



Aconcagua and the Southern Andes (Cicerone Guides)

Jim Ryan

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Guidebook to climbing Aconcagua, the highest peak in South America. Includes descriptions up the Normal and Polish Glacier routes, plus further hiking routes in the Argentinian and Chilean southern Andes and the Maipo Volcano.

The guidebook provides all the practical information on getting to South America, using time in Santiago and Mendoza (en route to the mountains) to prepare, and travel into the mountains. It also covers preparation for high altitude mountaineering - equipment, altitude and acclimatisation. In addition it provides strategies for the ascent, including preparations, food and water, whether to have a guide or not, mules and muleteers, and staying healthy.

Finally, the author provides background information to help you gain the most from your experience - on the exploration and discovery of the mountain and the surrounding region, its geology, wildlife and flora, the people and local culture.

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