

WOMEN'S EXPEDITION TO ACONCAGUA (6962m)

...the False Polish Traverse route with Patricia Soto



INTRODUCTION:

In January 1897, as the Swiss Matthias Zurbriggen became the first human to set foot on the summit of Mount Aconcagua (6962m/22841feet), mountaineering was still very much a man's endeavor, a sheer man's activity. Almost half a century went by before the first woman conquered America's highest peak, Adriana Bance, on 7th march 1940. Since then many women have climbed the great mountains of the world, pushing aside the gender and cultural barriers in their path.

Who best to embody this spirit of achievement but Patricia Soto, South America's most successful female climber? Well known for her Mount Everest success in 2001 and subsequent completion of the "7 Summits" in 2007, this Chilean mountaineer has had a long relationship with Mount Aconcagua over the years, enduring the trials and tribulations of the altitude, cold and wind while savoring success on the summit, the glorious sunsets and soft mineral hues of the magnificent surrounds of the high Andes, her home away from home. Who best to lead one of the few women's expeditions on the False Polish Traverse of Mount Aconcagua?



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General Flores 20, Of. 703 | Providencia | Santiago | Chile

Phone: +56 2 2357343 | Skype: spondylus-chile

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SPONDYLUS and Patricia Soto will take you on the path less traveled as we will ascend this giant of the Andes via the False Polish route and then descend via the Normal route, thus ensuring your enjoyment of the more remote side of the mountain while acclimatizing and a direct but equally panoramic descent after summiting.

ARE YOU READY?

We invite any experienced and ambitious female climber ready to take on the challenge of this project.

You are physically and mentally fit with strong muscular endurance.

You have previous long distance/endurance trekking and/or mountaineering experience.

You are familiar with the use of crampons

You are capable of carrying a 20kg pack to move gear between high camps

You are considerate and respectful of others and enjoy working in a team.

JOIN US!

To conquer the highest peak outside the Himalayas, climb Aconcagua with us as part of a unique women's expedition, under the experienced and charismatic leadership of Patricia Soto. Together, let's write a new chapter in the history of this fantastic mountain.



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DESCRIPTION OF THE TOUR:

DAY 1: MENDOZA IN (03.02.10)

Reception at the airport and transfer to the hotel.

Accommodation: Hotel Meals: Lunch

DAY 2: MENDOZA – PENITENTES (04.02.10)

We obtain the climbing permits. Transfer to Penitentes.

Accommodation: Hotel Meals: Breakfast, Lunch

DAY 3: PENITENTES – PAMPA DE LEÑAS (05.02.10)

Acclimatization trekking in the green valley of Las Vacas up to Pampa de Leñas (2820m), where we spend our first night in camp. (3-4 hr hike).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 4: PAMPA DE LEÑAS – CASA PIEDRA (06.02.10)

Second part of the approach hike (3-4 hr), crossing Las Vacas River up to Casa Piedra (3145m).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 5: CASA PIEDRA – PLAZA ARGENTINA (07.02.10)

Last hike to reach Plaza Argentina base camp (4200m). (6-7 hr).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 6: PLAZA ARGENTINA (08.02.10)

Rest and acclimatization day.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner



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DAY 7: PLAZA ARGENTINA - CAMP 1 – PLAZA ARGENTINA (09.02.10)

Climb to camp 1 with material (4900m). Back to Plaza Argentina.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 8: PLAZA ARGENTINA (10.02.10)

Rest and acclimatization day in Plaza Argentina.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 9: PLAZA ARGENTINA – CAMP 1 (11.02.10)

Climb to Camp 1 (4900m).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 10: CAMP 1 (12.02.10)

Rest and acclimatization day in Camp 1.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 11: CAMP 1 – CAMP 2 – CAMP 1 (13.02.10)

Climb to camp 2 with material (5800m). Back to Camp 1.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 12: CAMP 1 – CAMP 2 (14.02.10)

Climb to Camp 2 (5800m).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 13: CAMP 2 (15.02.10)

Rest and acclimatization day in Camp 2.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner



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DAY 14: CAMP 2 – CAMP 3 (16.02.10)

Crossing to Camp 3. Various options for Camp 3 (Piedras Blancas at 6180m or False Polish at 6250m).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 15: CAMP 3 – ACONCAGUA (6962M) - CAMP 3 (17.02.10)

Summit Day Mount Aconcagua (6962m). Back to Camp 3 (10-12 hr).

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 16: CAMP 3 – PLAZA DE MULAS (18.02.10)

Descent to Plaza de Mulas (4200m). This is the base camp for the Normal Route.

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 17: PLAZA DE MULAS (19.02.10)

Spare day

Accommodation: Camp Meals: Breakfast, Lunch, Dinner

DAY 18: PLAZA DE MULAS – PENITENTES (20.02.10)

Descent to Penitentes (8 -10 hr).

Accommodation: Hotel Meals: Breakfast, Lunch

DAY 19: PENITENTES – MENDOZA OUT (21.02.10)

Transfer to Mendoza. END OF SERVICES.

Meals: Breakfast, Lunch



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SERVICE:

This service departs at the client's convenience and requires a minimum of 2 persons to run. Prices for these programs are subject to the number of booked clients.

FURTHER INFORMATION:

To ensure a safe expedition and high quality experience the maximum number of participants is limited to 10.

RATES:

PRIVATE SERVICE (valid from 01/07/2009 until 31/08/2010 except in case of an important change of general prices and/or variation of the USD exchange rate in Chile and/or Argentina):

02-03 persons:	USD 4450/pers. + CLIMBING PERMIT
04-05 persons:	USD 4390/pers. + CLIMBING PERMIT
06-08 persons:	USD 3500/pers. + CLIMBING PERMIT
09-10 persons:	USD 3100/pers. + CLIMBING PERMIT
SINGLE room/tent supplement:	USD 255



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INCLUDED:

- ✓ Accommodation in hotels as mentioned (double/triple room basis)
- ✓ Full equipped camps (double sleeping tents, mattresses, kitchen equipment)
- ✓ Meals as mentioned
- ✓ Private transportation during the whole trip
- ✓ Mules for the transport of communal equipment and personal gear on DAYS 3, 4, 5, 18 (max. 30 kg / person) Participants will be required to carry daypacks on these days.
- ✓ Experienced, specialized, bilingual guides, Patricia Soto as leader of the group
- ✓ Safety and communication equipment

NOT INCLUDED:

- × Flights and airport taxes
- × All drinks during restaurant and/or hotel meals
- × Single room/ tent supplement
- × Climbing permit (probably 1200 Arg. Pesos, approx., the permit has to be paid personally in Mendoza and in Arg. Pesos)
- × Porters
- × Costs for rescue in case of emergency
- × Visa if necessary
- × Tips
- × Personal insurance
- × Personal equipment (see recommended items)
- × Any other service NOT included in the program



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RECOMMENDED ITEMS:

SPECIAL CLOTHES

Expedition Down or Synthetic Parka (-25°C), Breathable Windproof Jacket with Hood (Goretex or similar), Fleece Polar or Jacket, Mid-Weight Fleece Shell, Set Expedition Thermal Underwear (Synthetic), Breathable Windproof Pants (Gore Tex or similar), Trekking Pants, Light Socks, Warm Expedition Socks

HEAD AND HANDS

Sun Cap, Warm Cap with Ear Protection (Wool, Fleece or similar), Light Weight Fleece or Synthetic Balaclava, Light Weight Gloves, Trekking Gloves (Gore Tex, Windstopper or similar), Expedition Down or Synthetic Gloves

SLEEPING GEAR

Down or Synthetic Expedition Sleeping Bag (-25°C comfort), Camping Mat/Thermarest

BOOTS

Trekking Boots, Double Alpine Expedition Boots, Sandals, Tennis Shoes, Gaiters

TECHNICAL GEAR

Crampons, Telescopic Hiking Poles

ADDITIONAL ITEMS

High Altitude Sun/Glacier glasses, Snow Goggles, Water Bottle, Thermos Bottle, Sunblock Factor 30+, Lip Balm Factor 30+, Pocket Knife, Lighter, Watch with Alarm, Backpack (70l+), Day Pack (30l), Expedition Duffle Bag, Head Lamp plus Batteries, Small Personal First Aid Kit, Bathing Suit, Towel, Camera, Personal Toiletries

SEASON:

December - March



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PHYSICAL AND TECHNICAL LEVEL:

	For everyone	Medium	Difficult	For experts
Physical Level			x	x
Technical Level		x		

SECURITY:

This trip includes an obligatory acclimatization phase, which is key to any successful high mountain expedition. Of course we recommend an adequate physical preparation and good personal equipment.

In order to guarantee maximum safety for all our expeditions we carry, for each group, emergency oxygen equipment (for mountains over 6000m), VHF radio transceivers, a first aid kit and according to the expedition type, we also bring a hyperbaric chamber and GPS.

Additionally, travellers must have an insurance covering medical and evacuation expenses in case of accident. All participants must sign a legal waiver prior to commencing the expedition. All our guides have an excellent ground knowledge and extensive experience as mountain guides.

We know that reaching the summit is more than just a dream for any mountaineer. That is why we do our best to make all ascents successful. Most of the time, thanks to our real experience on these summits, we succeed. Nevertheless, we cannot guarantee any summit nor will we take risks to achieve this goal. The safety of our clients and guides always comes first, and decisions made by the expedition leader and/or guides whilst in the field are final.

RESERVATIONS (upon request): info@spondylus-chile.com