UM ITINERARY 2016
SANTA CRUZ TREK + MOUNTAINEERING COURSE

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>Aug 3</td>
<td>Arrive in Lima. Transfer to hotel. Skyline Trip officially begins at hotel this evening. Dinner in the city</td>
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<td>4</td>
<td>Transport to Huaraz 9am. 8 hour bus ride, arrive around 5:30pm and transfer to hotel. Dinner in town, night in hotel.</td>
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<td>5</td>
<td>Orientation meeting, Q&amp;A, try on needed gear. Acclimatization hike in the afternoon to Puka Ventana. Dinner in town, night in hotel.</td>
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<td>6</td>
<td>Acclimatization hike to Lake Churup (4500m), Dinner in town, night in hotel.</td>
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<td>7</td>
<td>Prep day (and rest!). Food buy orientation and shopping list creation. Head to the market to buy provisions for Santa Cruz Trek. Pack and prepare for the following morning’s departure. Rest and/or deal with personal needs. Dinner in town, night in hotel.</td>
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<td>8</td>
<td>6am transport to Cashapampa – begin Santa Cruz Trek</td>
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<td>9</td>
<td>SANTA CRUZ TREK</td>
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<td>10</td>
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<td>11</td>
<td>SANTA CRUZ TREK – transport to Cebolla Pampa – rest!</td>
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<tr>
<td>12</td>
<td>Hike to Yanapaqcha Morraine camp. Set up camp. Begin Mountain Course</td>
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<td>13</td>
<td>MT COURSE</td>
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<td>16</td>
<td>MT COURSE – Summit day!</td>
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<td>17</td>
<td>MT COURSE - Return to Huaraz, celebration banquet in town. Night in hotel.</td>
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<td>18</td>
<td>Return to Lima, transfer to airport.</td>
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Included in Quote:
- Transport from Lima airport to Hotel (day 1)
- Hotel in Lima at trip start (1 night) – 3 star – shared rooms
- Transport hotel to bus station in Lima, (day 2)
- First class bus seats round trip, Lima to Huaraz
- Transport from bus station to airport or hotel, (trip end)
- Hotels in Huaraz – www.churup.com, shared rooms (5 nights)
- Guide, Lunch & Snacks on both acclimatization days
- Private Transport to all itinerary destinations:
  - Lake Churup, acclimatization day 2
  - Santa Cruz Trek trailhead
  - Pick-up Vaqueria, transfer to Cebollapampa
  - Cebollapampa to Yanapaqcha,
  - Pick-up Yanapaqcha, return to Huaraz
- Per-diem money rations for food-buy, Santa Cruz Trek
- Entrance fee for Santa Cruz Trek, all Park fees throughout itinerary
- Donkey and donkey driver for Santa Cruz Trek
• Sleeping tents and cooking/eating equipment for Santa Cruz trek & Mountaineering Course
• Private transport from Vaqueria to Cebolla Pampa (Santa Cruz Trek to Mountain Course)
• Guide for acclimatization hikes
• Instructor(s) for Mountaineering Course (day 5-10), 3:1 student to instructor ratio
• All technical equipment for course
• Cook / Camp Guard for Course
• 3 meals a day (prepared + snacks during the Mountaineering Course
• Professional Mountain Guides / Instructors for Mountaineering Course (day 10-15), 3:1 student to instructor ratio
• All group technical equipment for course
• All personal technical climbing equipment (harness, helmet, plastic boots, crampons, axes)
• Porters to carry equipment to/from basecamp during Mountain Course (participants will carry their own personal equipment)
• Celebration Banquet dinner after course
• Expedition Stocked First Aid Kits
• Satellite Telephone for emergency and logistical use throughout expedition
• Liability insurance in accordance with UM International Programs policies.

Not Included:
• International flights to/from Lima
• In town food or entertainment in Huaraz (including any food consumed in hotels)
• Any costs associated with evacuations or unscheduled departures from the field or any deviations from the itinerary.
• Unscheduled nights in hotels
• Medical or incidental expenditures
• Travel or personal medical insurance.

SANTA CRUZ INFO:
This is one of the most popular treks in the Cordillera Blanca. 4 days long and approximately 30 miles of trail, the trek includes views of spectacular glaciated peaks, alpine valleys, scattered quenual forests and crosses 1 pass of 14,700 feet. With donkeys helping carry the load, the trek is made even more enjoyable and one can focus their attention on acclimatization instead of how heavy their pack feels at altitude. Navigationally speaking, the route is easy to follow and additionally, if there are questions the donkey driver knows the way. Altitudes of camp are as follows: 3800m (Llamacorral), 4200m (Tallipampa), 3700m (Huaripampa) and 4100m (Cebollapampa). It is a great way to see the Cordillera Blanca as well as get good and acclimatized for a summit attempt on Yanapaqcha. Maps can be purchased in Huaraz. Details of the trek can be reviewed on the orientation day included in the itinerary.
MOUNTAINEERING COURSE INFO:

Course Objectives:
Prepare participants with little to no mountaineering experience to be contributing members of a climbing team by first taking a careful look at the many hazards that snow covered mountains offer, then systematically learning the skills and techniques to combat these dangers. A peak climb objective is included to provide participants with a supervised climbing experience, where they can take the lead (as appropriate) of the climb, with an instructor supporting and advising as necessary.

Skills:
- Hazard Evaluation
- Equipment Use & Care
- Walking in Crampons
- Climbing Knots
- Self & Team Arrest
- Rope Team Travel
- Snow/Ice Anchors
- Belay Systems
- Haul Systems
- Crevasse Rescue
- Glaciology
- Top Rope Management
- Vertical Ice Climbing
- Altitude Physiology
- Expedition Planning
- Route Finding
- Summit Objective

Itinerary:

Day 1:
Take a short transport from Cebolla Pampa to the trailhead for Yanapaqcha moraine camp. Hike to camp. Participants will be carrying backpacks with both individual and group gear. Hike for approximately 2 hours to the campsite and set up camp / organize equipment. Preliminary skills may begin this day as time allows, including introduction to mountaineering & hazard management, equipment use and care, climbing knots, and altitude physiology.

Day 2:
Wake up about 6:30am, have breakfast, and get dressed and prepared for a day on the glacier. Hike about 30 minutes up to the ice and begin with practical skills including walking with crampons, kicking steps/following tracks, using an ice axe to walk and self belay, self-arrest, team arrest, rope team travel techniques, and snow/ice anchors. Around 4:30 pm, wrap up for the day and descend back to camp for a hot drink, a delicious dinner and some sleep.

Day 3:
Breakfast is at 7:00 am and class begins at 8:00 am. Spend the morning in campsite learning belay systems, equalized anchors, and haul systems - all components of the crevasse rescue system, which we delve into right before lunch. After thoroughly understanding the system on dry land, we then return to the glacier around 1:00pm where we put our new skills to the test on the snow and at the edge of a live crevasse.
The entire afternoon is dedicated to the practice of this important skill, "crevasse rescue", which is a common hazard of all glaciated climbs. We’ll return to camp at about 5:30, have dinner, and sleep.

**Day 4:**

We leave campsite at 7:30 a.m. and head up to the ice to practice various techniques and scenarios of glacier travel. Participants take charge of their rope teams using the skills learned in the previous 2 days and are presented with problems to solve pertaining to terrain, hazards, group management, etc... We wander through crevasse fields and up/down steep slopes where both running and fixed belays will be used. At some point during the day, a surprise crevasse rescue will be performed. Around 11am we’ll arrive at an ice wall where participants will learn a top-rope anchor system, set up their ice climb, and spend a few hours climbing. Basic climbing technique will be discussed as well as lead climbing as there is interest. Around 2:30 pm, a pre-summit discussion will take place and plans will begin for the following days climbing objective. Participants will determine what needs to be done in preparation for the climb (route recon, equipment prep, rope team divisions, food & water prep) and divide up the responsibilities amongst themselves. Dinner will be served around 5pm and everyone will get to sleep early in anticipation of the next days climb.

**Day 5:**

Rise and shine about 3:00 am for breakfast and gearing up for the climb. Head up to the glacier and begin the summit attempt in your rope team(s). Depending upon snow conditions, weather, and team health/fitness, the summit can be reached in 4-6 hours. The descent will take 3-4 hours and you should be back in camp by midafternoon for a warm lunch and some rest. Those who wish to continue with skills will head back up to the glacier or to a location where the instructor(s) can work on anything participants still want to learn/practice.

**Day 6:**

Breakfast at 7:30am, pack up camp, and begin the hike out to the road where a transport will be waiting for the return to Huaraz. Upon arrival at the Skyline Adventures base, gear will be unloaded from the vehicle and all equipment accounted for. Participants will be returned to their hotels for a well-deserved shower and a celebration banquet!
PERSONAL CLOTHING & EQUIPMENT LIST:
The following clothing list works well for most people on mountain trips. If you are an exceptionally cold person, you may want to add a few additional warm layers to ensure you are comfortable. Please ask if you have any questions about any of the required items.

- Solid hiking shoes / boots (crampon compatible unnecessary). The shoes should provide good ankle support as the trails are often very rocky. They should be “broken in” before the trip to prevent you from getting blisters. “Broken in” means that you have worn them for enough time that the shoe has conformed to your foot shape.
- 2-4 pairs of warm wool or synthetic socks
- 2 pairs of thin liner socks – These are socks that you wear under your thicker socks to help prevent blistering
- Pair of comfortable camp shoes (running shoes/sneakers, lightweight sandals, crocs)
- 2 T-shirts - synthetic recommended
- 1-2 pairs of thermal polypro (or equivalent) mid-weight long underwear tops and bottoms
- 1 light fleece top
- 1 mid-weight fleece top and bottom
- 1 pair of fleece pants
- 1 down or synthetic jacket with hood
- Gore-Tex or equivalent outer shell jacket and pants
- 1 pair of nylon (quick-dry) hiking shorts
- 1 pair trekking pants (nylon, quick-dry, can be type that converts into shorts)
- 1 pair of Gore-Tex gaiters (heavy-duty, size L or XL to fit over plastic boots – OR Crocodile is a great brand or model)
- 1 pair of Gore-Tex shell gloves
- 2 pair of removable fleece glove liners 1 wool or fleece hat
- 1 cap for sun (with visor or bucket style for more coverage)
- 1-2 sports bras/tanks (for women)
- 2 water bottles or equivalent accessory (2 liter carrying capacity)
- All toiletries
- Small personal bottle of hand sanitizer
- Headlamp– LED style is light and efficient (bring at least 2 spare sets of batteries)
- 1 pair of glacier compatible sunglasses (full coverage – ask salesperson if you are not sure)
- Sunscreen (> SPF 45)
- Stick of chap stick (> SPF 45)
- Comfortable lightweight day pack
- In town clothing
- Sleeping bag rated for temperatures between a −15 F and a 0 F
- Sleeping mat
- Expedition backpack
- 2-3 large sturdy garbage bags
- 5-10 zip lock bags
- Camera & carrying case
- Trekking poles (recommended)