



**SWS Mountain Guides**  
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## **Ecuador Volcanoes High Altitude Mountaineering Course**

### **The Land of the Incas**

**Cayambe (18,997 ft.) Cotopaxi (19,348 ft.) Chimborazo (20,703 ft.)**



Join SWS Mountain Guides for a climbing adventure in Ecuador! Our 14-day expedition allows the opportunity to experience cities, villages, countryside's, and high mountain peaks. After arriving in Quito, Ecuador's capital and the heart of the Central Highlands, we will spend two days shopping, sight-seeing, and exploring Quito while acclimatizing. Traveling north from Quito through the mountain city of Cayambe up to one of the finest huts in Ecuador at 14,200ft. At the base of Volcan' Cayambe (18,997 ft.) we will train and review climbing techniques and our acclimatization prior to our summit attempt of Cayambe. We will return to Quito and the Magic Bean for a hot shower and a great meal before head south to Latacunga to further acclimatize in the vicinity of Cotopaxi National Park. Traveling to the Cara Sur Hut at the base of Cotopaxi for a night in our hut at 13,125 ft before climbing the next day to our high camp at 15,700 before attempt the summit of Volcan' Cotopaxi (19,348 ft.) the next day. If you have booked our extension we will continue our adventure south, to Riobamba, feeling fit and acclimatized for our attempt of Chimborazo (20,703 ft.), the highest peak in Ecuador. If not we will be returning to Quito for airline departures, but if time allows we will explore the town of Bano's an exciting town with a mix of international travelers and hot springs for a relaxing evening. This trip is a true travel adventure with a lively mix of sight seeing, climbing, hiking, and exploring. If you have always wanted to experience the culture of South America, and have a desire for high altitude climbing, come join us! **Note:** We are happy to accommodate non-climbing participants who have a desire to explore Ecuador, but do not have desire to attempt the summits.

**What to Expect:** We will be climbing at what are considered high elevations (15,000 ft. to 20,000 ft.). Your physical conditioning, mental attitude and flexibility will all be factors in making an exciting, fun, and successful trip. You will be required to carry your share of the group equipment and food while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the fun and adventure is being flexible and making changes to the itinerary as needed to account for local conditions. If you keep this in mind you will have exciting and rewarding adventure!

Trip Information:



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

**Chimborazo Option Add 4 days:** Call for details

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

### **Level of Experience Needed:**

**Climbers** High Altitude Mountaineering Training Level IV conditioning.

We recommend basic knowledge of backpacking, hiking and/or basic mountaineering skills including basic ice ax and crampon use. If you have questions about the level of experience needed, please give our office a call and we can recommend courses or seminars to prepare you for this trip.

**Non-Climbers** Moderate Level III conditioning - hiking, trekking, or backpacking experience is recommended.



**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 Quito, Ecuador, international airport taxes, meals in cities, and beverages as noted under food and drinks, laundry, and personal climbing and trekking equipment.

**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

**Acclimatization:** Most climbers think they need less Time for acclimation than is scheduled during Ecuador expeditions. We have found through experience that our schedule is optimum for climbing at high altitudes to



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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: [Ecuador 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](#)**

**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



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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.

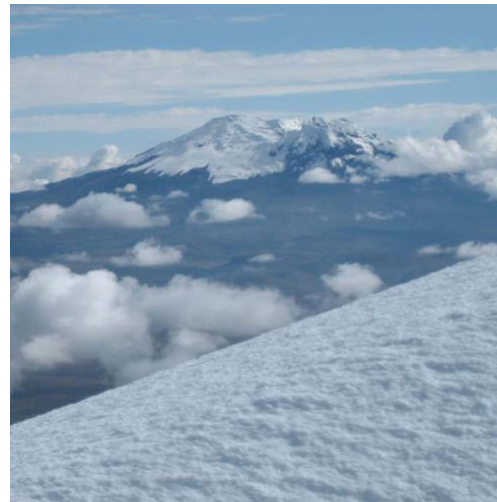
**Not included:** Airfare to and from Quito Ecuador, meals in cities, and beverages as noted above\*, Visa entry fees if any for U.S. Citizens only, airport exit tax if not included in your return Ticket, laundry, and personal climbing and trekking equipment.

### **Ecuador Mountain Expedition Itinerary**

Day 1. Arrive in Quito, Ecuador from United States. Meet your guides, evening at our Hotel in Quito, no meals included.

Day 2. We will start the acclimatization process in Quito, (9,200 ft.) with the first two nights spent adjusting to the new culture, exploring Quito, and enjoying the shops and excellent restaurants. We will take a short trip to the equator known as the Mitad del Mundo (middle of the world) just outside the city of Quito, and tour the museum inside the monument which is at a latitude of 0°0'00". The afternoon will consist of short acclimatization hike at the nearby pre Incan ruins of Rumicucho or a walking tour of Old Town Quito. Overnight at our Hotel.

Day 3. Another day of acclimatization day. After a leisurely breakfast at our Hotel and we will then pack up our lunches and catch a taxi to the TeleferiQo and catch the tram up to the base of Rucu Pinchincha. From here we will then proceed to hike up to the top (15,413 ft.) and have lunch and enjoy the tremendous views of Quito and the surrounding areas. Back to the Magic Bean to pack for tomorrows trip to Cayambe. No meal included



Day 4. Travel north from Quito through the mountain city of Cayambe up to one of the finest huts in Ecuador at 15,250ft. Depending on conditions, a short hike may be necessary to the hut. The evening will be including lectures in high altitude mountaineering considerations, knots, and mountain medicine. Overnight at the hut.

Day 5. Acclimatization day/ overview of basic mountaineering skills. Overnight in the hut



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Day 6. Acclimatization day with a short hike to the glacier. From here, we will conduct instruction in glacier travel and crevasse rescue skills. Overnight at hut.

Day 7. We rise early and begin our ascent of Nevado Cayambe (18,993 ft.). We climb on glaciated terrain and steep snow slopes and finally tackle the difficult bergschrund near the summit. Overnight at hut

Day 8. Weather Day/ possible summit day. Overnight at the hut

Day 9. Travel back to Quito for a hot shower and a relaxing evening at our Hotel / re-pack and re-supply. Dinner not provided

Day 10. Travel to Cotopaxi National Park Cara Sur Hut 13,125 ft. on the Southside of Cotopaxi. Spend the afternoon and evening enjoying the wonderful views. Overnight in Cara Sur Hut

Day 11. Sleep in, have a nice breakfast and pack our daypacks (the heavy gear is carried by horse) for a hike up to the high camp at 15,700 feet. Overnight in High Camp Hut

Day 12. Up early for Summit day of Cotopaxi (19,347 ft.) from a Southside route. Overnight at Cara Sur Hut 13,125 ft.

Day 13. Extra Summit day (weather day), upon completion we will hike back to our transportation and head back to Quito for our celebration dinner and some last minute shopping. Prepare for flights home or if staying on for Chimborazo Extension back to Quito to re-supply and re-pack.

If we have extra days due to great weather, we may make a trip to the city of Bano's for a relaxing evening at low elevation and a dip in the natural hot springs.

Day 14-A. Transport to the airport and flight back home.

### **Chimborazo Extension:**

Day 14-B. **Chimborazo Extension:** Travel to the town of Riobamba and a night in the Whymper Hotel.

Day 15. Travel to the base of Chimborazo with an short (easy) hike to the Edward Whymper Hut (16,500 ft.)

Day 16. Day of Acclimatization at the Whymper Hut (16,500 ft.)

Day 17. Midnight departure for a summit Attempt of Chimborazo (20703 ft.)

Day 18. Extra Day for a Summit Attempt (if needed). Or Travel to Banos for a well-deserved soak in the mineral springs and Celebration dinner.

Day 19. Travel back to Quito, and our final evening in the Capital city with great food and drink!

Overnight at our hotel.

Day 20. Flights out of Quito back to the United States

**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 on Airline Scheduling and Planning:** Please plan your flight so you arrive in the morning to afternoon of first day for the scheduled departure date. For your departure, schedule your flight for the morning of the last date of the expedition. Any additional nights in Quito will be at your own expense. Please give us a call prior to making your final flight arrangements, or if you have any questions give at 1-888-797-6867.