

# Climbing Ampato 4 days

## Day 1:

We camp on the shores of the "Laguna de Mucurca", where we can enjoy views of the spectacular scenery.

## Day 2:

We camp at 5,200m at the edge of the snow cap. Up until this point it is possible to travel with pack animals, which carry some of the equipment.

## Day 3:

Today we leave early to make the ascent to the summit, which takes about 5 or 6 hours. We head back down and spend the third night at the foot of the mountain.

## Day 4:

We return to the village of Cabanaconde. This takes the whole day, although of course the return trip can also be made in 2 days, depending on each person's condition.

## Price per person, based on a tour for at least 2 persons

### Included:

- Experienced guide
- Tents, mattresses, cooking equipment, etc.
- Crampons, ice pick, rope (if you don't have your own)
- Pick up and drop off to your hotel and transport to and from the base of the mountain in 4WD vehicle
- All meals while on the mountain

Please note that you have to carry the equipment by yourself.

If you do not want to carry the equipment, you can book a carrier (Please contact the agency to ask for the price).

### Not Included:

- Standard equipment such as sleeping bag, jacket, etc (these items can be hired in Arequipa at an additional cost)
- Breakfast in Arequipa before leaving for the mountain
- Water, chocolate, snacks etc.

### What to Bring:

- Specialist trekking or climbing pack
- Synthetic or leather boots with strong sole, suitable for wearing with crampons
- Crampons and ice pick (if you have them)
- Sleeping bag rated to at least -10 degrees Celsius
- Layers of synthetic thermal or merino wool, lightweight and midweight, at least some long-sleeved
- Fleece or soft shell jacket
- Gore-tex or equivalent jacket
- Down or synthetic fill jacket (for wearing around camp and possibly at rest stops or the summit)
- Thermal or merino long underwear
- Trekking pants, preferably wind resistant (eg, soft shell pants)
- Gore-tex or equivalent pants

- Thick socks, preferably wool (liner socks are useful to help avoid blisters)
  - Woolly hat
  - Liner gloves and outer gloves or mittens (should be Gore-tex with thermal fill)
  - Cap or hat, preferably broad-brimmed, and suncream
  - Glacier glasses with side protectors
  - Headlamp with spare batteries
  - First - aid kit including blister plasters, bandage, scissors, altitude sickness pills (consult a travel medicine specialist about these)
  - At least 4 litres of water, chocolates, sweets, snacks, etc (something salty is good for replacing minerals lost through sweating, and loose sweets are good for maintaing energy while climbing).
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