Aconcagua Ascent

Trip Code: ACO

Version:

MOUNTAINEER	GUIDED GROUP	11 TOUGH



HIGHLIGHTS

- **Discounts up to £100 on selected departures.** Learn more here.
- Reach the highest point in the Americas at 6,960 metres and claim a world-class summit
- Acclimatise with a carefully planned trekking programme
- Climb via the Normal Route led by professional Argentinian guides and porters
- Perfect first ultra-high altitude trek for ambitious adventurers

- Explore the beautiful region of Mendoza
- **Climbing Permit included** in the land only trip price

AT A GLANCE

- 16 days trekking and climbing
- Max altitude - 6962 metres
- Join at Mendoza

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Dominating the Andes Mountains in South America, and the highest peak in the world outside of the Himalayas, the mighty Aconcagua (6,960m) is the second highest peak in the famed Seven Summits. Every year since 1999, KE have been successfully running expedition style holidays to Aconcagua, meaning you're in excellent hands. We climb the mountain via the Normal Route, which is a challenging, high altitude trail but less technical than others. This climbing holiday starts in Mendoza, the capital of the beautiful wine-growing Cuyo region. Next, we transfer to the village of Penitentes, from where we start a two day trek to the basecamp at Plaza de Mulas. The adventure includes an excellent acclimatisation programme, including three days set aside for summit attempts. Unlike other companies that use UK leaders, KE's groups are guided by expert English-speaking Argentinean mountain guides; professionals who truly know the mountain. These high altitude experts are all members of the Argentinean Association of Mountain Guides (AAGM). Whilst on the mountain, assisting our expert guides will be a dedicated team of high altitude porters to assist in carrying equipment between basecamp and the three higher camps. This excellent mountain set up, alongside experienced guides and a well-planned acclimatisation programme, ensures you've the best chance of a summit success. We finish the holiday in Mendoza, were we can celebrate with the fruits of its renowned wine production.

Is this holiday for you?

The ascent of Aconcagua is generally considered to be a trek, rather than a climb and as such it is a very difficult holiday to grade. As you'd expect to reach one of the of the highest peaks in the world, you'll need determination and a positive attitude alongside physical strength to reach the summit. Climbing Aconcagua is considerably more challenging than Kilimanjaro and should be considered an expedition, rather than a supported trekking holiday. On the approach to the mountain we have three days of straightforward trekking above Penitentes Village and whilst heading to Plaza de Mulas basecamp. Above basecamp, we'll encounter mostly zig-zag trails across scree, as well as unstable boulder fields and easy-angled snow slopes which will require the use of a walking ice axe. Although the gradient of the ascent is generally low, the high altitude of the peak and variable weather conditions (powerful sunlight, strong winds and cold temperatures) provides a genuine challenge. Aconcagua can be attempted by very fit hill walkers without significant mountaineering experience (although crampon and ice axe skills are required) but it should not be underestimated, it is one of the toughest holidays KE offers. On the mountain, we'll be assisted by high altitude porters who'll carry the group's equipment

between camps. However ,you'll be expected to carry your own personal equipment and a food share on load carrying days. You'll also need to carry a backpack of up to 15kgs between camps and on summit days (in typical conditions) you'll be using crampons and ice axe, so previous crampon and ice axe experience (including the ability to self arrest) is highly required for this holiday. (This holiday requires a copy of your passport by the KE office after booking).

PLEASE NOTE: There is a single supplement available for the hotel nights and the tents whilst at basecamp on this trip. Due to the expedition-style nature of the itinerary, you will be required to share a tent at the high camps for operational and safety reasons. Depending on the make-up of the group, this may mean you will have to share with a member of the opposite sex.

Itinerary

Version:

Holiday Information

What's Included

- Qualified English speaking Argentinean mountain guides at a ratio of 1:3
- Airport transfers on Day 1 and Day 19
- All accommodation as described in the trip notes
- Meals as detailed in the meal plan
- Once on trek a full service including food and all equipment (excluding personal equipment)
- High altitude porters to carry group equipment to high camps
- All land transport involved in the itinerary
- National Park fees and Climbing Permit (worth $1170 - Dec 2025)

What's not Included

- Travel Insurance
- Some meals as detailed in the meal plan
- Tips for trek staff
- Accommodation and food costs in Mendoza if the group summit early and return early to Mendoza
- Additional Porters to carry your personal gear. Personal porters can be hired at additional cost.

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet in Mendoza.

An airport transfer will be provided on arrival and departure for all clients.

Hotel contact details and an emergency contact number will be provided with your booking confirmation.

Meal Plan

During the expedition all meals are included from breakfast on day 2 until arriving back in Mendoza. In Mendoza there is a wide range of dining options and here it makes sense to leave the choice of where and what to eat to you. We have therefore not included meals other than breakfasts while staying in Mendoza. Based on the current itinerary this is a total of 2 dinners, but please note this may be more if the group opts to return to Mendoza following an early success on Aconcagua. You should budget between US$15 - 20 per meal while in Mendoza.

Special diets can be catered for on Aconcagua at an additional cost which needs to be paid on booking. The extra cost covers all meals whilst on the mountain. There is no cost for Vegetarian but Vegan, Lactose free or Celiac gluten free is US$415.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Accommodation

The trip includes 2 hotel nights in Mendoza, 1 night in a lodge/hostel in Pentitentes and 15 nights camping.

We will spend two nights in a centrally located hotel in Mendoza city: one night on arrival, and the second night after completion of the climb. The rooms are double-occupancy (two people to a room). The group will also spend one night in Penitentes in a quaint hotel at the beginning of the expedition. Rooms sleep two to four people and have a private bathroom. If you are travelling by yourself you will be paired up with another solo traveller of the same sex whilst staying in hotels.

We spend two nights in Confluencia Camp for a thorough acclimatisation and a spectacular view of the South Face of Aconcagua and six nights at the lovely Base Camp at Plaza de Mulas. The camps are fully prepared to make your climb as comfortable as possible, with dining tents where you can eat and relax, read, or play cards. Well-trained chefs will prepare all your meals and provide hot drinks as desired. Facilities include two-man VE25 sleeping tents, toilet facilities, hot showers and Wi-Fi.

Single room and tent supplements

Single rooms can be booked for the hotel nights in Mendoza and single tents are available at basecamp only (8 nights).

High Camps

Due to the expedition-style nature of this trip you will be required to share tents at the high camps due to operational and safety reasons. There is a possibility that you will need to share with someone of the opposite sex, depending on the make-up of the group. It is important to note that the mountain guide's decision is final when allocating tents.

Tents

On the mountain tents are either Mountain Hardwear or North Face high mountain tents which can withstand the Aconcagua weather conditions and terrain. You'll stay in these tents at base camp and at high camps on a twin-share basis. Occasionally at the higher camps there may be a maximum of 3 per tent.

Additional hotel nights

Additional hotel nights can be booked at the hotel in Mendoza at the start or end of your trip. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

Contingency days

If the extra contingency days allowed for summit attempts are not required, the group may wish to return to Mendoza earlier than planned. In this case the additional hotel nights in Mendoza will need to be paid for by group members as they are not included in the trip cost.

Group Leader & Support Staff

The group will be led by a qualified English-speaking Argentinian mountain guide and during the climb will be assisted by other qualified mountain guides. All of these guides are qualified through the High Mountain and Trekking Guides School in Mendoza (EPGAMT) and Argentinean Association of Mountain Guides (AAGM). The guiding ratio whilst on the mountain is 1:3 and all guides carry a VHF radio and a comprehensive first aid for emergencies.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending several nights above 5000 metres and you will climb to almost 7000 metres on summit day. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes and our proven programme of acclimatisation will give you the best chance of being in the best condition to attempt the climb, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 5000 metres you should consult one of our trekking experts before embarking on this holiday.

Medical Checks on Aconcagua

At both Confluencia and Plaza de Mulas fixed camps there are medical posts staffed by doctors throughout the climbing season. They have portable altitude chambers and bottled oxygen for altitude emergencies. The base camp also has a helipad for emergency evacuations. It is mandatory for expedition members to visit the medical posts for a check-up before ascending further up the mountain. The doctors check blood pressure, oxygen saturation, pulse and other vital signs. The doctors can prevent expedition members from continuing further if they do not pass the medical checks. These medical professionals are also available at these camps to assist in any medical emergencies.

Additional Medical Information

A detailed medical questionnaire will be sent out to you once you are confirmed on the tour and needs to be filled in and sent back to the KE office. Alongside asking about your height and weight you'll need to provide details of your blood group and blood pressure.

Travellers over 60 years of age will also need an additional note from their doctor confirming good health and their fitness to participate, in order to meet local requirements.

Risk Acceptance Affidavit

In order to obtain the permit to climb Aconcagua, The Government of the Province of Mendoza, require all participants to sign a "Risk Acceptance Affidavit", disclaiming the authorities of responsibility for any accident, sickness, misfortune or emergency that may arise during your time within the Aconcagua Provincial Park. It also declares that the participant must meet all expenses that may arise in the case of rescue and evacuation by mule, helicopter or other means of transport, as well as, any medical expenses that may arise. It is a condition of travel with KE Adventure that you must have sufficient travel insurance in place to cover these scenarios. For more information please see our travel insurance advice.

HELICOPTER RESCUE AND INSURANCE

Helicopter evacuation from Aconcagua National Park requires upfront payment to the local helicopter operator, which then may be claimed back from your travel insurance. You must ensure your travel insurance covers such costs for rescue and repatriation and will reimburse payments made in this way. The helicopter operator also hold relationships with certain US-based insurance companies who can provide evacuation without the need for upfront payment. Supplementary policies to cover this specific evacuation without need for upfront payment can be arranged. Please contact us for more information if you wish to explore these options

Although this trip requires no previous mountaineering experience, you will likely have plenty of hill walking and some altitude experience so may be familiar with the risks of high altitude trekking and climbing. For further clarification, significant additional hazards of high altitude trekking, climbing and mountaineering include, but are not limited to, transportation (before, during and after the activities); dealing with pack animals used for carrying gear and for riding in some circumstances; injury or illness caused by contaminated or untreated water; slips, trips and falls on rugged terrain; being struck by avalanche, rockfall, icefall or other debris; glacier travel hazards such as crevasses and snow bridges; camping hazards; weather related hazards such as storms; extreme heat injuries; extreme cold injuries such as hypothermia and frostbite; altitude related conditions such as acute mountain sickness, pulmonary edema, cerebral edema; damage, failure or misuse of safety or climbing equipment; physical capabilities/limitations. The information on this trip page, make up of the itinerary and acclimatisation profile, as well as the expertise of the guides goes some way to mitigate these risks, but no risk on such trips can be completely eliminated.

Park Fees & Permits

The cost of the park fee/climbing permit for Aconcagua is included in the holiday price.

Spending Money

We estimate that $400 - $450 should be sufficient to cover your spending requirements including meals in Mendoza, tips for trek staff, and other personal expenses. It is not necessary to purchase local currency (Argentine Pesos) prior to your trip. Credit and debit cards can be used to withdraw cash from ATM's in Mendoza (Argentinian pesos only). Credit cards can also be used for purchases and to pay for meals at most restaurants in Mendoza. If you are bringing your spending money with you we recommend bringing US dollars cash as this is generally much easier to exchange. US dollars are readily exchanged at most banks and can often be used for transactions.

Please be aware that in the event of any early departure from the mountain extra hotel nights in Mendoza and transport costs will be at your own expense. Only 2 hotel nights in Mendoza (pre and post expedition) are included in the trip package. See Additional Information tab below for more information.

Guidance on Tipping

Tips are the accepted way of saying thank you to your local guides and do not form part of their wages. We would recommend putting aside $200 for tipping the local staff and guides on Aconcagua.

Additional Information

Early departure from the mountain

If you have to leave the trip due to a medical emergency there is a national park rescue helicopter service available, evacuation may also be by land transport or mule in some cases, depending on availability, location, weather and additional factors. All clients must hold suitable insurance to cover any costs arising from rescue and evacuation, as well as medical expenses, and must provide us with these details ahead of your trip.

If you have to leave the trip early, you will carry essential belongings with you and the rest of your baggage will come down with the group when they return from the mountain. The transfer by regular bus back to Mendoza is included and you can take your 1 night hotel in Mendoza on your return. Any additional hotel nights in Mendoza will be at your own expense. If you wish your baggage to return to Mendoza before the scheduled group return date this will be at an extra cost.

If you decide not to ascend Aconcagua, then you can wait in Plaza de Mulas basecamp for the group to return at no extra charge. If you wish to return early to Mendoza then there would be additional charges for a mule to carry your baggage to the park entrance and an accompanying guide. You are not allowed to return to the park entrance without a guide. We include a transfer in a regular bus from the park gate to Mendoza. If you want a private transfer there is an additional charge for this. You can take your 1 night hotel in Mendoza on your return and any additional hotel nights in Mendoza will be at your own expense.

If the group summit Aconcagua early and decide to return to Mendoza without using the 2 contingency days on the mountain, then the extra hotel nights in Mendoza will be at your own expense. Only 2 hotel nights in Mendoza (pre and post expedition) are included in the trip package.

Guide's trip management and summit attempts

Given the nature of the trip, it is important to acknowledge that the guide's decision on the mountain, in relation to safety and the well-being of the group, including support staff such as the porters and camp team, is final. The guide, as the group leader, can decide on any changes to the itinerary, including ending the program if he/she considers the team is in danger.

The guide will make their best efforts to provide you with a summit attempt. They cannot, however, guarantee that you will reach the summit of a peak. Weather, route conditions and your own abilities, or the abilities of other climbers in the group may create circumstances that make an ascent unsafe, and you or your entire team may have to turn around without reaching the summit.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Argentina

UK and USA passport holders do not require a visa for short stays.

New entry requirements to Argentina

Please note that, due to recent changes in Argentina's Immigration Regulations, new entry requirements apply to all foreign non-resident travellers as of May 28, 2025.

To enter the country, each traveller must present the following documents:

- Valid medical insurance that provides coverage for the entire duration of the stay.
- A return ticket or proof of onward travel out of Argentina
- Accommodation booking or the address of the place where they will be staying.

Failure to provide any of these documents may result in denied entry, at the discretion of the immigration authorities.

We strongly recommend to all travellers to ensure all the travel documents are complete and up to date before departure to avoid delays or inconveniences upon arrival.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We suggest that you start training several months before your ascent of Aconcagua to build strength, endurance, and confidence. Focus on regular exercise, long hikes in hilly terrain, and gradually carrying a backpack up to 15 kg. Aim to comfortably ascend 1,000 m (3,000 ft) over four to six hours while carrying your pack. Experience of camping in cold conditions will also help you handle the challenges ahead. While altitude cannot be fully simulated, being fit and well-prepared will make your Aconcagua adventure safer, more enjoyable, and rewarding.

Climate

The best time of the year to climb Aconcagua is during the Southern Hemisphere summer - from the middle of November until early March. While Aconcagua is entirely within the Republic of Argentina, the Pacific Ocean is only 150 kilometres to the west. The mountain receives almost all of its bad weather from the moist winds which blow in from the west off the Pacific Ocean, but summer storms are relatively rare on Aconcagua and the sun shines for most of the climbing season. Rough guide to temperatures November – early March Maximum/Minimum Mendoza +30ºC/+20ºC, 4000m. +15ºC/-5ºC, 5000m. +10ºC/-15ºC, 6000m. +5ºC/-25ºC. On its upper slopes, Aconcagua is notorious for a fierce wind called “Viento Blanco” - the white wind - which can further reduce temperatures. This wind can be strong enough to rule out any summit attempt but rarely lasts more than 48 hours. Our spare summit days mean that an occurrence of this wind should not spoil our chance to reach the summit.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Aconcagua and the Southern Andes - Cicerone press
- Aconcagua - Summit of South America – Harry Kirkstra
- Argentina - Footprint Handbook
- Argentina – Lonely Planet
- Latin America Spanish phrasebook - Lonely Planet

Maps

Aconcagua 1: 50 000 - Zagier y Urruty

Attractive and detailed topographic map covering the whole Aconcagua Provincial Park. Contour interval is 50m, with spot heights for peaks. Roads tracks & trekking trails clearly marked.

Cerro Aconcagua 1: 40 000 – Sandra Greulich

An excellent 1:40 000 map of Aconcagua with all of the routes marked, panorama views of the faces with climbing routes, route profiles, useful information on Aconcagua, and a street plan of Mendoza.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Please refer to the Baggage Allowance for further information.

You should bring the following items:

- Hiking boots
- Mountaineering double boots*
- Lightweight adjustable climbing helmet which can fit over a warm hat, and a headlamp can be securely attached to.
- Trekking poles
- Crampons (ensure these are correctly fitted to your double boots)
- Walking ice axe (with wrist leash)
- 120cm sling and 2 x screw-gate carabineers **
- Gaiters

- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts
- Shirts or T-shirts
- Fleece jacket
- Waterproof jacket with hood
- Warm jacket (down)
- Sunhat
- Fleece hat
- Sunglasses (Category 4 rated)
- Ski-goggles
- Inner thermal gloves
- Warm and waterproof insulated gloves or mittens
- Spare Warm and waterproof insulated gloves or mittens
- Sleeping bag (comfort rated -30°C)
- Sleeping bag liner

- Camping mat***
- Plastic bowl
- Plastic mug
- Spoon
- KE trek bag or similar expedition style duffle bag
- Backpack - minimum 70 litres ****
- Small daypack – for carry-on and trek to basecamp
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles. Take 3 x 1 litre 'Nalgene' bottles (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Thermos flask - 1 litre
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)
- Basic First Aid Kit including Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, altitude (Diamox), plasters and blister treatment, and re-hydration salts (Dioralite).
- Small padlock (to lock your KE trek bag)

The following items are optional:

- Windstopper fleece facemask
- Trainers or similar for camp use
- Spare laces
- Swimwear (for the hotel pool)
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Camera
- Pee bottle (wide necked Nalgene style bottle)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*__Mountaineering boots__ - You will need high altitude double boots for this trip. Climbing at altitudes of over 6000 metres, the temperatures can be very cold (as low as minus 30°C) and there is less oxygen in the blood to cope with these conditions. Single boots are really not suitable for these cold, high conditions. Most double boots consist of an outer shell and an insulated inner boot. Scarpa Vega is an example of a good all-round plastic double boot. La Sportiva Spantiks are an excellent alternative to a plastic boot, where the outer boot is constructed from modern synthetic materials. Other suitable double boots are La Sportiva G2 SM and Boreal G1 Lite. You must make sure that you are suitably equipped for these extremely low temperatures and high altitude.

** 120cm sling and 2 x screw-gate carabineers - During the last season the local guiding companies attached a 200m fixed line to protect a section across a snow field that became more technical due to higher than usual snowfall. This has generally not been required in previous seasons. Therefore we have included the 120cm sling and 2 screw-gate carabineers on the kit list to allow you to attach to the fixed line if it proves to be required on the summit day this season.

*** **Camping Mat** - For this trip we recommend you bring a closed cell foam camping mattress for the high camps on the mountain as these are light, robust and cannot puncture while providing good insulation. You may also want to consider bringing a thermarest or similar inflatable mattress in addition for greater comfort at base camp. The thermarest can be left at base camp while you are on the mountain.

****** Backpack required for this trip** - While on the mountain we employ Argentinean guides to carry the group's tents, stoves and fuel. You will be required to carry all of your personal equipment including your sleeping bag and camping mattress, and a small proportion (approximately 1kg) of the group's food. To do this you will need a large (minimum 70 litre) backpack suitable for your size (or with adjustable back system) which is designed for load carrying with a comfortable hip belt. During the 3-day trek up to the basecamp, mules will carry your backpack containing those items you need during this stage of the trip. You will carry a small daypack with the things you need during the day.

What happens to your KE trek bag - Your KE trek bag containing the climbing gear items that you don't need on the walk up to the Plaza des Mulas (ice-axe, crampons, big boots etc.) will be taken directly up to Plaza de Mulas and you will not have access to this bag from the morning of Day 3 until the evening of Day 5.

PHD Gear Advisor

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=8.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining in Mendoza. Airport transfers are provided on the first and last day of the itinerary.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Mendoza. Outbound flights will usually depart from the UK in the early evening, arriving in the afternoon of the following day (day 1 of the Land Only itinerary). Return flights will depart Mendoza in the afternoon of the last day of the itinerary, arriving in the UK in the afternoon of the following day.

Why Choose KE

Why KE

Why climb Aconcagua with KE? We've an an excellent acclimatisation programme led by expert mountain guides on a 1:3 ratio. Unlike other companies using guides from the UK, we use high altitude Argentinian experts who truly know this mountain inside out. Plus we've set aside 3 possible summit days. With all departures guaranteed - all you need to do is say YES to your Seven Summit adventure.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change