

Climbing Coropuna 4 days

Day 1:

We leave Arequipa early in the morning at 7.00am in our 4x4 vehicle. We have a break in the village of Chuquibamba to have lunch there. In the afternoon we arrive at the abandoned camp at the lagoon Pallarcocha at 4.750m above sea level, where we provide ourselves with water, before going on to 4.950m above sea level to leave the vehicle. We prepare our basecamp and have dinner before going to sleep.

Day 2:

Early in the morning we have breakfast and start the hike. During the climb we can appreciate the South-East face of the Coropuna and the ridge of the Hiram Bingham. Finally we arrive at our camp for this night at 5.200m above sea level, from where we have an impressive view on the Solimana and in the background the Inca del Sara Sara sanctuary. We will have our snacks on the way and upon arrival we prepare our camp, have dinner and go to sleep.

Day 3:

After the breakfast, we start walking until we reach the next camp and enjoy our lunch box on the walk. Again, we can appreciate a stunning view on the snow-capped Solimana and the Sara Sara. We prepare our camp at 5.450m above sea level next to frozen lakes. We will enjoy our dinner and a good night sleep.

Day 4:

Today we get up in the early morning, have breakfast and start the ascent. We arrive at the snow-capped top around mid-day. From the top we have an unforgettable view on the surrounding mountains of the Cordilleras del Ampato, Cordillera del Chila, Cordillera del Huanzo and Cordillera Volcánica. In the afternoon we descent until the basecamp and continue until our 4x4 vehicle. We return to Arequipa in the night.

Please note that it is also possible to do this climb in three days. For more information concerning a three day climb, please contact us.

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 equipement by yourself. If you do not want to carry the equipemnt, 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 maintaining energy while climbing)