

TRAVEL & LOGISTICS ▲ ACONCAGUA EXPEDITIONS

DESTINATION

All expedition members are responsible for flying to Mendoza, Argentina by their own means. Flights from the United States leave LA and Miami for Mendoza daily. We recommend flying with Lan Chile Airlines and purchasing your tickets ahead of time through a travel agent. AMS uses Talkeetna Travel: 1-888-567-8728 for excellent service. For those who stop over in Miami, there is a swimming pool on the top floor of the airport hotel, and for \$15 they will provide a towel.

PLEASE CHECK TO MAKE SURE YOU HAVE A CURRENT PASSPORT FOR THE DURATION OF THIS EXPEDITION. North Americans are not required to have a visa for Argentina. Special vaccinations are not necessary for Argentina.

ARRIVAL & MEETING TIME

AMS' Aconcagua expedition begins on Day 1 of the starting date of the expedition in the Park Hyatt Mendoza Hotel, in Mendoza, Argentina. We will have a message waiting for you upon check-in and will meet with you to check gear on this day. Please plan on arriving this day which allows for unexpected delays, enough time to rest and for us to check your equipment in your hotel room before the expedition starts. The Hyatt is located along the west end of the Plaza Independencia (Independence Park) in the center of down town Mendoza. It is a beautiful 5-star hotel with an excellent location. They have a pool, spa, WIFI, and high quality breakfast buffet.

MONEY – US DOLLARS/PESOS

The exchange rate over the past several years has been approximately 3 pesos to the dollar making Argentina quite affordable. A good place to exchange money or Traveler's checks is at Cambio Santiago, within walking distance of our hotel, on the corner of Catamarca and San Martin avenues. They will also change dollars to Pesos in the Casino inside the Hyatt, but the rate is not quite as good. Easiest is to use your ATM card in any of the Cajero Automatico machines. You **MUST** pay for your climbing permit in Argentine Pesos. Permit prices vary, please consult with AMS. In the past they have been approximately AR\$1000 (pesos). We recommend you bring an additional US\$300 in traveler's checks or cash to carry with you during the expedition in case of emergency or evacuation. Argentineans are suspicious about any US dollar bills which are not crisp and in good condition. Avoid bringing torn or weathered cash as it may be refused, even by the banks.

ARRIVING IN MENDOZA

Your luggage will come out on a conveyor belt and there are free luggage carts for your use. When you clear customs, just tell them that you are an andinista and that you have no meat or produce. We have arranged an airport pickup for our team members. Look for your name being held up on a sign. The driver will bring you to your hotel, a 10-15 minute drive.

MENDOZA

Mendoza is one of the most laid back and beautiful cities in South America if not the world. It lies at 3000' near the Central Andes and its surrounding countryside is home to the country's finest vineyards. Mendoza's streets are lined with trees and outdoor cafes and proudly claim steak as their favorite meal. Prices are similar to European or United States cities, except food and taxis are cheaper. Mendoza is a safe, clean, and modern city, but take care of your self like in any foreign place: drink bottled water, eat peelable fruit, and conceal your money. Tipping in restaurants is similar in Argentina as it is in the United States, 15-20%.

THINGS TO DO IN MENDOZA

The Secretary of Tourism, located on San Martin and Catamarca, provides an excellent map of Mendoza and will recommend things to do. Spending a couple of days sight seeing the historic Catholic churches and city plazas and parks is highly recommended. Rafting is excellent in the Andes, Betancourt Rafting provides a hotel pickup and day of rafting for about \$40, (061) 390229-391949, betancourt@lanet.com.ar.

HEALTH

Maintaining good health and strength is a high priority all the way to the summit. Knowing that dehydration is the root of all evil, begin your hydration training when you get on the plane for Mendoza. Drink at least two liters of bottled water per day while in Mendoza. There is a little shop where you can buy water a block from the hotel if you exit and turn right. The better hydrated you are, the better your chances of staying healthy, strong, and acclimatizing well.

DEPARTING MENDOZA

We are due back in Mendoza on Day 19. We will make every effort to return on schedule. It is likely we will return early, in which case there is a good chance of flying home standby.

RECOMMENDED READING

Aconcagua, A Climbing Guide, by R.J. Secor, published by The Mountaineers Books, edited by Colby Coombs

Spanish for Travelers, published by Berlitz

Argentina, Uruguay & Paraguay, published by Lonely Planet

HELPFUL SPANISH PHRASES

Although charades work well, prepare to speak some Spanish while in Argentina. Practice your Spanish before your expedition and on the flight down. The locals will appreciate your efforts!

At the hotel:

Mi (me) nombre es....	My name is....
He hecho una reserva	I have a reservation

At the restaurant:

Quisiera (keysiera)....	I'd like....
agua con/sin gas	Water with /without bubbles
un vaso de vino blanco/tinto	A glass of white/red wine.
Cerveza (sir-VAY-sa)	Beer
Biftec	Beefsteak
Pollo	Chicken
Pasta	Pasta
Cuanto cuesta? (quanto questa)	What's the price?
La cuenta, por favor	Check please

General:

Por favor	Please
Gracias	Thank you
De nada	You're welcome (translates as: it's nothing)
Esta bien	You are welcome (translates as: it's good)
Si / No	Yes / no
¿Dónde está? (don-day esta?)	Where is...?
Muchas gracias	Thank you very much
Adios	Good - bye
No comprendo	I don't understand
¿Habla usted inglés?	Do you speak English?
Buenos dias	Good morning
Buenos tardes	Good afternoon or evening
Buenos noches	Good night
Suerte (sweartay)!	Good luck!