



TREKKINGS-information

Prices

The prices depend very much on the amount of people attending a trekking and the special wishes you have. Please indicate your wishes and we will contact you as soon as possible.

What does a trekking include?

All the trekkings include all necessary camping equipments (mattress, tents, dining tent, food, water and cooking devices), horses for security, donkeys to carry the luggage (max. 15 kg per person), a cook and one arriero, a guide. Furthermore the local transport and bed and breakfast when we are not on a camping site. During the trekking you walk with your day backpack with essentials like a fleece, wind jacket, your lunch, water and all extra things you need for the day.

Temperatures and altitudes

The weather in the mountains is very extreme. In daytime it could be up to 26° degrees, but as soon as the sun disappears it becomes colder and it could reach -10° degrees in the night. We advise you to bring a good sleeping bag that keeps you warm until -10° degrees!

The altitudes of the trekkings are between 2.800 ms and 4.800 ms with passes up to 5.000 ms. In our trips we calculate a minimum of 1 day for acclimatization and 1 day to warm up before the actual trekking begins. Nevertheless, we won't hesitate to stay one day more to acclimatize if we need to. The guide has a lot of experience with travellers and he decides when the group is fit enough to start hiking.

Health

Even though ANDA always has its own first-aid kit, equipped with all the basic medicines we advise you to take with you:

- Your own medicines (head- and stomach ache, diarrhoea, nausea) and any personal medicine.
- Altitude medicines: At the pharmacy you can buy special medicines to help you get use to the altitude.

Soroche is the Spanish name for altitude sickness that could appear at 2.800 or higher. There is no relation between your physical condition and its influence on getting soroche. You may get headache, feel a bit disoriented and could have problems to get to



sleep. It may happen during the first two days. During the trekking we always have coca-tea with us, a natural anti-soroche medicine. Tips to deal with soroche: drink a lot of water, eat light food at least the first 12 hours and get a lot of rest.

Equipment checklists

Based on our experiences and due to the extreme environmental circumstances, please consider bringing the following with you:

- Clothes
- Several layers of thermo and cotton clothes
- Hats for daytime and to warm your head in the night
- Be careful with the brand new shoes. Used them in advance be sure that they do not cause blisters.
- Special hiking socks
- Thin gloves

Skin care

- Sun block and lip moister
- Anti-mosquito crème.
- Blister plasters
- A water bottle

Hygiene

- While you are at the mountains you will not get a shower!!!
- Please take care of the nature and bring organic soap and shampoo with you