

# Alpamayo (5947m) with Soren Kruse Ledet



## trip highlights

Tackle Alpamayo (5,947m / 19,511ft) on a technical ascent through Peru's Cordillera Blanca

Led by renowned high-altitude mountaineer Soren Kruse Ledet, highly regarded for helping climbers achieve ambitious goals in challenging mountain environments

Technical snow and ice climbing on classic Andean alpine terrain, with optional ascent of Quitaraju (6,034m / 19,797ft)

Camp beneath towering glaciers in Huascarán National Park, a UNESCO World Heritage-listed wilderness

Outstanding views of iconic peaks including Artesonraju, Taulliraju and Huascarán

A proven acclimatisation program and expert logistical support throughout



<b>Trip Duration</b>	18 days	<b>Trip Code:</b> ASK
<b>Grade</b>	Intermediate Mountaineering Expedition	
<b>Activities</b>	Mountaineering, Trekking	
<b>Summary</b>	14 day trek/mountaineering, 8 nights hotel/lodge, 9 nights camping	

## welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Alpamayo (5947m) with Soren Kruse Ledet, a journey that captures the essence of a unique adventure.

## why travel with World Expeditions?

Climbing Alpamayo is a serious alpine objective that demands careful planning, expert logistics and a well-structured acclimatisation program. Our itinerary has been specifically designed to maximise your chances of success, incorporating progressive acclimatisation walks, a glacier training ascent of Vallunaraju, and a gradual approach through the spectacular Santa Cruz Valley before moving onto the mountain itself. Throughout the expedition, you'll benefit from the support of an experienced local mountain team, high-quality camping equipment, comfortable accommodation in Lima and Huaraz, portage of group equipment and all necessary park fees and permits. Our established local partnerships and decades of experience operating challenging expeditions in Peru ensure seamless logistics from arrival through to your summit attempt. Responsible travel is also at the heart of our operations. We are committed to fair treatment of our trekking and mountain staff, providing appropriate equipment, fair wages and safe working conditions for all local crew members. This commitment, combined with our focus on safety, risk management and exceptional operational standards, allows you to focus on the challenge ahead. When comparing expeditions, we encourage you to look closely at the itinerary, acclimatisation program, inclusions and level of support provided. We believe our combination of expert planning, comprehensive logistics, responsible travel practices and proven mountain operations offers outstanding value and the best possible platform for a successful and rewarding Alpamayo expedition.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room/tent at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost. Please note the single supplement on this trip is for the hotel and/or trekking portions of the trip only. Above base camp, during the actual climbing portion of the expedition, all group members are required to share a tent. Depending on the make up of the group, males and females may be required to share.

## the trip

Join renowned Australian mountain guide Soren Kruse Ledet on an inspiring expedition to Alpamayo (5,947m / 19,511ft), widely regarded as one of the world's most beautiful mountains. Rising dramatically above the glaciers of Peru's Cordillera Blanca, the highest tropical mountain range in the world, Alpamayo's elegant ice pyramid is one of the most coveted alpine objectives in South America and a dream climb for experienced mountaineers. This 18 day expedition has been carefully designed to maximise acclimatisation and summit success. Beginning in Huaraz, we undertake a series of acclimatisation walks to the stunning alpine lakes of Wilcacocha and Churup, followed by a glacier training ascent of Vallunaraju (5,686m / 18,655ft). These preparatory climbs provide valuable high altitude experience while allowing participants to refine essential mountaineering skills including glacier travel, crampon techniques, rope systems and crevasse safety. From there, we trek through the breathtaking Santa Cruz Valley, one of the most scenic trekking routes in Peru, passing turquoise glacial lakes and towering peaks as we make our way to Alpamayo Base Camp. As the expedition progresses, we move onto increasingly technical terrain, establishing camps high on the mountain and travelling across glaciated slopes, crevassed terrain and alpine ice fields. The climb of Alpamayo itself is a serious alpine undertaking requiring previous snow and ice climbing experience. From High Camp, climbers ascend the mountain's famous steep face, tackling sustained snow and ice slopes that steepen from 55-65 degrees on the lower sections to as much as 75-90 degrees near the summit. The route requires confident movement on steep terrain, glacier travel, ropework and the ability to climb efficiently at high altitude. The ascent culminates in a spectacular summit with panoramic views across the Cordillera Blanca before a technical descent involving multiple rappels/abseils down the mountain's upper face. Should conditions allow, there may be the opportunity to climb the neighbouring peak, Quitaraju (6,034m / 19,797ft), a technical objective involving sustained 60-65 degree snow and ice climbing. Led by Soren Kruse Ledet, whose mountaineering achievements include more than 60 expeditions across the Himalaya, Karakoram and Andes, this expedition offers experienced climbers a rare opportunity to tackle one of the world's most iconic alpine peaks under expert leadership. Combining technical climbing, spectacular trekking and a carefully structured acclimatisation program, this is an outstanding challenge in one of the world's premier mountain environments.

## about your leader/escort

Soren Kruse Ledet is a high altitude mountain guide based in Australia. For over 30 years he has led and participated in more than 60 mountaineering expeditions and challenging treks in Nepal, Bhutan, Pakistan and Tibet. In 2011, Soren reached 27,500 ft during an unassisted ascent of Everest. Soren has successfully summited Ama Dablam 4 times and has led expeditions to Cholatse, Baruntse, Teng Kangpoche, Muztagh Ata, Peak Lenin and San Valentin among many others. His easygoing nature and professionalism make him a sought after guide.

## at a glance

DAY 1	ARRIVE LIMA
DAY 2	BUS TO HUARAZ (3,050M/10,000 FT)
DAY 3	IN HUARAZ (3,050M/10,000 FT) ACCLIMATISATION DAY
DAY 4	IN HUARAZ (3,050M/10,000 FT) DAY WALK TO WILCACOCHA LAKE
DAY 5	DAY WALK TO LAKE CHURUP (6-7HRS)
DAYS 6-7	VALLUNARAJU BASE CAMP (4,450M / 14,600FT), MORAIN CAMP (4,940M / 16,207FT) & GLACIER TRAINING
DAY 8	SUMMIT VALLUNARAJU (5,686M / 18,655FT) & RETURN TO HUARAZ
DAY 9	REST DAY IN HUARAZ (3,050M / 10,000 FT)
DAY 10	TREK TO LLAMACORRAL (3,760M / 12,336FT)
DAY 11	TREK TO ALPAMAYO BASE CAMP (4,350M / 14,272FT)

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## trip dates

**2027** 26 Jun - 13 Jul

## fast facts

### Countries Visited:

Peru

### Visas:

Please check visa requirements with your reservations consultant\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is available for this trip\*

### Leader:

Experienced English speaking mountaineering guide

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

DAY 12 TREK TO MORaine CAMP (4,950M / 16,240FT)

DAY 13 TO HIGH CAMP (5,450M / 17,881FT)

DAY 14 SUMMIT ALPAMAYO (5,947M / 19,511FT)

DAY 15 QUITARAJU SUMMIT (6,034M / 19,797FT) OR CONTINGENCY DAY

DAY 16 TO BASE CAMP (4,350M / 14,272FT)

DAY 17 TO HUARAZ (3,050M / 10,007FT)

DAY 18 RETURN TO LIMA WHERE TRIP CONCLUDES

## additional deposits required

An additional deposit to the value of USD\$600 is required at the time of booking to secure remote trip arrangements. This amount is payable over and above the normal deposit and is payable in your local currency at the time of booking.

## what's included

- 17 breakfasts, 14 lunches and 9 dinners
- Led by Soren Kruse Ledet, supported by World Expeditions accredited, first aid trained mountaineering leaders and experienced local crew
- 1:2 climbing guide to climber ratio
- Airport transfers if arriving Day 1 and departing on Day 18
- Transfer via first class public bus from Lima to Huaraz return for groups of less than 9 and private transportation for groups of 9+ people
- Comfortable and central hotels
- All internal transportation
- Pack animals or porters on trek to carry personal gear
- Safety equipment including portable Altitude Chamber, group medical kit, satellite phone and emergency oxygen cylinder
- Accommodation in two person dome tents during the expedition including group camping equipment, toilet tent and mess tent
- All group climbing equipment

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## what's not included

- Travel insurance (compulsory)
- International Flights and taxes
- Travel insurance (compulsory)
- Bottled water, aerated and alcoholic drinks
- Excess baggage costs
- Travel Insurance
- Visas
- Meals not listed as included
- Tips and gratuities
- Any items not listed as included
- Personal technical climbing equipment (mountaineering boots, crampons, harness)
- Sleeping bags

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## thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

## trip grading

### Intermediate Mountaineering Expedition

Self-sufficient mountaineers with prior expedition experience and technical skills.

Participants must be competent and self-sufficient outdoors, with experience in multi-day trekking and climbing at altitude. Terrain includes exposed ridges and crevassed glaciers. Experience using an ice axe and crampons is mandatory, with multi-pitch rock or ice climbing experience an advantage. Participation on one of these expeditions is subject to acceptance by one of our high altitude mountaineering guides.

## detailed itinerary

### DAY 1 Arrive Lima

On arrival in Lima today, you will be met at the airport and transferred to our hotel in the vibrant seaside district of Miraflores. Once everyone has arrived, your leader will brief the group on the days ahead and a gear check will be conducted. The remainder of the day is free for you to relax after your flight or begin exploring one of South America's most exciting culinary and cultural capitals. Set high above the Pacific Ocean, Miraflores is known for its oceanfront parks, stylish cafés, excellent shopping and some of Peru's finest restaurants. Lima has emerged as one of the world's top food destinations, blending Indigenous, Spanish, African and Asian influences into a truly unique cuisine. Whether you choose to sample fresh ceviche, sip a classic pisco sour or stroll along the dramatic coastal cliffs, there's plenty to discover right outside the hotel doors. Founded by Spanish conquistador Francisco Pizarro in 1535, Lima is South America's oldest capital city and offers a fascinating mix of colonial history and modern energy. The city is home to Spanish colonial architecture, lively plazas, impressive museums and world-class galleries. If time permits, we recommend visiting the renowned Larco Museum, famous for its outstanding collection of pre-Columbian treasures.

Overnight: Dazzler Miraflores Hotel or similar  
meals: NIL

### DAY 2 Bus to Huaraz (3,050m/10,000 ft)

This morning we travel by comfortable first-class coach from Lima to Huaraz, the adventure capital of Peru's spectacular Cordillera Blanca. While the journey takes approximately eight hours, it offers a fascinating introduction to Peru's diverse landscapes as we leave the Pacific coast behind and gradually ascend into the heart of the Andes. As the scenery changes from coastal desert to towering mountain peaks, you'll gain your first glimpse of the dramatic landscapes that make this region one of the world's premier trekking destinations. The Cordillera Blanca is home to the highest tropical mountain range on Earth, with snow-capped summits, deep valleys and pristine alpine lakes stretching across the horizon. A light lunch is included during the journey, although you may wish to bring additional snacks for the day. Upon arrival in Huaraz, we transfer to our hotel and meet our local trekking and climbing team. Nestled at over 10,000 feet (3,050m), Huaraz is the gateway to Huascarán National Park and serves as the perfect base for our upcoming adventure in the Peruvian Andes. This evening, you'll have time to relax, explore the town or simply enjoy the anticipation of the expedition ahead.

Overnight: Hotel Suiza Peruana or similar  
meals: B,L

### DAY 3 In Huaraz (3,050m/10,000 ft) acclimatisation day

Today is set aside for rest and acclimatisation in Huaraz (3,050m / 10,007ft), an important part of preparing for the high-altitude challenges ahead. Taking time to acclimatise properly significantly improves comfort and performance on the mountain and increases the likelihood of a successful summit attempt. You are free to relax at the hotel, explore the lively streets of Huaraz or visit one of the town's cafés, markets and local attractions. Surrounded by the spectacular peaks of the Cordillera Blanca, Huaraz is considered the mountaineering capital of Peru and

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## technical grading

Extreme

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

provides an ideal setting to rest while continuing to adapt to the altitude. Your guides will also use this time to review equipment, discuss the upcoming stages of the expedition and ensure everyone is well prepared for the adventure ahead.

Overnight: Hotel Suiza Peruana or similar

meals: B

### DAY 4 In Huaraz (3,050m/10,000 ft) day walk to Wilcacocha Lake

Over the next few days, we'll explore this spectacular mountain region on a series of rewarding day hikes from our base in Huaraz. These walks offer an excellent opportunity to experience the dramatic landscapes of the Cordillera Blanca while gradually acclimatising to the altitude, providing ideal preparation for the climbing adventure ahead. We enjoy our first hike in the Peruvian Andes to the beautiful lakes of Ararcocha and Wilcacocha in the Cordillera Negra. This scenic excursion provides an excellent opportunity to adjust to the altitude while taking in some of the finest panoramic views of the snow-capped Cordillera Blanca. After breakfast, we drive approximately 20 minutes from Huaraz to the trailhead near Rumichuco Bridge. From here, we begin a gradual uphill hike through traditional Andean farming communities, passing adobe homes, terraced fields and grazing livestock. Along the way, we'll enjoy spectacular views of the surrounding mountains. As we gain elevation, the dramatic peaks of the Cordillera Blanca come into view, including Peru's highest mountain, Huascarán (22,205ft / 6,768m). The contrast between the rugged brown hills of the Cordillera Negra and the glacier-covered summits across the valley creates one of the most iconic mountain vistas in Peru. The walk involves a total ascent of approximately 838m and minimal descent, making it an excellent acclimatisation hike. We first reach Ararcocha Lake (12,116ft / 3,693m), where we pause to admire the stunning mountain scenery before continuing to nearby Wilcacocha Lake (12,221ft / 3,725m). Here we enjoy a picnic lunch beside the tranquil waters, with the towering peaks of the Cordillera Blanca reflected in the lake when conditions are calm. After time to relax, take photographs and absorb the spectacular surroundings, we are met by our vehicle and return to Huaraz.

Overnight: Hotel Suiza Peruana or similar

meals: B,L

### DAY 5 Day walk to Lake Churup (6-7hrs)

Today we hike to one of the most spectacular alpine lakes in Peru's Cordillera Blanca, the stunning turquoise waters of Lake Churup. This rewarding day walk offers excellent acclimatisation while showcasing some of the finest mountain scenery in the Ancash region. After breakfast, we drive from Huaraz to the trailhead at Pitec, passing through traditional Andean communities and fertile farmlands. Along the way, we'll see adobe homes and agricultural terraces belonging to the Quechua-speaking people of the region, providing a fascinating glimpse into rural life in the Peruvian Andes.

From Pitec, we begin our ascent along a scenic mountain trail with increasingly impressive views of the snow-capped peaks of the Cordillera Blanca, the highest tropical mountain range in the world. The route passes through rare Quenual forests, home to Polylepis trees that thrive at some of the highest elevations of any forest on Earth. The final approach to the lake involves a short but exciting scramble assisted by fixed ropes. Reaching the shores of Lake Churup at 4,450m, we are rewarded with breathtaking views of its crystal-clear aquamarine waters framed by rugged granite peaks and the towering summit of Nevado Churup. The lake's remarkable color and pristine setting make it one of the most photographed locations in the Cordillera Blanca. We enjoy a picnic lunch beside the lake while soaking up the spectacular mountain scenery before retracing our steps to Pitec. Our vehicle then returns us

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to Huaraz after another memorable day in the Peruvian Andes. Today's walk takes approximately 6–7 hours, ascending from the trailhead at 3,850m to Lake Churup at 4,450m. The route gains around 600m in elevation and includes one short, steep section assisted by fixed ropes near the lake.

Overnight: Hotel Suiza Peruana or similar

meals: B,L

## **DAYS 6-7 Vallunaraju Base Camp (4,450m / 14,600ft), Moraine Camp (4,940m / 16,207ft) & Glacier Training**

This morning we leave Huaraz and travel by private vehicle into the spectacular Llaca Valley, gaining a further 1,350m / 4,430ft as we ascend into the heart of the Cordillera Blanca. A scenic mountain road takes us through traditional Andean villages to Base Camp at 4,450m / 14,600ft. Time now for our first night in the mountains enjoying magnificent views of the surrounding glaciers and peaks. We continue our ascent, walking for approximately 3–4 hours across glacial moraine terrain to Moraine Camp at 4,940m / 16,207ft. As we gain elevation, the scenery becomes increasingly dramatic, with glaciers, granite walls and high alpine landscapes surrounding us. The walk covers 2.6km (1.6mi) and gains approximately 500m / 1,640ft in elevation as we move higher into the heart of the Cordillera Blanca. After arriving at Moraine Camp and settling into our tents, we undertake an essential mountaineering training session in preparation for the climb ahead. Under the guidance of our experienced mountain guides, we will learn and practice the proper use of crampons, rope techniques and team travel systems, essential knots, and glacier safety procedures. This practical training provides valuable experience and builds confidence before stepping onto the glacier. Overnight: Wilderness camping

meals: B,L,D

## **DAY 8 Summit Vallunaraju (5,686m / 18,655ft) & Return to Huaraz**

Today is summit day. We rise early for a pre-dawn start and depart camp at approximately 2:00am. After a short 20-minute walk to the glacier, we put on our technical climbing equipment and begin the ascent of Vallunaraju, one of the most accessible glaciated peaks in Peru's Cordillera Blanca. Climbing by headlamp, we steadily make our way up the glacier, negotiating moderate snow slopes and carefully navigating crevassed terrain under the guidance of our experienced mountain guides. As dawn breaks, the spectacular peaks of the Cordillera Blanca are illuminated by the morning light, creating unforgettable views across the surrounding mountains. After a sustained climb, we reach the summit of Vallunaraju at 5,686m / 18,655ft. From the top, enjoy breathtaking panoramic views over the Callejón de Huaylas, Huascarán National Park and the snow-covered peaks that dominate this remarkable mountain range.

Following time on the summit for photographs and to celebrate our achievement, we descend by the same route back to Moraine Camp. After a short rest, we continue down to Base Camp before transferring by vehicle to Huaraz, where a hot shower and comfortable hotel await. Today's climb is a challenging but rewarding full-day alpine ascent of at least 10-12 hours, gaining approximately 746m / 2,448ft and descending 1,246m / 4,088ft over a distance of 11.8km (7.3mi).

Overnight: Hotel Suiza Peruana (or similar)

meals: B,L

## **DAY 9 Rest Day in Huaraz (3,050m / 10,000 ft)**

After the challenges of the Vallunaraju climb, today is a well-earned rest day in Huaraz. Take the opportunity to relax, recover and enjoy the comforts of town while

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reflecting on your recent mountaineering achievement. This free day also allows time for final preparations ahead of the Alpamayo expedition. Your guides will conduct a thorough equipment check and provide a detailed briefing on the upcoming trek and climb, ensuring everyone is well prepared for the adventure ahead. You may choose to explore Huaraz's cafés, markets and shops, or simply rest and recharge before we venture deeper into the Cordillera Blanca.

Overnight: Hotel Suiza Peruana or similar  
meals: B

## DAY 10 Trek to Llamacorral (3,760m / 12,336ft)

This morning we depart Huaraz and travel north through the scenic Callejón de Huaylas, passing traditional Andean towns including Carhuaz, Yungay and Caraz. From Caraz, we continue along a winding mountain road to Cashapampa (2,970m / 9,744ft), the starting point of our trek into the spectacular Santa Cruz Valley.

At the trailhead we meet our muleteers and pack animals, who will accompany us throughout the expedition and transport the bulk of our equipment. After final preparations, we begin our walk, following the Santa Cruz River as we make a steady ascent into one of the most beautiful valleys in the Cordillera Blanca. As we gain elevation, dramatic mountain scenery unfolds around us, including magnificent views of the striking pyramid-shaped Taulliraju Peak (5,830m / 19,127ft), one of the most iconic mountains in the range. The trail passes through a rugged landscape of steep canyon walls, alpine vegetation and rushing glacial streams. Today's walk covers 9km (5.6mi) and gains approximately 770m / 2,526ft in elevation as we settle into the rhythm of expedition life.

Overnight: Wilderness camping  
meals: B,L,D

## DAY 11 Trek to Alpamayo Base Camp (4,350m / 14,272ft)

Today we continue deeper into the spectacular Santa Cruz Valley, trekking through one of the most scenic mountain landscapes in the Cordillera Blanca. Following well-established trails alongside glacial streams and alpine meadows, we pass the beautiful lakes of Ichiccocha and Jatuncocha, whose turquoise waters reflect the surrounding snow-capped peaks. Throughout the day, we are rewarded with outstanding views of some of Peru's most iconic mountains, including Artesonraju, Alpamayo, Quitaraju, Santa Cruz and the striking granite spire of Taulliraju. As we gain elevation, the dramatic glaciated peaks that dominate this region become increasingly impressive, offering exceptional photographic opportunities. The walk gradually leads us toward Alpamayo Base Camp at 4,350m / 14,272ft, where we establish camp beneath one of the world's most celebrated mountains. Alpamayo's perfectly symmetrical ice pyramid provides a spectacular backdrop for our camp. Today's walk takes approximately 6-7 hours, covering 13.5km (8.4mi) and gaining 590m / 1,936ft in elevation.

Overnight: Wilderness camping  
meals: B,L,D

## DAY 12 Trek to Moraine Camp (4,950m / 16,240ft)

Today we leave Alpamayo Base Camp and continue our gradual ascent into the high alpine environment surrounding the mountain. Following a rugged trail across glacial moraine, we make our way to Moraine Camp at 4,950m / 16,240ft, gaining increasingly impressive views of the surrounding peaks, glaciers and icefalls. This is a shorter day on the trail, allowing additional time for acclimatisation and rest before we move into more technical terrain. The afternoon provides an opportunity to relax,

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enjoy the spectacular mountain setting and prepare equipment for the next stage of the expedition. Today's walk takes approximately 3–4 hours and gains 600m / 1,969ft in elevation.

Overnight: Wilderness camping

meals: B,L,D

## DAY 13 To High Camp (5,450m / 17,881ft)

Today marks our transition into the more technical phase of the expedition as we leave Moraine Camp and make our way higher onto the mountain. After preparing our equipment, we access the glacier where more technical climbing begins. The route climbs steadily across snow and ice, weaving between crevasses and carefully negotiating sections of glacial terrain. As we gain altitude, the views become increasingly dramatic, with spectacular panoramas extending across the surrounding peaks of the Cordillera Blanca. After a demanding day at altitude, we reach the Alpamayo col, where High Camp is established at 5,450m / 17,881ft. Perched high on the mountain, this camp offers an unforgettable setting and serves as our launch point for the summit attempt. Today's efforts should take approximately 8–9 hours and we will gain 500m / 1,640ft in elevation.

Overnight: Wilderness camping

meals: B,L,D

## DAY 14 Summit Alpamayo (5,947m / 19,511ft)

Today is the culmination of our expedition as we attempt the summit of Alpamayo, widely regarded as one of the most beautiful mountains in the world. Departing High Camp in the early hours of the morning, we begin our ascent under the stars, making our way onto the mountain's famous ice face. The route follows Alpamayo's classic steep face, climbing progressively steeper snow and ice slopes as we ascend toward the summit. Lower sections generally range between 55° and 65°, while the upper face steepens to 75°–90°. Under the guidance of Soren and our experienced mountain guides, we negotiate crevasses, cross the bergschrund and tackle sustained sections of technical climbing before reaching the summit ridge. After a challenging and rewarding ascent, we reach the summit of Alpamayo at 5,947m / 19,511ft. From the top, spectacular views extend across the Cordillera Blanca, revealing a seemingly endless panorama of glaciated peaks, deep valleys and remote mountain wilderness. Following time on the summit to celebrate this remarkable achievement, we begin our descent. Multiple rappels/abseils are required on the upper face before we retrace our route back to High Camp, where we can finally rest after a demanding but unforgettable day in the mountains. Today's technical snow and ice climb takes approximately 10–12 hours and gains around 500m / 1,640ft in elevation.

Overnight: Wilderness camping

meals: B,L,D

## DAY 15 Quitaraju Summit (6,034m / 19,797ft) or Contingency Day

Today offers the opportunity for an optional ascent of Quitaraju, a striking glaciated peak that rises immediately beside Alpamayo. For those attempting the summit, the day begins with a very early alpine start at approximately 1:00am as we leave High Camp and make our way onto the glacier. The route traverses the glacier between Alpamayo and Quitaraju before climbing sustained snow and ice slopes that typically range between 60° and 65°. The ascent generally consists of approximately 10 pitches of 60 metres (197ft) each, requiring advanced mountaineering techniques, efficient ropework and strong movement on steep alpine terrain. Throughout the climb, spectacular views unfold across the surrounding peaks and glaciers of the Cordillera

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Blanca. After reaching the summit of Quitaraju at 6,034m / 19,797ft, we begin a careful descent back to High Camp. The return journey involves more than 10 rappels/ abseils down steep terrain, requiring concentration, teamwork and sound technical skills throughout the day. This is a demanding alpine objective, with the climb typically taking 12–14 hours and gaining approximately 650m / 2,133ft in elevation. Should weather, route conditions or team considerations make a summit attempt inadvisable, this day will serve as a valuable contingency or rest day, providing additional flexibility within the expedition schedule.

Overnight: Wilderness camping

meals: B,L,D

## DAY 16 To Base Camp (4,350m / 14,272ft)

Today we begin our descent from High Camp after our time high on Alpamayo. Leaving camp, we carefully retrace our route across the glacier, descending through spectacular alpine scenery with panoramic views of the surrounding peaks and icefields of the Cordillera Blanca. The descent involves technical glacier travel and a series of rappels as we make our way back to the col and down onto the moraine below. Once off the glacier, we continue descending through rugged moraine terrain toward Base Camp, where we can finally relax and enjoy a well-earned rest after the challenges of the previous days. Today's descent takes approximately 6–7 hours and loses around 1,100m / 3,609ft in elevation as we return to Base Camp at 4,350m / 14,272ft.

Overnight: Wilderness camping

meals: B,L,D

## DAY 17 To Huaraz (3,050m / 10,007ft)

Today we complete our trek through the spectacular Santa Cruz Valley, retracing our route past the serene glacial lakes of Ichiccocha and Jatuncocha. Surrounded by the dramatic peaks of the Cordillera Blanca, we enjoy a final day in this remarkable mountain landscape as we make our way back toward civilisation. The trail gradually descends through alpine meadows, glacial valleys and traditional pastoral landscapes before reaching Cashapampa, where our trek comes to an end. Here we farewell our trekking crew and pack animals before boarding our private vehicle for the return journey to Huaraz. This final day on the trail provides an opportunity to reflect on the achievements of the expedition, from acclimatisation walks and glacier training to the summit of Alpamayo and the extraordinary mountain scenery encountered along the way. Today's walk takes approximately 7–8 hours, covering 23km (14.3mi) and descending 1,360m / 4,462ft.

Overnight: Hotel Suiza Peruana or similar

meals: B,L

## DAY 18 Return to Lima where trip concludes

After breakfast, we transfer to the bus station and board a comfortable first-class coach for the journey back to Lima. A boxed lunch is included during the drive, although you may wish to bring additional snacks for the day. Travelling through the dramatic landscapes of the Peruvian Andes one final time, we descend from the mountains to the Pacific coast, reflecting on the achievements and unforgettable experiences of our expedition in the Cordillera Blanca. Upon arrival in Lima, we are met and transferred directly to the airport for our onward international flight. Please ensure your departure flight is booked for the evening to allow sufficient time for the overland journey from Huaraz. Our team will be happy to provide guidance on suitable flight departure times.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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## suggested extensions

- Amazon Rainforest
- Galapagos Islands
- Classic Inca Trail
- Cusco and Machu Picchu

## requirements for members

We expect all participants on this expedition to have prior experience trekking at altitude. Mountaineering experience is preferred but not essential.

## am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

## physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

## country information

Peru is located on the Pacific coast of South America, spans over 1.3 million square kilometres and is one of the most culturally and geographically diverse countries in the region. Its population is a rich mix of Indigenous peoples, including the Quechua and Aymara, and those of mixed Indigenous and European descent (mestizo). The capital, Lima, is a vast coastal metropolis and home to more than a third of Peru's population. Founded in 1535, Lima served as the seat of Spanish colonial power in South America for nearly three centuries. Today, it's a dynamic hub where colonial architecture, contemporary culture, and sprawling urban neighbourhoods converge. Geographically, Peru is shaped by three distinct regions: the narrow coastal plain, where the cold Humboldt Current creates one of the world's richest marine ecosystems; the towering Andes mountains, which run north to south and form the backbone of the country; and the

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Amazon Basin, a vast area of dense rainforest and biodiversity. At an altitude of 3,400m (11,155ft), Cusco was once the capital of the Inca Empire and remains the cultural heart of the Peruvian Andes. The city is renowned for its Inca stonework, Spanish colonial churches and plazas, and vibrant artisan markets. It also serves as the gateway to Machu Picchu, the UNESCO-listed citadel and one of the world's most iconic archaeological sites.

## climate

Peru's climate varies widely by region. In the Andes, the dry season runs from May to September, with sunny days and cold nights. Daytime temperatures average 15–20°C (59–68°F), dropping to 0–5°C (32–41°F) at night. The wet season is from October to April, with heaviest rainfall between January and March. Along the coast, including Lima, summers (Dec–Mar) are warm and humid, around 24–30°C (75–86°F), while winters (Jun–Sep) are cooler and overcast. In the Amazon, it's hot and humid year-round, with temperatures between 28–34°C (82–93°F). Expect daily rainfall from November to April, with drier conditions from May to October. The trekking season in Peru lasts from the end of April (the last month of the wet season) through to mid-October (by which time the rains have returned and hiking becomes more difficult due to muddy trails and snowed-in passes). In the highlands of Peru, where the treks take place, daytime temperatures will be in the range of 10–20°C falling as low as -10°C at night. Also it is possible that we'll get some snow on the higher ground and some of the higher passes.

## a typical day

On trekking sections, you will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 - 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself. Flexibility and co-operation are key to the success of the expedition. Many factors are taken into consideration, such as group acclimatisation and fitness, weather and snow conditions, before a plan is set for each day on the mountain. In most cases climbing days will commence with very early "alpine starts" when the weather is cold and snow conditions are generally at their best. Your guide will brief you each evening, and discuss the plan of action and what is expected for the coming day.

## meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread,

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cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

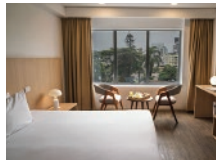
## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## equipment provided

You will be provided with the following equipment to use during your trip; a kit bag, sleeping bag and an inflatable thermarest sleeping mat. You will also be provided with a fibre filled jacket. All general camping equipment including 2 man tents and eating utensils will be provided by World Expeditions. A dining tent with tables & camp stools and lighting will be erected at each campsite.

## accommodation on the trip



Most of the hotels and lodges we use can be described as 3 star accommodation, some of them are categorised as 4 stars. In smaller towns and villages hotel options are often limited and we might have to use more basic accommodation with a lower or without star rating. Please note that the star rating in South America is very fluid and can't be compared to a western standard star rating, however you can be assured of clean, comfortable and well located lodgings. During the trekking and climbing sections, enjoy our fully supported camping experience in quality two person tents with plenty of personal space and storage for your luggage. Our team are on hand to ensure your comfort and safety with a dining tent, separate cooking tent and where appropriate, toilet tent erected.

## pre and post tour accommodation

If you would like to extend your stay in Peru we would be more than happy to assist with your pre or post tour arrangements. Please ask your reservations consultant for further details.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack. There may be times when your leader will request you carry extra equipment such as sleeping bag, sleeping mat and extra warm clothes in case of inclement weather conditions and the possibility of being caught out away from camp.

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It is very important that you follow the gear list recommendations found in the pre-departure information document, as you will need a back pack which is big enough to carry these additional items - we recommend a minimum of 55-65 litres capacity.

## equipment required

Specialist gear required (a comprehensive gear list is provided in the pre-departure information provided on booking).

## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## porter initiatives

Porter Welfare in Peru: The Andes

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Peruvian porters receive the following:

\*All porters receive the same access to medical service as clients.

\*We provide all food (3 meals per day based on a menu requested specifically by the porters), gas stoves for all cooking.

\*We are one of the 5 companies (among almost 200 companies) that pay the highest wages to their porters.

\*All our porters can also access interest free long-term loans from us as long as they can clearly indicate how those funds will be used.

\*We provide all our porters with basic life and accident insurance. In addition we provide any porter (or any member of their family) full coverage of any medical costs that they incur whether it be work related or not e.g. if they have an accident in their fields or if they get any kind of illness

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we fund their treatment until they are well again. We are one of the only companies in Peru to care for their staff to this extent

\*We provide transport (private buses and train) to and from the trek start and finish.

We provide sleeping tents, sleeping pads, (plus sleeping bags if requested), footwear (shoes or boots), warm jackets and raingear.

Porters are not to carry more than 20 kilos camp gear and 5 kilos of personal gear

The minimum age for a Porter is 20 and the maximum age is 58 years old.

We have yearly meetings to discuss the needs of Porters.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> [www.ippg.net](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)

Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://www.kiliguides.org)

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## visas

A visa is exempt for passport holders from the following countries visiting Peru for short term tourism purposes:

Australia

New Zealand

Canada

United States

United Kingdom

For all other nationalities and longer stays please contact the relevant embassy.

If you are entering Peru from Bolivia, Ecuador, or any land border, please ensure you source a Peruvian entry stamp at the border. Take initiative at the immigration checkpoint, as they may not approach you. Failure to obtain an entry stamp requires applying for an exit or expulsion order at the Immigration Office in Lima. Without this order, air travel out of Peru is not allowed, and it may lead to a 10-year ban on re-entry. Please note however that passports will not receive immigration entry or exit stamps at any international airport in Peru. Instead, entry and exit from the country will be digitally recorded.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.



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## private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

## subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free e-newsletter.

## social networking

Connect with our community @

FACEBOOK: @worldexpeditions

facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

## how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.