

# Climbing Mismi: Amazon spring

## Day 1:

Village of Tuti (3,900 metres) to the quebrada de Aquenta (4,600 metres), where we make camp.

## Day 2:

From Aquenta to the quebrada de Carhuasanta (4,700 metres) where we make base camp, a trek of approximately 4 hours.

## Day 3:

From the base camp we head to Manantial, the source of the Amazon, a trek of about one hour. From there we continue to the peak of Nevado Misi (5,597 metres), another 3 hours trek, and later return to Base Camp.

## Day 4:

We return to the village of Tuti, and from there to Chivay and Arequipa. There's also the option of making the return journey in 4WD.

Alternative Routes: It's also possible to leave from the village of Coporaque (4 days) or leave from Tuti and take a shorter route, making the trip in two days. With a 4WD, the mountain and the source of the Amazon can even be done within one day, depending on the visitor's acclimatisation to the altitude.

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

### Included:

- Experienced guide
- Tents, mattresses, cooking equipment, etc.
- Accommodation in Chivay as required
- Pick up and drop off to your hotel and 4WD transport to and from base camp
- All meals while trekking

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
- Sleeping bag rated to at least -5 degrees Celsius
- Layers of synthetic thermal or merino wool, preferably lightweight, 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)
- Thick socks, preferably wool (liner socks are useful to help avoid blisters)
- Woolly hat
- Liner gloves and outer gloves (ski gloves are ok)
- Cap or hat, preferably broad-brimmed, good quality sunglasses, and suncream
- 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)