

13 unforgettable trekking-days along white summits and green lagoons

C o r d i l l e r a H u a y h u a s h

& an insight into Inca Civilisation in Cusco & Machu Picchu

Dates: Saturday May 19 – Friday June 9, 2012 (21 days)

Guide: Martin Stettler, Switzerland, qualified mountain-guide UIAGM



Laguna Jauhacocha with Ninashanca, Rondoy and Jirishanca, photo: Martin Stettler

ONE OF THE MOST SPECTACULAR HIGH-MOUNTAIN TREKKINGS OF PERU AND A VISIT OF THE UNESCO CULTURAL WORLD HERITAGE SITE OF MACHU PICCHU

This trekking and cultural trip takes us first into the very centre of the fascinating mountain landscapes of South America and in a second part to the unique cultural sites of the Incas: Cusco and Machu Picchu.

After the 13 day-trekking with pack mules round the mountains of the Cordillera Huayhuash where we will traverse several passes, spend the nights at charming lagoons and experience unforgettable views of breathtaking peaks such as Yerupaja or Siula Grande, we continue our trip by plane and train to Cusco and further on to the Inca site of Machu Picchu rescued from oblivion in 1911 by the American Hiram Bingham.



Descent to Carhuacocha Lagoon with Yerupaja and Jirishanca, photo: Martin Stettler

PERU

The land of the Incas and the land of the Cordilleras. In the triangle between the Pacific Ocean, the Amazon River and the Lake of Titicaca, extending from the rain forest through the various belts of vegetation up to the mighty snow-and ice-covered six thousanders of the Cordilleras. Throbbing cities, colourful villages and markets. Conflicting civilisations of the Incas and the colonial heritage of the Spaniards, of Indios and Hispano-Peruvians.

HIGH-MOUNTAIN TREKKING

We spend the first part of our trip on one of the most beautiful and longest trekkings of Peru in the Cordillera Huayhuash. This comparatively small Cordillera is situated southwest of the better known and bigger Cordillera Blanca.

In the course of this round-trekking we traverse numerous passes, get to know ever new valleys where we camp close to charming lagoons entranced by the breathtaking views of fascinating peaks such as Jirishanca, Yerupaja and Siula Grande.

DIABLO MUDO

The - optional - ascent of Diablo Mudo, the mute devil, may turn out to be another highlight of this trip. However, only if the conditions are favourable can we climb this five thousander with ice axe and crampons. Already during the ascent we enjoy a wonderful view. On the summit the mighty rock faces of the highest peaks of the Cordillera Huayhuash come into sight.



Our donkeys in the ascent to Cacanán Punta 4690m, photo: Martin Stettler

THE INCA CIVILISATION

Starting from the ancient capital of the Incas, Cusco, we visit the most impressive sites of the ancient civilisation of the Incas: Sacsayhuaman, Ollantaytambo and Machu Picchu. Both overwhelmed and puzzled we look at the gigantic walls and buildings which were put together from granite blocks in indescribable precision and with superhuman forces in partly inaccessible places.

EXPERIENCING AND DISCOVERING

In the course of this trip we will experience magnificent nature and culture.

The mountain world of the Cordillera Huayhuash fascinates with its clear-cut peaks and steep rock faces and wonderfully structured neve slopes, with the deep-blue and green mountain lakes and – again and again – new views. We meet friendly, modest people in their villages and on their fields while moving on with local mule drovers and kitchen staff.

We gain an impressive picture of the ancient highly developed civilisation of the Incas, their rapid growth and equally rapid decline. We visit the Inca capital Cusco and then proceed on our adventurous journey with the Andes railway to the hidden city of Machu Picchu.

RELAXING AND ENJOYING

Our trip offers an even balance between physical exertion and relaxation.



Laguna Mitucocha mit Rondoy und Jirishanca, photo: Martin Stettler

In the course of our 13 day-trekking we will be hiking around the Cordillera Huayhuash with two days of rest – one at the Lagoon of Viconga (with thermal springs) and another at our last camp, the Lagoon of Jahuacocha, truly one of the most beautiful places!

PROGRAMME

(subject to alteration)

1st day: Flight to Lima

Individual flight to Lima. Overnight stay in hotel.

2nd day: Bus-trip to Huaraz

We leave Lima, the capital with its over eight million inhabitants and its cloudy coast. We traverse the Conococha Pass (alt. 4100m), then along the high-lying valley of the Rio Santa to Huaraz (3400m) with varying scenery, bright light and a wonderful panorama from the Cordillera Blanca to the Cordillera Negra. Overnight stay in hotel. 8-hours' drive.

3rd day: Acclimatization

In order to become acclimatized we take a short walk at a leisurely pace in the Cordillera Negra, with time to relax in the thermal swimming-pool afterwards.



4th day: Chiquian 3400m

3 hours' drive through varying scenery to Chiquian, the starting-point of our trekking. Overnight stay in a » hostel « (small hotel)

5th day: Popca – Quartelhuain

Via Popca we get to Quartelhuain (4170m). Hiking time 3-4 hours, ascent 700m. Camping.

6th day: Laguna Mitucocha

Strike tents. With a great deal of patience the arrieros (mule drovers) load their mules – a daily ceremony during our trekking.

Across the Cacanapunta Pass 4690m, the watershed of the Cordillera Huayhuash, we reach the first wonderful mountain lake, the Laguna Mitucocha 4250m. Hiking time 4-5 hours. 500m ascent and descent.

7th day: Laguna Carhuacocha

We cross the Punta Carhuac (4630m) with a gorgeous view of the ice giants of the Cordillera, then descend to the Laguna Carhuacocha (4140m). Hiking time 4-5 hours, ascent 400m.

8th day: Huayhuash

Passing Laguna Siula and Quesillococha we ascend - in good weather - the steep Siula Punta Pass (4830m). You can almost touch the peaks of Yerupaja (6617m) and Siula Grande (6344m) on this extremely rewarding variant from the standard route. Crossing the typical » bofedale « (damp grass soil) we get down to the hamlet of Huayhuash (4350m). Hiking time 6 hours, ascent 700m.

In uncertain weather we accompany our mules across the Punta Carnicero (4615m) with equally stunning views. Hiking time 5 hours, ascent 500m.

9th day: Laguna Viconga

We proceed on our way up to Portachuelo de Huayhuash (4780m) and through a picturesque landscape to the biggest lake of the Cordillera, Laguna Viconga (4450m). Hiking time 5 hours, ascent 500m.

10th day: A day of rest at the Laguna Viconga

We enjoy dolce far niente, the magnificent surroundings with the blue lake and the wonderful view of the clear-cut peaks. We relax in the warm springs.

11th day: Huanacpatay

After a good rest and by now fully acclimatized we ascend the Punta Cuyoc (5025m),

the highest pass of our trekking. From here a magnificent panorama of the Cordillera Raura opens up before our eyes. We descend to the next camp in Huanacpatay (4350). Hiking-time 5-6 hours, ascent 700m.

12th day: Huatiac

We descend further down to Huayllapa (3600m) and then hike up to a wonderfully situated campsite at a small river near Huatiac (4300m). Hiking time 5-6 hours, ascent 700.

13th day: Laguna Susucocha

Across the Tapush Punta Pass 4770m we reach the beautiful Laguna Susucocha (4550m) and enjoy the impressive view of our next destination, Diablo Mudo.

Hiking time 3-4 hours, ascent 500m.

14th day: Diablo Mudo (5350m) – Laguna Jahuacocho

Climbing up the glaciated north slope with varying scenery we reach the summit of the » Mute Devil « and enjoy a unique view of the faces of the highest Huayhuash peaks and of the valleys and elevations of the Altiplano. We descend towards the south and reach the Laguna Jahuacocho. Hiking time 8-9 hours, ascent 800m.

A successful ascent of Diablo Mudo depends very much on the current conditions: e.g. with plenty of snow the route becomes too demanding.

Those who prefer to spend a more leisurely day hike across the Llaucha Punta Pass (an equally splendid vantage point, 4850m) together with the mule drovers straight down to the next camp at the Laguna Jahuacocho. Hiking time 4-5 hours, ascent 400m.

15th day: A day of rest at the Laguna Jahuacocho

After traversing Diablo Mudo we allow ourselves another day of rest. The view from our camp is indescribable. Those who feel like it can set out on a leisurely walk to Laguna Solteracocho. In the meantime our Peruvian companions prepare a special local meal: the » pachamama « – a culinary highlight of our trip.

16th day: Llamac – Huaraz

Walking through varying scenery on this last day of our trekking we once again enjoy the beautiful mountain world and atmosphere of this magnificent Cordillera.

In Llamac we say goodbye to our faithful companions and drive back to Huaraz. Hiking time 4-5 hours, ascent 300m. 5-hours' drive.

17th day: Flight to Cusco

Via Lima we fly to Cusco, the ancient capital of the Incas. In the afternoon we visit the beautiful town centre.



A view of the Unesco Cultural World Heritage site of Machu Picchu, photo: Martin Stettler

18th day: Sacsayhuaman

We visit the unique cultural site of the Incas, Sacsayhuaman, high above Cusco and will be enthralled by the highly developed architecture of the Incas.

19th day: Machu Picchu

In an unforgettable rail journey we travel to the foot of the only fully preserved and for a long time hidden Inca town of Machu Picchu. We have plenty of time to marvel at this great historical monument in the middle of gigantic mossy granite slopes and to imagine ourselves back in the time when this secret place was built.

Afterwards we enjoy a bath in the thermal springs of Aguas Calientes and in the evening we take the train back to Ollantaytambo.

20th day: Ollantaytambo - Cusco

We visit the Inca site of Ollantaytambo – with its granite square stone blocks as big as houses another enigma of the Inca Civilisation. Finally return journey to Cusco.

21th day: Cusco – Lima

Return flight from Cusco to Lima and individual flight back home.



Diablo Mudo (5350m) seen from northwest (ascent along the left ridge), photo: Martin Stettler

FEEDBACK FROM OUR GUESTS

» *The trekking was overwhelming and the time we spent together unforgettable.* «

Franca

» *The trekking was fantastic. I will never forget the time in Peru.* «

Elisabeth

» *Once again we could enjoy fascinating mountains, wonderful nature and a number of cultural experiences with you. It was great!* «

Enzo and Amalia

REQUIREMENTS

Fitness level

Daily hiking time is usually 4-5 hours, twice between 5 and 6 hours in heights between 4000 to 5000 meters, for those who decide to climb and traverse Diablo Mudo it will take from 9 to 10 hours.

Required skills

Most of the time we hike on partly stony, but well-trodden paths. For climbing Diablo Mudo we use crampons and ice axes. Some experience in high mountain touring including cramponing is required.



Yerupaja Grande 6617m, photo: Martin Stettler

COMRADESHIP

On a journey like this sincere comradeship is essential. We expect participants to be tolerant and respectful towards each other, towards our local helpers and the native population.

WEATHER AND TEMPERATURES

The Andean summer lasts from May till September. During these months the weather is mostly sunny, the temperatures during the day pleasant and warm. We make camp at an altitude of between 3400m and 4600m. The nights can be cold due to the altitude.

EQUIPMENT

For our trekking tours we need the same equipment as for (high) mountain touring in the Alps. We provide special individual equipment such as warm down sleeping bags, very comfortable mats and down jackets.

A detailed list of equipment is enclosed in the documentation we will send to the participants in good time. The equipment will be discussed in detail at the briefing.

FOOD

We usually have full board. In the cities we have our meals in restaurants or in hotels. When on tour we carry the food in our backpacks. Because of the different individual preferences each participant is responsible for additional snacks between



On the Punta Cuyoc (5025m), the highest pass of the Huayhuash Trekking, photo: Martin Stettler

the main meals.

HEALTH

Individual preparation

For this journey a good state of health is required. We recommend to all participants to do a health check-up with the family doctor.

In Peru we stay at altitudes between 3000m and 4000m for a longer period, which means an additional challenge for our body. Hikes in the mountains above 2000m are the ideal preparation.

LOOKING AFTER PARTICIPANTS

The guide has the necessary knowhow and experience to take care of minor injuries and illnesses. We take a first-aid kit with us put together by a medical doctor according to latest standards.

GROUP SIZE

At least 8, maximum 12 participants

BOOKING AND DEADLINE

We ask you to register early, if possible until February 15, 2012, using the form enclosed or online www.southamerica-trekking.com

PROGRAMME ALTERATIONS

In spite of minute preparations made for this trip changes in the programme cannot be entirely excluded due to unforeseen events. They can be caused by the weather or short-term changes due to legal or political requirements or health problems of participants etc. In such cases we do our best to carry out the programme within the bounds of safety or, if this is not possible, to offer an alternative, equally satisfactory programme.



MARTIN STETTLER, MOUNTAIN GUIDE UIAGM, BÖNIGEN

I have been organising mountaineering trips and trekkings in South America in general and to Peru in particular for over 13 years. Thanks to my annual week-long stays, the many acquaintances and language studies at various schools I speak Spanish fluently.

LOCAL PARTNERS AND ASSISTANTS

For several years I have been working together with the same first-class local agency. On our trekking we are accompanied by a local cook, mule drovers and a considerable number of mules and a horse.

COSTS

All travelling costs inclusive in Peru from Lima and back: CHF 5150.-

(Price and programme are subject to alteration)

WHAT WE OFFER

Included in the price:

- Your tour and trekking guide, a qualified Swiss mountain guide with excellent knowledge of the area and fluent Spanish
- Scheduled flight Huaraz – Lima – Cusco all taxes included
- Scheduled flight Cusco – Lima all taxes included
- All transfers according to programme
- Overnight accommodation: 10 times in *** hotels (double rooms)
- 11 times in tents (for two participants)



Camp at Laguna Carhuacocha with Siula Grande and Yerupaja, photo: Martin Stettler

- Full board during the whole trip with the exception of alcoholic drinks
- Special personal equipment provided by the tour leader such as a warm down sleeping bag, a high-quality and very comfortable insulation mat and a down jacket
- All group tips

Not included in the price:

- Obligatory cancellation insurance
- Individual travel insurance
- Individual flight to Lima
- Extra costs due to weather or other conditions beyond our control or changes in the programme at participants' special request
- Additional food
- Alcoholic drinks
- Extra charge for a single room in hotels
- Individual tips

CONFIRMATION OF REGISTRATION – DEPOSIT – PAYMENT

After receipt of your registration you get a written confirmation. After registration a deposit of CHF 1000.- is payable. 30 days before the start of the trip the full amount is payable.



Laguna Quesillacocha during the ascent to Siula Punta (4830m), photo: Martin Stettler

GENERAL CONTRACT AND TRAVEL CONDITIONS (GTC)

We refer to our General Contract and Travel Conditions (GTC) you will find in the annex.

TRAVEL DOCUMENTS FOR SWISS CITIZENS

Passport valid for at least 6 months beyond the date of the journey home. A visa is not necessary for Peru.

VACCINATIONS

There are no regulations as far as vaccinations are concerned. Please check your protection given by vaccination and contact your family doctor or specialist in tropical diseases. We recommend immunization against polio, tetanus, typhoid, hepatitis A and B and diphtheria.

INSURANCE

Participants are responsible for sufficient insurance cover. Please check your insurance cover for foreign countries. A cancellation insurance is obligatory. We recommend sufficient insurance for luggage and for breaking off your trip early.

INFORMATION ABOUT THE JOURNEY

After registration you will receive all the information for participants. In good time



Sunday market in Tinke, Cusco, photo: Martin Stettler

before the journey starts you get the necessary information about where and when we meet, the flight schedule, the list of participants, important addresses and last minute announcements.

PERSONAL INFORMATION

We are happy to give you more information personally about the trip/trekking and to answer your individual questions. Don't hesitate to contact us: Tel. +41 (0)79 667 17 18 or mail@southamerica-trekking.com

We are looking forward to welcoming you to this trip !

It will offer you unforgettable adventures and impressions of a superb and extraordinary nature and mountain world.

Have we stirred your interest? We would be very happy to welcome you in our group!

Bönigen, in November 2011

Registration Form for the Huayhuash Trekking & Inca Civilisation from May 19 till June 8, 2012

The person undersigned definitely registers for this journey.

Family / surname and first name

(Don't fail to give all the names registered in the passport)

Date of birth

Street/Nr.

Place of residence

Tel (private and place of work / mobile phone)

Fax

Email

To contact in case of emergency:

Name, address, telephone number

.....

Occupation

Nationality

Passport number

Date of expiry / Place and date of issue:

.....

Cancellation insurance (obligatory):

Name of the insurance company

I have taken note of and accept the General Contract and Travel Conditions.

Place / Date

Signature.....