



# IWLS

International Wilderness Leadership School

## Ecuador Mountaineering Course Itinerary

*This is a flexible trip itinerary that shows the general progression of the trip. Our exact schedule will depend highly on the weather, strength of the group, and time of year.*

**Day 0:** Arrive in Quito.

**Day 1:** We will start and finish our course in Quito, the capital city of Ecuador. It is a beautiful city nestled into the foothills of the Andes at an elevation of just over 9,000 ft. Quito is an interesting city with lots of fascinating markets and history to explore.

**Day 2:** While acclimating, we'll explore some of the unique cultural sights of the historical district of Quito.

**Day 3-4:** Guagua Pichincha: Located above Quito at an elevation of 15,000 ft, Pichincha offers spectacular views of the area surrounding Quito, and provides for a great acclimatization opportunity.

**Day 5:** Travel to the Illinizas. We'll set up camp at 'La Virgen' at the trailhead.

**Days 6-9:** Summit attempts of Illiniza Norte (16,790 ft), and Illiniza Sur (17,218 ft). We'll also spend a day covering skills on the glacier of Illiniza Sur. We'll establish base camp near the refugio in the saddle between the peaks. On day 9 we'll catch some well deserved shower time at a hostel in the valley below.

**Day 10:** Travel north to Cayambe (18996 ft)

**Days 11 – 15:** Mountaineering skills on the slopes of Cayambe followed by a summit attempt. Cayambe is a great location to cover a wide spectrum of mountaineering skills. With decent rock, ice and snow slopes, we'll spend 4 solid days covering skills.

**Day 15:** Mid-course evaluation – we take a rest day in a lush valley surrounded by these Andean giants.

**Days 16 – 19:** Cotopaxi (19,347 ft), summit climb. We'll recover from our time at altitude with a few nights sleep down in the valley.

**Day 19 -20:** We will spend the morning driving to Banos and explore this beautiful town in the mountains. We'll spend a day at a lower altitude, exploring the cloud forest town of Rio Verde and enjoying the culture of beautiful Banos.

**Day 21 – 23:** Chimborazo climb (20,697 ft): This is a more challenging climb than Cotopaxi. From the hut we will spend one or two days climbing the route depending on the current conditions. We have scheduled an extra day in to allow for weather, or more acclimatization time. The climbing on Chimborazo can be steep and demanding, although not technical. There are incredible views from the summit!





# IWLS

International Wilderness Leadership School

**Day 23:** After our climb of Chimborazo, we will drive back to Quito. In the last days of the course we will have final peer and instructor evaluations. Students will be evaluated on their understanding and completion of the IWLS curriculum.

**Day 24:** Depart Quito.



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-766-3396

[www.iwls.com](http://www.iwls.com)

A Division of Alaska Mountain Guides & Climbing School Inc.