

Trekking the Cordillera Huayhuash

A TRULY SPECTACULAR ALPINE CIRCUIT IN THE ANDES



TRIP DATES

2024

July 20-August 6, 2024

2025

July 17-August 3, 2025

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A TRULY SPECTACULAR ALPINE CIRCUIT IN THE ANDES

The tremendous ice range of Peru's Cordillera Huayhuash is topped with knife-edged 20,000-foot peaks that attract climbers from around the world. Our classic 12-day trek makes a complete circuit of this magnificent range, crossing eight high passes with near-constant panoramas of towering Andean giants, including Yerupajá (21,709'), the second-highest mountain in Peru, and the icy fang of Jirishanca (20,099'). Along the way, we'll camp by the stunning turquoise lakes that bejewel this region. The hiking is challenging but rewarding, and the vast blue skies and soaring condors add to the allure. We only offer this trip once a year, so don't miss your chance!



1102 Ninth Street, Berkeley, CA 94710

800-368-2794 • 510-558-2488

www.wildernesstravel.com • info@wildernesstravel.com

Itinerary

DAY 1

LIMA

Arrive in Lima anytime and walk across the street to the hotel from the airport. The Lima Wyndham Costa del Sol Airport hotel is set right across the street from the international airport terminal. No activities are planned for this day. Overnight at hotel...Meals on your own.

DAY 2

LIMA, PERU / HUARÁZ

Early morning meeting in the hotel lobby for the all-day drive (about 8 hours) to Huaráz with the group. We begin by heading north on the Pan American Highway along Peru's desert coast for about 3.5 hours. After lunch, we turn inland and drive another three hours. When we cross Conococha Pass (12,800'), we enjoy our first views of the Cordillera Huayhuash as well as the Cordillera Blanca in the distance. After another 1.5 hours, we arrive at the small and lively city of Huaráz, Peru's center for mountaineering, at 10,200 feet. This climbing and trekking center is located in the valley of the Río Santa, nestled between the Cordillera Negra and the Cordillera Blanca. Our hotel, the Andino, has outstanding views of the peaks of the Cordillera Blanca, including massive Huascarán (22,205'), Peru's highest mountain, and several other beautiful snow-capped peaks over 19,000 feet. In the evening, we gather for a trip briefing and our Welcome Dinner. Overnight at Hotel Andino...LD

DAY 3

ACCLIMATIZATION HIKE TO WILKAHUAIN

We begin the day with a walk through Jose Olaya, the only street remaining from the 1970 earthquake, followed by a bus ride to the well preserved archaeological site of WilkaHuain, with its fascinating burial and ritual chambers dating from the time of the Wari people. From here we hike through farming country and steeply down to the town of Monterrey, with a picnic lunch en route. We head back to Huaráz in the afternoon to do last minute shopping or check our gear. Overnight at Hotel Andino...BLD

Hiking Details: 3 hours

DAY 4

ACCLIMATIZATION HIKE TO LAKE CHURUP (14,700')

For today's acclimatization hike, we drive north of Huaráz for about 45 minutes to a trailhead below Lake Churup. We begin our hike at about 12,800 feet, following glacial moraine for about 1.5 hours, then continue steeply up for about 1.5 hours, with some challenging rocky sections (about 30 feet) where we will be scrambling on all fours and using a fixed cable for assistance. We arrive at Lake Churup, set at 14,600 feet at the base of the Churup Glacier. After a picnic lunch, we hike back down and return to Huaráz in the late afternoon. Dinner is on your own this evening. Overnight at Hotel Andino...BL

Hiking Details: 5-7 hours



TRIP DETAILS AT-A-GLANCE

- Length:** 18 days
Arrive: Lima, Peru
Depart: Lima, Peru
Lodging: 6 nights hotels, 12 nights full-service camping
Meals: All except 1 dinner (B=Breakfast, L=Lunch, D=Dinner)
Activity: Cultural Adventures, Hiking / Trekking
Trip Level: 1 2 3 4 5 ⑥
Physically demanding
12-day trek, moderate to steep trails, 5-7 hours a day, altitudes of 11,000-16,600 feet

HIGHLIGHTS

- Challenging trek circling the ice-draped peaks of Peru's Cordillera Huayhuash massif
- Spectacular campsites at remote turquoise lakes, incredible views of glacier-clad peaks
- Hike across seven breathtaking mountain passes, including Punta Cuyoc (16,600'), the highest
- Exploration Day at Laguna Carhuacocha, with hiking options
- Mountain town of Huaráz (10,200'), where Huascarán (22,205'), Peru's highest peak, dominates the skyline

Itinerary (cont'd)

DAY 5

DRIVE TO LLAMAC (10,600') / BEGIN TREK / POCPA (11,300')

A drive brings us to Chiquián, where we stretch our legs and explore this lovely old town. From here, we continue along steep, narrow dirt roads with a river crossing to the pretty little town of Llamac, with lunch en route. A gradual one-hour hike along the right side of the Llamac River brings us to the town of Pocpa, an old traditional community, where we camp...BLD

Hiking Details: 1 hour

DAY 6

POCPA TO MATACANCHA (13,600')

Our hike begins with an approach to the mountains, with our first close views of the Cordillera Huayhuash. We follow a mining road with a few steep shortcuts through the switchbacks and an occasional mining vehicle passing by. After four hours of hiking, we reach our lunch spot, then continue ascending gradually for another two hours. We pass the small community of Rondoy and some Wari archaeological sites, enjoying the view of the spectacular glaciers of the snow peak of Ninashanca as we head to our camp at Matacancha, set below Cacanampunta Pass. Camp overnight...BLD

Hiking Details: 5-7 hours



“I would expect nothing less than excellent from WT, and I was not disappointed.”

Bill F., Sherwood, AZ

DAY 7

CACANAMPUNTA PASS (15,400') / NEAR LAGUNA MITUCOCHA (13,700')

A steep hike out of camp brings us up to a rocky area and a switchback trail that leads to the top of our first high pass, Cacanampunta (15,400'). Descending from the pass, views on the other side include Ninashanca, Yerupajá, Jirishanca Chico, and Jirishanca, with the possibility of seeing Andean condors soaring in the skies above. We descend on a rough trail to our lunch spot, then gradually descend again before making a small ascent to our camp in a broad meadow at 13,700 feet with beautiful views of Ninashanca. Camp overnight...BLD

Hiking Details: 6-7 hours

DAY 8

CARHUAC PASS (15,150') TO LAGUNA CARHUACOCHA (13,600')

From camp, we cross a small field, then gradually ascend across high pampas for about 4 hours to the top of Carhuac Pass (15,150'). Just before the pass we enter a shale field where we can find fossilized seashells in the rocks—it's remarkable to think that this was once sea level! The views from the summit include Jirishanca, Jirishanca Chico, Yerupajá, Yerupajá Chico, Siulá, Siulá Chico, and Carnicero in the distance. Siulá is the dramatic peak climbed (from the opposite side) in the book and film *Touching the Void*. A gradual descent of around 3 hours brings us to beautiful Laguna Carhuacocha and our lakeside camp. Carhua is a Quechua word referring to a type of black earth found in the area, and cocha means lake. This afternoon we can relax at our beautiful campsite

with Yerupajá, the second largest mountain in Peru, right in front of us. Great sunsets! Camp overnight...BLD
Hiking Details: 7-8 hours

DAY 9

SIULÁ PASS (15,842') TO THE COMMUNITY OF HUAYHUASH (14,200')

We follow a trail that brings us up to Lake Siulá, a large lake with great views of Yerupajá and Siulá. Hiking a bit higher up the glacier moraine, we reach a newly-formed lake with a bright glacial-green color. From this high vantage point, the views across the steep glacial moraine are utterly dramatic. We continue steeply up typical Andean ichu (bunch) grass to reach “El Mirador”—affording a breathtaking overview of the three lakes. We then continue up and over Siulá Pass (15,842'). The last part of the climb is hard because of the altitude, but we are amid some of the most isolated and spectacular areas of our trek. Descending from the pass, we catch up with the main trail and hike down to Lake Carnicero and our Huayhuash camp. Note: Our pack horses can't negotiate this trail, but our crew—with our lunch—can! This is one of the two longest days on the trek, but one of the most rewarding. Camp overnight... BLD

Hiking Details: 9-10 hours

DAY 10

PORTACHUELO HUAYHUASH (15,700') / VICONGA HOT SPRINGS (14,200')

After leaving the spread-out community of Huayhuash, with its houses dotted up and down the valley, we climb for about 2.5 hours up a wide valley. Our last half hour is a steep and rocky hike up a talus field to the top of Portachuelo Huayhuash (15,700'). From here, we see the peaks of the Cordillera Raura on the left. The large, flat glacier on the far left of the Raura range is called the “sleeping lion.” The peaks we see on the way up to the pass, just below it, are Trapécio on the right and Pushkaturpo on the left. Our descent of about 1.5 hours is fairly steep and takes us down to the huge lake of Viconga, dammed up about 30 years ago by the Peruvian government to create hydroelectric power and irrigation water for areas to the south. From the top of the lake, our trail winds around the right side. We take either the higher uphill or the lower trail, depending on the water level, down to the valley and camp next to some hot springs with three clean hot pools—time for a relaxing soak and cleanup! Camp overnight... BLD

Hiking Details: 5.5-6.5 hours

“Well thought out and well executed. Keep it up!”

Don J., Montara, CA



Itinerary (cont'd)



“A spectacular and fun trip!”

Trish K., Berkeley, CA

DAY 11

PUNTA CUYOC PASS (16,564') / CUYOC CAMP (14,700')

Today we cross our second-highest pass. We hike up the valley to reach the top of Punta Cuyoc Pass (16,564'), a 4- to 4.5-hour hike that is fairly steep the whole way. The views are superb, and we see anquish, or oreja de venado (“deer's ear”) plants on this pass, the only plant life here, along with majestic hexagonal basalt columns on the other side of the pass. Atop the pass, we look directly across to close-up views of the Cuyoc Glacier and from right to left the massifs of Siulá, Yerupajá (a double peak), and Rasac (a triple peak)—probably our most spectacular views from any of the passes we cross. Our descent is steep, following a loose dirt trail for the first 45 minutes, so we take care to go slowly on this section. We continue descending on mostly gradual terrain for another 45 minutes to the upper end of the Guanacpatay Valley and to our camp at 14,700 feet near the river. At the top of this valley, there are amazing limestone and volcanic intrusions. Camp overnight...BLD

Hiking Details: 6-7 hours, with lunch at camp

DAY 12

CUYOC CAMP TO CUTATAMBO (14,005')

Today we hike steeply up 3 hours to the top of Santa Rosa Pass (16,600'). The glacial views at the top are unbelievably close with the peaks of Carnicero, Sarapo, Siulá grande Yerupajá grande, and Rasac. We are above the turquoise lake of Juráu. We make our way steeply down, around Lake Juráu, to camp in the upper end of the Cutatambo Valley.

Hiking details: 6-7 hours

DAY 13

EXPLORATION DAY / HIKE TO SARAPOCOCHA

Today we have three choices: rest in camp and enjoy the views; take a loop hike up to the moraine of beautiful Lake Juráu, beneath the peak of the same name, and return to camp; and those who want to hike farther can continue from here to Sarapococha (Lake Sarapo), hiking north for about three hours for closer views of the peaks we see from camp. From this vantage point, we can also see part of Siulá and part of the route of the famous Touching the Void climb. En route to Lake Sarapo, we see the base camps for both the BBC film crew and the original 1985 climb of Siulá. This is a long half-day hike, with a return to camp in the afternoon. Camp overnight...BLD

Hiking Details: The longest optional hike is 5.5 hours

DAY 14

CUTATAMBO TO HUAYLLAPA (11,480')

We descend to Huayllapa and camp in the grounds of an old hacienda, “Awkimarka,” and visit the community of Huayllapa and the home of one of our crew. Today's hike is a gentle descent to a beautiful valley following a river. It's an excellent opportunity to see locals grazing their animals and observe daily local life. This is a short day of hiking and in the afternoon we have the opportunity to explore the town. Camp overnight...BLD

Hiking Details: 4 hours

DAY 15

HUAYLLAPA TO CASHAPAMPA (14,891')

An ascent of 6 hours brings us to Tapush Pass (15,711'), then we descend about 1 hour to camp at Cashapampa (14,891') with wonderful views of Diablo Mudo and some incredible rock formations and colors. Camp overnight...BLD

Hiking Details: 8-9 hours

DAY 16

CASHAPAMPA TO LAGUNA JAHUACocha (13,316')

Today's hike begins with a 20-minute descent, then we turn east toward Yaucha Pass (15,900'). After the pass, we head left and hug the mountainside, climbing another 25 minutes to an incredible ridgeline at 16,072 feet. We traverse the ridgeline for an hour with spectacular views of the entire Huayhuash Range. A steep 2-hour descent brings us to camp at Jahuacocha (13,316), with views of Rondoy, Jirishanca, Yerupajá, and Rasac. Camp overnight...BLD

Hiking Details: 6-7 hours

DAY 17

JAHUACocha TO LLAMAC (10,627') / HUARAZ

We get a very early start today and make our way down a beautiful valley, enjoying the sunrise and beautiful melody of the glacial stream we hike alongside. After 2 hours of gradual descent, we branch off and hug an undulating ridge above the valley for another 2-3 hours with incredible chances to see a condor soar by. We take in our last views of the Huayhuash Range before turning and making our 2-hour dusty descent through a wonderful array of Andean flora and small farms to the town of Llamac where we have lunch and celebrate the finish of our trek! We hop on the bus for the 4-hour drive back to Huaraz and the Hotel Andino where we enjoy our first hot shower in a while and a celebratory farewell dinner. Overnight at hotel...BLD

Hiking Details: 6-7 hours

Driving Time: 4 hours

DAY 18

LIMA / DEPART

We get an early start for our eight-hour drive to Lima, where we have overnight rooms at the Wyndham Costa Del Sol Lima Airport Hotel. Depending on flight schedules, some trip members may depart this evening on homeward-bound flights; some may leave the next day. You may wish to join our optional Cusco & Machu Picchu Extension...BL



“Can't say enough about this trip. It was wonderful and challenging.”

Kris H., Eagle River, AK

Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2024

\$5295 (11-14 members)

\$5695 (6-10 members)

Single supplement: \$385

2025 Trip Costs: Call for details

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations in hotels and in top quality tents on trek
- All except 1 dinner as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- Camp staff, group camping and cooking equipment
- Land transportation
- Airport transfers as noted

TRIP COST DOES NOT INCLUDE

International airfare, internal flights, meals specified as “on your own,” airport departure taxes, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessitated by airline schedule changes or other factors, cost of medical immunizations (if any), travel insurance, and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

MANDATORY EMERGENCY EVACUATION INSURANCE

Please note: Insurance for emergency evacuation is required for this trip. Call for more details.

Cusco & Machu Picchu Extension

Discover the best of Peru's breathtaking mountain landscapes, mystical fortress-cities, and thriving cultural and artistic heritage on this extension that brings you to the heart of the Incan empire. You'll explore the beautiful Urubamba Valley, sacred to the Incas and home to the stupendous ruins of Písac and majestic Ollantaytambo, experience two days at glorious Machu Picchu, the iconic "Lost City of the Incas," and enjoy an insider's walking tour of Cusco, the ancient heart of the Inca Empire, and nearby Inca sites including awe-inspiring Saqsayhuaman, the majestic fortress overlooking Cusco.

DAYS 1-3 LIMA / CUSCO / URUBAMBA VALLEY / PISAC / CHINCHERO / OLLANTAYTAMBO

Arrive in Lima, Peru, and fly to Cusco (11,200'). Drive through the Urubamba Valley to visit the ruins of Pisac, well known for the Inca-built terracing that sweeps around the mountain spur on which the ruin is perched. Also visit Chinchero, an old colonial settlement built upon Inca foundations, and Ollantaytambo, a living Inca village, virtually unchanged from ancient times.

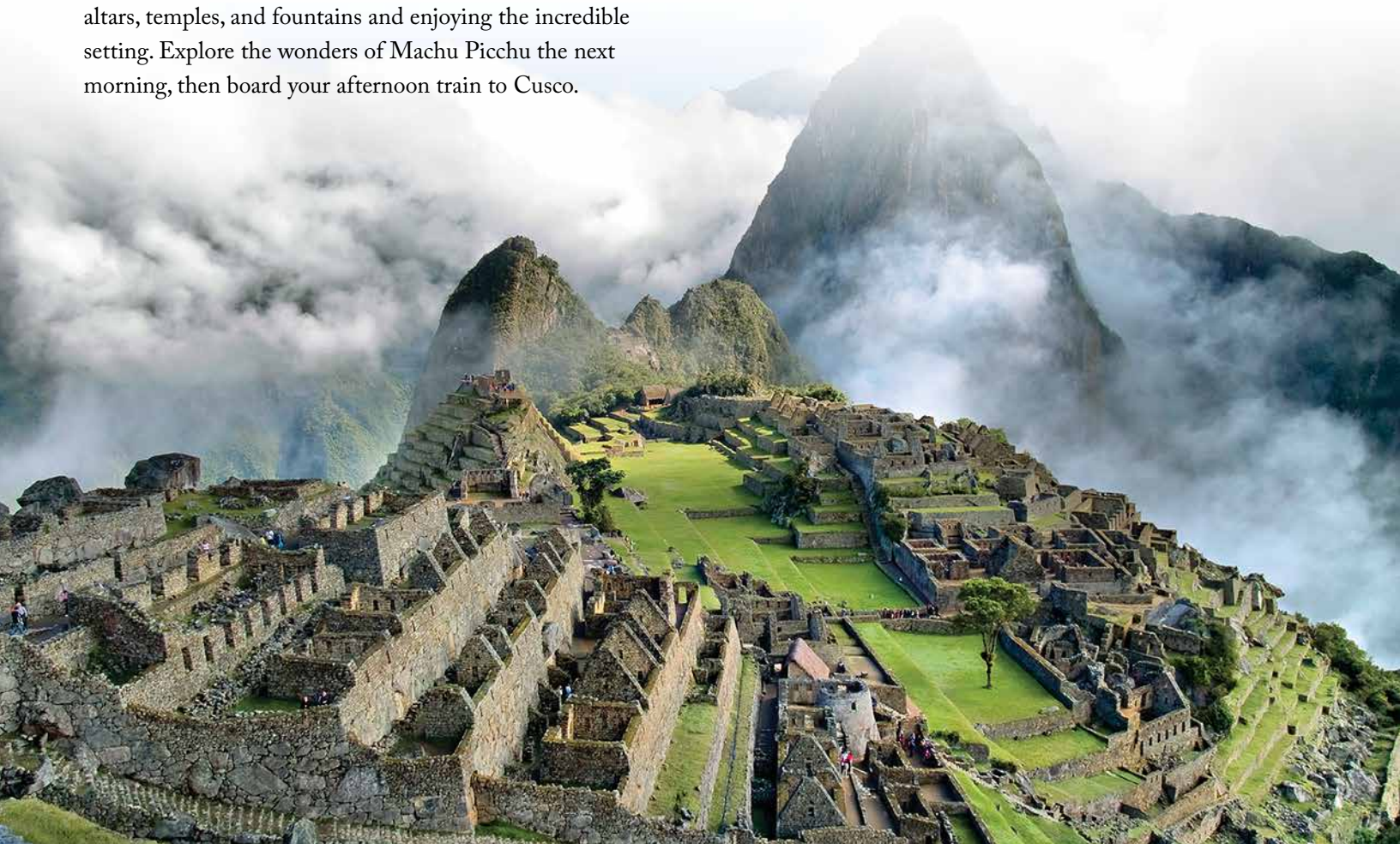
DAYS 4-5 MACHU PICCHU / CUSCO Board the morning train with your guide for a short ride through the Urubamba Valley to Machu Picchu. At the Machu Picchu station, head up to the ruins by bus and explore the sanctuary on an afternoon tour, visiting the reconstructed ruins of staircases, altars, temples, and fountains and enjoying the incredible setting. Explore the wonders of Machu Picchu the next morning, then board your afternoon train to Cusco.

DAYS 6-8 CUSCO / LIMA / DEPART

Enjoy a private guided walking tour of Cusco, including the spectacular Inca ruins on the hills overlooking Cusco, and an extra day for independent exploration, taking in the delightful blend of Inca and colonial architecture, the abundance of artisan and craft boutiques and wide variety of wonderful restaurants and street cafes, all with a welcoming atmosphere. On Day 8, depart for Lima and connect with onward flights.

2024 EXTENSION COSTS

TBA



Arrival & Departure

Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

If you have booked extra services before or after the trip, an Extra Services Confirmation will be sent with your Final Documents.

ARRIVAL & MEETING PLACE

Lima, Peru

Suggested Airport: Jorge Chávez Int'l Airport (LIM)

Suggested Date & Time: Anytime on Day 1

Meeting Place: You will meet your Trip Leader in the lobby of Wyndham Costa Del Sol Lima Airport in Lima by 8:00 am on Day 2.

DEPARTURE

Lima, Peru

Suggested Airport: Jorge Chávez Int'l Airport (LIM)

Suggested Date & Time: Day 18, after 9:00 pm

On Day 18, we drive from Huaráz to Lima, with overnight rooms booked at Wyndham Costa Del Sol Lima Airport Hotel.

If you have evening flights home on Day 18, you can check out early. If you have a flight departing the next day, you have a full overnight room.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Lima, Peru. International flights typically arrive in Lima either very early in the morning or very late in the evening. Airlines with the most convenient schedules for this trip include:

American Airlines (via Miami or Dallas)

www.aa.com

Delta Airlines (via Atlanta)

www.delta.com

LATAM Airlines (via Los Angeles)

www.latam.com

We recommend at least a two-hour connection time at the gateway city for the international flight to Lima. Although shorter connecting times are legal, you want to allow some time in case your domestic flight is delayed.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found at www.exitotravel.com. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip and have reviewed your proposed air schedule with our office. Once your tickets have been purchased, forward a copy of the email confirmation that shows your exact flight arrival and departure times.

Accommodations



WYNDHAM COSTA DEL SOL LIMA AIRPORT HOTEL

Lima, Peru

Day 1 (1 night)

Day 18 (1 night)

Very conveniently located at the Lima international airport, this hotel is just a two-minute walk across the street from the terminal, and you can wheel your bags (no need to take a taxi). Rooms are well appointed and comfortable.



HOTEL CLUB ANDINO

Huaraz, Peru

Days 2 to 4 (3 nights)

Day 17 (1 night)

A 10-minute uphill walk from the main plaza, the Swiss-owned Hotel Club Andino is the best available in the remote mountain town of Huaraz. It offers clean and comfortable rooms, plenty of hot water for showers, and stunning views of the Cordillera Blanca. The restaurant offers Swiss specialties and the breakfast buffet is abundant.



CORDILLERA HUAYHUASH TREK CAMPS

Cordillera Huayhuash, Peru

Days 5 to 16 (12 nights)

Day 17 (1 night)

On the trail, you are accompanied by our experienced team of trail guides, and all your gear is carried for you (leaving you free to hike with just a daypack to hold your camera, water bottle, rain jacket, etc.). Accommodations are in sturdy mountain-style tents. Camp amenities include a dining tent with a table and chairs (with backs), meals prepared by our trained staff, and a toilet tent. Our camp crew takes care of all camp chores, including bringing tea or coffee to your tent each morning and providing picnic lunches each day at a scenic spot along the trail.

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Trekking the Cordillera Huayhuash* webpage and click on the “Lodging” tab.

Trip Leader

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. The Trip Leader is listed on the “Dates & Prices” tab on our *Trekking the Cordillera Huayhuash* webpage: www.wildernesstravel.com/trip/peru/cordillera-huayhuash-huaraz-trek



RYAN KOST

Ryan Kost has worked, studied, and traveled in many countries and holds a Master’s degree in Socio-Cultural Anthropology. He first traveled to Peru with his parents when he was 14 and fell in love with the natural beauty and deep cultural history of the Andes. He conducted his fieldwork in the Cusco region, has worked as an outdoor leader for the last six years, and calls Peru his second home. Ryan has extensive training in outdoor leadership education, high altitude medicine, Leave No Trace ethics, and mountaineering. He has led both our Cordillera Huayhuash and Cordillera Blanca treks, and currently lives in Colorado.



HOLLY WISSLER

Holly Wissler, a musician and ethnomusicologist, is one of our most experienced and gifted Trip Leaders, drawing upon her many years of trekking and living in Peru and Nepal. Holly is deeply passionate about Andean culture and music, the topic of her PhD in ethnomusicology and the focus of two documentaries she has produced, “Qoyllur Rit’i: A Woman’s Journey,” on Peru’s largest Andean pilgrimage festival, and “From Grief and Joy We Sing,” illuminating the musical traditions of the remote Quechua community of Q’eros, Peru. A key leader for our Peru team since 1982, Holly feels at home with the people of the Andes, especially since she adopted her godson, Dante, from the Q’eros community. She is often called “chaka warmi” (bridge woman) because of her extraordinary ability to facilitate meaningful (and fun!) exchanges between travelers and locals. Holly especially loves to bring WT trip members, our trek crews, and the indigenous Q’eros people together through conversation and music making. “People have said that I bring passion and love to my trips and that I laugh a lot—which I do!” A great storyteller too, Holly speaks Spanish, Quechua, Nepali, and ASL.

Trip Details

WHAT THE TRIP IS LIKE

This trip is rated a Level 6 (Very Strenuous) according to our trip grading system. It is expected that each participant be in excellent health and physical condition.

Average Hiking Day

- 5-7 hours
- 2,000-2,500 feet gain/loss
- Altitudes range from 10,000 to 15,000 feet, but there are several passes over 15,000 feet to cross and one pass of 16,600 feet

Challenge Days

- Day 10: approximately 5.5 hours at elevations up to 16,600 feet
- Day 13: approximately 7 hours, 2,400 feet gain/loss

How Tough is This Trip?

You need to be able to hike on uneven surfaces on mountain trails at high elevations. You must feel comfortable and confident on your feet for up to 8 hours a day, with recent experience hiking at least 8 miles in a day (preferably at high altitude).

TERRAIN

Trail conditions can be primitive, and there is much up-and-down hiking (often 2,000- to 3,000-foot gain or loss in elevation per day). An average day's walk is seven or eight hours. With rest stops and photo stops, few people walk faster than one mile an hour in a mountainous region. Some hiking days are shorter than others, and some days are more difficult than others due to altitude gain and loss.

GETTING IN SHAPE

For maximum enjoyment of the trip, you must be in good shape and ready to hike at high altitudes. We strongly urge you to train for the trip with regular hiking, especially over hills and uneven terrain. Running, swimming, bicycling, and stair-climbing are all great options as well. As you progress, practice these hikes with your loaded daypack (full water bottle, camera gear, jacket). The object is to improve your overall level of fitness and aerobic capacity and get your legs and lungs in shape for the Andes. As the time for departure approaches, try to climb a high peak near you or go on strenuous weekend hikes that involve 6-7 hours of uphill and downhill walking. Your feet should be fully prepared

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1	N/A	N/A	N/A	
2	N/A	N/A	N/A	8-9 hours
3	3 hours	4 miles	+600'/-1,000'	1.5 hours
4	5-7 hours	6 miles	+2,500'/-2,500'	1.5 hours
5	1 hour	2 miles	+500'	5 hours
6	5-7 hours	8 miles	+2,400'	
7	6-7 hours	6 miles	+1,800'/-1,700'	
8	7-8 hours	7 miles	+2,076'/-2,176'	
9	9-10 hours	9-10 miles	+2,242'/-1,574'	
10	5.5-6.5 hours	7 miles	+1,432'/-1,400'	
11	6-7 hours	6 miles	+2,264'/-1,772'	
12	6-7 hours	6 miles	+1,808'/-2,595'	
13	5.5 hours		Rest Day	
14	4 hours	8 miles	-2,525'	
15	8-9 hours	8-9 miles	+4,231'/-820'	
16	6-7 hours	6 miles	+1,181'/-2,756'	
17	6-7 hours	8-9 miles	-2,689'	
18	N/A	N/A	N/A	8 hours

Trip Details (cont'd)

and accustomed to long days in sturdy, well broken-in hiking boots.

WEATHER

Being so close to the equator, Peru has only two seasons: a dry season from April to October, and a wet season from December to March. Altitude is the main factor controlling the climate. In the mountains, you'll encounter sunny days with daytime temperatures ranging between 65°F and 70°F, dropping to the 40s and lower at night. The sun is very strong at high altitude and it can often be warm enough to hike in shorts and a t-shirt. However, it can also get extremely cold; if you're familiar with mountain weather, you know how suddenly it can get cold even in the daytime if the sun slips behind a cloud. Nighttime is always cold and temperatures can drop to below freezing. Be prepared with warm layers for cold nights. Keep in mind that mountain weather is unpredictable and sudden storms can occur, especially on high mountain passes. Weather extremes can range from intense sun to rain, sleet, and snow—all are possible! The best preparation for the changeable climate of the high Andes is to dress in layers. Lima lies in a coastal desert where rainfall is rare and temperatures are usually warm (70s and 80s).

ACCOMMODATIONS

Accommodations on the trail are in sturdy mountain-style tents. Camp amenities include a dining tent with a table and chairs (with backs), meals prepared by our trained staff, and a toilet tent. Our camp crew takes care of all camp chores, including bringing a basin of warm washing water, and tea or coffee to your tent each morning. Most members bring their own sleeping bag, but we can arrange for you to rent one if you prefer.

CUISINE

On trekking days, breakfast is normally a light meal of pancakes, oatmeal, eggs, or something similar, along with

tea, coffee, and hot chocolate. Lunch is served picnic-style in a scenic spot along the trail, perhaps chicken salad, potato salad, guacamole salad, or macaroni salad, along with fruit, cheese, bread, and chocolate bars for extra energy. At camp, we have late afternoon tea (or coffee or cocoa) and snacks such as popcorn, cookies, or crackers, which hit the spot after a long day on the trail. Dinner, served to us in a dining tent with a table and chairs, is delicious hot soup followed by a substantial main course and a dessert. Please let us know of any dietary needs and we will accommodate as best as possible.

A TYPICAL TREKKING DAY

On a typical trekking day, wake-up is around 7:00 am, when a cup of hot tea or coffee and a basin of warm washing water are brought to your tent by one of the camp crew. After packing up our duffels and having breakfast, we set off on the trail while the crew strikes camp and the porters shoulder their loads. The crew passes us by midmorning to get ahead and prepare our lunch. We typically walk for three or four hours in the morning, then stop for a leisurely lunch of an hour or more at a scenic spot on the trail. After lunch, we walk for another three hours or so until we reach our next night's camp. The porters and crew pass us in mid-afternoon and usually have camp set up by the time we arrive. At camp, we have late afternoon tea (or coffee or cocoa) and snacks. Before dinner in the dining tent, there's free time to read or relax. Temperatures drop quickly as the sun drops behind the peaks, and it can get very cold at night, so have a few extra layers of clothing ready. It gets dark fairly early (around 6:30 pm). After dinner, we can chat away the evening in the dining tent or read by flashlight until bedtime.

For the most part, you can hike at your own speed. There is always a guide in the lead, usually the Trip Leader or the camp manager, who supervises the crew, and a "sweeper" who trails behind the slowest hiker to ensure that no one

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Lima	79/68	80/69	80/69	76/66	72/63	69/61	67/60	66/60	67/59	69/61	72/63	76/66
Huaraz	68/42	66/43	68/42	68/41	68/39	68/37	68/37	68/37	68/39	70/41	72/42	70/42
RAINFALL - INCHES												
Lima	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.1	0.0	0.0
Huaraz	4.4	4.1	5.4	3.3	1.1	0.1	0.1	0.4	1.4	3.2	2.7	3.3

becomes lost on the trail. Most groups tend to spread out over the trail, taking photos, stopping to rest, and enjoying the scenery. We ask you not to hike ahead of the leader because trails are often not well-marked. If you feel breathless during a long ascent or wobbly during a long descent, by all means, stop until you feel restored.

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Latin America Manager or email us at latinamerica@wildernesstravel.com.

TOUCAN CLUB

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REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.



WILDERNESS TRAVEL HAS BEEN AWARDED:

- World's Best Tour Operators:** *Travel + Leisure*, 2022, 11-time winner
- Best Travel Specialists in the World:** *Conde Nast Traveller*, 2022, 3 years in a row
- Best Wildlife, Hiking & Walking Trips:** *AFAR Magazine*, 3 years in a row
- Best Adventure Travel Companies:** *USA Today*
- Trip of the Year:** *Outside Magazine*, 9-time winner
- 50 Tours of a Lifetime:** *National Geographic Traveler*, 9 years in a row
- Best Adventure Travel Companies:** *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

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