ourselves to the expedition's ambiance.

Old health resort, Puente Del Inca (2900m) is currently a garrison location just before the Chilean border, and transforms into a small skiing area in winter, very busy with Mendoza's citizens.

*Accommodation : Hotel in Penitentes*

### Day 3 Penitentes-Confluencia



Before leaving the hotel, we divide our equipment into two loads : one for high altitude and the other one to stay with us until Confluencia. The high altitude equipment (crampons, ice axe and high mountain boots) is transported by mules until we reach the base camp.

From Los Penitentes, short transfer to the valley of Horcones (2950m). We start walking along the Horcones river. After a few hours, we discover the impressive Southside of Aconcagua. In Confluencia (3350m), we will settle our camp.

*Positive difference in altitude : around 500m | Negative difference in altitude : around 50m | Accommodation : Base camp*

### Day 4 Confluencia - Plaza Francia - Confluencia

Today's goal is to acclimatize. We climb up to Plaza Francia (4050m) with a view on the impressive South face of Aconcagua before coming back to Confluencia to spend the night (3400m).

*Positive difference in altitude : around 1150m | Negative difference in altitude : around 250m | Altitude Max : 4250m | Accommodation : base camp*

### Day 5 Confluencia - Plaza De Mulas



We start walking in direction of the Plaza de Mulas base camp at 4350m. We climb up the desert valley of Playa Antia, large alluvial land of 15km long giving access to the first slopes of the North side. After getting passed the Piedra Ibanez rock (3800m), a pretty steep ascent will lead us to Plaza Del Mulas : our base camp.

*Altitude Max : 4250m | Accommodation : base camp*

### Day 6 Rest and acclimatization day

Today is an acclimatization day and the opportunity to have some rest after the efforts from the previous days. Showers are

available and it is possible to phone from the base camp.

#### Day 7 Cerro Bonete ascent (5004m)

Second day acclimatizing. From Plaza de Mulas, we leave for the Cerro Bonete ascent (5004m). This summit without technical difficulties overcomes the base camp and allows us to have an excellent acclimatization. Very nice view on the Normal Route of Aconcagua and on the Cordillère. After this peak, we understand how much effort we will need to climb up Aconcagua !

*Positive difference in altitude : 850m | Negative difference in altitude : 850m | Accommodation : base camp*

#### Day 8 Portage to Plaza Canada camp (5050m)



Portage of our belongings (equipment and food) to the camp 1, Plaza Canada camp. We return to the Plaza de Mulas base camp in the afternoon.

*Positive difference in altitude : 1100m | Negative difference in altitude : 1100m | Altitude Max : 5350m | Accommodation : base camp*

#### Day 9 Plaza de Mulas

Acclimatization and rest day. These relaxing days are essential to achieve a good acclimatization. Some patience is necessary to finally experience the victory of ascending the highest summits... It is also our last day to finalize our equipment check and prepare for the ascent.

*Accommodation : base camp*

#### Day 10 Plaza de Mulas - Plaza Canada



We climb up to camp 1 where we left our belongings a few days before. It is our first night in high altitude.

*Accommodation : camp 1*

#### Day 11 Plaza Canada - Plaza Nido Del Condor



With our carriers' help to carry the tents, we draw ourselves up to the Nido del Condores camp (5400m) to settle camp 2. From there, we can finally see Aconcagua and the Canaleta passage.

Positive difference in altitude : 1100m | Altitude Max : 5400m | Accommodation : camp 2

#### Day 12 Nido Del Condor-Colera (Camp 3 at 5970m)



Settlement in camp 3 at 5970m high : it is our final camp before ascending the summit !  
Magnificent view on the Andean peaks.

Positive difference in altitude : 600m | Altitude Max : 5950m | Accommodation : camp 3

#### Day 13 Aconcagua ascent



Early morning departure. We have to join Piedras Blancas (6000m) and then to get on the pathway leading to the Independencia ruins (6400m). The terrain might be covered with snow or even with ice. After the Cresta Del Viento, the path crosses the Gran Acarreo to the feet of the famous Canaleta, a rocky corridor leading to the summit. A good knowledge of the itinerary will help us overcome this passage which can be a little arduous. After a crossing under the peak ridge, we finally reach the summit which is just like a large rocky table. There is a bird's eye view on the South side and on the Plaza Francia base camp, offering us a magnificent panorama on the Cordillère des Andes. After celebrating and capturing this incredible

moment, we descend to camp 2 or 3, depending on the group's physical condition. We'll rest our weary feet and have a well-deserved night !

Positive difference in altitude : 1100m | Negative difference in altitude : 1100m to 1600m | Altitude Max : 6956m | Accommodation : Camp 2 or 3

#### Days 14 to 15 Spare day



If weather conditions aren't favorable, the summit's ascent can be done during this spare day. It also can be used as a rest day in Nido de Condores or to settle an intermediary camp to camp Canada (5000m). The knowledge and experience of our guide will optimize the profile of our ascent according to the weather and to the group's physical conditions.

📍 Day 16 **Colera - Plaza de Mulas**

Today we get back to Plaza Del Mulas (base camp). This day can also be used as an additional ascent day.

*Accommodation : base camp*

📍 Day 17 **Plaza De Mulas - Penitentes**

Today is a long return step to the valley of Rio Horcones.

*Negative difference in altitude : 1500m | Accommodation : Hotel*

📍 Day 18 **Mendoza**

Transfer to Mendoza to go to the airport. We'll hop on our flight back home and say goodbye to each other after such an incredible adventure !

#### ITINERARY CHANGE

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

## DATES & PRICES

### *International departures:*

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No departure for now

Trip code: EAVN

### *Included*

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The 30% deposit has to be paid when registering. The remaining balance will be paid 30 days before departure.

- The technical organisation of the trip
- A high mountain guide's supervision
- Full-board except on lunched in Mendoza
- The collective technical equipment (ropes, ice axes)
- Ground transfers necessary to the program as described in the itinerary
- The camping and cooking equipment
- 3 hotel nights, 2 nights in Mendoza and 1 night in Penitentes
- Mules : transport of your bagages and collective equipment to Plaza de Mulas
- The assistance of a local team (cooks)
- The entry tax for the Aconcagua national parc
- The altitude carriers for the collective equipment (tents...)
- Hyperbaric chamber (present at the base camp but isn't carried up to the altitude camps)
- The safety collective equipment

### *Not included*

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- International flights to Mendoza
- Additional nights and meals in Mendoza if you decide to modify your program or to return sooner after the ascent
- The individual technical equipment
- Tips
- Insurance/assistance
- Drinks and personal expenses
- Registration fees ( 18€)

### *Notes*

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To be paid on the spot :

- Drinks and personal expenses
- Meals in Mendoza
- Additional nights and meals in Mendoza if you change your program

### *International flights*

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If you wish, we can take care of booking your international flights to the closest airport of your destination.

### *Terms and conditions*

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#### *Booking conditions*

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Invoice procedure*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Cancellation policy*

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### **Changes to travel contract**

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### **Pricing**

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### **Contract transfer**

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### **Insurance**

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

The tour is supervised by a mountain guide who has been chosen for his field experience, his specific knowledge of one geographical area and the culture attached, as well as his passion for the region.

### Food

#### Meals

- Picnics for lunch
- Breakfast and diner prepared by the local team up to Plaza de Mulas when ascending and from Plaza de Mulas when returning
- During the ascent : meals are prepared by the guide and the participants on the altitude hobs
- Plan to bring snacks according to your own taste

**CAUTION** : dried fruits, meats and cheese are forbidden at the customs and subject to penalties

#### Drinks

- Drinks and personal expenses are not included in the trip

### Accommodation

- Mendoza : twin rooms in hotel
- Penitentes : twin rooms in hotel
- Base camp : 2 person tents
- Meals and collective life : collective tents
- Altitude camps : 2 person tents

### Transportation

During the trek, the carrying of our luggage is assured by our carrying team from Penitentes to Plaza de Mulas and when returning from Plaza de Mulas to Penitentes.

It is important to have only one bag to be carried. After the base camp, every one of us will have to carry its belongings. Between camps, the carrying can be a little tedious, but it allows us to acclimatize progressively. Carriers insure the collective equipment's transport up to the altitude base camps.

### Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

### Supplied equipment

- Ropes
- Technical equipment

### Vital equipment

- 1 pair of alpinism boots
- 1 pair of gaiters
- 1 harness + 2 carabiners
- 1 ice axe
- 1 pair of crampons with antibott system
- 1 pair of telescopic poles
- 1 sleeping bag (double layers)
- 1 foam mattress or self inflating
- 1 safety cover
- 1 head lamp + long lasting batteries
- 1 pair of glacier sunglasses category 4 with nose protector + 1 extra pair
- 1 ski mask for the summit
- 1 1.5L thermos



- Hand heaters
- Sun cream + after sun cream (face and lips)
- 2 plastic bin bags (100L) to keep your bags waterproof
- 1 waterproof pouch in which you will put your identity papers, your phone, your money and your insurance/assistance contract with all of your emergency phone number

## Material

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Upper body :

- Windstopper bonnet
- Hat or cap
- Neck scarf
- Sunscreen (high protection) for skin and lips
- Sunglasses for glacier category 4 + ski goggles
- 2 technical breathable long sleeve underwear type "Carline" (no cotton which dries too slowly)
- 1 technical and breathable shirt to put under your jumper
- 1 thick fleece jacket
- 1 fuzzi jacket
- 1 wind stopper and waterproof jacket type Goretex
- 1 pair of wind stopper mittens (fleece or wool)
- 1 pair of undergloves

Lower body :

- 1 technical and breathable pair of tights type "Carline"
- 1 pair of comfortable mountain trousers
- 1 pair of wind stopper and waterproof trousers type Goretex
- 2 pairs of socks : 1 thin and 1 thick

Other :

- 1 bed sheet for refuges
- 1 small toiletry bag with 1 fast drying towel
- Cream for sunburns (Biafine)
- Biodegradable toilet paper
- 1 or 2 100L plastic bags and an overbag to protect your belongings and your bag
- 1 waterproof pouch in which you will put your identity paper, your phone, your money and your insurance/assistance contract with all of your emergency numbers

## Luggage

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Your equipment has to be split into 2 bags :

- 1 heavy and compact bag (50/60L backpack) with the minimum necessary for your arrival : leave with your alpinism boots at your feet
- 1 other backpack (under 20kg)

## Medicine

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Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting

- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

## **Passport**

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Please make sure your passport and travel documents are valid. We advise you to travel with a copy of your travel documents in case of theft or loss.

## **Visa**

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Please check with the embassy or consulate of your residential country, it depends on your nationality. French citizens do not need a visa to go to Argentina and Chile.

## **Mandatory vaccines**

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Even if there are no mandatory vaccines, make sure to have the vaccines usually recommended in the occidental countries up to date (tetanus, diphtheria, polio, typhoid). Also, hepatitis A and B are recommended.

## **Weather**

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Argentina is in the South hemisphere. In January and February, it's summer time. Thus, days are long and bright.

The North of Chile is one of the most arid areas of the world. The central zone has a tempered climate, dry, mediterranean like. It rains 30 days per year in Santiago. The more you go South, the more rainfalls are abundant.

The great lakes region (Osorno, Puerto, Chiloé...) and Patagonia experienced records of rainfalls in autumn and winter.

In the Land of Fire, the violent wind often reaches 140km/h, and the nights are fresh. The most favorable time is thus from the end of December to mid-June.

## **Sustainable tourism**

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We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the mountains by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.