



PERUVIAN ANDES ADVENTURES

CLIMB URUS & ISHINCA

4 or 5 Days

PEAKS

Urus: 5495m (18028 ft)

Grade: PD- /Moderate snow climbing, beginner suitable, physically demanding

Ishinca: 5530m (18143 ft)

Grade: PD- /Moderate snow climbing, beginner suitable, physically demanding

You can choose to climb just one of the peaks, in which case three days are required

From our base in the beautiful Ishinca Valley we climb two peaks.

Urus and Ishinca can be climbed without previous climbing experience. We will provide instruction and support. Some years, depending on amounts of snowfall, Urus involves more time climbing on a moraine ridge rather than on snow & ice, but it is nonetheless an excellent peak on which to gain further acclimatisation and strength. Ishinca is a rewarding climb for both experienced and beginner climbers, with long enjoyable slopes of good snow. Most of the way is not very steep and not technical. Some years there can be short, steep sections, or some hard ice which is difficult to negotiate for beginner climbers; we would help you with this. Previous experience on snow and ice is not necessary, and we will provide some basic instruction at Base Camp, as well as support during the climb itself. Nevertheless, you do need to be strong to undertake these climbs.

Note 1: *Although we grade the climbs Moderate and as being suitable for beginner climbers, the altitude at 5530m does make the climbing physically demanding. Although many guidebooks grade the climbs as "trekkers (or "trekking") peaks", you are actually climbing with rope, with ice axe and crampons and are at high altitude. Consequently it is more difficult climbing than similar climbs at lower altitudes. We do not classify any peaks in the Cordillera Blanca as "trekking peaks" and both these climbs are true physically demanding mountaineering. Both these climbs have long approaches to the glacier over steep rocky moraine which many clients find demanding & difficult. The climbs should be considered as being physically challenging. You should only consider these climbs if you have good fitness and stamina levels and are strong and comfortable with hiking on steep & loose moraine rock.*

Note 2: *The routes used and the conditions on all the peaks are changing year by year, and even from month to month. The descriptions we have given are general only, and the routes used, conditions on the mountain and description of routes may change considerably by the time we are climbing. Conditions on all the mountains are changing rapidly due to global warming and rapid recession of glacial ice, and descriptions of routes that you may find in some guide books can be out dated within 12 months.*

In some years on Ishinca it has been necessary to climb a steep ice wall at the glacier face to get from the moraine rock up onto the snow. Other times there has been an easy route from the rock to the glacier. The glacier face of Ishinca changes continuously and we cannot say how easy it will be to get up onto the glacier and the good snow until we arrive there. If the climb onto the glacier is steep the guide(s) will help you.

Note 3: Acclimatisation *It is important that you are well acclimatised to the altitude before attempting to climb any peaks in the Cordillera Blanca, thus avoiding possible problems with lack of energy or altitude-related illnesses when climbing. Climbing above 5000m is physically demanding, even if the climbing is not steep or technical. We always recommend a trek of minimum 4 to 6 days for acclimatisation and extra fitness.*

If you will not already be well acclimatized when you arrive in Huaraz or are not making an independent acclimatization trek, then we will be happy to recommend and organise a suitable trek for you.

Note 4: *The guide in charge of your climb will be one of our local experienced & professional UIAGM International Mountain Guides.*



Day 1: Drive from Huaraz to Pashpa or Collón. Hike to Ishinca Base Camp

We drive 1½ hours from Huaraz to the village of either Pashpa or Collón (3400m). We then walk up the Quebrada Ishinca valley on a gently rising path to our camp at the head of the valley. This is a lovely walk, starting on a plateau with views of Huascarán, then passing through beautiful Quenuel (polylepis sp.) forest. As we walk up the valley, it opens out, and we see Tocllaraju ahead. Ishinca Base Camp is at 4390m. 5 to 6 hours.



Local Collon Ladies



Hike from Pashpa



Approaching Base Camp



Ishinca Base Camp

Day 2: *Ishinca Base Camp to Urus Summit and Return*

Today we climb the East Face of Urus. Leaving camp at 4am, we make a steep climb directly up a ridge and across large moraine rocks until we reach the ice after 3½ hours. There's a steadier gradient on the ice for one hour, then the last half hour to the summit is an easier rock climb. **Note**, however, that some years and months there can be deep snow all the way to the summit. Arrive at the summit to see the sun rise on Tocllaraju, Akilpo, Palcaraju and Ishinca. A steep & long descent back to camp by the same route. 7 hours.



Urus Route



On Urus

Optional: *Rest Day Here (day 3)*

It is recommend if you have the time to have a rest day between the two climbs, or use as a bad weather day

Day 3 (or 4): *Ishinca Base Camp to Ishinca Summit and Rack*

Today we climb Ishinca. We leave camp at 3am and undertake a steady climb, initially on a good path to Lake Ishinca (2½ to 3 hours). Then we continue hiking over more demanding, steep moraine rock until we reach the glacier. We put on crampons and rope up then climb the north face of Ishinca, a steady slope, not too steep overall, although with a few short steeper sections. The final 40 metres to the summit, however, is on a gradient of some 50 deg. which the guide(s) will help you with. Some years, depending on the condition of the glacier, there can be some hard ice, especially at the glacial face to climb up onto the start of the glacier which involves a short section of steep ice

climbing, but we will help you with this. It's about 3 to 3½ hours on the ice to the summit. Depending on conditions on the mountain, we may instead climb the East face of Ishinca, approaching from the Ranrapalca glacier. This side is also a medium climb and suitable for novice climbers. Return the same way to Base Camp. 9 to 12 hours, depending on fitness.



Ishinca Early Morning



On Ishinca



On Ishinca, Behind is Ranrapalca



Ishinca Summit, Ranrapalca Behind

Day 4 (or 5): *Descend Hiking to Collón or Pashpa and Drive to Huaraz*

A relaxing 4-hour walk down the Quebrada Ishinca valley to Pashpa or Collón and return to Huaraz in our vehicle.

Climbing Hours:

Climbing times are estimated times and based on our average climbing groups from past experience. Some people may be much faster and others slower.

Trek Roads: Access roads to and from treks are generally dirt mountain roads (not paved) and in some places can be bumpy. Road travel times are slower than you may expect for the kms travelled.

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