



ALPAMAYO 5947M EXPEDITION

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Type: Expedition (All inclusive) *International flight not included*

Total no of days: 14 Days

Alpine grading / Difficulty: D / 4

Price: \$4500 P/P

1:2 GUIDE/CLIMBER RATIO

Best season for Expedition: June - August (Summer)

OVERVIEW

Alpamayo or Nevado Alpamayo is considered one of the most beautiful peak in the Cordillera Blanca mountain range of the Peruvian Andes. It is located more remotely than most other peaks in C. Blanc. Hike to the Base camp takes 2-3 day. Sitting at 5947M above level, the peaks beauty attracts the most attention in the Cordillera Blanca in the Peruvian Andes. It was considered by the newspaper Alpinismo (May 1966) as the “most beautiful mountain in the world”.

It is not the difficulty that inspires the climbers but it's magnificent setting among the everlasting snow-caps of the Cordillera Blanca, 6000 meters above sea level.

(Quitaraju climb as a backup summit - Incase. If Alpamayo is not possible due to natural conditions. i.e Avalanche etc)

Expedition Strategy / Route Selection

Trek to Base Camp set up at 4300M and Moraine Camp 4900M.

High Camp 5350M. This will be our final camp before we set ahead for our Summit push. We begin early hours around 5 -7 am depending on the weather during the summit day.

Our chosen route is French Direct route. 6-pitches of technical tool climbing on vertical ice wall of 50-65 degrees in angle, just below the summit ridge. Steep final pitch topping out on a narrow ridge where we continue to the summit. The descent requires establishing 8 rappel stations with V-threads.

Pre-requisite requirements (2 or more 6000M + multi-pitch ice climbing skills): *Lobuche East & Island Peak, Chulu West, Khumbu 3 Peak expeditions, Aconcagua, Mt, Blanc (Similar 4000M - 6000M peaks or higher), and multi-pitch climb (rock or ice), rock climbing grade up to 5-9+/- to 5.10 a,b,c. Ice climbing WI3 - 4, climbing 4-5+ pitches.*

Technical Skills

Ice Climbing Intermediate or Advanced level. Our climbing route consist of a vertical 50 -60 degree angled wall, where with the use of ice axe we climb on forzen pathway with ice formation on both the sides. Climbers should be efficient with kick step and balancing with ice axe on icy slopes to ascend on vertical climb.

Abseiling. This is the simplest yet the one of the most important skills to master. Some multi - pitch abseiling knowledge/experience are also required.

Your prior experience in climbing should give you a good understanding of how your body copes in high altitude. You are responsible to build you fitness up to the best level.



Expedition Highlights

- Alpamayo 5947M Summit
- French Direct route
- 4 - 5 days in Base camp and higher
- 1:2 Guide/Climber ratio throughout the expedition
- Climbing in beautiful Cordillera Blanca

ALPAMAYO ITINERARY

Day 1 Arrival

Day 2 Lima – Huaraz (Bus)

Day 3 Acclimatise and organise

Day 4 Huaraz – Churup Lake 4450 m

Day 5 Huaraz 3100 m – Cashapampa 2800 m – Llamacorrall 3760 m

Day 06 Llamacorrall 3760 m – Base camp 4300 m

Day 07 Base camp 4300 m – Moraine camp 4900 m

Day 08 Acclimatisation and Rest Day

Day 09 Moraine camp – High camp 5350 m

Day 10 High camp – Summit Nevado Alpamayo 5947M – Base camp

Day 11 Contingency day

Day 12 Base Camp – Llamacoral – Cashapampa - Huaraz

Day 13 Huaraz – Lima

Day 14 Departure

NAMAS ADVENTURE

WHAT'S INCLUDED

- Certified Mountain guide (UIAGM – AGMP)
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- Transfer airport / 5* hotel / airport – Lima
- City touring Lima
- Bus ticket Huaraz / Lima, executive service in public bus-Movil Tours or Cruz del Sur
- Transfer/bus station/5* Hotel – Lima
- Transfer hotel / bus station – Huaraz in Hotel
- Hotel In Huaraz, according to the program 04 nights. Double room with breakfast included
- 02 Nights Hotel in Lima / Double room with breakfast included
- Tour of Acclimatization
- Cook and Helpers
- Donkey driver
- Entrance fee National park Huascarán
- Private transportation Huaraz / according to the program / Huaraz
- Complete meals during the trek program and climbing program
- Kitchen / dining tent
- Cooking equipment
- Collective technical equipment
- Tent for 2 Person
- Toilette tent
- FirstAid

WHAT'S NOT INCLUDED

- Visas and travel insurance
- Summit Bonus
- Entertainment and food
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks and any meals beside breakfast, lunch and dinner.
- Delay and cancellation because of natural phenomenon
- International flight

TIPS FOR GUIDES: Summit tips \$400

NAMAS ADVENTURE

Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. (i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

Namaste - " Our soul recognises your soul "

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

Our Moto - Live Your Story

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism.

Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**

NAMAS ADVENTURE

ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.

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Expedition Fitness

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

Adventure Travel – Accuracy of Itinerary

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives.

Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.

NAMAS ADVENTURE

Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade of trek/climb/expedition**
- **Medical cover**

Namas Adventure X Global Rescue

Who Is Global Rescue?

Travel Protection, Namas Adventure partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (*Insurance link - Click here*)

IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

TRAVEL INSURANCE LINK

NAMAS ADVENTURE

Namas Adventure is a Global Rescue Safe Travel Partner.

Namas Adventure is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a **Global Rescue Safe Travel Partner**.

Global Rescue is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need. Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. *[Click here]*

Few insurance provider which we recommend.

UK based clients

True Traveller: www.truetraveller.com Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK) www.aacuk.org.uk (Expedition's mostly)

Snowcard: www.snowcard.co.uk

World Nomads: <https://www.worldnomads.co.uk/>

Dogtag: www.dogtag.co.uk

For non-UK based clients:

Travelex Ins. Services: www.travelexinsurance.com

True Traveller: www.truetraveller.com (Check Extreme pack or Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK): www.aacuk.org.uk

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number – *namas@namasadventure.com*



KAILAS
MADE TO CLIMB

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