



## PERUVIAN ANDES ADVENTURES

### CLIMBING INSTRUCTION COURSE VALLUNARAJU 5686m

**Options:** 3 to 5 days

Grade: Hard



Vallunaraju is easily accessed from Huaraz and with a wide variety of rock, ice forms, slopes, ice walls and crevasses is an ideal site for a climbing course and it is where the Peruvian Mountain Guides come for training courses and to practice.

The courses outlined below are general only. We will "tailor" make a course for you depending on your level of experience and which skills you may particularly wish to practice, and also the mix between rock and ice climbing that you would like and the number of days that you have available.

We will discuss with you during our email correspondence to assess the type and level of instruction you will benefit from. We will also have a meeting with you and your guide when you arrive in Huaraz to discuss your previous experience and things you will like to achieve from your course so that we and your guide can design a course especially tailored to your needs and aspirations.

## ROCK

We can also design a challenging 2 or 3 day rock climbing course in the Llaca Valley. There are numerous routes from beginner rock climbers to technically demanding routes.



**Note 1:** *It is necessary to carry all equipment from the vehicle up to the camp on Vallunaraju. The way up to the camp is on a dirt and rocky trail which is a steep and demanding climb for about the first two hours. Our crew carry the tents, food & equipment, but you need to carry your own personal gear (and must have a backpack large enough for this). Our crew will carry as much of your climbing gear as they can manage.*

**Note 2:** *We classify the course and climbing as Hard because the altitude of 5686 metres and the steep, tough nature of the hike up to camp while carrying your gear, do make it demanding. The intensive nature of the climbing instruction is also physically demanding. You need to be strong enough to carry a moderate-weight backpack up the steep trail. For the fit, strong and well-acclimatized this is a great, challenging adventure; you should not consider this program unless you have above average fitness and are generally strong.*

**Note 3:** *The guide in charge of your climb will be one of our local experienced & professional UIAGM International Mountain Guides.*



**Note 4: Acclimatisation** *It is important that you are well acclimatized to the altitude before attempting to climb any peak in the Cordillera Blanca, thus avoiding any potential problems with lack of energy or any altitude-related illnesses when climbing. Climbing above 5000m is physically demanding, even when the climbing itself is not steep or technical. On this ascent you go from Huaraz (3090m) direct to the Morena Camp (5130m), constituting an altitude gain of 2040 metres in a single day. It is therefore extremely important that you already be well acclimatized. We always recommend a trek of minimum 4 to 6 days for acclimatization and extra fitness.*

*We can organize a trek for you if you have not already organized your own independent trek.*

### **Day 1: Drive Huaraz to Quebrada Llaca valley. Climb to Morena Camp**

We drive eastwards and upwards from Huaraz on a dirt road for 1½ hours to the Llaca Valley (4470m). Here we put on our packs and climb steeply up a ridge for about 3 to 4 hours to

Morena Camp (5000m). Donkeys are unable to negotiate this route, so we need to carry all equipment. The first 2 hours is on tough, steep ground, but then the route gets easier and traverses gradually to the campsite. All the way up to Morena Camp we have amazing views of the nearby ridgeback Nevado Ocshapalca snowpeak (5888m), the town of Huaraz and, away to the west, the Cordillera Negra. At night time from Morena Camp, the lights of Huaraz way below are magical.

In the afternoon we practise using ropes, knots and have some rock climbing instruction .  
OR

We stay at in the Llaca Valley for Day 1 for practice techniques and knots on rock, and then climb up to Morena Camp the morning of day 2.



*Climb up to Morena Camp*



*Vallunaraju Morena Camp*

**Day 2 - 4:** First we climb up over moraine rock slabs for ½ an hour before we come to the glacier where we will have a full day instruction.

### **BEGINNERS COURSE**

Instruction on basic techniques and safety for first time climbers or people with only limited climbing experience.

Includes practice using knots, roping up, use of crampons & ice axe, self arrests, glacier travel, crevasse awareness, rappel, belay, snow stakes, ice screws.

If there is time and you have the energy, we will also have an introduction to, crevasse rescue and ice climbing.





## INTERMEDIATE COURSE

Designed to expand and re-develop essential skills for people with some basic climbing techniques:

Snow & ice climbing, placing anchors, belayed and rope skills, glacier travel techniques, route selection & navigation, lead climbing, avalanche awareness, emergency shelter, crevasse & alpine rescue, ice climbing, climbing on mixed rock & ice



## ADVANCED COURSE

Aimed at improving skills for people who already have strong basic climbing skills and who will become lead climbers.

Includes: leading & placing protection on steep ice and mixed terrain, self rescue techniques, efficient belay & rope management techniques, rappelled descents of steep ice, snow rock & ice anchor systems, route selection & navigation skills, crevasse rescue and evacuation from the mountain, emergency shelters, climbing mixed rock & ice, techniques for instructing others.



**Final day (3 to 5):** We leave early to climb to the summit. It is a steady and not steep on good snow slopes towards the summit 5686m. The last 60m to the summit is steeper and more exposed. You will practise & reinforce the techniques you have been learning on the previous days. All the way we can see across to Huascarán, the highest mountain in Peru. We then return to Morena Camp to pack up the tents, and descend to the Llaca Valley where the car will be waiting for us. Around 10 hours to climb and return to Llaca Valley depending on fitness levels.

## OR

You can choose to have another day of instruction instead of climbing to the summit

**OR:** we can extend the course by one or two days to give more intense instruction and time to practise.



*To the Summit*

**Copy:**

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