

# Aconcagua

Everything You Need To Know

An orange circular price tag with a silver chain and a small metal ring at the top. It contains the text "Price Per Person" and "€6,500".

Price Per Person  
€6,500

## OVERVIEW

The Aconcagua Expedition is an extraordinary journey to the highest peak in the Western Hemisphere, demanding significant preparation and high-altitude experience. Aconcagua, renowned for its high winds, extreme cold, and challenging summit day, presents a formidable challenge to climbers. While technical climbing skills are not necessary, participants should have previous experience at altitudes above 5000 meters and maintain a high level of fitness to handle the steep and rapid elevation gain.

Leading the expedition is Jason Black, an international mountain leader and high-altitude specialist known for his remarkable achievements, including setting records for the fastest ascents of Kilimanjaro and an Aconcagua traverse. His expertise ensures exceptional safety standards, in-depth mountain knowledge, and a rich adventure travel experience. The small group approach adopted by Jason offers significant benefits, such as a better guide-to-client ratio, reduced environmental impact, and a stronger team dynamic.

Participants are advised to book their flights promptly, ensuring they arrive and depart on the specified expedition dates. Timely arrival is crucial for the smooth operation of the expedition, although arrangements can be made for those wishing to extend their stay. This adventure promises an unforgettable experience for those prepared to embrace the challenges of high-altitude climbing under the guidance of one of the world's leading mountaineers.

## TRIP FACTS

**COUNTRY**

Argentina

**DURATION**

19 days

**GRADE**

Difficult

**MAX ALTITUDE**6962 m  
22841 ft**DAILY ACTIVITY**Approx  
6-8 hrs**SEASON**

Summer

## DESTINATION

### ARGENTINA

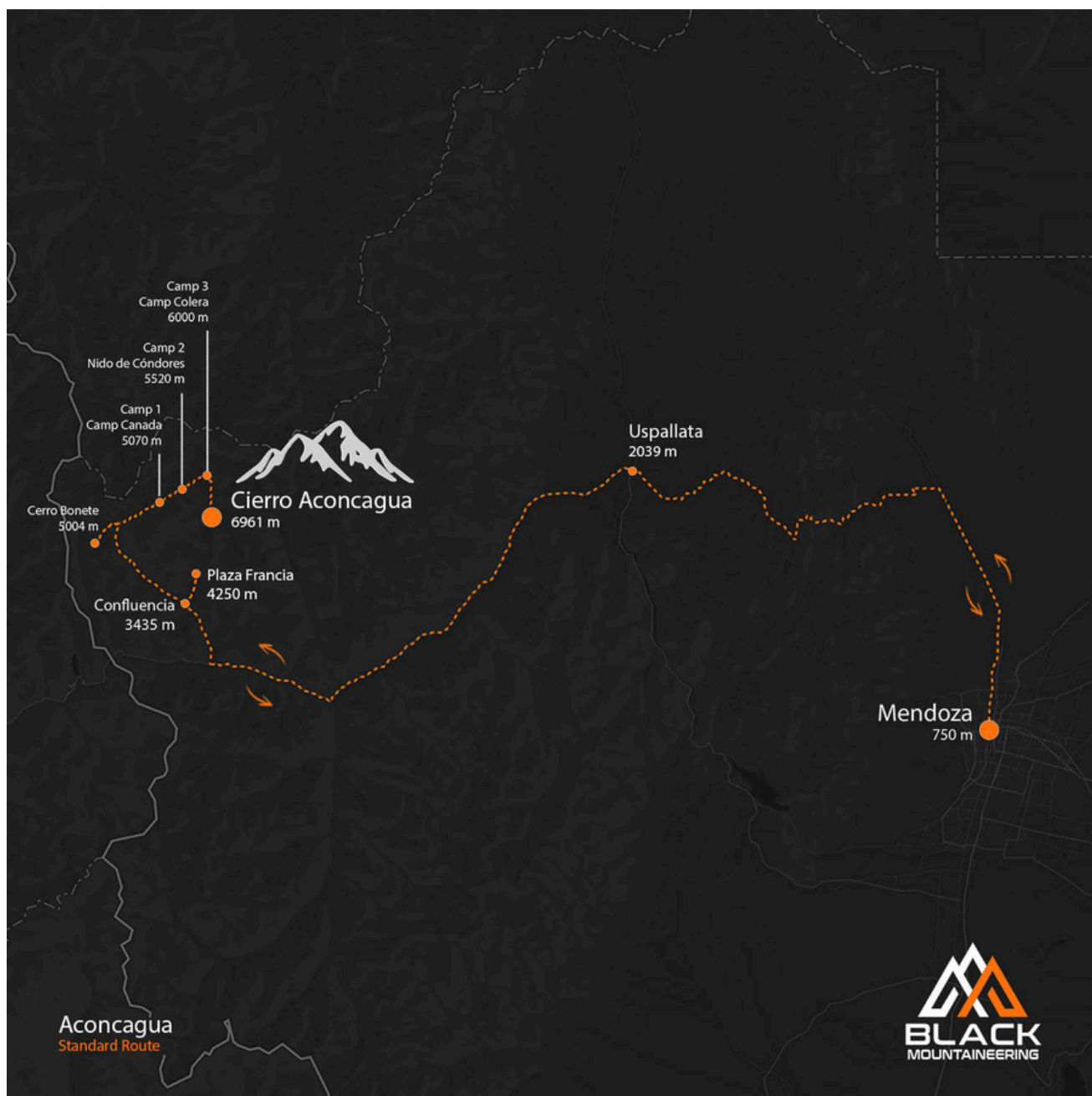
Aconcagua, the towering sentinel of the Andes and the highest peak in the Western Hemisphere, stands majestically in Argentina's Mendoza province. Known for its vineyards and rich cultural heritage, Mendoza serves as the gateway to this awe-inspiring expedition. Nestled in the heart of Argentina's wine country, Mendoza offers a vibrant blend of local traditions, exquisite cuisine, and warm hospitality, providing an enriching prelude to the high-altitude challenge that awaits. As climbers prepare to tackle Aconcagua's formidable heights, they can immerse themselves in the unique cultural tapestry of Mendoza, making the journey not just a test of endurance but also a celebration of Argentine culture and natural splendor.

## REQUIRED EXPERIENCE

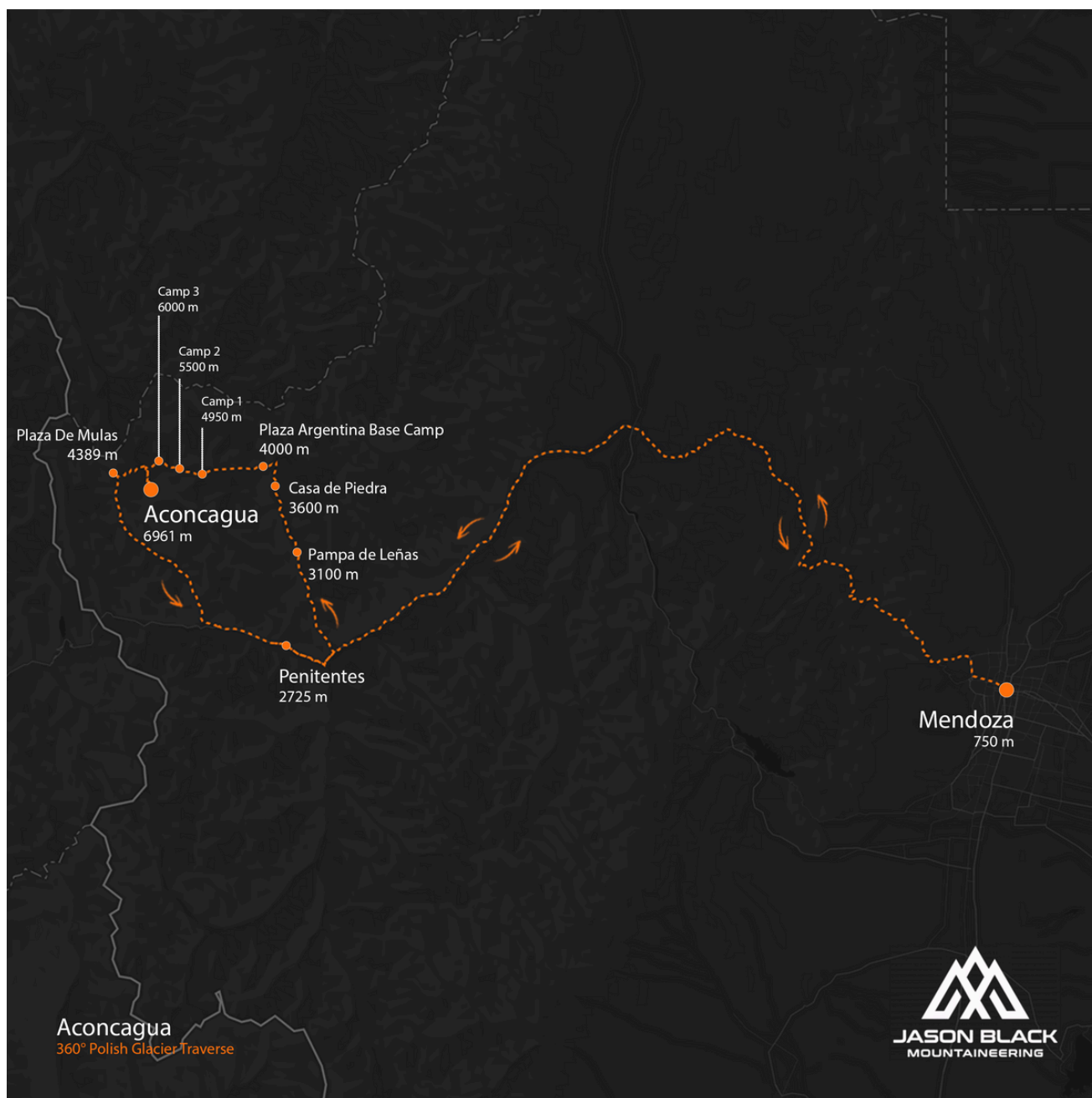
There's no doubt that an attempt on Aconcagua is a significant endeavour for anyone, but with our expert guidance, achieving this goal may be closer than you think.

We would expect anyone joining our Aconcagua expedition to have climbed at a high altitude of 5,000m previously, we require you to be very mountain fit and very strong and have a good understanding of rope work ascending and descending.

## ROUTE MAP – ACONCAGUA



## ROUTE MAP – 360° POLISH TRAVERSE ROUTE



## COST INCLUDES

- WORLD'S LEADING high altitude guides
- Small guiding ratio to maximise summit success
- All transport throughout the expedition
- Porterage of your personal equipment on the expedition (25kg per person)
- Hotel accom 1 night before and 1 night after the climb in a 4-Star-Hotel, Accom on a shared basis.
- All meals and drinking water except in Mendoza where accommodation is based on B&B
- Base Camp Services: luxury base camp, dining tents, equipped with thermal insulation and wooden floor, electricity (220v / 50Hz), chairs, tables; living room, heating stove, small lounge.
- Communications at Base Camp: radio VHF, all communication by satellite,
- High Camps: 1 tent for 2 members
- Cooking staff: guides cook and provide hot & fresh food and drinks.
- O2 in case of emergency (emergency oxygen with summit masks and regulators).
- Porter Services for group/common gear such as tents, stoves, white gas, as well as carrying down trash and human waste
- Weather Forecast daily.
- Avalanche Forecast daily.
- Summit Certificate for Aconcagua summiteers.

## COST EXCLUDES

- **Climbing Permit:** Cost \$760 and must be obtained. If unused within the specified dates, the permit fee is non-refundable and will be invalid in future years. The entrance fee supports the maintenance and care of Mount Aconcagua Provincial Park, including medical services, park rangers, and helicopter rescue services.
- **Expenses from Abandoning Itinerary:** Private services needed after leaving the group itinerary for any reason (personal, health, etc.).
- The company covers bus transportation from Puente del Inca to Mendoza city and one additional hotel night in Mendoza. **Extra hotel nights, private transfers, or other services** are additional costs.
- **Personal Equipment:** Not included in the expedition. Participants can bring their own gear or purchase/rent necessary equipment in Mendoza. Assistance will be provided for this.
- **Personal Insurance:** Mandatory must include mountaineering and heli evac
- **Porters:** Available to transport personal belongings between camps. The cost depends on the distance carried.
- **Extra Expenses:** Specialised food or drinks not described in the itinerary, satellite phone calls, transfer fees, and other services not specified as included.
- **Hot showers** at basecamp
- **Wifi** at basecamp



## ADDITIONAL SERVICES

### ACONCAGUA CLIMBING PERMIT

We will help arrange your permit from the national park services:

**The early bird** permit fees March - September (Park's website):

- Standard Route: **U\$D 550** (U\$D 250 discount)
- Polish Traverse: **U\$D 780** (U\$D 170 discount)

**The late permit** fees September onwards (Park's website):

- Standard Route: **U\$D 800**
- Polish Traverse: **U\$D 950**

**Hot showers at Base Camp:** **U\$D 60**. Enjoy a pack of 3 hot showers at Aconcagua Base Camp

**Wi-Fi in Playa Del Mulas:**

- Early Bird Price: **U\$D 99** (Till 16th of October)
- Regular Pric: **U\$D 200**

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## TRAVEL INSURANCE (MANDATORY)

This is Mandatory and you will not receive your permit to climb from the National park rangers until you show proof of Insurance for up to 7,000 meters at the park gate apron entry. 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 meters (c) helicopter evacuation in an emergency situation, and d) repatriation to one's 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.

1. Medical injury or sickness
2. Mountaineering above 5,000 metres
3. Helicopter evacuation in an emergency situation
4. Repatriation to country of residence.

We recommend <https://partner.globalrescue.com/jasonblackmountaineering/index.html>



# ITINERARY – STANDARD ROUTE

Days	Itinerary
Day 1	<b>Mendoza (2508ft – 760m)</b> Receiving in Mendoza / Lodging in a 4* superior Hotel . In the afternoon there will be an instructive talk about the Mount Aconcagua and the guides will check your equipment. Time to rent or buy some equipment if you need.
Day 2	<b>Mendoza / Penitentes-Puente del Inca (8992ft – 2725m)</b> Obtaining of permits. Transfer to Penitentes-Puente Del Inca. Lodging in hotel.Preparation of the loads for the mules.
Day 3	<b>Penitentes / Confluencia (10890ft – 3300m)</b> Drive to the entrance of the Park. Trek to Confluencia Camp. You will only carry your daypack, our mules will carry your personal equipment.
Day 4	<b>Confluencia / Plaza Francia (13200ft – 4000m) / Confluencia</b> Trek to Plaza Francia, base of the south face of the Mount Aconcagua, lunch and return to Confluencia.
Day 5	<b>Confluencia / Plaza de Mulas (14058ft – 4260m)</b> Trekto Plaza de Mulas Base Camp. Lodging in the base camp. You will only carry your daypack, our mules will carry your personal equipment.
Day 6	<b>Plaza de Mulas / Mt. Bonete Summit (16702ft – 5091m) / Plaza de Mulas</b> Acclimatization trekking to Mt. Bonete Summit and return to Plaza de Mulas. This trekking will take about 6 hours and you will reach 16702ft – 5091m of altitude. This activity will definitely turns on all acclimatization mechanisms in the body.
Day 7	<b>Plaza de Mulas / Camp 1 Canadá (16203ft – 4910m) / Plaza de Mulas</b> Acclimatization trek and transportation of material to Camp 1 Canadá. Lunch and return to Base Camp.
Day 8	<b>Camp 1 Canadá / Camp 2 Nido de Cóndores (17325ft – 5250m)</b> Climb to Camp 2 Nido de Cóndores. Setting up of tents and resting. Checking of equipment for the ascent. Our porters will carry the tents, garbage and common equipment
Day 9 – 10	<b>Rest days at Camp 2 – Nido de Cóndores.</b> We will take two active rest days at Camp 2 and allow our bodies to continue their acclimatization.
Day 11	<b>Camp 2 Nido de Cóndores / Camp 3 Berlín – Cólera (19470ft–5900m) / Camp 2 Nido de Cóndores</b> Acclimatization trek and transportation of altitude meals and cooking elements to Camp 3 Berlín-Cólera. Lunchand return to Camp 2 Nido de Cóndores.
Day 12	<b>Camp 3 Berlín – Cólera / SUMMIT (22834ft – 6962m) / Camp 3</b> Climb from Camp 3 Berlín – Cólera to the SUMMIT!!! and return to Camp 3.
Day 13	<b>Camp 3 Berlín – Cólera / Plaza de Mulas base camp (14058ft – 4260m)</b> Descent to Plaza de Mulas base camp. You will be carrying your personal equipment and additional supplies. Our porters will carry the tents, garbage and first aid kits.
Day 14	<b>Plaza de Mulas / Mendoza</b> Descent to Penitentes. You will only carry your daypack, our mules will carry your personal equipment. Drive to our Lodge.
Day 15	<b>Penitentes / Mendoza</b> Breakfast. Drive to Mendoza City in our private transfer.
Day 15+	Contingency days to account for delays due to weather, route conditions, etc.

# ITINERARY – POLISH GLACIER ROUTE

Days	Itinerary
Day 1	Arrive in Mendoza, transfer to hotel. Jason Black will meet with you and conduct an orientation, equipment check, and then gather the group for a welcome dinner in a nearby restaurant.
Day 2	<b>Mendoza / Penitentes–Puente del Inca (8992ft – 2725m)</b> Obtaining of permits. Transfer to Penitentes–Puente Del Inca. Lodging in hotel. Preparation of the loads for the mules.
Day 3	<b>Penitentes / Pampa de Leñas (10,230ft – 3100m)</b> Drive to Quebrada de Vacas. Beginning of the trekking to Pampa de Leñas. Setting up of tents and resting. You will only carry your daypack, our mules will carry your personal equipment.
Day 4	<b>Pampa de Leñas / Casa de Piedra (11880ft – 3600m)</b> Trek to Casa de Piedra. You may only carry a small backpack, our mules will carry your personal equipment.
Day 5	<b>Casa de Piedra / Plaza Argentina Base Camp (13200ft – 4000m)</b> Trek to Plaza Argentina base camp. Lodging. You will only carry your daypack, our mules will carry your personal equipment.
Day 6	<b>Plaza Argentina Base Camp (13200ft – 4000m)</b> Resting day in Plaza Argentina.
Day 7	<b>Plaza Argentina / Camp 1 (16335ft – 4950m) / Plaza Argentina</b> Acclimatisation trek and Porter day 1 carrying 10kg of our expedition gear to Camp 1. Lunch and return to Plaza Argentina.
Day 8	<b>Plaza Argentina Base Camp (13200ft – 4000m)</b> Resting day in Plaza Argentina. Checking of equipment for the ascent.
Day 9	<b>Plaza Argentina / Camp 1 (16335ft – 4950m)</b> Climb and carry expedition gear to Camp 1. Set up of tents and rest. You will have to carry your personal equipment and additional expedition supplies. We stay the night a Camp 1.
Day 10	<b>Camp 1 / Camp 2 – Upper Guanacos (18095ft – 5500m) / Camp 1</b> Acclimatisation trek and we carry our group expedition gear tents etc up to Camp 2. We have Lunch and return to Camp 1
Day 11	<b>Camp 1 / Camp 2 – Upper Guanacos (18095ft – 5500m)</b> Climb and carry to Camp 2. Set up of tents and rest. You will have to carry your personal equipment and additional expedition supplies.
Day 12	<b>Camp 2 (18095ft – 5500m)</b> Resting day in Camp 2.
Day 13	<b>Camp 2 / Camp 3 (19740ft – 6000m)</b> Climb and carry to Camp 3 by making a traverse to the Normal Route crossing the mythic base of the Polish Glacier. You will have to carry your personal equipment and additional expedition supplies. Set up of tents and rest – We stay at camp 3.
Day 14	<b>Camp 3 / SUMMIT (22974ft – 6962m) / Camp 3</b> Climbing day from Camp 3 to the SUMMIT!!! and returning to Camp 3 – Sleep at camp 3
Day 15	<b>Camp 3 / Plaza de Mulas base camp (Normal Route)</b> Descent from Camp 3 to Plaza de Mulas base camp. You will have to carry your personal equipment and additional expedition supplies.
Day 16	<b>Plaza de Mulas / Penitentes</b> Descent to Penitentes. You will only carry your daypack, our mules will carry your personal equipment. Drive to our Lodge. Lodging at Penitentes.
Day 17	<b>Penitentes / Mendoza</b> Breakfast. Drive to Mendoza City in our private transfer.
Day 18	Extra day for contingencies as bad weather that may prevent the normal development of the program.
Day 19	Extra day for contingencies as bad weather that may prevent the normal development of the program.



# PACKING LIST

## Travel Documents

- ☐ Passport 6mts Valid
- ☐ Debit/Credit Cards
- ☐ Insurance Papers
- ☐ Photocopy of passport

## Base Layers

- ☐ Merino Wool Underwear (4 pcs)
- ☐ Merino long sleeve base layer (2 pcs)
- ☐ Merino long pants base layer (1 pcs)
- ☐ Merino Short Sleeve T Shirt (2 pcs)

## Mid Layers

- ☐ Tech Fleece (1pcs)
- ☐ Tech fleece with hood (1pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (2pcs)

## Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

## Insulation Layers

- ☐ 800+gram Goose Down Jacket with hood
- ☐ Insulated Pants
- ☐ Lite puffer Jacket

## Headwear

- ☐ Warm Hat (2pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (2pcs)

## Eyewear

- ☐ Cat 4 Glacier Glasses
- ☐ UV Nose protector
- ☐ Ski Goggles

## Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner
- ☐ 7000m Expedition Mitts

## Footwear

- ☐ Liner Socks (3 pairs)
- ☐ Wool or Synthetic Socks (3 pairs)
- ☐ Double Skin Mountaineering Boots 7000m (Kailas /
- ☐ Lasportiva / Millet)
- ☐ Trekking Approach Shoes
- ☐ Camp Booties (optional)
- ☐ Gaiters (optional)

## Sleeping Equipment

- ☐ Sleeping Bag -30°C
- ☐ Inflatable Sleeping Pad
- ☐ Closed-cell Foam Pad
- ☐ Earplugs
- ☐ Inflatable Pillow

## Mountaineering Gear

- ☐ Large 120ltr Duffel Bag
- ☐ Expedition Backpack 75L+ for above basecamp
- ☐ Trekking Backpack 30L
- ☐ Trekking poles (optional)
- ☐ Ice Axe (2pcs)
- ☐ Crampons
- ☐ Headlight 500-700 Lumens (2pcs)

## Travel Items

- ☐ Small hotel Duffel Bag
- ☐ Travel Clothes
- ☐ Cash
- ☐ Visa Card
- ☐ ATM card

# PACKING LIST

## Additional Food Items

- ☐ Snack food
- ☐ Salty-sweet bars
- ☐ Summit gels
- ☐ Nuts
- ☐ Beef jerky

## Medical

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Sutures & steri strips
- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ 250mg Diamox 20days
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duck tape - Repair Kit
- ☐ Hand & Feet chemical warmers

## Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

## Additional Items

- ☐ Compression Stuff Sacks
- ☐ Plastic Cup (high camps)
- ☐ Plastic Bowl (high camps)
- ☐ Plastic Spoon (high camp)
- ☐ Water Bottles 1- litre (3pcs)
- ☐ Thermos 1- litre
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)
- ☐ Knife or Multi-tool (optional)

## Optional Electronics

- ☐ Country-appropriate power adapters
- ☐ Avalanche Transceiver
- ☐ Adventure Sports Watch
- ☐ GPS/ [Garmin inReach Mini](#)
- ☐ [Sherpa 100AC Power Bank](#)
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

## Additional Personal Items

*(Add your own personal items here)*

- ☐ -----
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# TRAINING PLAN

Here is our suggested 6000-7000m 12 week training program to climb Himling Himal:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

**Every training season must include 15min warm up and 15 to 20 min of cool down after training.**

# PASSPORTS, VISAS ENTRY REQUIREMENTS

## PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

## VISAS & ENTRY REQUIREMENTS

This is your own responsibility.

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.

Members 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.

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# MEDICAL AND HEALTH INFORMATION

## GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

## FOOD IN MENDOZA

I will try my best to cater for those with dietary restrictions. If you have any dietary restrictions, please we need to know well in advance so we can prepare our cooking teams.

At the Base Camp, all meals are served in our dining tents and prepared by our JBM specialised chefs. At the Altitude Camps, our guides prepare the meals, and they are also in charge of water production. The ingredients vary; they are combined depending on each day; they are not all available at all times as a buffet; they are also subject to availability. Non-regular menus are only available in advance and may have an additional charge.

### OUR REGULAR BASECAMP EXPEDITION FOOD

- **Breakfast:** Coffee, tea, milk, yogurt, cereals, bread (different types), ham, cheese, eggs, bacon, fresh fruits, crackers, cookies, pudding, marmalades, honey, butter, peanut butter.
- **Lunch & Dinner:** Cream soups, Argentine steak, meat in different recipes, pork in different recipes, chicken in different recipes, tuna in different recipes, different types of pasta with a variety of sauces, rice in different recipes, pizza, different kinds of fresh salads.
- **Dessert:** Fresh fruits, mousse, puddings, sweet potato, cakes.
- **Additional Snacks:** Dried fruit, cereal bars, power gel, sweets, snacks, biscuits, olives.

Although our expeditions include a great variety of meals, the climbers may also bring specific items of their favourite flavours (energy bars, snacks, etc.).

**All menus include free refills on-demand.**

### VEGETARIAN BASE CAMP EXPEDITION FOODS

Find below the optional Vegetarian menu; you may also ask for special requirements in advance.

- **Breakfast:** Coffee, tea, milk with cocoa, eggs, cereals, wholemeal bread, different types of cheeses, pretzels, cookies, juice, pudding, seeds, nuts, fresh fruit.
- **Lunch & Dinner:** Different kinds of salads, cream soup, pasta with sauce, pies (tuna, cheese, etc.), integral rice/rice with sauce, pizza.
- **Dessert:** Chocolate, apple pie, cakes, strawberry and fresh cheese mousse, stuffed oranges, grapefruit au gratin with cinnamon, jelly, fruit salad.
- **Additional Snacks:** Sweets, different types of biscuits, cereal bar, power gel, snacks, dried fruit, olives.

### CELIAC BASE CAMP EXPEDITION FOODS

- **Breakfast:** Coffee or infusion with lactose-free milk, gluten-free bread, fruit, corn cereals, liquid yogurt, applesauce, gluten-free cookies, gluten-free cereal bar, skim cheese, skimmed fruit yogurt with nuts.
- **Lunch & Dinner:** Fish, spinach, meat, potatoes, rice, chicken, zucchini, chard, skim cheese, quince, cauliflower, stewed peas, omelette, potato and blood sausage, macaroni, tuna pie, pumpkin omelet, quinoa mini pizzas, slices of chicken with lettuce, baked sole, baked spinach, mixed salad.
- **Dessert:** Chocolate muffins with rice flour, apple cake, cheesecake, chocolate donuts, apple pie, strawberry dessert, frozen yogurt, vanilla dessert, fruit salad, compote.
- **Additional Snacks:** Sweets, different types of biscuits, cereal bar, power gel, snacks, dried fruit, olives.

## FOOD IN MENDOZA

### LACTOSE FREE BASECAMP EXPEDITION FOODS

Find below the optional Lactose-free menu:

- **Breakfast:** Lactose-free milk, coffee, tea, jam, honey, cereal bars, Mary-type cookies with jam, bread with olive oil, churros, walnuts, seasonal fruit, yogurt.
- **Lunch & Dinner:** Seasonal fruit, quince sweet, rice with mushrooms, salads, roast chicken with potatoes, bread, chard, pork tenderloin, pesto noodles, tuna, aubergines stuffed with zucchini, hake, cherry tomato, cannelloni, potato omelet.
- **Dessert:** Lactose-free cream and raspberry millhoes, glazed lemon cake, New York cheesecake, compote, walnuts, seasonal fruit.

### VEGAN BASECAMP EXPEDITION FOODS

Find below the optional Vegan menu

- **Breakfast:** Vegetable drink, banana cookies, coconut and sunflower seeds, toasted pumpkin seeds or seeds and fresh fruit, green tea, homemade whole grain rye and spelled bread toasts, unsweetened soy almond milk, pomegranate grains, walnuts and sunflower seeds, oatmeal and dried fruit bar, chickpea flour cookies or crackers.
- **Lunch & Dinner:** Quick stir fry of tofu and kale with sesame, vegan broccoli, chickpea rice meatballs, vegetable salad, tangerine peppers stuffed with textured soybeans, quinoa soup, beans, carrots, smoked tofu, roasted spiced chickpeas, lentils, vegan chickpea and tacos.
- **Dessert:** Apple, pineapple and coconut smoothie bowl with red berries, pear, almond milk, figs coconut milk, vegan chocolate cake, coconut milk and green tea popsicles, pineapple cake, brownie cup with yogurt and fruit.

## POST EXPEDITION SIGHT SEEING

Mendoza is International famous for its wine production. If you wish us to arrange wine tours after the expedition ends, please let us know.

1. Wine tour by car around Mendoza.
2. Bike tour to the winery (may prove difficult to get home).

## SUMMIT DAY POLICY

My 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 members who I deem not strong or healthy enough to reach and return from the summit safely, will not be allowed to attempt the summit. While this will be hugely disappointing you must trust that the decision is made for your safety.



# MOUNTAINEERING AT HIGH ALTITUDES

## OVERVIEW

Our treks include strenuous activities at altitudes over 2500m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

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). Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by pausing the altitude gain or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved.

You will be encouraged to drink at least three litres of water per day. five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances take alcohol or illegal drugs on this expedition.

## ALTITUDE SICKNESS (AMS)

Mountaineering above 2500m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500–3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatise. Consult your doctor before booking and discuss the use of Diamox for Acclimatisation.

## SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

## MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

# SAFETY

## GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

## GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

## STRIKES AND DEMONSTRATIONS

Strikes and protests are common and can lead to curfews or roadblocks. Businesses may close, and vehicles might be restricted. Avoid demonstrations and political gatherings, and follow local advice.

## PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

## VACCINATIONS

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](http://www.travelhealth.ie)) for the most up-to-date medical advice.

# MONEY MATTERS

## CURRENCY AND MONEY MANAGEMENT IN ARGENTINA

- There are ATMs available in Mendoza where you can withdraw cash using a credit card.
- The recommended tip for Aconcagua is **\$150** per person.
- Please give your tip to the Expedition Leader Jason black and he will distribute the tip evenly among all local expedition staff. 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.

## PORTER SERVICES

- Extra Porter services are available – request Jason for pricing.

## SPENDING MONEY AND CONTINGENCY FUNDS

- **Budgeting:** Consider your spending habits and budget for optional meals, drinks, shopping, activities, and laundry. Review the itinerary and inclusions to understand what is covered.
- **Contingency Funds:** Have access to an extra **\$500** for emergencies (e.g., severe weather, natural disasters, civil unrest) or unavoidable itinerary changes (e.g., transport strikes, airport closures).

### Key Tips

- Carry sufficient cash outside main cities.
- Use new, clean currency notes.
- Prepare enough small denominations for treks.
- Exchange leftover currency before leaving Mendoza.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

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## EXPEDITION GUIDE

All Expeditions to Aconcagua are guided by Jason Black personally and all trips are supported our Jason black mountaineering high altitude group guide(s).

We aim to take the hassle out of your travels and to help you have the best trip possible.

Jason Black Mountaineering provides the services of one of the worlds leading high altitude expedition guide to give you the best chance of summit success and safety on the mountain. We will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects.

At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

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## COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email [Jason@jasonblack.ie](mailto:Jason@jasonblack.ie).

### TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

### SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements on Aconcagua Expedition are available for €150 per night for those who prefer their own room with an additional single supplement. Please advise us during booking.

## BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

## WHY JASON BLACK MOUNTAINEERING?

**Jason Black Mountaineering** is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

## MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[Aconcagua Expedition Page](#)

## FOLLOW US

