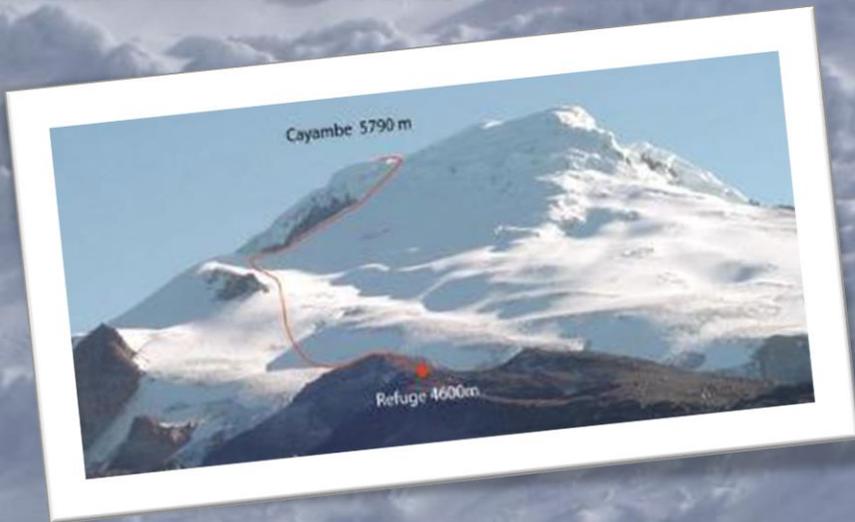


# -Climbing to Cayambe volcano- 5790 m

High mountain 2 days / 1 night

*The Cayambe volcano, the third highest peak in Ecuador (5790 m) is located 2:30 hours to the north of Quito, near the city of Cayambe. In the Eastern mountain range of the Andes. Climbing the volcano will take about 9 hours in total. (refuge - summit - refuge)*

*No particular knowledge of high mountain technique is essential, but participants, however, require an excellent acclimatization and good physical condition*



## Day 1:

Departure at 10 a.m. from Quito in private vehicle to Cayambe and then to the refuge at 4700 m. Picnic in the refuge. In the afternoon, the ice school to test the equipment and see the level of each participant. The guide will explain the management of the technical equipment, the evolution of the glacier with this equipment (helmet, harness, rope, crampons and ice axe). The safety and rescue techniques will be explained in accordance with the safety regulations in high mountain, the guide will also evaluate the level of each participant to form the ideal cordate. Return to the shelter followed by a dinner and rest in the bedroom provided for this purpose.



## Day 2:

Get up around midnight to eat and wear your personal and technical equipment. The ascent will begin around 1 a.m. We will place the rope on the glacier 200 meters above the shelter. The ascent will last from 6 to 8 hours and the descent will be approximately 3 hours. Return to the shelter to pick up your extra equipment and return to Quito at the end of the morning.

*Hiking time: 8 to 9 hours*

*Type of terrain: sandy trails, rocks, occasional snow and glacier*

*Unevenness: 1090 meters*

## Price per person

Base 1 participant: 590 USD

Base 2 participants: 340 USD



## Our rate includes

*Night at the refuge*

*1 guide for every two participants*

*Technical equipment: Ice axe, crampons, harness and helmet*

*Meals: except breakfast (day 1) and lunch and dinner (day 2)*

*Transport Quito/ Cayambe/ Quito*

## Our rate doesn't include

*Entrance fee to Cayambe reserve – free for the moment*

*Sleeping bag*

## Foresight and advices

Anticipate an acclimatization of 5 to 7 days in the Andes before the ascent. Our team will be happy to assist you on the different possible ascents.



## List of belongings to carry for ascension

*Cap, gloves and over gloves waterproof*

*Technical jacket and waterproof pants*

*Headlamp*

*Mountain goggles (protection 3 or 4)*

*Rigid mountaineering boots suitable for semi-automatic crampons with thermal inner boots for temperatures between -10° and -20° or plastic boots (less modern models). It is preferable for better comfort to wear your own boots during this ascent, however, there is also the possibility of renting them in a store (Maximum size 47). If you have to rent equipment in Quito, we'll help you with pleasure. For problems with altitude, consult your doctor in advance for the use of Diamox.*

*Sleeping bag*

*Backpack 70 l (to carry the equipment to the refuge)*

*Small backpack for the ascent*

*Walking sticks (optional)*

*Leggings*