



## BOLIVIA: APOLOBAMBA TREKKING & HUAYNA POTOSI CLIMBING (6020 M) 2011

### INVITATION TO TRAVEL:

Our proposal includes tourism, trekking and mountaineering in Bolivia. The first part of our journey takes place in the town of Sucre and Potosí, to get through two completely different aspects of Bolivia: Sucre, an academic and administrative town and La Paz with its main and most important universities; they both are the capital of the country. Potosí was the most important colonial mine during the Spanish domination and today the famous Cerro Rico remains an active supply of silver.

The journey continues with an amazing and unknown trekking through the Cordillera Apolobamba, in the north-west part of Cordillera Reale and La Paz. In 5 days the route takes us through one of the most primeval areas of Bolivia where we enjoy an astonishing and natural beauty that combines different landscapes from the high - plateau to the Yungas to the snow covered mountains.

Apolobamaba is a mystic region where the native healers, the Bolivian Shamans known as Kallawaya, live. In this region the sightings of rare animals including alpacas is guaranteed, these Andean camelids are very important for the people living in the plateau. Few people inhabit this area but the small villages we'll visit offer an outstanding architecture, especially for its colonial churches.

The walk takes us to the foothill of Las Muñecas Range and Akamani, the sacred mountains of Kallawayas.

Back to La Paz, the climb of Huayna Potosí (6020m) provides the perfect and happy end for our expedition: this mountain is heavily glaciated and remains one of the most accessible six-thousand meters peaks of Bolivia. A great challenge to take advantage of the optimal acclimatizing we have developed along the expedition.

**Duration:** 19 days/18 nights

**Type of trip:** trekking

**Lodging:** hotel/tent/refuge

**Difficulty level:** intermediate

**Recommended period:** this trip can be realized from May to November. **Upcoming departure: from 03/Jun to 21/Jun 2011**

**Code of the trip:** SN / TRK 08





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### ITINERARY:

- 1<sup>st</sup> DAY: LA PAZ (IN)**  
03 Jun 2011 Meeting at the airport with the guide and transfer to the hotel in La Paz (3500 m). In the afternoon, tour of the famous witch doctor's market.. Overnight in 3\* HOTEL.  
*Included meal: Dinner*
- 2<sup>nd</sup> DAY: LA PAZ**  
04 Jun 2011 Guided tour of La Paz. Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Lunch*
- 3<sup>rd</sup> DAY: LA PAZ – SUCRE**  
05 Jun 2011 Transfer to the airport and flight to Sucre (3200 m). In the afternoon we will visit the Church, the cloister, the Mirador de La Recoleta, the aboriginal Art Museum and the Casa de la Libertad. Walk in the main square of Sucre. Dinner in a restaurant. Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Lunch / Dinner*
- 4<sup>th</sup> DAY: SUCRE – CRETACEOUS PARK - POTOSI**  
06 Jun 2011 Transfer to Cal Orcko, at 5 Km from Sucre, to the cretaceous Park where several dinosaur footprints are preserved in the rock. This place is considered one of the most important of its kind. Transfer by car. In 2 hours we arrive to Potosi (4000 m), the famous city full of silver. After lunch we will visit the Casa Real de la Moneda. Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Lunch / Dinner*
- 5<sup>th</sup> DAY: POTOSI – SUCRE**  
07 Jun 2011 Visit to the Mercado Minero and the ancient Cerro Rico mines where from the 16th century miners worked to extract minerals. After lunch we'll walk through this medieval city and see its colonial churches and architecture. At the end of the day we'll go back to Sucre. Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Lunch / Dinner*
- 6<sup>th</sup> DAY: SUCRE – LA PAZ**  
08 Jun 2011 Flight to la Paz. Rest of the day at leisure. Overnight in 3\* HOTEL.  
*Included Meal: Breakfast*
- 7<sup>th</sup> DAY: LA PAZ – LAKE TITICACA – SUN ISLAND**  
09 Jun 2011 Three hours transfer across the bolivian high-plateaus to reach Copacabana, located at the shores of Lake Titicaca. After lunch we navigate the lake heading Pilcokaina, in the Sun Island (3800 m), where we first visit Pilcokaina archaeological site and then transfer to the Inca's fountain and hike to Yumani, the village where we spend the night in ESTANCIA DEL SOL.  
*Included Meals: Breakfast / Lunch / Dinner*



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- 8<sup>th</sup> DAY:** **SUN ISLAND – COPACABANA**  
10 Jun 2011 The day starts with a two hours hike to Challapampa and the visit of Chinkana archaeological site. Then we take the boat again and visit Moon Island on our way back to Copacabana (3800 m). Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Lunch / Dinner*
- 9<sup>th</sup> DAY:** **COPACABANA - CHARAZANI - CURVA**  
11 Jun 2011 Transfer by car to Curva. Before coming down to Charazani village we have the chance to see the mountains. Our journey continues to Curva (3700 m), the shaman village where the andean healers – called the Kallawayas – live (approx: 5-6 hours by car). Overnight in TENT.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 10<sup>th</sup> DAY :** **CURVA - JANTUNPAMPA**  
12 Jun 2011 We start climbing the valley from Curva getting across the Andean growings. For the first time we'll see the mount Akamani (5700 m), the sacred mountain of kalawayas. Once we have passed a 4100m hill, the trekking continues through a narrow valley to reach Jantunpampa (3900 m) where we set our camp (approx: 4-5 hours walk). Overnight in TENT.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 11<sup>th</sup> DAY:** **JANTUNPAMPA – INCACHANI FALLS**  
13 Jun 2011 Today's trekking takes us to the foot of the glaciers. After lunch we come down to the ruins of Incachani (4200 m) and put up our camp near the falls (approx: 6 hours walk). Overnight in TENT.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 12<sup>th</sup> DAY:** **INCACHANI FALLS – SUNCHULLI**  
14 Jun 2011 Our route starts from the falls and our climb will be light but constant. We get down to Sunchulli (4500 m), where we find pre-columbian mines. (approx: 5-6 hours walk). Overnight in TENT.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 13<sup>th</sup> DAY:** **SUNCHULLI - ILLO ILLO**  
15 Jun 2011 We go up through the valley to reach the "apacheta" situated at 5100m. From here we'll have a scenic view of the whole of the Cordillera Apolobamaba. We come down to Illo Illo, where we will camp for the night (4300 m). (approx: 6 hours walk). Overnight in TENT.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 14<sup>th</sup> DAY:** **ILLO ILLO - PELUCHECO**  
16 Jun 2011 Today we come down to the green valley of Pelecheco (4200 m) for a very relaxing day. (approx: 5 hours walk). Overnight in REFUGE.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 15<sup>th</sup> DAY:** **PELUCHECO - ULLA ULLA -LA PAZ**  
17 Jun 2011 End of trekking and transfer by car to La Paz, passing through the plateau regions of Ulla Ulla and Apolobamba. Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Box-lunch*

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- 16<sup>th</sup> DAY:** LA PAZ - REFUGE HUAYNA POTOSI  
18 Jun 2011 Morning off to rest and organize the luggage for the mountain. After lunch short transfer to Zongo Pass ( 1,5 hours) (4800 m). Overnight in REFUGE.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 17<sup>th</sup> DAY:** REFUGE HUAYNA POTOSI – REFUGE LAS ROCAS  
19 Jun 2011 Today we start the climb with an easy trek to high camp, a hut located at the foothill of the glacier (5200 m). Porters take care of the loads today. Overnight in REFUGE.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 18<sup>th</sup> DAY:** REFUGE LAS ROCAS – HUAYNA POTOSI SUMMIT – LA PAZ  
20 Jun 2011 Full day climbing Huayna Potosi (6060 m) and getting back to La Paz. We will walk on the glacier using the rope, harness, crampons and ice axe. The climb will take from 4 to 7 hours and we should be back to La Paz no later than 5 pm. Overnight in 3\* HOTEL.  
*Included Meals: Breakfast / Box-lunch / Dinner*
- 19<sup>th</sup> DAY:** LA PAZ (OUT)  
21 Jun 2011 Transfer to the airport and flight home.  
*Included Meal: Breakfast*

*ENJOY THE TRIP!*

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### EQUIPMENT LIST:

#### CLOTHES:

- Pile lining jacket
- Waterproof jacket/breathable. It must have a hood. Suggested: Gore-Tex
- Trekking trousers
- Shorts
- Tee-shirts
- Light underwear.
- Long underwear. Underwear and turtleneck. Polypropylene or capilene, cotton is not recommended.

#### HEAD:

- Sun hat
- Wool or pile ski hat.
- Light weight fleece or Balaclava . Suggested: polypropylene or capilene.
- Glacier glasses: 100% UV, with side covers. If you use contact lenses or glasses, we recommend you bring an extra pair.

#### HANDS:

- gloves.
- Gore-Tex over mitts. We recommend shell palms.

#### FOOTWEAR:

- Trekking shoes.
- Mountain boots (double plastic boots or other model)
- Gaiters. Gore-Tex, Cordura.
- Thick socks (3 pairs) woolen or synthetic, for cold weather.
- Thin socks. 2 pairs of smooth wool, nylon or polypropylene, to be worn closest to the skin. This reduces blistering.
- Tennis shoes, sandals.

#### CLIMBING & CAMPING EQUIPMENT:

- Ice axe: Light ice axe.
- Crampons. We recommend 12 point crampons.
- Ski poles. One pair of telescopic.
- Day pack (30-40 liters).
- Large duffel bag: Big enough to be able to transport all your equipment. Safety lock.
- Small duffel bag: To store excess equipment at the hotel. Safety lock.
- Sleeping Bag: Expedition quality, of at least -25°C
- Pocket Knife: Swiss or Leatherman tool.
- Head lamp (spare bulbs and batteries)
- Water bottle

#### OTHER ACCESSORIES:

- Sun screen: Sun cream and lip screen.
- Personal Toiletries: wet towels, soap, etc.
- Personal First Aid Kit.
- Plastic bags. For pack clothes and keep dry.
- Photographic equipment

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RATES valid for the following departure only: *from 03/Jun to 21/Jun 2011*

<b>06-12 PERSONS:</b>	<b>US\$ 3655 p/person</b>
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Single supplement: US\$ 640

**Included in the rate:**

- Bilingual guide(s) (English/Spanish/French/Italian speaking).
-Transportation by private vehicle(s) with driver(s)
- Accommodation in the mentioned hotels ( <b>DOUBLE/TRIPLE room basis</b> ). <i>Local standard.</i>
- Accommodation in refuges as mentioned ( <b>SHARED room basis</b> ). <i>Local standard.</i>
- Camping equipment ( <b>DOUBLE</b> sleeping tent, kitchen equipment, mattress...)
- Meals mentioned in the program
- Drinks during the camp meals and box-lunch
- Local staff for the trekking and the mountain, such as cook, assistants for the camps, porters, local guides
- Mules and or lamas for the luggage when required
- First aid kit, including oximeter
- Radio Communication VHF
- Satellite phone on pay per minute bases
- Park, sites and Museum fees as mentioned in the program

**NOT included in the rate:**

- Flights and taxes (Reference price for the flight La Paz – Sucre – La Paz : US\$ 150
- Bolivian airport fee (aprox: US\$ 25)
- Bolivian entrance fee (aprox: US\$ 10)
- Meals not mentioned in the program (consider approximately US\$ 15-20 /meal/person)
- Alcoholic and soft drinks during the meals at restaurants/hotels
- Single room/tent supplement
- Personal equipment
- Travel insurance
- Tips
- Services NOT mentioned in the program

*The rates are valid until the 30/06/2011 except in case of a big variation in the USD exchange conditions in Bolivia. Thanks for reading our general sales conditions.*