



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
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www.swsmountainguides.com
Phone: 888.797.6867

**ACONCAGUA EXPEDITION 22,834 ft.
Highest Peak in Western Hemisphere
Normal Route**



The summit of Aconcagua (22,834 ft.) is the main objective of this 3-week expedition to the southern hemisphere. We will be attempting the regular Route, which, while not requiring a high degree of technical expertise, does require a relatively high level of commitment and conditioning due to the nature of the weather and high altitude involved. It is strenuous, and reaching the summit requires a sustained effort that can only be realized through proper training and conditioning.

What to Expect: We will climb high elevations (over 20,000 ft.). Your physical conditioning, mental attitude, and flexibility will all be factors in making an exciting, fun, and successful trip. You must carry your share of the group equipment and food while climbing our high camps. We keep this weight to a minimum with burros/horses up to base camp. In addition, we are traveling and rising in a foreign country. While SWS Mountain Guides make the best possible plans and account for all possibilities, this is adventure travel. Part of the Experience is being flexible and changing the itinerary to account for local conditions. If you keep this in mind, you will have an exciting and fun-filled expedition to the highest mountain in South America.

Expedition Costs & Dates: Check our website for: [Dates & Prices](#)

The level of Experience Needed:

Climbers, You must have a basic knowledge and recent previous expertise in practicing and using crampons, ice ax, and winter camping/climbing. In addition, it is recommended that climbers have Experience trekking or climbing above 14,000 ft. If you have questions about the level of Experience needed, please call our office, and we can recommend courses or seminars to prepare you for your trip.



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Physical Conditioning Expedition Training;

Level IV training required five times per week for at least three days at 40-60 minutes each session, two days at 60 -120 minutes each session, in one of the following categories or a mixture of each: running, bicycling, swimming, stair master, ski machines, or other aerobic activities. It is also a good idea to include in your workout some flexibility training three times a week (stretching for at least 15 minutes). In addition, plan on adding weekend training hikes and climbs with your loaded pack for overall conditioning; this is a critical part of your comprehensive training. Other activities which will improve your conditioning for the expedition include weight training for strength, a Versa climber, jogging with a light day pack, and running stairs or hills. [Programs of Mountain Training with Dr Bradford Thomas](#)

Acclimatization: Most climbers think they need less Time for acclimation than is scheduled during Aconcagua expeditions. We have found through experience that our schedule is optimum for climbing at high altitudes to keep you both healthy and give you the best chance to reach the summit. Please give us a call if you have any questions.

Equipment: Please follow the enclosed equipment list. You must bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

General Precautions for International Travel & Immunizations: Following the guidelines will the likelihood of keeping you healthy and happy while traveling? It is paramount to maintain your health while trekking and climbing. You can get up-to-date information and inexpensive immunizations at your local Public Health Department or the link below for travel advice. If you need immunizations, contact them as soon as possible some vaccinations must be given over a while. For your health and safety, it is critical to have your immunizations up to date. [CDC Travel Advice: Immunizations, Covid](#)

Passports and other Documentation: You must have a passport six months before expiration with at least two blank pages for Visa / Exit & Entry stamps for travel in Argentina and entrance back into the United States. [Please check here for Argentina Visa Requirements and current Covid requirements for airlines](#)

Not included in the cost of the trip: Please remember! Check the equipment list. Airport Exit Taxes may not be included in your airline ticket; check with your airline. But depending on your flights, it can be between - \$15.00 - \$50.00.

Baggage Restrictions: Please check with your airline and point of departure for luggage restrictions. Departures from the U.S. allow you to limit two bags (not exceeding 50 lbs. per bag) with one additional carry-on not to exceed 40 pounds. The equipment on our list is under the weight and size restrictions for domestic airlines leaving the U.S. However, please check with your airline or travel agent when making your airline reservations to avoid excess baggage charges, which can be expensive.

Meeting Location: We will contact you at least 14 days before your departure with the name and phone number of the hotel in Mendoza, Argentina, where you will meet your guides with instructions on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will contact you to discuss the options.



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International Expeditions & Treks: A 25% deposit is required to book International Expedition or Trek; an additional 25% deposit is required 90 days before departure, with the balance due 60 days prior to departure. If you cancel your reservation 90 days before your expedition or trek, a \$1,000.00 cancellation fee is required, and your expedition or trek fee balance will be refunded. Between 90-60 days before the course, a 50% cancellation fee is required, with the balance refunded. We are sorry, but NO REFUNDS are made within 60 days before the course starting date. **Travel Insurance Highly Recommended:** [Global Rescue & Travel Insurance](#)

Travel Insurance: SWS Mountain Guides strongly recommends that all participants purchase travel insurance to protect themselves from unforeseen circumstances. In addition, travel insurance can protect your investment in a trip if you must cancel at the last minute. SWS Mountain Guides recommends [Global Rescue & Travel Insurance](#) for your adventure travel & rescue insurance choice; they have many options & work with you to get you the best coverage. Additional benefits can include Emergency Accident & Sickness Medical Expenses, Rescue Services, Lost or stolen luggage, and more, depending on the Insurance chosen.

Includes: Information support, professional guides, ground transportation, all lodging, mules, and porters (as needed), all meals while climbing (Puente del Inca to Puente del Inca excluding beverages and lunches in Puente del Inca as noted below*), breakfast in cities, entrance fees to parks, climbing permits, radios, safety equipment, group technical equipment, and group camping equipment including tents, stoves, and fuel.

Food & Beverages: All meals are provided while climbing and trekking, dinners and breakfasts in Puente del Inca, and Continental breakfasts in cities at our hotel. Clients are responsible for additional beverages and meals in the towns or cities, *extra beverages and lunches in Puente del Inca, and different drinks at base camp or on the mountain; this includes beer, soda, bottled water, designer water, and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most dietary preferences can be accommodated; please inform the office of any dietary restrictions in advance.

Not included: Airfare to and from Mendoza, Argentina, meals in cities, lunches in Puente del Inca, and beverages as noted above*, Airport Exit Tax (Approx. \$30.00 - \$60.00), laundry, and personal climbing and trekking equipment.

Group size: Limited to 6 Expedition climbing members with 2 guides.





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ITINERARY FOR ACONCAGUA EXPEDITION

Day 1: Mendoza (2,508ft – 760m)

Arriving in Mendoza / Lodging in Mendoza Hotel. The meeting group in the evening will be an informative talk about the Mount Aconcagua Expedition.

Day 2: Mendoza (2,508ft – 760m)

Obtaining permits. Equipment checks, Final supplies preparation, and Time to buy last-minute items. Lodging in a hotel.

Day 3: Mendoza / Penitentes-Puente del Inca (8,992ft – 2725m)

Obtaining permits. Transfer to Penitentes-Puente Del Inca. Lodging in a hotel. Preparation of the loads for the mules

Day 4: Penitentes / Confluencia (10,890ft – 3300m)

Drive to the entrance of the Park—Trek to Confluencia Camp. You will only carry your daypack, and our mules will carry your equipment.

Day 5: Confluencia / Confluencia (10,890ft – 3300m)

Acclimatization, Optional Trek to Plaza Francia (13,200ft – 4000m), the base of the south face of Mount Aconcagua, lunch, and return to Confluencia.

Day 6: Confluencia / Plaza de Mulas (14,058ft – 4260m)

Trek to Plaza de Mulas Base Camp. Lodging in the base camp. You will only carry your daypack; our mules will take your equipment.

Day 7: Plaza de Mulas (14,058ft – 4260m)

Acclimatization Day / Rest Day. Optional short trek to Horcones glacier.

Day 8: Plaza de Mulas (14,058ft – 4260m)

Acclimatization Day. Checking of equipment for the trek to Camp Canada the next Day.

Day 9: Plaza de Mulas (14,058ft – 4260m)

Acclimatization trek and transportation of gear to Camp 1 Canada (16,203ft – 4910m). Lunch and return to Base Camp.

Day 10: Plaza de Mulas / Camp 1 Canadá (16,203ft – 4910m)

Climb to Camp 1, Canada. Setting up tents and resting. You will be carrying personal gear and additional supplies, if any. Our porters will carry the tents, cooking equipment, food, and group equipment.





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Day 11: Camp 1 Canadá / Camp 2 Nido de Cóndores (17,325ft – 5250m)

Climb to Camp 2 Nido de Cóndores. Setting up tents and resting and checking equipment for the ascent. Our porters will carry the tents, cooking equipment, food, and group equipment.

Day 12: Camp 2 Nido de Cóndores (17,325ft – 5250m)

Rest and acclimatization day.

Day 13: Camp 2 Nido de Cóndores (17,325ft – 5250m)

Acclimatization trek and transportation of altitude meals and cooking elements to) Camp 3 Berlín – Cólera (19,470ft–5900m) Lunch and return to Camp 2 Nido de Cóndores.

Day 14: Camp 3 Berlín – Cólera (19,470ft – 5900m)

Climb to Camp 3 Berlín – Cólera. You are setting up tents, resting, and checking equipment for the ascent. In addition, you will be carrying personal gear and additional supplies, if any.

Day 15: Camp 3 Berlín – Cólera (19,470ft – 5900m) / SUMMIT (22,834ft – 6962m) Climb from Camp 3 Berlín – Cólera to the SUMMIT!!! Return to Camp 3.

Day 16: Camp 3 Berlín – Cólera / Plaza de Mulas base camp (14,058ft – 4260m) Descent to Plaza de Mulas base camp. You will be carrying your equipment and additional supplies.

Day 17: Plaza de Mulas base camp / Puente del Inca / Mendoza

Hike to Puente del Inca - 20-mile hike / Return to Mendoza for celebration dinner / Hotel. You will only carry your daypack; our mules will have your equipment.

Day 18: Extra Day for bad weather or other contingencies

Day 19: Extra Day for bad weather or other contingencies

Day 20: Extra Day for bad weather or other contingencies

Day 21: Return flights to the United States

Note: This is a general itinerary; we will follow this approximate schedule. But due to the nature of international travel, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goal of success at the summit of Aconcagua. Expeditions will end upon return to Mendoza. SWS Mountain Guides will not be responsible for extra hotel days in Mendoza or Santiago if the trip ends early due to a quick ascent or abandonment of the climb due to weather, illness, or unforeseen problems.

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