



ACONCAGUA SPEED ACCENT

**CLIMB ACONCAGUA
IN HALF THE TIME**

HIGHEST SUCCESS RATE

SINCE 1984

IMPECCABLE SAFETY RECORD

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SUCCESS RATE

EXPEDITION SUMMIT SUCCESS AND SAFETY RECORD

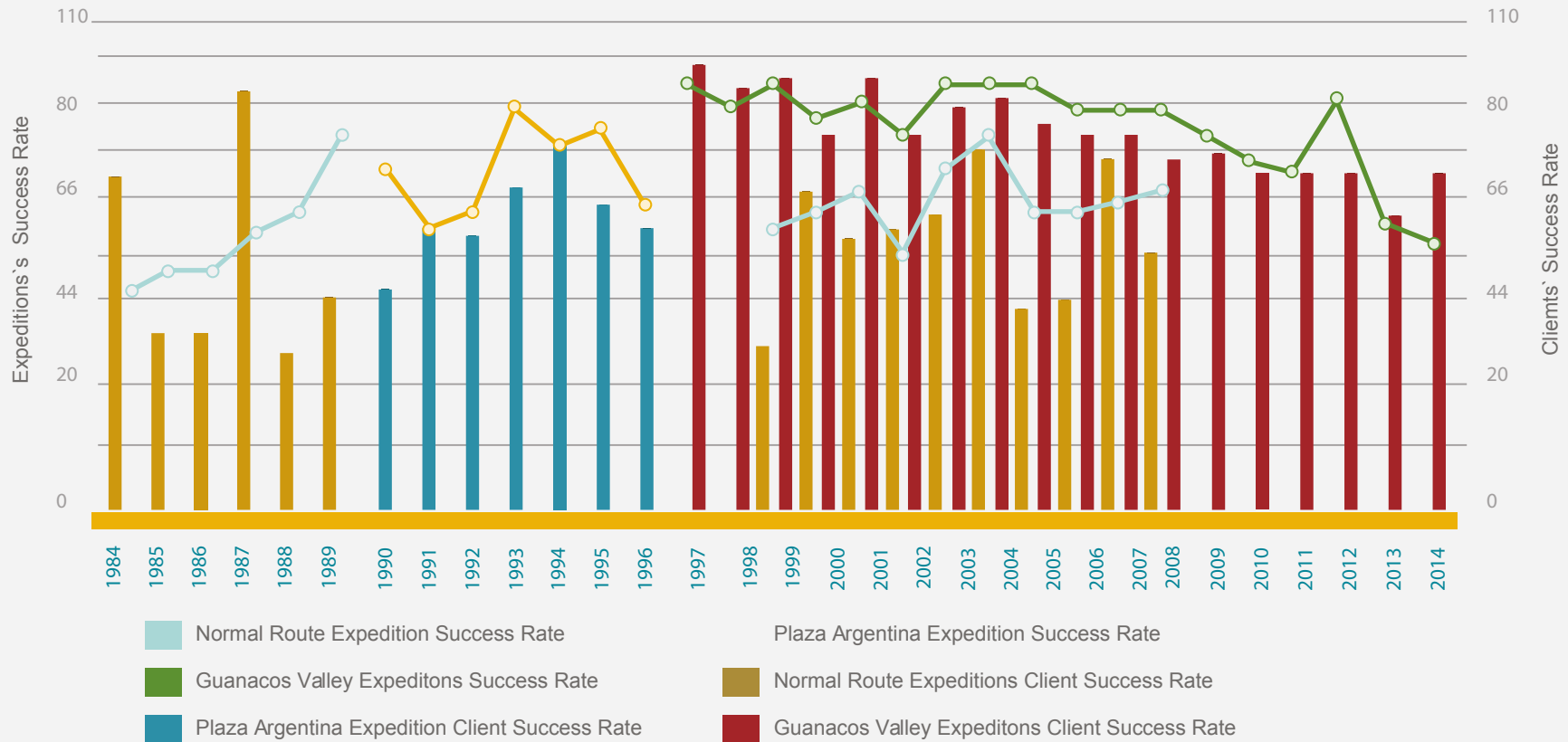


SUCCESS RATE



EXPEDITION SUCCESS RATE CHARTS

Note: This charts are updated until the 2014 - 2015 season, for an updated version until last season check this recently updated [VIDEO](#)

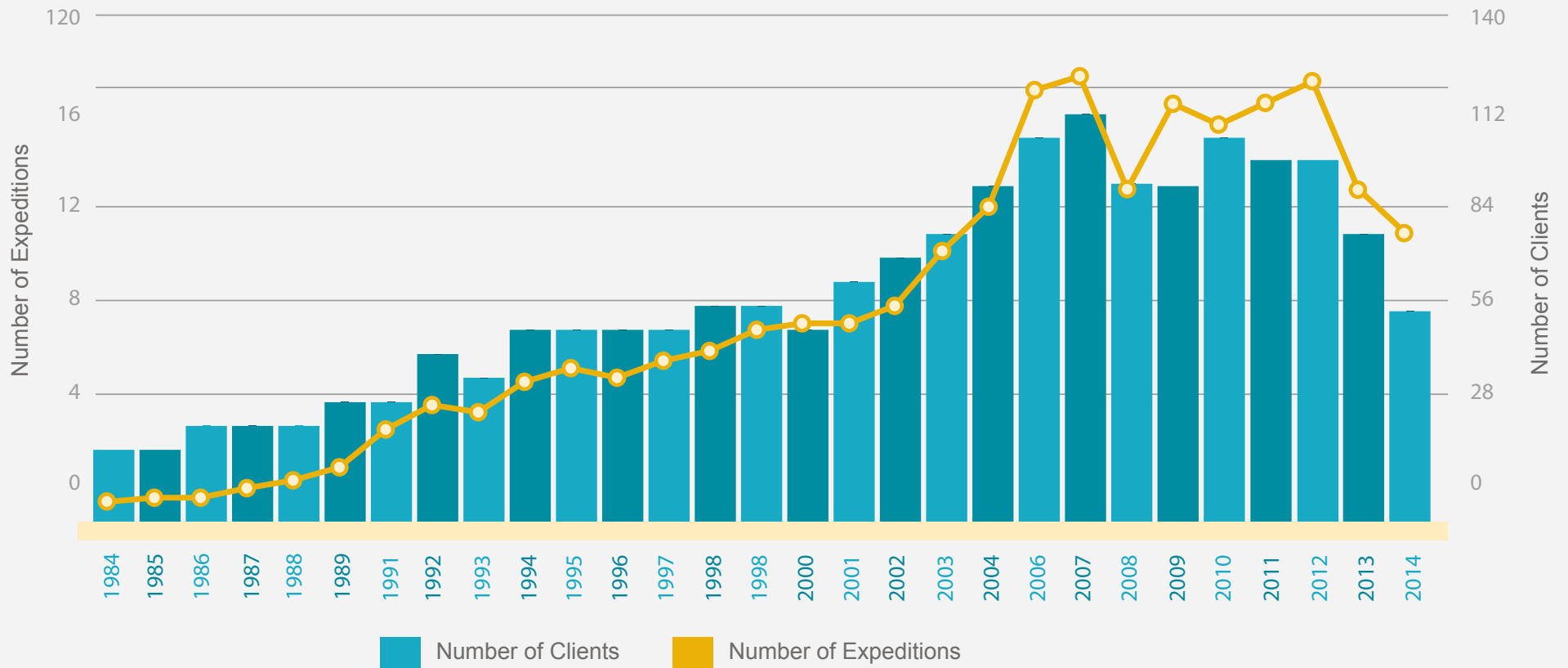


SUCCESS RATE



EXPEDITION SUCCESS RATE CHARTS

Note: This charts are updated until the 2014 - 2015 season, for an updated version until last season check this recently updated [VIDEO](#)



CLIMB ACONCAGUA IN 12 DAYS

CLIMB ACONCAGUA IN HALF THE TIME!

ACONCAGUA EXPEDITION ITINERARY

FOR SCHEDULE AND RATES PLEASE CHECK OUR [WEBSITE](#)

DURATION: 12 days

BALANCE DUE: 75 days before departure

COST INCLUDES

- Professional Mountain Guides
- 2 nights hotel accommodation in Mendoza at the
- Mendoza Park Hyatt Hotel with breakfast buffet (1 night at the beginning of the expedition and 1 night at the end of the expedition)
- All land transportation
- Mules
- All expedition food
- All community gear such as: tents, stoves, state of the art Base Camp, cooking gear, medical kits, satellite phones, radios, gamow bag, pulse-oximeters, etc.

•PORTERS ARE AVAILABLE, FOR HIRE IN BASE CAMP, THE COST OF PORTERS IS NOT INCLUDED, IN YOUR TRIP COST, IF YOU WISH A PORTER WE WILL ARRANGE THEM FOR YOU.

•Porters cost from \$150 to \$350 per load carry depending on altitude of the camp load is carried to. You will need a maximum of 5 to 6 load carries from Base Camp to High Camp and back down to Base Camp again (about \$1,000 USD), if you choose to have a porter for each carry, move to the next camp, and for the descent of the mountain.

YOU ARE RESPONSIBLE FOR

- Round-trip flights to and from Mendoza, Argentina
- Aconcagua climbing permit fee (\$750 to \$950 depending on season) which you will pay in Mendoza, accompanied by your guide. South Americans pay about half of this amount and Argentinean Citizens about 1/4 of that amount.
- Flight out of Base Camp to trailhead (Cost is about USD \$2100 for three people (\$700 each))
- Meals in Mendoza
- Personal equipment
- Passport
- Personal items and services (laundry, snacks, drinks, tips, etc.)
- Expenses incurred in the case of a rescue or early departure from the expedition
- SAT phone charges
- *Porter fee (If used)

•Porters will be available at Base Camp. The final number of estimated load carries may be decided at Base Camp.

Important: plan to arrive in mendoza by 3 pm, the 1st day of your expedition. Plan to depart mendoza the day after the last day of your expedition. You may choose to arrive in mendoza a day or two earlier than the first day of your expedition to rest from your flight, enjoy summertime in mendoza, and/or get a few last minute equipment items. We do not cover any of the expense of spending extra days/nights in mendoza.

CLIMB ACONAGUA IN 12 DAYS

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We are pioneering a new alternative way to climb Aconcagua. No, not by bicycle, llama, or motorcycle. Come to the mountain already pre-acclimatized, from the comfort of your home. Using an Altitude Training System – Hypoxic Tent you can acclimatize before you get to the mountain.

Regular Aconcagua trips are 20 days long. We have shaved 10 days off the climb for you. You will still be able to successfully get a shot at the summit of Aconcagua, and in less time, because you have done your acclimatizing before you get there!

Our new program also includes the following options:

Helicopter flight from the trailhead to Base Camp, shaving 2 days off the approach to Base Camp (this is optional and will need to be arranged last minute depending on flying conditions. Cost is USD\$1800 for 3 people) Call us for more info.

Rental of Altitude Training System – Hypoxic tent, **ONLY** available in the US & Canada (possibly the UK) for shipping. If you live outside of the US & Canada you can buy the system.

THIS WORKS! We have done some research and, **if you are willing to sleep for 4-6 weeks at home in this tent you will be pre-acclimatized for aconcagua.** You can even watch a movie at home in your Hypoxic chamber, among other things, and regulate your elevation right where you are, increasing it week by week!

RENTALS: Hypoxico offers altitude training equipment starting at \$175 a week. We offer a special Rent-to-Own program in which you can apply 8 weeks of rental towards the overall purchase price. The Rent-to-Own program is a great way to test the equipment and ensure it delivers the performance benefits you are looking for. **WE CAN ARRANGE ALL OF THIS FOR YOU.**

There are 3 main training methods used to gain the benefits of Altitude Training: Sleeping at altitude, Exercising at altitude, and Intermittent Hypoxic Training. Here is a fantastic overview of the different training methods and the performance enhancements of each method.

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©PABLO BETANCOURT

Nick Grantham on: Methods and Explanations of Altitude Training

The following physiological reactions have been shown to occur: Amplified pulmonary oxygen absorption.

Boosted production of Erythropoietin Hormone (EPO) by the kidneys, stimulating generation of Red Blood Cells (RBCs) and enhanced oxygen transportation through the body

Increased capillarization for greater oxygen delivery to the tissues, muscles and brain.

Enhanced production and rejuvenation of mitochondria (the cell's hub for aerobic energy production) and mitochondrial enzymes, allowing more efficient use of oxygen for energy production and superior enzymatic anti-oxidative defense.

ITINERARY

- Arrive to Mendoza, Sleep at the Mendoza Park Hyatt
- Drive from Mendoza and Hike to Confluencia.
- Hike to Base Camp or Rest Day
- Carry to Canada – Stay in Mulas
- Move to Canada
- Move to Nido
- Move to High Camp
- Summit Day
- Hike Down to Base Camp
- Hike out to trail Head, Drive to Mendoza Park Hyatt. End of trip

CLIMB ACONAGUA IN 12 DAYS

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CLIMB ACONCAGUA IN 12 DAYS ITINERARY

DAY 1:

Arrive to Mendoza, Sleep at the Mendoza Park Hyatt

DAY 2:

Drive from Mendoza and Hike to Confluencia

DAY 3:

Hike to Base Camp or Rest Day

DAY 4:

Carry to Canada – Stay in Mulas

DAY 5:

Move to Canada

DAY 6:

Move to Nido

DAY 7:

Move to High Camp

DAY 8:

Summit Day

DAY 9:

Hike Down to Base Camp

DAY 10:

Hike out to trail Head, Drive to Mendoza Park Hyatt. End of trip

Note: This itinerary is intended to be a guideline only. Weather days and rest days are always a possibility while on a climbing expedition. Rest days may be taken at any of the camps due to weather, acclimatization, or team logistics. If no weather/acclimatization days are used, your team may arrive one or two days earlier to Mendoza. We do not cover extra nights in Mendoza. Due to this variability, please allow for flexibility in your schedule at the end of your expedition.

ACONCAGUA EQUIPMENT LIST

EVERYTHING YOU WILL NEED FOR YOUR ACONCAGUA EXPEDITION

FEET

- Socks: 3 pair outer socks, thick wool or synthetic 3 pair inner socks, thin silk, wool, or synthetic 2 pair silk, wool, or synthetic socks (for approach)
- Climbing boots plastic or leather DOUBLE mountaineering boots
- Lightweight hiking boots or sturdy approach shoes
- Booties, down or synthetic
- Gaitors (for scree, goretex type work well-not over boots)
- Neoprene booties with sole, for river crossings. Lightweight

UPPER BODY

- 2 Lightweight synthetic or wool long underwear tops
- 1 Expedition weight synthetic or wool long underwear tops
- Breathable windproof and water resistant outer jacket, such as goretex, with hood
- Fleece jacket or similar weight micro-light puffy jacket
- Heavy weight down or Polarguard Expedition Parka with heavyweight expedition hood (-20 F)
- Synthetic T-shirts
- Lightweight, breathable, long sleeved

LOWER BODY

- Synthetic or nylon briefs or underpants - 3 pair (optional)
- Lightweight synthetic or wool long underwear bottoms - 1 pair
- Expedition weight synthetic or wool long underwear bottoms- 1 pair
- Fleece pants (full length side zippers recommended)
- Soft shell synthetic pants for mid mountain - 1 pair
- Breathable windproof and water resistant pants or bibs such as Goretex (full length sidezippers recommended)
- Shorts - 1 pair
- Lightweight synthetic breathable pants for sun protection (hike in, base camp - optional)

HANDS

- Heavy insulated mittens, thick fleece, down or thick wool - 1 pair
- Thin gloves, synthetic or wool - 1 pair
- Insulated windproof and water resistant finger gloves - 1 pair
- Goretex wind shells for mittens (needed only if your mittens are not made of windproof material) - 1 pair

ACONCAGUA EQUIPMENT LIST

EVERYTHING YOU WILL NEED FOR YOUR ACONCAGUA EXPEDITION

HEAD

- Ski hat, wool or fleece
- Balaclava, wool, fleece, or synthetic - to cover neck, chin & face
- Baseball cap

SLEEPING GEAR

- Down or synthetic sleeping bag comfortable to -20F
- 1 foam pad and / or 1 thermarest pad (both recommended, full length recommended)

PACK

- Pack with 5000 - 6000 / 80 - 100 liter cubic inches capacity
- Large day pack for approach 2,000 - 3,000 cubic inch / 30 - 50 liter capacity
- Extra Large strong duffel bag (at least 7000 cubic inches) w/ strong zipper and a lock, large enough for pack to fit in, for mules to carry and for storage of gear.
- Extra large stuff sack for gear storage in camp
- 1 stuff sack with straps or lightweight day pack (15L) to use as daypack for hike out last day. (If the top of expedition pack is a removable fanny pack this can be used as well).

TECHNICAL EQUIPMENT

- Ice axe 70 cm. approx. Standing with your arm relaxed at your side, the ice axe should reach from the palm of your hand to the ground. For Polish Glacier Route it can be 5-10 cm shorter.
- Crampons, 12 points non-rigid recommended. For Polish Glacier Route; rigid are fine.
- Ski poles - adjustable preferred
- Crampon bag for plane flight and mule load

POLISH GLACIER ROUTE ONLY

- Climbing harness, to fit comfortably over bulky clothing.
- Carabiners, 6 regular, 2 locking
- 1 Ascender
- 30 feet of 6mm perlon rope
- Climbing helmet

PERSONALS

- Climbing harness, to fit comfortably over bulky clothing.
- Carabiners, 6 regular, 2 locking
- 1 Ascender
- 30 feet of 6mm perlon rope
- Climbing helmet

ACONCAGUA EQUIPMENT LIST

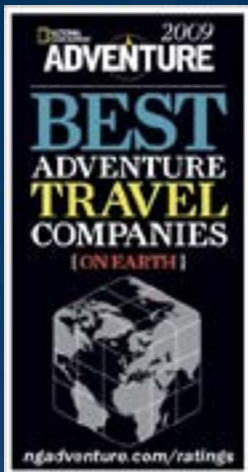
EVERYTHING YOU WILL NEED FOR YOUR ACONCAGUA EXPEDITION

PERSONALS

- Head lamp and extra batteries
- Sun glasses two pair (one as a spare)
- Ski goggles
- Sun screen lotion SPF 29 - 1 large or 2 small tubes
- Sun screen lip protection 1 stick
- Skin moisturizer 3 oz.
- Mole skin, bandaids, tape, 2nd skin, throat lozenges
- Pocket knife or leatherman
- Plastic bowl, large cup (insulated), spoon and Fork
- 2 water bottles -1 quart capacity wide mouth (nalgene recommended) w/ water bottle insulator
- Toothbrush and toothpaste
- Toilet paper - 1 or 2 rolls
- Antibiotics 1 cycle broad spectrum
- Aspirin or Ibuprofen - 30
- Disposable lighter
- Stuff sacks 2-3, assorted sizes (one extra large to store contents of pack on summit day)
- Iodine pills or similar water purification tablets - 2 new small bottles (for water purification)
- \$300 - \$500 US dollars in \$10's & \$20's for drinks, snacks in Penitentes, lunch in Uspallata, extra services in Base Camp, such as shower, internet, beer, soda, pizza, and for tips.
- \$50 & \$100 USD bills for Climbing Permit

OPTIONALS

- Camera
- Journal, pen/pencil, book, games, I-Pod
- Plug adaptor for hotels
- 1 Thermos 1 quart capacity (useful up high)
- Small towel and soap, baby wipes, foot powder
- Swimsuit
- Teva sandals
- Cotton bandana
- Portable water filtration system
- Earplugs (for windy nights)
- Pee bottle 1 qt. capacity, wide mouth, nalgene bottle (useful at higher camps)
- 2 lbs. of your favorite lunch treat or energy bar (we provide full lunches)
- 1 oz. of your favorite spice
- Hydrating system, (for approach and lower mountain only) 2 quart capacity, (i.e. camel bags) Do not count on this as a replacement for water bottles, since they do freeze up high
- Chemical handwarmers (for summit day)
- Extra straps to carry gear on outside of pack if necessary (essential if pack is smaller)
- Warm vest or lightweight windshell



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