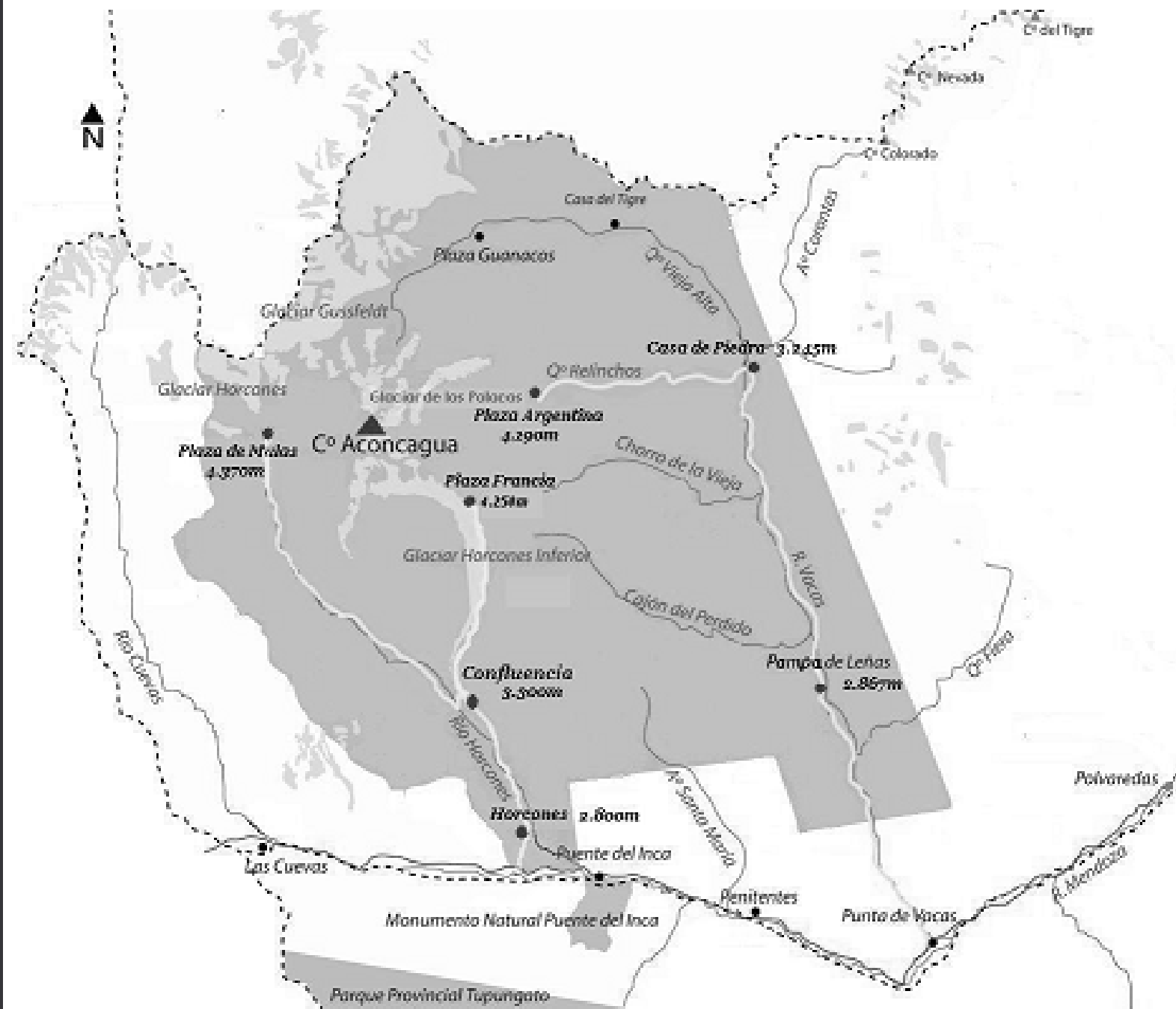


# ACONCAGUA PROVINCIAL PARK



## TREKKINGS:

### Horcones Valley

Day: Horcones – Confluencia (3-4 hs)- Horcones

Short: 1º day: Horcones- Confluencia (3-4 hs)

2º day: Confluencia- Plaza Francia (5hs)- Confluencia

3º day: Confluencia- Horcones

Long: 1º day: Horcones- Confluencia (3-4 hs)

2º day: Confluencia- Plaza Francia (5hs)- Confluencia

3º day: Confluencia

4º day: Confluencia- Plaza de Mulas (10hs)

5º y 6º day: Plaza de Mulas

7º day: Plaza de Mulas- Horcones (8hs)

### Vacas Valley

Day: Vacas- Pampa de Leñas (5hs)- Vacas

Short: 1º day: Punta de Vacas- Pampa de Leñas (5hs)

2º day: Pampa de Leñas- Casa de Piedra (6hs)

3º day: Casa de Piedras- Punta de Vacas (8hs)

Long: 1º day: Punta de Vacas- Pampa de Leñas (5hs)

2º day: Pampa de Leñas- Casa de Piedra (5hs)

3º day: Casa de Piedras- Plaza Argentina (5hs)

4º day: Plaza Argentina

5º day: Plaza Argentina- Casa de Piedra (4hs)

6º day: Casa de Piedra- Pampa de Leñas (4hs)

7º day: Pampa de Leñas- Punta de Vacas (4hs)

#### NOTE:

- The time to descend the park takes approximately half of the time of the climbing.
- Remember that any mountain activity is considered to be risky.
- The trekkings in Vacas Valley are longer than in Horcones Valley. In both cases, it is recommended to be in good health and physical conditions.
- The Park is open from 8am to 6pm. The arrival time recommended for Horcones Valley is until 4pm and 1pm for Vacas Valley. This is due to the risk that implies hiking and climbing the mountain during night time.

## Aconcagua Provincial Park

The Aconcagua Provincial Park was created to conserve the natural and cultural values of the area. Sweet water, one of the most valuable resources on the planet, is found in the headwaters and glaciers reservoirs included in the 65.720 hectares of the park.

Located in the Central Andes, it offers a vast variety of landscapes and peaks that exceed the 5000m rising until they reach the Aconcagua North summit (6962m). Its large and deep valleys display infinite lands and views which are lost in the distance. Similarly, its plentiful and fast rivers, either brown or reddish, and its white water streams go down the mountainside watering little meadows and green grass called "Vegas."

All these features attract many mountaineers and hikers worldwide because they are eager to get closer to the highest peak in the Western Hemisphere.

The use of public areas, such as the base camp and the walking trails, is limited with the purpose of maintaining the natural equilibrium between conservation and tourism in the park. Also, to assure efficiency in the visitors' control, care and safety, the following trekking types are determined:

### **Horcones Valley:**

• 1 Day Trekking: this trekking allows visitors to walk from Horcones to the base camp in Confluencia.

Short Trekking: this trekking allows visitors to camp in Confluencia and know for the day Plaza Francia. It includes 3 days and 2 nights.

• Long Trekking: this trekking allows visitors to camp in Confluencia and Plaza de Mulas. It includes 7 days and 6 nights.

### **Vacas Valley:**

• 1 Day Trekking: this trekking allows visitors to walk to the base camp in Pampa de Leñas.

Short Trekking: this trekking allows visitors to camp in Pampa de Leñas and know Casa de Piedra. It includes 3 days and 2 nights.

• Long Trekking: this trekking allows visitors to camp in Pampa de Leñas, Casa de Piedra and Plaza Argentina. It includes 7 days and 6 nights.

### **NOTE:**

- The people that are planning to make the short and long trekkings, must not exceed under any circumstance the 4300m of altitude. Likewise, if they exceed the amount of days allowed by the permit or the altitude, sanctions will be imposed to them.

## *Recommendations / Leave No Trace*

### **Plan ahead and prepare**

- ☛ Know the causes, prevention, symptoms and treatment of the mountain sickness, frostbite and hypothermia.
- ☛ Schedule your dismissal and arrival time to the base camps. You should respect your pace and time to acclimatize. Ask the Park Rangers in each base camp the convenient dismissal time.
- ☛ Prepare a workaround plan and proper equipment in case of extreme weather, hazards, and emergencies. Know the regulations and special concerns for the Park.

### \*PARK SAFETY MEASURES

### **Walk and camp over hard surfaces**

- ☛ Avoid walking on delicate areas such as the high mountain "Vegas."
- ☛ Walk in the allowed tourist trails.
- ☛ Camp only on the designated areas by the park rangers.

### **Dispose of waste properly**

- ☛ Pack your food in different bags avoiding the unnecessary wrappers to reduce weight and trash.
- ☛ Put the waste in the bag assigned by the Park.
- ☛ Remember to carry with you all your belongings (mountain gear, clothes, gas/fuel, food).
- ☛ Make use of the designated toilet services in each base camp.
- ☛ To wash yourself or your dishes, stay away at least 60m from the drinking facilities. Make use of biodegradable soap.

### **Leave What You Find. Do Not Alter the Landscape**

- ☛ Do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them.

### **Minimize Campfire Impacts**

- ☛ Use a gas or benzine heater. Remember that it is strictly forbidden to light campfires or cook with firewood because they damage the nature.

### **Respect wildlife and vegetation**

- ☛ Do not dispose waste since these may be consumed by the local animals creating a negative impact on the natural equilibrium.
- ☛ Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- ☛ Vegetation is part of the ecosystem, do not cut them.

### **Be Considerate of Other Visitors**

- ☛ If you are descending you should allow mountaineers to pass through so that they will not lose their walking pace.
- ☛ Take breaks and camp away from trails and other visitors so that other hikers and mules can walk freely.
- ☛ Let nature's sounds prevail. Avoid loud voices and annoying sounds.

### \* P A R K S A F E T Y M E A S U R E S

- In case of emergency, inform the Park Rangers or Rescue Patrol.
- Keep yourself oriented even if you are accompanied by a guided group. Know the route and inform the Park Rangers your dismissal date.
- Always Carry with you your first aid kit.

## **FOOD and GEAR**

Visitors who enter the Park to trek need to know exactly what to take with them. Otherwise, they would regret having packed any superfluous object that represents additional weight.

### **Gear**

- Tent, igloo type (put up before the trip), sleeping bag (0°C for Short Trekking or -10°C for Long Trekking and Easter), insulating mattress, comfortable backpack (60 liters for Short Trekking or 70 liters for Long Trekking).
- Gas or benzine heater, (one or two additional gas charges or ½ liter benzine. Remember that it is strictly forbidden to light campfires or cook with firewood), small pot, plastic jar, soup plate and cutlery (a pocket knife is more practical than a common knife). Flashlight (ideally a headlamp).
- Sunglasses, sunscreen (skin factor 50, cocoa butter or lip balm), fleece jacket or pullover, neckerchief, waterproof and wind proof jacket with a hood (e.g., gore tex), long waterproof and wind proof trousers, shorts (or trousers with zip-off legs), trekking boots or good training shoes (wear in new boots to avoid blisters; training shoes should be resistant, cross training type shoes), sun cap, wool or fleece cap, fleece neck, gloves.

### **Food**

#### **Short Trekking (3 days)**

##### **First day:**

- Start your journey with a complete breakfast before leaving Mendoza city.
- Lunch (while walking in the Aconcagua Provincial Park)
- Snack
- Dinner (at the Base Camp)

##### **Second day:**

- Start your journey with a complete breakfast before leaving the base camp taking in account that there is a tough journey ahead
- Lunch (while walking)
- Dinner (at the base camp)

##### **Third day:**

- Start your journey with a complete breakfast before leaving the Aconcagua Provincial Park
- Lunch (while coming back to Mendoza city. It could be at Puente del Inca)

#### **Summing up**

##### **Breakfast:**

Te, coffee, milk powder, sugar, toast bread, salty or sweet biscuits, cereals, sweets or marmalades in sealed containers. Carefully choose the containers and packing; the pressure inside your backpack and in high altitudes could make them burst. Butter will melt for sure. It is recommended to pack everything in small bags or Ziploc bags.

##### **Lunch (while walking)**

Sandwiches, tuna fish or sardine cans, cold meat (ham), cheese. Fruits: oranges and apples. Remember that although bananas are excellent due to their potassium content that counteracts fatigue and possible cramps, they are very fragile and easily bruised.

##### **Dinner (at the base camp)**

We recommend ready-to-serve meals, such as risotto rice, pasta with cheese, quick soups, sausages and dehydrated mashed potatoes, etc.

##### **To drink**

It is recommended to drink between 3 and 5 liters of liquid per journey to help your acclimatization. Sweetened juices and sweetened lemonades are ideal. Avoid low-calorie juices and carbonated drinks. DO NOT DRINK ANY ALCOHOL

##### **While walking**

Dried fruits, dehydrated fruits, caramels, or cereal bars

**Note:** Remember that there are only a few food stores in this area and there are no ATMs in the mountain villages.