

# Climbing Ampato 2 days

## Day 1:

We leave Arequipa at around 7:30 am and will arrive at the pass of Patapampa on 4'850 meters over sea level. From there we can enjoy an impressive view of the Volcanic Cordillera of the Southern Andes. After six hours of driving we finally arrive in Sallali on 5'100 meters over sea level. We will have a light lunch before we start with the climb up until we reach our camp 1 or camp 2, it depends on how fast we climb and on the physical condition of each person. We will arrive at the camp on 5'300 meters over sea level. There we will set up our tents for the night. We are going to enjoy a dinner at our camp after our first day of climbing and spend the night there.

## Day 2:

The second day we leave early in the morning after breakfast. We start our climb up with headlamps and we are going to arrive at the top of the mountain before noon. Once on the top we can enjoy a beautiful view of the Colca Canyon, the Cordilleras del Ampato and Chila. After a little while on the top we will return to our base camp, pack up our equipment and drive back with a 4x4 to Arequipa. We are going to arrive in Arequipa in the night.

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**Price per person, based on a tour for at least 2 people**

## LIST OF BASIC FOOD

### 1. Water

- 3 liters per day

### 2. Food for cooking

- soups and creams
- mashed potatoes
- Pasta
- Sardines and Canned Tuna
- Quinoa
- Oats
- chicken
- Tea, chamomile, Luisa grass, coffee

### 3. Food for the climb

- Assorted cookies (sweet and salty), bread
- Dried fruits and fresh fruits
- Ham, cheese, marmalade
- Chocolate
- Assorted nougat and caramels

## MINIMUM AND INDISPENSABLE EQUIPMENT

- Kitchen utensils
- sleeping bag

- sunglasses
- Flask Sticks
- First-aid kit
- Headlamp
- Large backpack
- Warm clothing
- Small backpack
- Dishes, cups and spoon

## **SERVICE INCLUDES**

### 1. Personal

- Official mountain guide UIAGM (International Federation of mountain Guides associations)
- Auxiliary Guide (more than four passengers)
- Porters (depending on the number of passengers)

### 2. Mobility

- Mobility 4 x 4 type Land cruiser (according to Pax number)

### 3. Full feeding

- 01 ready meals in the camp (type Box Lunch)
- Food for cooking in the camp (01 breakfasts, 01 lunch, 01 dinner)

### 4. Camping and mountain equipment

- Bipersonal Tents, crampons, ice axes, flask, first aid kit, kitchenware, etc.
- Dining tent and kitchen tent

### 5. Safety equipment

- Full pharmacy, radios, cell phones
- Oxygen within mobility

## **SERVICES NOT INCLUDED**

- Personal equipment such as: sleeping back, sunglasses, warm clothing, canes, buttress, headamp, boots, large backpack, small attack backpack, etc.

## **IMPORTANT NOTE**

- The main Guide will coordinate with the assistant guide and / or porters the descent of the passenger who decides to return to the Base Camp due to tiredness or others, so that this person won't walk alone in the mountains. Customers will bring all their personal equipment on the day of the climb, such as warm clothing, crampons, ice axes, water, sunglasses, etc.
- On the first day porters will only carry the tents, water and food. Customers will bring all their personal

equipment such as sleeping bags, etc

- If any member of the group (Client) decides to descend to Arequipa before the general program, the costs of this decision as transport, food, lodging, etc. will cost extra.
- If there are changes in the itinerary due to weather, physical, mental and technical conditions, they will not be the responsibility of the organization. D. 028-2004 REGULATIONS Mountain Guides.
- Personal equipment such as warm clothes, sunglasses, backpacks, canes, boots, crampons, etc. are not included in the service.