

Aconcagua - Expedition Information Pack

Pre-Expedition Preparation:

In this document you will find detailed information on fitness & training, the necessary equipment, tourist visas, travel insurance, medical advice, temperatures & climate, altitude considerations, spending money and tips. Please review this information in full and prepare yourself for this fantastic adventure! We have also included information about Argentina, an FAQ and the expedition itinerary with details on what's included and excluded.

Fitness & Training:

Aconcagua (6962m) is extremely tough. Classified as a trekking peak, it involves no technical mountaineering however it is far from easy. The complexities of proper acclimatisation, high winds, extreme cold and a long summit day make Aconcagua a formidable challenge. Although it is not essential, we recommend that all participants should have previous experience at high altitude (>5000m). Participants should have a high level of fitness. It is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition.

This expedition is not for the faint hearted and your training should be taken seriously. In order to attain the fitness levels you will need to partake in this expedition, completing long hikes in Ireland for several days in a row should present no problems for you. Here is a guideline you can follow to get you started; with a 20kg backpack you should be able to complete the following routes from start to finish in the below time frames with no issues.

| Walk | Route | Time |
|------------------------|---------------------------|---------|
| Carrauntoohill (Kerry) | Caher (Coomboughra) Route | 6 hrs |
| Croagh Patrick (Mayo) | Main Route | 3/4 hrs |
| Galtymore (Tipperary) | Black Road Route | 4/5 hrs |
| Lugnaquilla (Wicklow) | Camara Hill Route | 4/5 hrs |
| Spink (Wicklow) | Looped Walk Route | 3/4 hrs |

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of cardiovascular training will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training session's slowly as over training often leads to injury. In the three months prior to departure try to include two long training days in a row to replicate walking for continuous days on the expedition.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area. If you have low muscle mass in your legs we suggest that you add strength training to your schedule. Muscle mass protects our joints and this is

very important especially on long descents.

If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing!

The itinerary has been designed with correct acclimatisation in mind, with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience, it is those who cannot stay well hydrated that run into problems at altitude. Although your ability to withstand high altitudes is not directly related to your physical fitness levels, a good level of fitness will certainly assist in your general stamina.

It is not uncommon for people to encounter stomach problems on expeditions. This is due to a number of reasons such as poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. It is very important that you wash your hands before eating and after going to the toilet. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

Earth's Edge Pre-Departure Weekends:

We hold pre-departure weekends prior to all expeditions. Attending your Pre-Departure weekend is compulsory as they form a key part to preparing you for your upcoming adventure! You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location!

Equipment:

The following is what we recommend you take, and is a guideline of what to bring on this expedition. You are responsible for having the necessary personal equipment you need for this trek. When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors have an excellent range of expedition equipment, very knowledgeable staff and are 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter.

| EQUIPMENT CHECKLIST |  |
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| Synthetic mountaineering boots. (This item may be available to rent upon request.) -Examples of suitable boots; La Sportiva G2SM, Scarpa Phantom 6000 or similar. -Examples of unsuitable boots; La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar. | |
| 12 point crampons. (This item may be available to rent upon request.) | |
| Trekking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters. | |
| Sandals (to wear in transit, at lower altitude when not trekking and to cross streams and rivers on approach to base camp). | |
| Down booties or runners to wear at high altitude camps. | |

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| Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking. | |
| Heavyweight hiking socks x 2. | |
| Lightweight liner socks (for summit night). | |
| Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable. | |
| Shorts x 1. | |
| Lightweight trousers to wear as far as basecamp x 1. | |
| Softshell trousers x 1. | |
| Synthetic/wool long johns x 2 (for night time use and summit night). | |
| Waterproof trousers (N.B. make sure the trousers have zips to the knee at least). | |
| Long sleeve base layer x 2 (silk, wool, or synthetic). | |
| Short sleeve base layer x 2 (as above). | |
| Mid weight fleece, down or soft shell jackets x 2. | |
| A down jacket. It must be heavy weight with a hood (at least 900 grams in weight). | |
| Waterproof jacket. | |
| A fleece hat to wear in the mornings and evenings. | |
| A buff. | |
| Category 3 or 4 sunglasses. | |
| Category 3 or 4 ski goggles. | |
| A sun hat with a wide brim to cover the face and neck. | |
| A pair of thin synthetic liner gloves for use as a base layer and sun protection. | |
| A pair of heavy mountaineering gloves. | |
| A pair of heavy down mitts. | |
| Walking poles. | |
| Rucksack (75+20 litres): You will use this throughout the expedition. When approaching basecamp it will be almost empty as the bulk of your equipment will be in your duffel bag with the support team. It will be full when carrying loads between higher camps with an estimated maximum weight of 20kgs. On summit day it will be almost empty again as we will leave the bulk of our gear at Colera (Camp 3). If you think you will be unable to carry 15-20kgs between higher camps it is possible to hire a personal porter, contact us for more information. | |
| Duffel bag (120-150 litres) to carry your equipment to basecamp. We recommend you use something strong and sturdy, as this bag will be carried by the support team. | |
| Small duffel bag (30 litres) to leave at the hotel in Penitentes with any clothes or equipment you don't need on the trek. | |
| Dry bags. To organise and water proof your equipment inside your bags. | |
| Water bottles: Three wide mouth 1 litre water bottles. If you wish to bring a water bladder to use at lower elevations you can but it will not work at high altitude so you need bottles. | |
| Water bottle insulators for each of your bottles. | |
| A 500ml thermos flask. | |
| A warm sleeping bag (comfort rating of -20°C or lower). | |
| A sleeping bag liner (This helps to keep your sleeping bag clean and adds an extra season). | |
| Spare laces. | |
| Suncream at least factor 30. | |
| SPF lip balm. | |

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| Insect repellent, deet based products are best. | |
| Hand sanitizer. You need to have enough supplies for the duration of your expedition. | |
| Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful. | |
| Toilet roll. | |
| Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> • Rehydration salts • Plasters • Compeed • Paracetamol • Imodium • Motilium • Throat lozenges • Nasal spray • Decongestant such as sudafed • Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> | |
| Personal medication. Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> • Asthma inhalers • Nutritional supplements • Blood pressure tablets If you suffer or have suffered from any skin condition, bring appropriate creams such as: <ul style="list-style-type: none"> • Canesten • Zovirax • Anusol • Hydrocortisone 1% | |
| Small towel for washing. | |
| We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification. | |
| Personal snacks; although sufficient food and snacks are supplied throughout the trek you should consider bringing your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate. | |
| Headtorch with spare batteries. | |
| A Pee bottle (1 litre, wide mouth). Women should bring a funnel (She Wee) too. | |
| Cup, spoon, knife, fork and bowl. | |
| Pen knife. | |
| Thermarest. | |
| A spare set of clothes to wear after you finish the expedition. | |
| A photocopy of your travel insurance and passport. | |
| Vaccination booklet (if required). | |
| OPTIONAL ITEMS | |

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| Diamox (Tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document. | |
| We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification. | |
| Power adaptor – Plug type C is used in Argentina. | |
| Ear plugs. | |
| For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended. | |
| A camera. | |
| A book and/or writing paper. | |
| Hand warmer sachets. | |

Rental Equipment:

For equipment rental we recommend you go to <http://expeditionkithire.simpl.com/>, this is an Irish company who specialise in renting expedition equipment. They do many of the items on the equipment list including sleeping bags, down jackets, mitts, bags, poles etc. If you wish to rent equipment in Argentina you should contact the following company in Mendoza <http://chamonix-outdoor.com.ar/>. Order what you need well in advance of departure.

Tourist Visas:

Please contact your local consular office. At the time of writing, no visa is required for citizens of Ireland, UK, CAN, USA, AUS, South Africa and NZ for stays of up to three months. Other nationalities should consult their relevant consulate. All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Passengers arriving with passports from Australia, Canada and USA have to pay a “reciprocity tax” before entering the immigration area – Australia US\$56, Canada US\$132 and USA US\$100. This information is subject to change; please consult your relevant consulate for up-to-date information.

Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 7,000 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to ones country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To contact Campbell Irvine call [+44 844 826 2722](tel:+448448262722) or go to their website www.campbellirvinedirect.com/earthsedge.

Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health clinic (www.travelhealth.ie) for the most up to date medical advice. When you sign up for this event we will email you specific advice supplied to us by the Travel

Health Clinic which details what is required for this destination.

Medical:

Before departure you will be required to complete an extensive medical questionnaire. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a medical form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). These measures are put in place for the safety of all participants on the trek.

Temperatures & Climate:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -30 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com/

Norwegian Meteorological Institute: www.yr.no/

Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you getting altitude sickness. Our guides are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. Please note it is common for most people to experience mild headaches on the summit day of this expedition. Always keep your guide informed on how you are feeling.

Diamox:

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all clients especially those who have had AMS in the past to take Diamox prophylactically (as a preventative), starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox (tablet form not capsules) for two days prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

Summit Day Policy:

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on this mountain and the importance of maintaining a good guide to guest ratio, it is essential we attempt the summit with a strong team. Any guests who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those guests who are fit enough are given the best opportunity to attempt it.

Spending Money & Tips:

We recommend that you carry USD\$700 dollars and the money for the park fees in cash (\$945 dollars approximately). Carry a credit card as a backup. If you feel you might need to hire a porter on the mountain you should carry more dollars in cash. There are ATMs available in Mendoza where you can withdraw cash using a credit card. The recommended spending amount above includes the tip for the local staff.

Tipping is common in Argentina and if you are happy with the service we recommend you tip the local staff. Please give your tip to the Expedition Leader and he/she will distribute the tip evenly among all local expedition staff. The recommended tip for Aconcagua is USD\$150 per person.

Extra nights in Mendoza; If we reach the summit on day 15 and don't need the spare summit days we will obviously descend earlier than planned. This will result in us needing extra nights' accommodation in Mendoza. You will need to pay for this yourself. Each extra night in Mendoza will cost in the region of USD\$100 for a single room, USD\$110 for a double/twin and USD\$160 for a treble.

About Argentina:

We advise all participants to educate themselves on local laws and customs before travelling to Argentina. Up to date travel advice can be found on the [DFA website](#).

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| Area: | 2.77 million sq. km |
| Population: | 38 million |
| Official Languages: | Predominantly Spanish, Indigenous dialects: Quechua, Aymara, Quichua & Guarani |
| Religion: | Predominantly Roman Catholic |
| Local Time: | GMT -3.00 |
| Local Currency: | Peso. |
| Currency for Exchange: | US Dollars. |
| Where to Exchange: | In banks found in all major towns. Retain your receipts for changing back money. |
| ATMs: | ATMs are widely available. |
| Credit Cards: | Credit cards are useful and can be used throughout Argentina. Visa is generally more accepted than Mastercard. |

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

Aconcagua Expedition Summary & Itinerary:

Our Aconcagua Expedition takes you to this towering peak of 6,962m at the heart of the Andes. Aconcagua is the highest mountain in both the Western and Southern hemispheres. The exact origin of it's name is unknown, however the Inca word 'Acon Cahuk' translates to 'Stone Sentinel' which is befitting of this giant peak.

Although Aconcagua is considered a trekking peak and no technical mountaineering is required to reach its summit, it is far from easy. The complexities of proper acclimatisation, high winds, extreme cold and a long summit day make Aconcagua a formidable challenge. Our 21 day itinerary allows for proper acclimatisation and has the flexibility to accommodate bad weather, maximising your chances of reaching the summit.

There is much debate over which route is best to take to the summit. Our approach through the Vacas valley and descent along the 'normal route' offers the best of both routes. The trail through the Vacas valley is slightly longer but is much better for acclimatisation as it ascends more gradually. It is also more beautiful and less travelled than the normal route. From Plaza Argentina base camp we combine the Polish route, the Ameghino traverse, Upper Guanaco and the 'normal route' giving you the best possible experience of Aconcagua.

The entire route is stunningly beautiful, with the views from Camp two and three simply breath-taking. The area also has some amazing wildlife with puma, condor, mora eagle and a wild variety of other bird life found in Mt Aconcagua Provincial Park. We fly in and out of the beautiful city of Mendoza, home of Argentina's famous malbec grapes and some amazing cuisine.

Please note the following plan is very much subject to change based on weather conditions and the health and fitness of all expedition members.

Day 1: Dublin to Buenos Aires.

Fly Dublin to Buenos Aires. Overnight flight.

Day 2: Arrive in Mendoza (760m).

We take an internal flight to Mendoza in the morning. Later in the day we will have a team meeting to review plans for the expedition. Overnight hotel.

Day 3: Drive from Mendoza to Penitentes (2,700m).

After breakfast we organise the individual entrance permits and ascent permits for Aconcagua. Once this is done we drive to Penitentes and check into a locally run hotel. In the afternoon organise and prepare your equipment to be loaded on the mules for tomorrow's trek. Overnight hotel.

Day 4: Penitentes to Pampa de Lenas (2,950m), 5 hrs trekking.

We start the day by driving for 15 minutes to Punta de Vacas, the starting point of our trek. Once we have our permits checked at the rangers' station we start our three day journey to base camp. It feels great to be walking in the fresh air after our long journey getting here. There are plenty of wild flowers throughout our hike. The route is gradual all the way to Pampa de Lenas. Overnight camp.

Day 5: Pampa de Lenas to Casa de Piedra (3,240m), 7 hrs trekking.

Another stunning days trekking today as we ascend the Vacas Valley towards basecamp. This route is more scenic and longer than the normal route which makes for great acclimatisation. Towards the end of the day we get our first view of the summit which is both beautiful and daunting in equal measure!

Overnight camp.

Day 6: Casa de Piedra to Plaza Argentina (4,200m), 8 hrs trekking.

We start the day by crossing the Vacas River, the icy waters are great to wake you up! From there we climb steadily up the narrow Relinchos Valley. After a couple of hours we reach a view point which offers one of the best views of the summit and the first half of our route as far as the start of the Ameghino Traverse. From this point, the terrain is more gradual to base camp and we also have a good chance of spotting hare and guanacos. Overnight camp.

Day 7: Rest day at Plaza Argentina.

We have a rest day today to acclimatise and prepare for the upper mountain. We pack food and weigh loads for the upper mountain. We also spend some time practising high altitude techniques such as power breathing and rest stepping. Base camp also has Internet and basic showers with hot water. Overnight camp.

Day 8: Carry to Camp 1 (5,000m) and return Plaza Argentina, 8/9 hrs trekking.

A tough day today as we walk for five to six hours to reach camp 1. We gain 800m and carry between 15 to 20kg each. The route is steep in places but the views of the Polish Glacier and the mountains to the east are stunning. We secure our loads at camp 1 and then descend for two hours back to base camp.

Day 9: Rest day at Plaza Argentina.

We take another rest day to recover from Day 8 and to boost acclimatisation. Overnight camp.

Day 10: Move to Camp 1, 5 hrs trekking.

Today we leave Plaza Argentina for good and move to camp 1. Overnight camp.

Day 11: Carry to Camp 2 (5,500m) and return to Camp 1, 6 hrs trekking.

The toughest part of the day's route can be seen from camp 1. We ascend switch backs all the way to the col between Aconcagua and Ameghino (5,883m). From the col the route is more gradual as we traverse around the mountain to camp 2 (Amghino Traverse). The views to the north of neighbouring peaks and glaciers are stunning. It takes roughly three and half hours to reach camp 2 where we drop equipment and food and rest for a while. The return journey to camp 1 takes roughly an hour. Overnight camp.

Day 12: Rest day at Camp 1.

Rest day for acclimatisation and preparation. We focus on hydration, food intake and discuss the plan for the upcoming days. Overnight camp.

Day 13: Move to Camp 2, 3/4 hrs trekking.

Today we leave Camp 1 with our remaining equipment using the Amghino Traverse Route. Overnight camp.

Day 14: Camp 2 to Camp 3, 3/4 hrs trekking.

A tough day today ascending 500m to 6,000m with fully loaded packs. Once we reach camp 3 (Colera Camp) we rest, eat & hydrate ahead of tomorrow's summit attempt. The views on the way up and those from Camp 3 to the northwest are spectacular. We head to bed early as it's a difficult place to rest and sleep due to the altitude and wind noise.

Day 15: Summit Day, 12 - 15 hrs trekking.

By far the most demanding but rewarding day on the expedition. The ascent to Aconcagua (6,962m -

2,2841') along the last part of the Normal route is very tough. Typically we start getting ready at 4am and begin the climb at 5:30. It's a steady climb all the way to the top. We take a break after an hour and a half at White Rocks (6,200m) and then again at the Independencia Hut (6,400m). From the hut we begin the traverse where strong winds make the going very tough. After the traverse we have a good rest at the bottom of the Caneleta (6,650m) a steep screw gully which leads to the summit ridge. The going up the Caneleta is very slow all the way to the summit, where panoramic views make this epic journey worthwhile! After the summit it takes roughly four to five hours to get back to camp 3.

Day 16: Spare Summit Day.

Spare day to account for bad weather, further acclimatisation and rest.

Day 17: Spare Summit Day.

Spare day to account for bad weather, further acclimatisation and rest.

Day 18: Camp 3 to Plaza de Mulas (4,260m), 6 hrs trekking.

We have a late start to the day to rest tired legs. We descend to Plaza de Mulas experiencing the other side of the mountain. It's a long steep track all the way down. The thick air at base camp is a welcome relief. We have a couple of beers and a proper cooked meal to celebrate a successful summit! Overnight camp.

Day 19: Plaza de Mulas to Penitentes, 7/8 hrs trekking.

The sun doesn't hit Plaza de Mulas until 10am so we wait until then to start walking. It's a 27km walk to the park exit which takes 7 to 8 hours and really tests the legs. The scenery on the way out is stunning but it's hard to enjoy it on weary legs! We drive back to Mendoza and have a celebration meal in the evening. Overnight hotel.

Day 20: Mendoza to Buenos Aires.

We take an internal flight to Buenos Aires and board the international flight late in the evening. Overnight flight.

Day 21: Buenos Aires to Dublin.

Arrive back in Dublin in the evening. Expedition ends.

Expedition Costs:

€399 non-refundable deposit at the time of booking, followed by a €1,000 payment six months prior to departure & a €4,600 balance payment due two months prior to departure - Total €5,999. Read our [best price guarantee](#).

*If you wish to pay for your trek in instalments, contact us for more information.

*Prices were set on December 18th, 2017.

EXPEDITION COSTS INCLUDE:

- International flights from Dublin to Buenos Aires return economy class.
- Internal flights in Argentina.
- Experienced Irish expedition leader accompanying you from Dublin airport.
- Experienced Irish expedition doctor accompanying you from Dublin airport.
- Earth's Edge Pre-Departure Weekends.
- Local English speaking guides and a full support team.
- All accommodation based on twin sharing in hotels in Penitentes/Mendoza and camping elsewhere.
- All meals and drinking water are included except in Mendoza where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

EXPEDITION COSTS EXCLUDE:

- Park entrance fees which must be paid for in person in Mendoza. Entrance fees for the coming year are yet to be confirmed but will be approximately USD\$900-\$1000 per person.
- Porters to help you carry your equipment on the upper mountain.
- Personal travel insurance.
- Transfers to and from Dublin Airport.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

SHARE YOUR JOURNEY AND WIN A €300 ADVENTURE PACK:

On each expedition, one person will win an Earth's Edge Down jacket, Gore-Tex jacket and an environmentally friendly Keep-Cup. How do you win? Share your journey from start to finish on your Instagram. We want to see your gym sessions, your training hikes, your gear prep, and of course your photos of your amazing adventure with us! Simply let us know your Instagram handle, tag us in your post, and use our hashtag #EarthsEdge. There's no limit on how many posts you can do, and if you win we could feature your photos on our Instagram or Website! ***On average, we have 12 people on our expeditions, so you have a 1 in 12 chance of winning! Get snapping! We will select a winner approximately four weeks after each expedition!***

Expedition FAQ:

What is the accommodation like on this expedition?

While in Mendoza and Penitentes we will stay in a locally run hotels in an effort to support the local economy. All rooms are clean and comfortable. While on the trek you will be sleeping in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms on Earth's Edge expeditions. Contact us to request a single room or tent.

What is the food like on this expedition?

Food plays a huge part in the success of our expeditions. A cook accompanies all expeditions to prepare nutritious, tasty food. All fresh produce is washed using clean water and all perishable items are kept cool. We provide balanced meals which keep participants energised throughout the expedition. We like to cook local seasonal dishes but we also cook western dishes.

Can Earth's Edge cater for my dietary restriction?

We will try our best to cater for those with dietary restrictions. If you have a dietary restriction, please state this on your medical declaration form which you will complete prior to your expedition. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

How many people can take part in this expedition?

This expedition will have an average of 8 participants.

Who is leading this expedition?

An Earth's Edge expedition leader accompanies all expeditions. Our leaders are highly experienced and skilled in expedition leadership and wilderness first aid. Local English-speaking guides work with our expedition leaders to run the expedition. Our local guides are highly experienced and very familiar with the expedition route, local history, cultures and customs of the region.

Will I get a chance to meet any of my other team members before departure?

Yes, we hold a Pre-Departure weekend about two months before every expedition. If you cannot attend the particular weekend that is scheduled for your expedition, then you are welcome to attend another training weekend. An experienced Earth's Edge expedition leader and expedition doctor will meet the group to answer questions about the trek. Most people at this stage will have questions about their equipment and will be given advice on the best way to pack for the trip. This is also a great opportunity for participants to meet one another before setting off. Around this time, you will receive a pre-departure document which will include lots of important information such as what time you need to meet at the airport and emergency contact information that you can pass on to your next of kin. Please note where differences exist between this info pack and the pre-departure document the pre-departure document supersedes.

Can participants extend their stay after the expedition?

Extensions are possible but subject to availability, contact us ASAP if you wish to extend your trip. For extension requests made at least four months before departure there is a change fee of €100 plus fare difference. For requests made between two and four months before departure there is a change fee of €150 plus fare difference. It is not possible to make an extension request within two months of departure.

What back-up support is there on this expedition?

Along with the Earth's Edge expedition leader we use local guides, cooks, drivers a support team of the highest standard. We employ local staff based on their qualifications, experience and references. Our expedition leaders are trained in wilderness first-aid and most of our local guides are first-aid trained too. Our expedition leaders and local staff are familiar with the locations of local medical services and hospitals. Where no mobile/cell phone network is available expeditions are accompanied by two-way radios and satellite phones. Our expedition leaders have 24/7 access to our office in Ireland.

What emergency procedures are in place?

A detailed assessment of risk is completed for all expeditions. The risk assessment covers potential minor and major injuries, environmental risks, political risks and evacuation plans detailing the locations of local hospitals, emergency services and airports.

What happens if someone gets sick or injured?

In the event of someone falling ill or getting injured, the expedition doctor will assess and treat the sick or injured person. Often with some rest, participants can continue without a problem. If needed, we can help the injured person to the next camp where an evacuation to a hospital can be arranged for more serious incidents. In the unlikely event of a serious incident which requires urgent hospital treatment a helicopter evacuation can be requested from local authorities. Extra costs incurred as a result of an evacuation must be paid by the participant. Your personal travel insurance must cover such eventualities.

What happens in bad weather?

In the event of a sudden change of weather conditions the Earth's Edge expedition leader will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision-making process. Our itineraries are designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in case of adverse weather conditions. We always aim to keep to the itinerary as much as possible but please remember that this is adventure travel and changes can occur!

What happens if the airline loses a participant's luggage?

If an airline loses luggage, Earth's Edge will help report the lost baggage and chase up the airline while the participant continues on the expedition. Personal travel insurance should cover the purchase of any necessary clothes and equipment needed. Generally, the airline will deliver lost luggage within 24 hours.

What happens if a participant misses their airport connection?

If a flight connection is missed because a previous flight was delayed, the airlines will offer an alternative flight and accommodation if necessary. If this disrupts any part of your expedition, Earth's Edge will make alternative arrangements to get you back on schedule. Any extra costs incurred due to a missed connection will be covered by the airline or the participant's personal travel insurance.

Why Earth's Edge?

- Earth's Edge is Ireland's first fully licensed & bonded adventure travel company.
- Earth's Edge is 100% Irish owned.
- We send expedition leaders from Ireland with solid travel experience & who are 'salt of the earth' genuinely lovely people.
- We send doctors on all of our expeditions, regardless of the difficulty or remoteness of its location. They are accompanied by a comprehensive medical kit.
- We excel at expedition planning and management. Each expedition goes through a custom-made event check-list starting 12 months before departure to ensure we do all we can to run expeditions as smoothly as possible.
- We provide excellent expedition support. All expeditions are managed from our office in Dublin and have 24/7 support from an operations and medical expert.
- We endeavour to respond to all enquiries from both current & potential clients within 24hrs.
- Our office staff are all highly qualified and boast many years of customer service and operations experience between them. Most importantly, they are keen adventurers themselves and are passionate about exploring the globe! They each take part in at least one Earth's Edge expedition a year. So, when you make an enquiry, you are speaking to an expert as opposed to a travel agent.
- We offer very inclusive packages which are excellent value for money.
- The emphasis we place on preparing our clients for their expeditions is second to none. We provide detailed informative trip documentation, medical & vaccine guidance & visa support.
- Earth's Edge hold pre-departure weekends prior to each expedition, these include training hikes and a detailed overview of what to expect including expert advice on gear.
- We follow a strict environmental, social & economic responsible travel policy.
- Earth's Edge group sizes are always small. This enables us to minimise our environmental impact & it also ensures we retain the element of adventure in our expeditions that separates them from your average holiday.