



Glacier School

Experience professional glacier training at high altitude

DURATION

12 days

DIFFICULTY

Easy to
Intermediate

ITINERARY

DAY

01

Arrival / Night in Quito [2.800 m / 9,184 ft]

Once you arrive at the airport you should take a transfer to the hotel in Quito we have arranged for you. Our staff will meet you the following morning.

 **Activity:** Arrival in Quito

 **Accommodation:** In Quito - Vieja Cuba or similar


DAY

02

Gear Check and Rock Climbing Wall in Quito [2.800 m / 9,184 ft]

Andeanface staff will meet you at 09:00 in the morning for an introductory briefing about the program. As this is your first day at altitude 2,800 m / 9,184 ft, we will take you walking to the rock climbing wall in Quito. Once there we will do some work with ropes, teach you abseiling, balance training and basic rock climbing. For the night we stay at Vieja Cuba or a similar hostel.

 **Activity:** Gear check / Rock climbing practice

 **Accommodation:** In Quito - Vieja Cuba or similar

 **Transportation:** Private van transfer

 **Meals:** Breakfast

DAY

03

Pasochoa Hike [4.200 m / 13,776 ft]

Having had a day to begin the acclimatization process in Ecuador, we now go for the first summit of a volcano. After a short drive we hike out into the countryside towards Pasochoa. This mountain is an ancient and heavily eroded volcano that has been inactive since the last Ice Age. Perhaps one of the main reasons for this excursion is that Pasochoa is one of the few volcanoes where we may see condors flying - the largest flying birds in South America. We return for the night in Quito.

 **Activity:** 4-5 hours trekking up and down Pasochoa

 **Accommodation:** In Quito - Vieja Cuba or similar

 **Transportation:** Private van or jeep transfer

 **Meals:** Breakfast, Lunch

DAY


04

Rucu Pichincha Hike [4.690 m / 15,400 ft]

Using the cable car we go as high as 4.000 m / 13,200 ft in a few minutes from where we start today's hike. Pichincha is an excellent second acclimatization hike. Rucu (Quichua for "Old") is one of the three major peaks that make up the Pichincha massive. Quito is actually built on a shelf on the eastern side of this massif. The hike is again straightforward and will take 4 to 5 hours (round trip). After this hike we return to Quito for the night.

 **Activity:** 5-6 hours trekking up and down Pichincha

 **Accommodation:** In Quito - Vieja Cuba or similar

 **Transportation:** Short transfer on private van or jeep + cable car ride

 **Meals:** Breakfast, Lunch

DAY

05

Otavalo Market

Otavalo has one of the biggest indigenous markets of Ecuador. You will have a chance to buy local textiles and hand crafts. There is a market on every day of the week. However Saturday is the best. We recommend you to visit first the animal market as it starts very early in the morning. Due to its wonderful colours, Otavalo is a paradise for photographers. Night at Hacienda Guachalá.

 **Activity:** Driving / Sightseeing

 **Transportation:** Private van or jeep transfer

 **Accommodation:** Hacienda Guachalá

 **Meals:** Breakfast, Lunch, Dinner

DAYS

06
09

Cayambe Refuge [4.600 m / 15,088 ft]

Today we leave Hacienda Guachala and drive towards the refuge of Cayambe at 4.600 m / 15,088 ft. If there is too much snow or the road is not in a good condition, we do a short hike. Once in Cayambe we start our training course. During the glacier training on Cayambe we cover the following subjects:

- Snow climbing, ice axe positioning, and moving in balance
- Self arrest techniques
- Snow and ice anchor selection, construction, and equalisation
- Ice climbing (with top rope) and crampon techniques
- Prussiking
- Roped glacier travel and route finding through crevassed areas
- Discussions on high altitude physiology and other related expeditionary topics
- After each session you return to the refuge for a hearty meal

On day 8 there will be a chance to attempt the summit of Cayambe. After that we drive down to spend another night at Hacienda Guachala.

 **Activity:** Driving / Skills review / Glacier practice / Climbing / Glacier Travel

 **Accommodation:** Days 5-7 Mountain Refuge / Day 8 Hacienda Guachalá

 **Transportation:** Private van or jeep transfer

 **Meals:** Breakfast, Lunch, Dinner

DAY

10

Drive to Cotopaxi Region

This is a rest day from mountain climbing used as a driving day to get to Cotopaxi National Park, we will stop for lunch in a restaurant along the way, for the night we will spend at Tambopaxi lodge, it is a great place with nice views of Cotopaxi.

 **Activity:** Driving / Sightseeing

 **Accommodation:** Tambopaxi Lodge

 **Transportation:** Private van or jeep transfer

 **Meals:** Breakfast, Lunch, Dinner

DAY

11

Cotopaxi Hut [4.800 m / 15,700 ft]

We drive to 4.600 m / 15,095 ft and then walk to the hut at 4.800 m / 15,700 ft. Having arrived at the hut at lunchtime, we rest in the afternoon and evening, preparing for a night time climb. Cotopaxi is one of the most beautiful mountains of the Andes of Ecuador. The whole national park is known for its rich wildlife and remoteness. Without a doubt Cotopaxi has the largest number of clear days amongst the high peaks of Ecuador.



Activity: Drive / Climb



Accommodation: Jose Rivas Refuge



Transportation: Private van or jeep transfer



Meals: Breakfast, Lunch, Dinner

DAY

12

Cotopaxi Summit Day [5.897 m / 19.300 ft] / Return to Quito

We leave the hut at around 1 AM in the morning. First we walk for 1 hour to the start of the glacier where we put our crampons on and use the rope. A large featureless glacier is then followed, weaving between large, obvious crevasses. The final section is a bit steeper. The summit gets us above the crater. During the climb ropes will be used to protect the team from crevasses and also to provide protection on the steeper sections. The ascent normally takes between six to seven hours up and two hours for the descent. Night back in Quito.



Activity: 8-9 hours climbing up and down / Drive back to Quito



Accommodation: In Quito - Vieja Cuba or similar



Transportation: Private van or jeep transfer



Meals: Breakfast, Lunch

Important: Please note that this itinerary is a guideline only. We will do every effort to follow it, but in case of unforeseen circumstances we may have to make changes.

Got Questions?

Please feel free to contact us at:

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