



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

High Altitude Mountaineering Course Cordillera Real, Bolivia



This High-Altitude Mountaineering course is designed to give you the skills to climb high altitude peaks and prepare you to climb on technical terrain at these altitudes. We will instruct and review the following climbing techniques; glacier travel, ice/snow climbing techniques, crevasse rescue, multi-pitch climbing snow climbing, short roping, ice/snow anchors, belay techniques, rappelling, glacier navigation, route finding, and decision making. Additional topics to be covered or experienced; are proper acclimatization, pace, knowing when to turn back, weather considerations, alpine starts, mountain medicine, judgment, and hazard evaluation. We will attempt 2-3 peaks between 17,000 ft. and 19,000 ft. in the Cordillera, Real depending on local conditions, group skill level, and as our time allows. Possible options to be attempted; Pequinio Alpamayo (18,187 ft.), Condoriri (18,525 ft.), and Huayna Potosi (19,998 ft.); other peaks and climbs may be substituted due to climbing conditions. While an excellent pre-course for the Sajama Expedition (21,463 ft.), this is a great introduction to climbing in the Bolivian Andes with ascents of peaks over 17,000 ft., all the while learning advanced climbing techniques and how to be safe at high altitudes. Feel free to call us if you have any questions or need to make reservations. Join us!

What to Expect: We will climb high elevations (over 17,000 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 to our high camps. We keep this weight to a minimum with donkeys/horses/llamas up to base camp. We are traveling and climbing in a foreign country, and while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel. Part of the adventure is being flexible and changing the itinerary as needed to account for local conditions. If you remember this, you will have an exciting and fun-filled adventure!



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

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

Illimani /Sajama Option Add 6 days: Call for details

Lake Titicaca Option Add 4 Days: Call for details

Acclimatization Lake Titicaca Option: 4 days before the departure date

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

Level of Experience: Previous experience at altitude above 14,000 ft. You must have the knowledge and previous experience in practicing and using crampons and ice ax self-arrest. In addition, winter camping climbing, belaying, rappelling, and general rope-handling skills are recommended. If you have questions about the level of experience needed, please call our office, and we can recommend courses to prepare you for your trip.

Includes: Professional American guide(s), information support, land transportation, hotels, hut fees, permits, porters (as needed), all food while trekking and climbing, entrance fees to parks, climbing permits, radios, safety equipment, group technical equipment, and group camping equipment including tents, stoves, and fuel.

Not included: International Airfare to La Paz, Bolivia international airport taxes, meals in cities, and beverages as noted under food and drinks, laundry, and personal climbing and trekking equipment.

Group size: Limited to 6 adventures/expedition climbing members

Food & Beverages: All meals are provided while climbing and trekking. Clients are responsible for different beverages, and meals in cities; extra drinks on the mountain or in cities include beer, soda, bottled water, designer water, and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, and please make the office aware of any dietary restrictions in advance.

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 improving 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





SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

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.

Immunizations & General Precautions for International Travel: 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, Visa, 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 Bolivia and entrance back into the United States. Please check here: [Bolivia Travel Requirements, Visa, Covid requirements](#)

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 - \$30.00 - \$60.00.

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 La Paz, Bolivia, where you will meet your guides, instructions will be sent to you 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.

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 before 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](#)



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

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. **Travel Insurance Highly Recommended: [Global Rescue & Travel Insurance](#)** for your adventure travel & rescue insurance choice; they have many options & works 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, horses, and porters (as needed), all meals while climbing, continental breakfasts while in cities at our Hotel (s), entrance fees to parks, hut fees, 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 La Paz, and different drinks 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.

Not included: Airfare to and from La Paz, Bolivia, meals in cities, and beverages as noted above*, Visa entry fees if any for U.S. Citizens only, airport exit tax if not included in your return Ticket, laundry, and personal climbing and trekking equipment.



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

Bolivia High Altitude Mountaineering Expedition Itinerary

Day 1: Arrive at the Hotel, recover from the long flight, napping / first full day of acclimatization / Light exploring of La Paz, meet guides and other clients for dinner in La Pa that evening (approx. 11,500 ft.)

Day 2: Tiahuanco Tour of pre-Incan ruins outside La Paz / Light Acclimatization walking. (Approx. 14,000 ft.)

Day 3: Morning transportation hut to trailhead with a hike to base camp/mule support / Acclimatization 15,500 ft.

Day 4: Review basic climbing techniques (glacier travel, crampons use, ice ax) on a glacier by Base Camp / acclimatization (Approx. 15,500 ft.-16,500 ft.)

Day 5: Review intermediate climbing techniques on a glacier (crevasse rescue, team self-arrest) by base camp Acclimatization (Approx. 15,500 ft.-16,500 ft.)

Day 6: Alpine Start / Climb 17,000 ft,-18,000 ft. Peak –Return to Base Camp

Day 7: Hike out to transportation back to La Paz for re-supply, hot shower, and a great meal

Day 8: Morning transportation hut at the base of Huayna Potosi, Short hike to a glacier, review of climbing knots and equipment. Acclimatization (approx. 15,500 ft. – 16,000 ft.)

Day 9: Ice Climbing Instruction / Glacier on Huayna Potosi

Day 10: Climb to High Hut with porters / 17,000 ft.

Day 11: Alpine Start / Climb Huayna Potosi /19,998 ft.

Day 12: Hike out to Lower Hut / Return to La Paz, Celebration dinner

Day 13: La Paz Bolivia / Early Morning Flights back to U.S. / OR: Continue Extension for Sajama or Illmani Expedition

Day 14: Early Morning Flights back to U.S. / Extension for Sajama or Illmani Expedition

Post Expedition Extension Illimani - Add 6 Days

Day 15: Transportation to the Base of Illimani





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

Day 16: Hike to High Camp

Day 17: Summit Climb back to High Camp

Day 18: Extra Summit Day

Day 19: Hike down to Meet Transportation/ Back to La Paz

Day 20: Return Flights back to U.S.

Lake Titicaca Pre-Expedition Acclimatization - Add 4 Days Before

Day 1A: - Flight into La Paz, Bolivia, Evening in La Paz

Day 2A: - Transportation to Lake Titicaca Evening in Copacabana, Bolivia, 12,600 ft.

Day 3A: - Water Taxi to Island of the Sun for Acclimatization Hiking and Night at 13,000 ft.

Day 4A: - Second Night in Copacabana exploration, hikes, and a great meal watching the Sunset over Lake Titicaca 12,600 ft.

Note: This is a general itinerary; we will follow this approximate schedule. However, please remember to be flexible due to the nature of international travel, climbing conditions, and camp availability. We will make decisions based on the best possible way to accomplish our goals successfully on several summits and quality High Altitude Climbing instruction.

Additional Notes: Airline Scheduling and Planning: Please ensure your flights arrive in the Morning on the first day of the course. Early Morning flights arriving from Miami from 5-6 am is the norm. (we will provide hotel reservations in La Paz as needed) and schedule your departure flight for the afternoon or evening of the last day of the course. (You can leave the following Morning (very early), but we will charge you an extra night in the Hotel in La Paz. Please give us a call before making your final flight arrangements, or if you have any questions, 1-888-797-6867. If you take the High-Altitude Mountaineering Course and Illimani or Sajama Expedition Extension, you will have an extra day in La Paz to relax and enjoy the culture.