

Grade: Demanding

These expeditions are achievable for most people, but they are demanding and you'll need a good level of cardio-vascular fitness coupled with physical and mental toughness and a positive attitude to deal with strenuous climbing and cold conditions.

Previous experience of mountain travel at high altitude is not always necessary to complete one of these expeditions as you will be well looked after by the guide.

What to expect:

- The climb to the summit of Potosi from the highest hut is a long, tough slog involving almost 800m of ascent followed by more than 2000m of descent to the trail head. It'll take about 6 hrs to get the top, and another 6 to get back down again.
- Whilst the terrain is mostly easy angled, involving only basic snow and ice techniques and the odd crevasse crossing, there are a couple of steeper sections and the final section of ridge which leads to the summit is very narrow. You will need neat, confident crampon technique and a good head for heights.
- Other difficulties include a load-carry from the Refugio Huyana Potosi to the high hut (you will be required to carry all of your clothing, equipment, food, water and sleeping bags).
- On the trek we use pack animals to transport equipment on the trek, you only carry a light weight day pack.
- With high altitude comes extreme weather and conditions. Good quality clothing will be required to deal with temperatures that can fall as low as minus 20c.