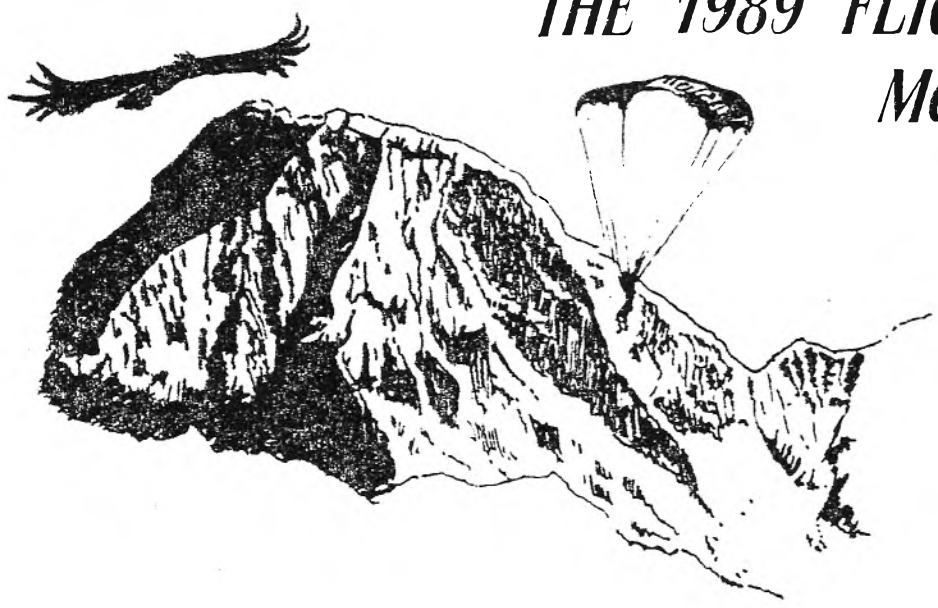


89/24

THE 1989 FLIGHT OF THE CONDOR
Mountaineering and
Parapente
EXPEDITION



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For further information contact;

Ian & Nicky Sherrington,
c/o Glenmore Lodge,
Aviemore,
Inverness-shire,
PH22 1QU

(0479) 86 256

INTRODUCTION

The expedition had planned to climb in the Cordillera Blanca, Peru, in July and August of 1989. As the political situation became increasingly unsteady however, it was decided to redirect the trip to the Cordillera Real (The Royal Mountains) of Bolivia.

Our primary aim was mountaineering. The expedition was to be essentially "lightweight" (perhaps a contradiction in terms?), taking all the equipment out to La Paz on the plane, and climbing in Alpine Style from established base-camps. We hoped to attempt previously unclimbed routes on mountains in the Illampu Basin of the Cordillera Real. The team also planned to climb from two other base-camps in the range. The two girls hoped to make some first ascents as an independent female team. I also hoped to make some successful parapente descents in the range - an area that had seen little activity from parapente enthusiasts.

TEAM MEMBERS

Catherine (Faf) Bourke

27 years old, a language teacher at Millom Comprehensive School, south Lakes. Twelve years climbing experience in Great Britain. Two Alpine seasons. Climbed extensively in Spain, both summer and winter. Faf is also a qualified teacher of Outdoor Education.

Dave O'Dowd

27 years old. A Limited Access Structural Inspector throughout the U.K. and offshore. Thirteen years climbing experience in Great Britain. Nine Alpine seasons including; North Face of the Dru. A member of the 1986 Paldor Expedition (Nepal), Dave is currently studying at Bangor University for a P.G.C.E. in Outdoor Education and Technology.

Ian Sherrington

Leader. 25 years old. A teacher of Outdoor Education at Howtown O.E.C. in the Lake District. Nine years climbing experience in Great Britain. Seven Alpine seasons including; North Face of Les Droites, and Piz Badile. A member of the 1981 B.S.E.S. Youth Expedition to Central Iceland.

Nicky Wright

25 years old. A teacher of Outdoor Education at Plas Gwynant O.E.C. in Snowdonia. Seven years mountaineering experience in Great Britain. Three Alpine seasons including; North Faces of Piz Badile and Chengalo. In 1988 Nicky was an assistant leader with a climbing trip to Mt. Kenya/East Africa.

1989 FLIGHT OF THE CONDOR EXPEDITION

TEAM MEMBERS

Catherine (Faf) Bourke - Lakes, England
Dave (Dr. R.) O'Dowd - Bangor, N.Wales
Ian Sherrington - Lakes, England.
Nicky Wright - Beddgelert, N.Wales

ACKNOWLEDGEMENTS

The 1989 Flight of the Condor Expedition is very grateful for the financial assistance received from the Mount Everest Foundation. We would like to thank the Local Education Authorities of Cumbria, Durham and Sandwell for releasing three of the team members for the trip. We would also like to thank the following for their advice and help;

Tim Jepson
Dave Kay - Lake Mt. Sports, Penrith
Steve and Jude Lenartowicz
Tim Mather
Steve Mitchell - Howtown OEC.
John Nixon
Roger Payne
Ian Rea
Andy Swann

- and the many friends we made on our visit.

SUMMARY OF DATES AND ACTIVITIES

- JULY
- 1st. Arrive in La Paz, Bolivia.
 - 2nd-7th. La Paz: Visiting the City, gathering information, and shopping for the first trip to the mountains.
 - 8th. Jeep to Laguna de Zongo (base camp, Huayna Potosi): 4½ hours,
 - 9th. Climb Campo de Nieve (Ayllayco) as training peak.
 - 10th. Rest day.
 - 11th. Base camp to high camp on Huayna Potosi (approx 5,500m)
 - 12th. High camp to summit (6,080 m). Return to base camp.
 - 13th. Base camp to La Paz by lorry: 5 hours.
 - 14th-15th. La Paz: shopping for second trip to mountains, and locating transport to get to Sorata.
 - 16th. La Paz to Sorata by bus: 4 hours.
 - 17th. Sorata to Cocoyo by jeep; (5 hours. Contract llameros and climb to Puma Huata (half-way point to base camp Ancohuma)
 - 18th. Puma Huata to base camp Ancohuma. Faf stays at Puma Huata.
 - 19th. Faf to base camp Ancohuma.
 - 20th. Ian/Nicky climb Viluyo III, II. Dave/Faf remain at camp.
 - 21st. Rest day at base camp.
 - 22nd. i. Nicky/Faf to bivvi site below Hancopiti 8
ii. Ian/Dave to bivi site below Hancopiti 1.
 - 23rd. i. Nicky/Faf do Hancopiti 8 and traverse to .5500m, crossing glacier.
ii. Ian/Dave do Hancopiti 1 and attempt traverse towards Hancopiti 9.
Both parties return to base camp.
 - 24th. Rest day.
 - 25th. Nicky climbs Viluyo I. Ian, Dave and Faf remain at camp.
 - 26th. All go to bivvi site below Ancohuma.
 - 27th. Ian/Dave and Nicky/Faf (separate parties) climb to the summit of Ancohuma (6,427m).
All return to base camp.
 - 28th. Rest day.
 - 29th. Rest day.
 - 30th. To bivvi site below Pico del Norte/Illampu.
 - 31st. Nicky/Faf climb Gorra de Hielo
Ian/Dave reccy Illampu, then decide to go for the ridge of Pico del Norte the following day.

- AUGUST
- 1st. i. Ian/ Dave climb Pico del Norte (SE. ridge)
ii. Nicky/Faf climb Pico del Norte (Ordinary Route)
 - 2nd. All return to base camp.
 - 3rd. Base camp to Cocoyo.
 - 4th. Cocoyo to La Paz by jeep, with Americans; 9 hours.
 - 5th- La Paz. Eating!., shopping for third trip to
 - 8th. Illimani.
 - 9th. La Paz to MinaUrania by lorry: 5 hours. Walk in to Illimani base camp at Fuente Roto.
 - 10th. Rest day.
 - 11th, Base camp to Vivac de los Italianos, bivvi site just below el Nido del Condor, on Illimani.
 - 12th. Bivvi site to summit of Illimani, all climbing together.
Ian parapents from the summit.
All descend to base camp.
 - 13th. Rest day.
 - 14th. Puente Roto to Quilahuaya.
Quilahuaya to La Paz by coke-bottle lorry; 6 hours - painful!
 - 15th- La Paz/Copacabana on Lake Titicaca, sightseeing.
 - 18th.
 - 19th, Leave Bolivia.
-

LAGUNA ZONGO

The expeditions first excursion was a six day trip to the Zongo Lake area (Map 1), to the north-east of La Paz. The lake is situated at a high col, three or four hours truck drive from the capital. It is at an altitude a little higher than the summit of Mont Blanc (4,750m) and provided excellent acclimatisation after a period in and around La Paz. The lake is dammed as an HEP scheme, and the dam has a guardian who lives in the house on the roadside there. He was interested and friendly and, if approached correctly, would keep an eye on any base-camp nearby.

Encamped at Zongo Lake our main objective was to climb Huayna Potosi (6,080m) (Map 1), after which we hoped we would be fully acclimatised. However we were feeling the altitude and we opted to climb the lower peak of Ayllayco (5,300m) as a day route first. As with many of the greater ranges the transition from cold night to warm day is a quick and definite one. Thankfully Ayllayco did not require an alpine start, so we plied ourselves with breakfast and all the Matte de Coca we could drink in anticipation of the horrors we imagined our bodies were about to suffer! Matte de Coca is tea made from the leaves of the Coca plant and is recommended by the locals as a cure for altitude headaches, upset stomachs, and no doubt the futility of life itself.

The day's climb passed much as you would expect. We all made it onto the summit via a fairly straightforward scambly route, although I must admit there was perhaps some bias decision making on the final ridge, as to where the summit actually was. We formed a unanimous decision between the four of us and our lungs that the summit we were on was in fact the highest.

Dave and myself had carried my parapente up onto the ridge, and so from a little below the summit I decided to try to fly down. The slope was not very steep and it was virtually a nil-wind take off. It was now that the reduced atmosphere was really brought home to me. Loosing altitude quickly I had to resort to flying down a small gully. With the associated increase in speed I felt like Luke Skywalker entering the Canyon of the Dark Star. I don't know whether Darth Vader was following me or not - to be honest; For one, I think he would have had more sense; and secondly, I didn't look! Suffice to say perhaps, alls well that lands well.

The only significant damage that was incurred was an aggravation of a chesty cough Nicky had. This became an infection and was later to deprive Nicky of her summit on Huayna Potosi.

Our next summit was in fact to be Huayna Potosi which we climbed over two days. We climbed the mountain from the south-east by the voie normal, at a grade of about alpine PD.

Day one was spent ascending the moraine and a rock band to the glacier and onto a camp on a plateau. The following morning dawned still and bright. Technically the route was very straightforward, but the altitude was new to us all. Nicky turned back after an hour. A dehydrated, cold night at over 18000ft had made her chest quite painful. A steep ramp, then a seemingly endless and airless basin stretched onto a distant summit.

We reached the summit and sat for nearly 15 minutes in silence. It reminded me of so many similar moments which occurred in so much mountaineering literature. Moments that were so poignant, and yet seemed so indescribably intangible. I felt honoured that at last I knew

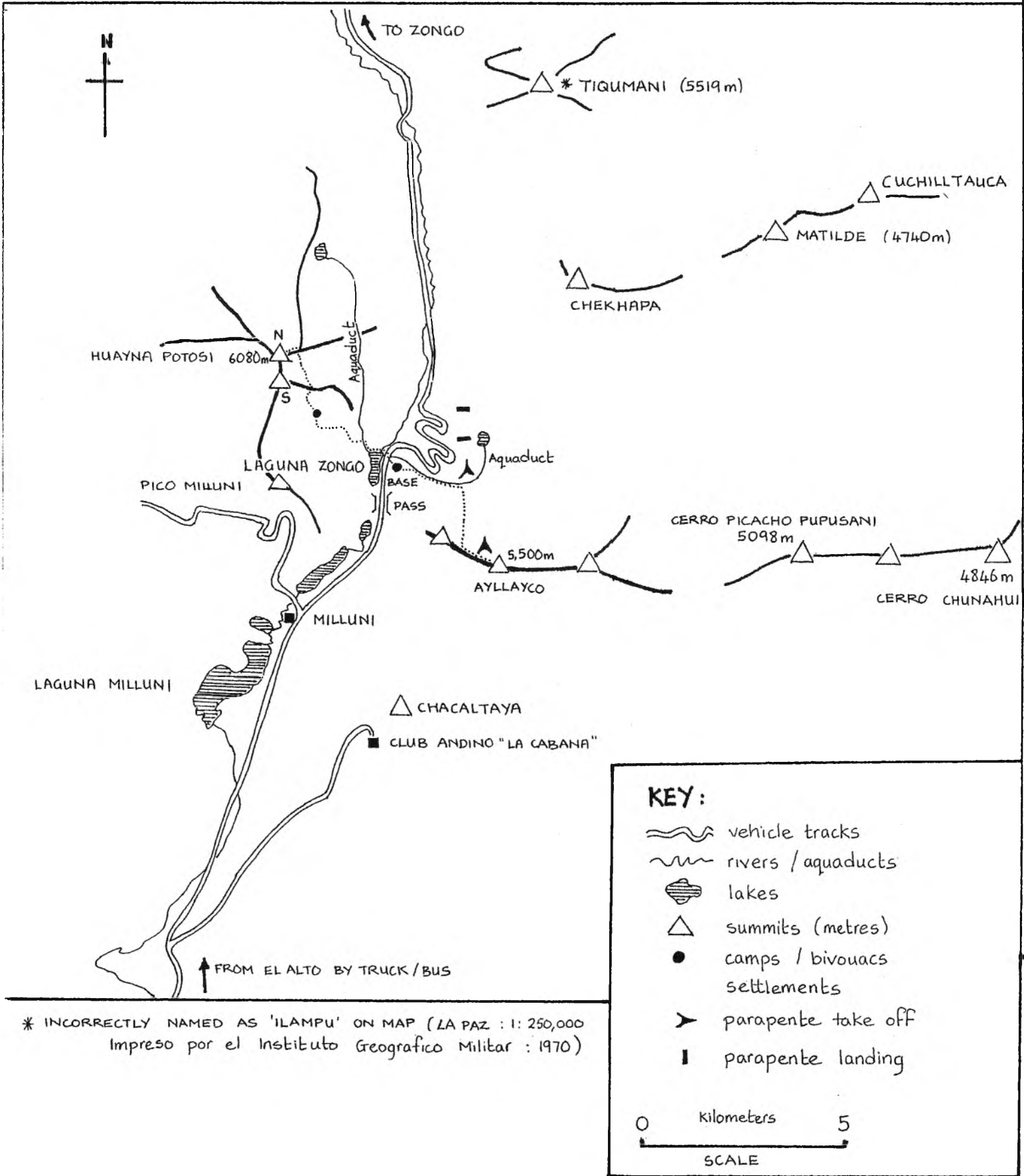
why these moments occurred. It wasn't the camaraderie and relief we felt having finally achieved our long sought after goal. It wasn't the feeling of being perched on top of the world with the foothills and jungle, or yungas, stretching away in front; nor the high arid plain or Altiplano spreading out to the shores of Lake Titicaca behind; nor the vast majestic mountains of the Royal Range to either side. No, none of this was the cause, although all of it were true. It was simply that we were so totally and utterly knackered that we could hardly think let alone issue forth adorations

After a little delicate ridge balancing we were soon on easier ground and heading back to camp and later to base. It is always very noticeable that soon after beginning to descend the breathlessness disappears, until you come across a small rise, and then it immediately reasserts its presence. However, one of the traits of my altitude irritations was the development of painful, restricting headaches, particularly on rapid descents. These headaches did disappear later in the trip due partly, I feel, to becoming acclimatised and partly as a result of cutting some over zealous elastic in my sun hat.

The next day we packed and waited by the road for one of the regular trucks which rumbled between the village of Zongo over the pass and onto La Paz. Soon we were back to the comfort of the hotel, and sampling the local culture by the restaurant full

MAP 1

Cordillera Real : Huayna Potosi Group.



ANCOHUMA / ILLAMPU GROUP

Our second foray was to last for twenty days and have a more adventurous feel to it. It took three days from La Paz to our base-camp at Lake Chearcota (Laguna Chamack Khota) (4661m) in the basin to the east of the Illampu / Ancohumas ridge. The first day took us by bus to Sorata - a beautiful fertile town on the edge of the Yungas. Typically we arrived with a fiesta in full swing, and since nobody would take us any further that day we stayed the night at the Hotel Copacabana. Edward, our German Hotelier has made it his business to attract mountaineers and trekkers. He appeared to be able to provide us with the cheapest and most reliable Toyota pick-up to take us on the next stage of our journey to Cocoyo. Sure enough the following morning the Toyota turned up. The driver was a little late and worse for wear having spent the night at the fiesta. He allayed our fears with a claim that he could drive the mud tracks with his eyes closed, and later proceeded to prove it.

Our track took us over two passes and up and down hairpin bends. We were shunted in 5 and 6 point turns to negotiate corners close to views so breathtaking you felt you were soon to be part of them. Short of Cocoyo we were forced to stop. The track which clung to the hillside so precariously was obliterated. The local Goldminer's Co-operative had discovered a find and were feverishly shovelling a huge slag heap down the hillside and burying the road. This section of road remained impassable for some time until an inter-village football match was scheduled and the visiting teams jeep was due - priorities !

Three of us walked to the village to hire llamas. Faf's fluency in Spanish again came into its own. The second was one of two Frenchmen we had met and were travelling with. He added some Spanish and a lot of bulk. I did my best to communicate in international semaphore, adding the odd bit of snarling and applause as it seemed appropriate. After much haggling and humour the loads were packed and the following afternoon we arrived at base-camp. It was here that we met up with the British Services Expedition. They were just leaving, and told us that we would be struggling in deep unconsolidated snow.

The area is a wonderful one. A huge cirque with many sub-valleys within. Many routes and potential new-routes of all grades, although many of the prime lines at sensible grades have been climbed. A vast expanse with 3 or 4 of the peaks over 6,000m and Ancohumas (6,427m) which is the second highest in the range.

Faf had been ill, with some form of dysentery, on the walk in and was weak. Nicky and myself decided to do a training peak. We ascended Viluyo III (5,540m) immediately behind our base-camp and then traversed to Viluyo II (5,445m). The climbing was still hard work but we were getting fitter and much faster.

For the next routes the team would split into two. We had different objectives. Nicky and Faf headed for the easternmost peaks of the Hancopiti (Hankopiti) range hoping to bivouac and then climb Hancopiti VIII (5,716m) and IX (5,878m) followed by a traverse line E/SE to reach Umajalanta (5,723m). The first peak of Hancopiti VIII went without too much trauma; one small slip on an underlying layer of hard ice which fortunately Nicky managed to arrest. They had decided to take a direct line to the summit dome. The snow on this E/NE slope allowed them to kick small but relatively secure steps. Having reached their first independent peak their spirits were high, but Faf was still very weak from her illness and common sense dictated they abandoned their objective. Instead they crossed the glacier to the east and climbed Point

5,550m before descending and returning to base camp.

At the same time Dave and myself were hoping to attempt a complete traverse of the nine Hancopitis. Dave had by now been christened Dr. Residue by our French companions. Apparently it had something to do with his similarities to the remains in some french receptacle? Festering in his bivi bag just off the Ancohuma glacier the name began to make sense. Setting off from an alpine start we quickly ascended Hancopiti I (5,875m). Its north ridge easily succumbed to cramponing up firm neve on a beautiful knife-edge ridge. Hancopiti I is a wonderful snowy pyramid. I was able to sit on the summit with a leg dangling down two faces and the third face disappearing just behind my bum. What it was to know the thrill of being a Christmas Fairy. My elation soon changed to trepidation when as Dave approached I felt the whole summit resonating. He traversed around below me only to find a great hole which passed right through the summit cone. Our problems were now compound. We did not fancy the look of the ridge heading south-east to our next objective and were forced to descend in totally the opposite direction. We then circumnavigated the mountain in an attempt to reach Hancopiti II. Unfortunately the south side of the mountains were piled full of unconsolidated snow. When we finally swam onto the col below Hancopiti II we decided to call it a day and went home for tea.

The next peak climbed was Viluyo I (5,586m) which was soloed by Nicky. Not a particularly technical peak I understand, but her ascent did follow a steep line up slopes which characteristically and frequently changed from snow/ice to heavy sugar to powder and back again. Nicky returned that day exhausted but very fulfilled and content. To successfully climb a snowy peak alone in the greater ranges can surely only boost the confidence and the ego.

The route from base-camp to Ancohuma was probably the most popular of the 'big' routes from the cirque. We duely set off as a four to bivi below the glacier as Dave and myself had for Hancopiti I. The following morning was a 2am start for both teams, but soon after we split into independent pairs. The route is described in Alain Mesili's book and given the Bolivian grade of Facil (Alpine AD), with a height gain of 960m, and an average angle of 40/45 degrees. In practice by far the crux of the climb is the ridge leading to the summit plateau. A narrow snowy ridge at about 45 degrees which bounds the west of the north face. The ridge is beautifully exposed and when we climbed it we were cut by a chilling, dry wind. The climb was done and we made it back to base-camp that night.

Dave and myself had hoped to make a first traverse from Ancohuma to Illampu, which would also have involved ascents of some minor peaks. The majority of the ridge at around 6,000m. It is about 5km long from the Ancohuma col and looked to combine delicate cornices, flutings and steep unconsolidated snow with black ice. We decided, given the conditions, to avoid it. Instead the four of us headed next for the Illampu/Pico del Norte valley in search of other possibilities.

The route finding to our bivi site on the glacier edge opposite the pyramidal peak of Gorra de Hielo (5,700m) is a complex one with many possible variations. We believe we eventually found by far the easiest route in and so I will describe it in conjunction with Map 3.

From Chearocota we crossed the stream and headed westerly. The track is caimed for most of its length. Early on the way takes you around a rock promontary without losing height at all. Then a faint track leads you down left into the head of an open gully which is filled with large boulders. Tracking up and rightwards out of the gully you are faced with a choice. A

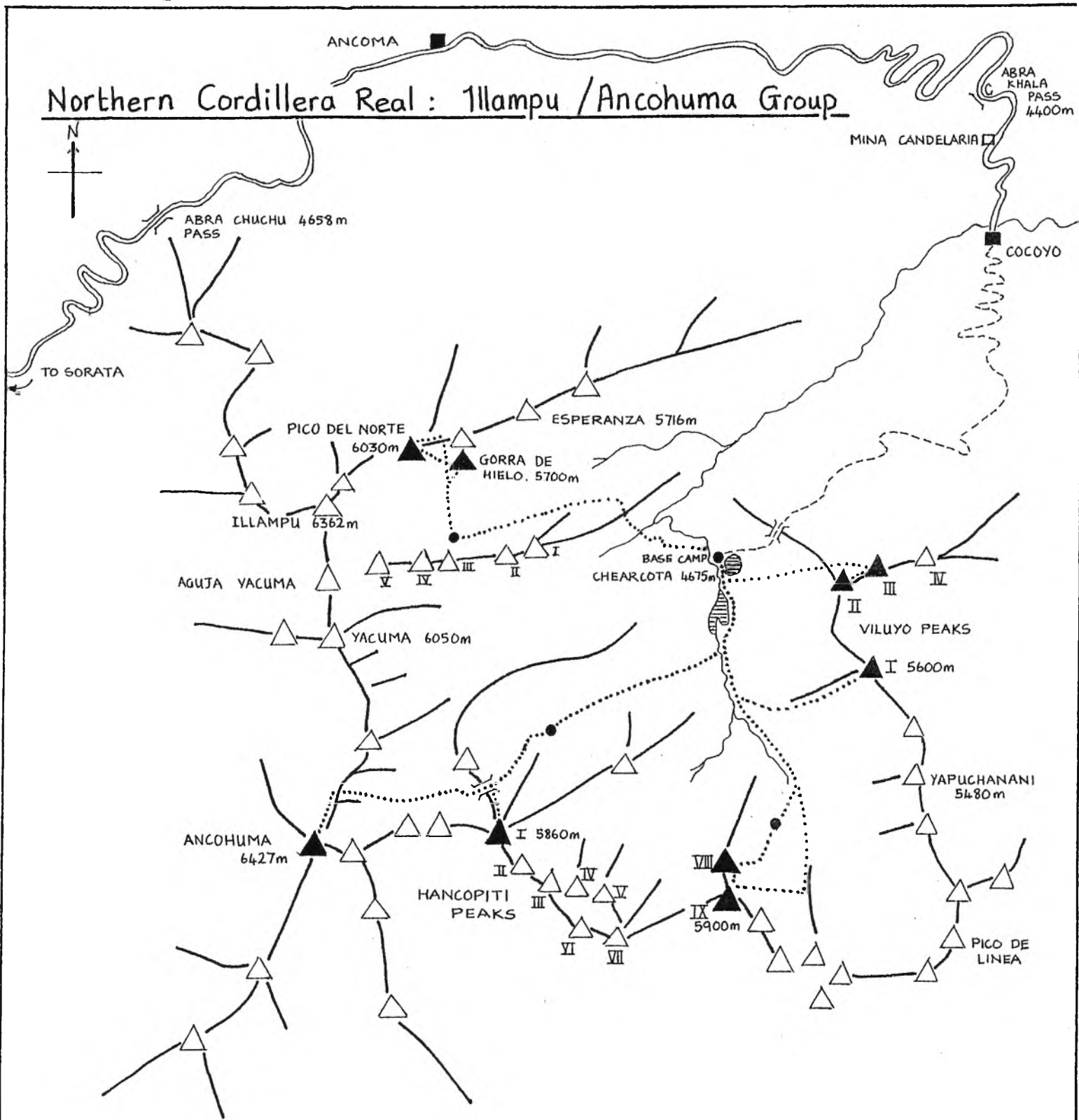
rocky cliff/promontary has a very unlikely line crossing at half height left to right. This is by far the best route with only a small section of scrambling. The easier looking lower line over the boulders to the col ends in 6b friction moves and is best avoided. At the end of the cliff section the corner is turned under impressive overhangs and the track heads up the next valley. At this point it is best to break off the obvious track and head diagonally down into the valley bottom. From here the route trends diagonally up and right to join, after a couple of hours, the rocky moraine which descends between the Illampu and Yacuma glaciers. We bivouaced near the glacier north-west of Point 5,563m.

The following day Faf and Nicky climbed Pico Gorra de Hielo. They climbed the obvious South Ridge which was probably about alpine AD+ (45-50 degrees). The ridge of mostly snow and ice had a final step of loose unconsolidated mixed ground. This led precariously to a classically pyramidal peak. The descent was off to the west to the col with Pico del Norte and then down to the glacier. The next day the girls climbed Pico del Norte (6,060m) by its voie normal east flank. A voie normal it may be, but it is still an impressive and complicated route.

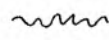
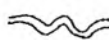





The same day Dave and myself climbed what we believe is the south-east ridge of Pico del Norte. At the same time we also believed it to be a new route but we since feel it is possibly a second ascent. The first ascent we think being undertaken by David Steel and Roger Scull, who were tragically killed on the same Imperial College Expedition in the mid 70's. The ridge was excellent, we left the bivi at about 2.30am and reached the summit just after dark. Fortunately we made it back to the bivi via the east flank for approximately 12.30am. The ridge was quite technical and would probably warrant the alpine grade of ED. However there is one place at about half height where an abseil or two to the east could allow you to scuttle off along the tops of the serac barrier. So maybe the grade should be ED+. The route began by swimming over the bergshrunds and up the South Face and then breaking right onto the ridge. The route followed the ridge now; eventually being forced onto the stepped slabs and solid rock to the right; later trending up to the halfway col. The next steep section was turned by some serious mixed climbing on the unconsolidated rubbish of the South Face. Back on the ridge we trended up breaking right to a good ice slope which speeded progress. Breaking left through the final serac barrier Dave performed a delicate balancing act in jumbled loose snow to dig out his now much needed headtorch. Then suddenly we were there. An easy 50m walk to the summit and we could see the girls flashing back at the bivi. My morse code is a little rusty, but we both knew the message said " Hurry up!, the brews on! ". After some manic giggles and grins we set off down the east flank, only to get lost and stagger back to our pits some hours later.

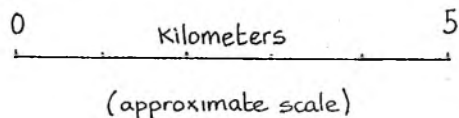
MAP 2

Northern Cordillera Real : Illampu / Ancohumas Group



Key:

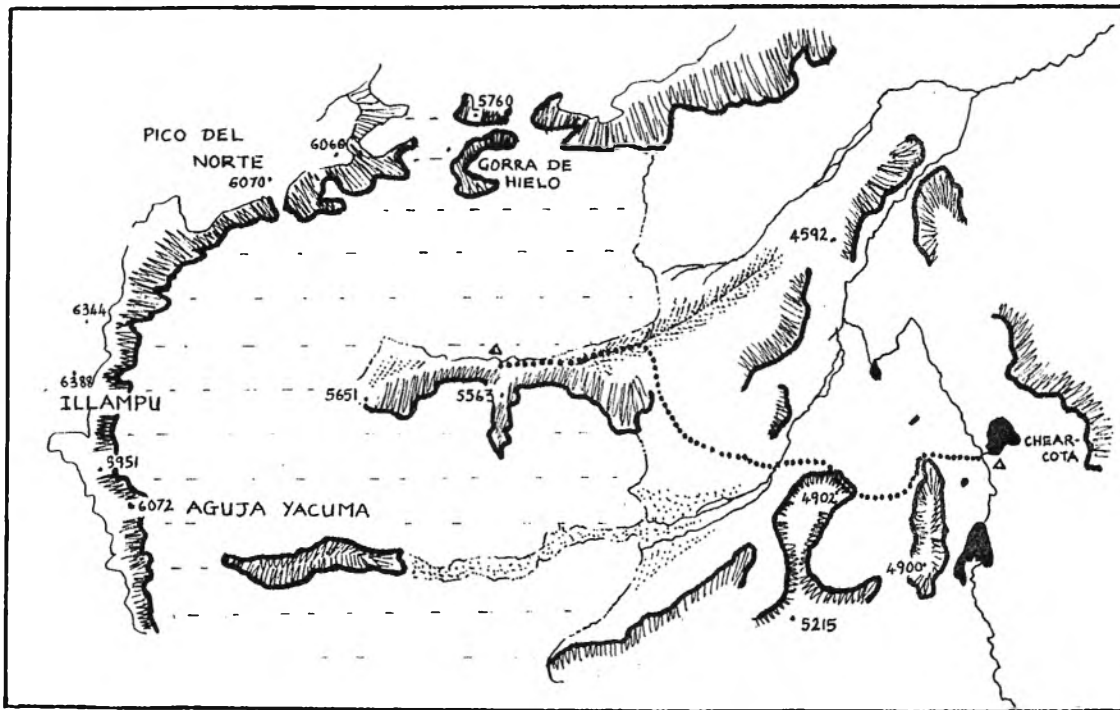
-  main rivers
-  vehicle tracks/roads
-  settlements
-  camps / bivouacs
-  summits reached by team
-  summits (elevations in meters)
-  lakes



..... routes taken

Northern Cordillera Real : Illampu / Ancohumana Group

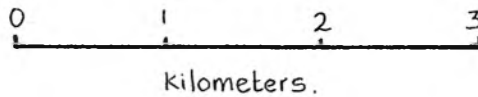
Route to Pico del Norte base camp:- **MAP 3**



Key:

- spot heights.
-  rock buttress / ridge.
-  glacial moraine
-  glacier
-  river
-  lake
- △ camps
- route taken.

Scale :-



ILLIMANI

Our final climb was to be the highest place in the Cordillera Real. The South Peak of Illimani (6,487m). Access being almost as easy as Laguna Zongo we got a ride on a truck to the village of Mina Urania and negotiated porters who helped us carry gear to base-camp below the West Spur. This was a place the locals called "Broken Bridge", on the obvious disused mining trail.

Immediately below our camp was a sweep of impressive cliffs with a free falling waterfall flowing over them. The cliffs formed one side of a basin with the floor over 1000ft below. The temptation was too great and the following day I parapented out over the cliffs; followed the line of it for a while and then headed out over the cirque. Flying over the heads of local kids and dogs they went crazy screaming and barking. Having flown out a fair distance I decided it may be a good idea to land a little further up the hillside on the far side of the valley for a shorter hike back up to base.

We climbed Illimani as a four over the next 2 days. The climb went quickly and easily as we were all quite fit now. The other three had gallantly offered to carry some of my gear down if I parapented from the top. It was a wonderful way to end the trips mountaineering. All four of us on the highest mountain in the range. The weather superb as usual; and stretching away in the distance was the rest of the range and those other summits which meant so much to us all.

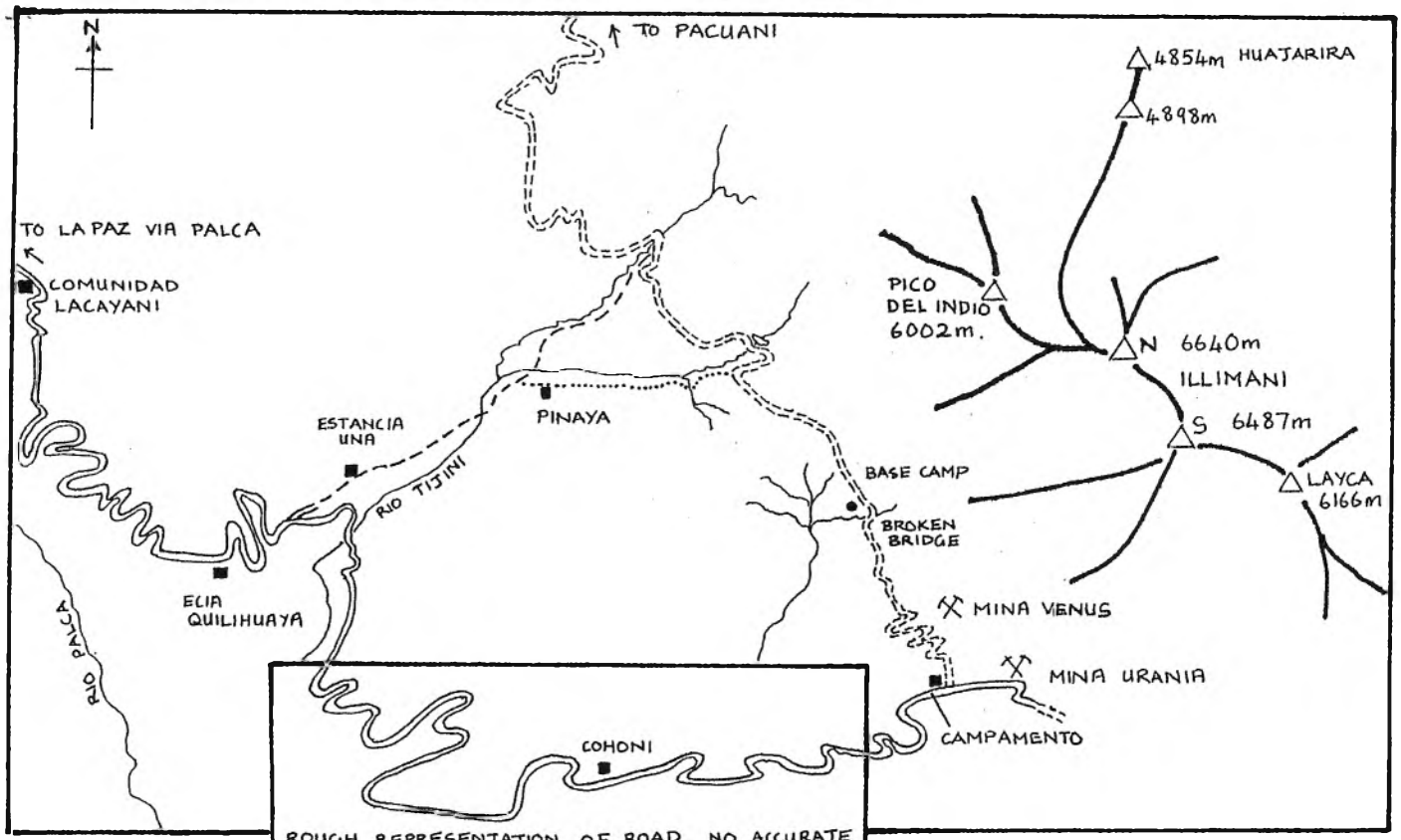
About 70m below the summit was a place which looked suitable to launch from. The wind was weak and kept dropping so the launch was only eventually successful at a jog. However it took almost an hour and a half of tense moments before this took place. Time after time the chute would be collapsed for various reasons; not least of which was apprehension. Finally I was up and whooping. A straightforward flight which was landed on a perfectly smooth high pasture sending llamas, sheep and herders scattering. A day and a half up and 15 minutes down. Landing clad in ski goggles and full gortex the local children stood amazed as I stripped to shorts and Koflachs. They stood wide eyed and gesticulated questions which I was only too glad to try and answer. I was on a high and their wonder only served to increase it. The dream was shattered however, as I walked away they held out their hands and asked for "dolces senoir?". The sweets they hoped to beg from me were not forthcoming and I again cursed the western civilisation which had so cheaply bought the smiles of these wonderful people.

Our walk out with two prearranged mules turned out to be just one with an old man as porter and his very small son. The route took us west through Pinaya; down the Rio Tijini valley to Estancia Una; then over the col and down to Estancia Quilihuaya where we dozed outside a cantina and waited for a truck to pass. This combination of a short walk in and longer more scenic route out was very enjoyable and can be recommended. We jiggled our way back to La Paz this time on the back of a pop wagon full of crates of empties. We only just made the fast food shop in time to devour an eagerly awaited plate full of fried chicken, chips and bananas - wonderful!

The mountaineering was over, but not the adventuring. We still had a few days to see the sights; visit the witch market and think of people most likely to appreciate a llama foetus as a present; eat every different kind of fish caught in Lake Titicaca; and buy a myriad of hats, jumpers, carvings and rugs. All too soon we were on the plane and heading for Rio. A five day stop over on Brazils most famous beaches. OK I suppose if you're into topping up your tan, eating coconuts and watching the beauties strut by. For myself I'd rather the plump ladies sitting at the roadside or tending the sheep, with their funny hats and grinning faces - but then I did live in Wales for five years

MAP 4

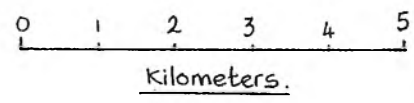
Southern Cordillera Real : Illimani



ROUGH REPRESENTATION OF ROAD. NO ACCURATE INFORMATION AVAILABLE AT TIME OF DRAWING

Key:

- main rivers
- vehicle tracks/roads
- disused mining track.
- donkey trail
- footpath
- settlement.
- mine (used or disused)



EXPEDITION ACCOUNTS

<u>INCOME</u>	<u>£</u>	<u>EXPENDITURE</u>	<u>£</u>
MEF Grant	200.00		
Personal contributions	4600.00		
Sale of miscellaneous items	15.00		
	<u>4815.00</u>		
		Flights	2772.00
		Insurance	360.00
		Group equipment	80.40
		Dehydrated food	43.50
		Medicines, etc.	120.00
		Administation	183.00
		Transport	275.00
		Food & accommodation	781.65
		Provisions	132.20
		Hire of labour	68.15
			<u>4815.00</u>

EXPENDITURE BREAKDOWN

Flights	4 x 693.00	= 2772.00
Insurance	4 x 90.00	= 360.00
Group equip;	Batteries 10 x 2.00	= 20.00
	Snow stakes 8 x 4.00	= 32.00
	Maps (+ P&P)	= 18.40
	Guide book	= 10.00
Admin;	Alpine library visit	= 68.00
	MEF interview expenses	= 35.00
	Telephone / postage	= 40.00
	Report	= 40.00

EXPENDITURE DETAILS

These are given in some detail in order to help future expeditions. These costs are shown in local currency (Bolivianos in Bolivia, and Cruzeros in Brazil) and then in their \$US equivalent. The exchange rate in Bolivia remained fairly stable, initially at B2.64 = \$US1, gradually rising to B2.76 = \$US1. However for the majority of our transactions it was at the rate of B2.65, and so this figure has been used for my calculations. In Brazil over 5 days the rate of exchange rose from CR3.20 - CR4.35 = \$US1, so an average figure of CR3.77 was used.

TRANSPORT

<u>Date:</u>		<u>Bolivianos</u>	<u>\$US Dollars</u>
2 /7	Taxi (From airport to La Paz)		15.00
6 /7	Taxi (Tiwanaku visit)	140.00	52.85
8 /7	Jeep hire (To Zongo Lake)		60.00
13/7	Truck ride (Return from Zongo Lake)	20.00	7.55
13/7	Taxi (To Hotel from truck stop)	8.00	3.00
16/7	Taxi (To bus stop)	5.00	2.15
16/7	Bus to Sorata	20.00	7.55
17/7	Jeep (From Sorata to Cocoyo)		90.00
4 /8	Jeep (From Cocoyo to La Paz - shared cost)		100.00
9 /8	Taxi (To truck stop)	15.00	5.65
9 /8	Truck (To Mina Urania)	20.00	7.55
14/8	Truck (To La Paz)	20.00	7.55
14/8	Taxi (from station to hotel)	10.00	3.80
16/8	Bus (To/return Cococabana + Ferry at B0.50)	44.00	18.10
19/8	Taxis x 2 (La Paz to airport)	30.00	11.30
			392.05
		<u>Cruzeros</u>	
19/8	Taxi (From Airport to hotel in Rio)	35.00	8.30
	Buses / Trains sightseeing	70.00	16.55
24/8	Taxi (To airport)	40.00	9.45
			<u>34.30</u>

<u>FOOD AND ACCOMMODATION:</u>	<u>Bolivianos</u>	<u>\$US Dollars</u>
Food (19 days in settlements at B20 ea. per day (eating well))	1520.00	573.00
15/7 Hotel (9 nights in La Paz)	360.00	135.85
16/7 Hotel (1 night in Sorata + food)	120.00	45.30
8 /8 Hotel (5 nights in La Paz)	200.00	75.50
17/8 Hotel (1 night in Cococobana + food)	46.00	17.35
	<u>Cruzeros</u>	
20/8 Hotel "Blanca" (2 nights)	90.00	21.30
24/8 Hotel "Imperial" (3 nights)	450.00	106.40
Food and living expenses (5 days at CR50 ea. per day)	1000.00	236.40
		<u>1211.60</u>

<u>PROVISIONS AND EQUIPMENT:</u>	<u>Bolivianos</u>	
4 /7 Cooking pans / utensils for base-camp	58.00	21.90
4 /7 Fuel (petrol) / + food for 5 days H/Potosi	85.00	32.10
15/7 Fuel / food for 18 days Illampu B/camp	250.00	94.35
8 /8 Fuel / food for 6 days Illamani B/camp	150.00	56.60
		<u>204.95</u>

HIRE OF LABOUR

17/7 1.5 days walk in to Illampu B/camp (10 llamas + 2 Llameros at no charge)	150.00	56.60
3 /8 0.5 day walk out (6 llamas + 2 Llameros)	30.00	11.30
9 /8 2.5 Hr. walk in from Mina Urania to "Broken Bridge", Illamani B/camp - 4 porters	40.00	15.10
14/8 7 Hr. walk out (price for 2 mules - but got 1 mule, old man and small son on the day!)	60.00	22.65
		<u>105.65</u>

OTHER:

4 /7 Passport photos for Identity cards	20.00	7.55
4 /7 Guide book	40.00	15.10
5 /7 Bolivian Alpine Club identity cards	4.00	1.50
6 /7 Road Tolls /Entrance fees to Tiwanaku	21.00	7.90
Airport Tax (twice!)		80.00
		<u>112.05</u>

MISCELLANEOUS INFORMATION

- AIRFARES:** We flew Brazilian Airlines "Varig", booked through Journey Latin America. London - La Paz (with a 5 day stop over in Rio de Janero) cost #693 ea. Airport tax was payable on each departure at \$10. This could be paid in local currency, travellers cheques, \$US, or any combination of the three
- LABOUR :** The cost of labour varied depending upon negotiation tactics, and availability of goods for exchange. The rate for llamas carrying up to 15Kg loads was B15 ea., and then some groups were charged in addition for a Llamero at B10. Porters and mules will carry extremely heavy loads if they can be found.
- TRANSPORT:** With a little investigation you can find buses and trucks leaving La Paz for many mountain communities at a fraction of the cost of jeep hire.

INSURANCE.

Even the best-planned expeditions can incur unforeseen expenses arising as a result of accidents, natural disasters, loss or theft, and illness, which can lead to considerable financial loss. It is obvious, therefore, that full insurance cover is essential for all members of an expedition of this type.

It can be difficult to know exactly what constitutes adequate cover, but bear in mind that you will only get what you pay for. While it is tempting to opt for a cheaper package from a high-street insurance brokers, it is important to carefully consider what is actually included in the deal. Its worth remembering that if you can't afford the premium now, your problems will be vastly amplified in the event of something untoward happening!

Only a relatively small number of insurance companies are prepared to offer insurance for expeditions, and those that do often offer a range of optional premiums that can be confusing. The Expedition Advisory Centre (1, Kensington Gore, London SW7 2AR, Tel: 01-581 2057) produce a very useful brochure giving up to date information on what is involved in the various options, as well as guidance in filling in insurance forms, tips on how to deal with claims abroad, and a list of insurance brokers offering interesting Packages to expedition.

Insurance cover to be considered should include the following:

Personal Accident: This provides cover against death and disablement following accidental bodily injury.

Medical and Additional Expenses: Medical and travel expenses for each member of the expedition, following accidental bodily injury or illness.

Rescue Expenses: Expenses incurred in the event of a rescue operation being mounted.

Expedition Equipment and Stores and Money: These do not generally include equipment and stores which are sent unaccompanied.

Cancellation and Curtailment: This category provides cover against cancellation for reasons including, for example, jury service, hi-jack, death of a close relative, etc.

Public/Personal Liability Insurance: This is cover concerned with Third Party Liability, including liability for bodily injury or illness caused to anyone who is not a member of or employed by the expedition.

Personal Belongings and Money of Individual Members: This is often included as an optional extra in expedition insurance packages, as members will usually have their own insurance cover for this area.

Unaccompanied Expedition Equipment and Stores: This is dealt with separately from those stores and equipment travelling with the expedition. A full inventory will be required.

Insurance of Vehicles: Third party insurance is compulsory in most countries. In Europe, a Green Card will cover travelling. Elsewhere, advice should be sought concerning local law.

Having considered the packages offered by various firms, we finally decided to opt for the BMC Expedition Insurance, which offers a comprehensive policy (See copy of rates sheet overleaf). The expedition fell into category 2., resulting in a premium of £90 each. The BMC were always willing to give advice (by letter or by phone), and when we did put in a claim for stolen camera equipment, no problems were encountered in obtaining compensation. Other brokers worth considering are listed in the Expedition Advisory Council brochure mentioned earlier.

British Mountaineering Council
Crawford House
Precinct Centre
Booth Street East
Manchester
M13 9RZ

Tel: (061) 273 5163

EXPEDITION INSURANCE RATES - PER PERSON

Benefits

Medical and Rescue Expenses £ 50,000

Personal Accident

Death Benefit £ 1,000

Loss of limbs, eyes & permanent total disablement £ 5,000

Loss of baggage, equipment and personal effects £ 1,000

Cancellation and curtailment £ 1,500

Personal liability £500,000

Rating

1. Trekking Holidays and Extended Period Holidays

Up to 6 weeks £ 50.00

Up to 3 months £ 72.00

Up to 6 months £ 105.00

Up to 12 months £ 200.00

2. Expeditions to medium range mountains and involving technical climbing:

Up to 3 months £ 90.00

Up to 6 months £ 125.00

Periods over 6 months by individual arrangement.

3. Expeditions tackling high and/or difficult peaks:

Up to 3 months £ 150.00

Up to 6 months £ 200.00

Periods over 6 months by individual arrangement.

COMMUNAL EQUIPMENT

With respect to communal equipment the gross rate chargeable per £1000.00 worth of cover is £27.50.

CONTRACTS FOR THE LLAMEROS

During the trip, we found that contracts were very useful when it came to dealing with the llameros.

A fairly large expedition run by the Royal Marines had encountered problems when the llameros from Cocoyo went on strike half way to base camp Ancohuma and refused to move until more money was paid to them. Not only did this obviously cause the Marines some unforeseen financial outlay, but it meant that parties following them had a difficult time beating the price back down. It took a lot of hard bargaining (and pleading poverty!) for us to reduce the prices once more to the previous 'normal' of 12bs per llama, plus 15bs per llamero. Once we had finally reached an agreement, we asked the llameros to sign written contracts (one copy for them, one copy for us - see example contracts over). This was something they viewed very seriously, but showed no unwillingness to do. Once their names were on the papers, they turned out to be wonderful - friendly and helpful, even offering to carry more weight for nothing!

It is a good idea to write the contracts on headed notepaper (or type them out before going out to Bolivia), or stamp them with anything official-looking. When the contract has been completed, sign it 'cumplido con gracias' (plus signature). Genaro and Manuel, our llameros, seemed really pleased with this and said they would use them for references in the future!

As a final note, we found it possible to pay the llameros in kind to bring our gear back down to the valley. they were particularly interested in plastic water/petrol containers, pots and pans, cutlery, plastic plates and mugs, dried food and drink. We did not consider it wise to include sweets, having seen the damage done to the indians' teeth in certain areas.

Example Contract (see overleaf)

The months in Spanish (for use with the contracts)

enero,	abril,	julio,	octubre,
febrero,	mayo,	agosto,	noviembre,
marzo,	junio,	setiembre,	diciembre.

CONTRACT:

Contrato por cumplir el día 18 de agosto de 1989

Yo, Juan Mamani, me encargo de llevar 80 kilos de equipo con 3 llamas* y 2 mulas* y 4 porteros*, desde Cocoyo hasta Chearcota, el día 18 de agosto de 1989.

El pago de este trabajo será de 86 bolivianos en total.

Firmo, este día 17 de agosto de 1989:

Juan Mamani (Llamero/Portero*)
C. Boudé (Empleador)

* Delete as applicable.

nb. The underlined words are to be substituted to suit the occasion.

English translation of the above:

Contract to be fulfilled on the 18th of August, 1989.

I, Juan Mamani, undertake to carry 80 kilos of equipment with 3 llamas and 2 mules and 4 porters from Cocoyo to Chearcota, on the 18th of August, 1989.

Payment for this work will be 86 bolivianos in total.

Signed on this, the 17th of August, 1989.

Juan Mamani (Llamero/Porter)
C. Boudé (Employer)

MEDICAL REPORT

INTRODUCTION

Prior to setting out upon our expedition we attempted to make arrangements in the event of an accident, injury or illness. Whilst our preparations proved adequate for the situation, greater preparation would be desirable. The time required to make full medical preparations should not be underestimated.

I will attempt to discuss our arrangements under the following headings:

A)Preparation.

B)Design of medical kits.

C)Medical problems and short comings of medical kits.

PREPARATION

As previously stated the time allowed for preparation should not be underestimated.

Medical preparation, as with all other preparation, will help to avoid problems whilst actually on the expedition.

Three months prior to setting out, each member of the trip undertook to complete the following actions:

- 1) Ensure they are medically and physically fit for the expedition.
- 2) Seek treatment to clear up any minor medical problems that may develop to cause greater discomfort on the expedition. Eg. Piles, corns, athlete's foot.
- 3) Visit dentist for a complete check up and ask his advice.
- 4) Arrange for appropriate inoculations and protection for the country to be visited. Eg. yellow fever, cholera, malaria. (Up to date information can be obtained from "The Royal Society of Tropical Medicine", TEL. 01 580 2127).
- 5) Become familiar with the basic principals of first aid treatment, along with an appreciation of problems relating to cold and altitude. Eg. Cerebral and pulmonary oedema.

The Medical Officer should attempt to do the following:

- 1) Compile information relating to each expedition member. Eg. Blood grouping, medical conditions, medication, allergies, etc.
- 2) Compile a list, with addresses, of "next of kin". These may be left with a suitable person that would act as a liaison between the expedition and the next of kin in the event of accident or injury.
- 3) Make arrangements for evacuation and repatriation. (Eg. British Airways Medivac Service, TEL 01 759 5511 Ext 5208).

4)Ensure that insurance policies will fully cover , rescue, medical treatment, evacuation and repatriation and any other costs that maybe incurred.

5)Design and compile medical kits suitable for the expeditions requirements and ensure people understand how to use it.

6)Obtain licenses for the export of controlled drugs from the Home Office.

DESIGN OF MEDICAL KITS:

Three forms of medical kits were used on the expedition. These were:

A)"Base kits", This kit was intended as a central store and would resupply the "mountain kits" if and when they ran low on a particular item. In addition to this, the base kits would also contain items that would only be required in special circumstances. It was hoped that with this kit most eventualities could be coped with and it would be the medical expertise of the group that would be the limiting factor in treating a casualty, and not the medical supplies. It was also intended that the base kit, as the name implies, would only be carried as far as our base camp.

B)"Mountain Kits", There were two mountain kits, one for each pair or rope. these would cater for our every day health needs, traumatic injuries, such as cuts and grazes, and the usual ailments, Eg. Travellers diarrhoea. Whilst above approximately 10,000 feet or above our base camp we also carried drugs to treat cerebral and pulmonary oedema, along with strong analgesics. It was intended that at nearly all times all expedition members would be within easy reach of one of the mountain kits.

C)"Aids kits", This kit basically contained a selection of various sized syringes and needles which would be used in the event of someone being admitted into a local hospital. It was thus hoped we would ensure clean needles and syringes were used and the spread of the aids virus would be minimised.

BASE KIT CONTENTS:

ITEM	USE	QUANTITY
Plastic container , Eg. fold out fishing tackle box.		1 off
*Imodium	Diarrhoea	60 tablets
Senokot	Constipation	60 tablets
Gaviscon	Antiacid	30 tablets
Paracetamol (Disprin possibly better)	Headaches/mild pain	80 tablets
*Buprenorphine (temgiscic)	Moderate to server pain	30 tablets
*Co-trimoxazole (Septrin)	Antibiotic	2 course
*Magnapen	Antibiotic	1 course
*Flagyl	Antibiotic	2 courses
*Erythromycin	Antibiotic	1 course
*Temazepan	Sleeping tablets	20 tablets
*Acetazolamide (Diamox)	Acclimatiation	80 tablets
*Sabutamol inhaler	Wheezing	1 off
*Chloromphenicol eye ointment	Antibiotic for eyes	2 tubes
*Amethocaine eye drops	Snow blindness	6 units
*Triludan	Antihistamine	20 tablets
Large plain wound dressing		4 off
Medium plain wound dressing		2 off
Small plain wound dressing		2 off
Triangular bandage		2 off

'Melolin' non adherent dressing (10 x10 cm)		10 off
'Melolin' non adherent dressing (5 x 5 cm)		10 off
'Bactigras', or 'Jelonet' dressing (10 x10 cm)	Burns	10 off
Crepe bandage (3 inch)		4 off
Adhesive elastic strapping (3 inch)		3 off
'Elastoplast' strip off plaster		1 metre
Loose plasters (assorted)		
Zinc oxide , Micropore or Surgical tape (15 cm wide)		3 rolls
Steristrip skin closures		2 packets
Savlon antiseptic cream		1 tube
Savlon antiseptic concentrate (10 ml sachet)		5 sachets
Cotton wool balls (sterile)		3 packets
Injection swabs		50 off
Eye bath		1 off
'Optrex' eye wash		1 bottle
Cotton wool tipped sticks ('cotton buds')		10 off
Flourets	(detects debris in eyes)	2 packets
Uvistat sun cream (total block)		6 tubes
Uvistat lip salve (total block)		6 sticks
*Flamazine burns cream		2 tubes
Zinc and castor oil cream	sun block cream	1 jar
Atheletes foot powder		1 tube
Atheletes foot cream		1 tube
Anusol suppositories		30 off

Anusol cream		1 tube
Rehidrat		20 packets
Cavit	temporary filling	1 tube
Oil of cloves	relieves tooth pain	1 bottle
Sissors		1 pair
Forceps		1 pair
Dental mirror		1 off
Disposable scalpel		2 off
Disposable sterile gloves		2 off
safety pins (assorted)		10 off
Lignocaine local anesthetic		1 tube
Sutures (curved needle with fixed silk sutures, 3/0 gauge)		3 packets
Needle clamp, holder		1 off
Needles (38 x 0.8 mm)		10 off
Syringes (2ml)		10 off

MOUNTAIN KITS CONTENTS

ITEM	USE	QUANTITY PER KIT
Plastic sandwich box		1 off
*Imodium	diarrhoea	20 tablets
Senokot	constipation	20 tablets
Gaviscon	antacid	10 tablets
Paracetamol (disprin maybe better)	headaches, pain	30 tablets
*Buprenorphine (temgic)	moderate pain	30 tablets
**Dihydrocodine (DF 118)(I.M.)	severe pain	
*Dexamethasone (I.V.,I.M.)	cerebral oedema	
*Frusimide (lasix)(I.V.,I.M.)	oedema	
*Amethocaine eye drops	snow blindness	2 units
Large plain wound dressing		2 off
Triangular bandage		1 off
'Melolin' non adherent dressing (10 x 10 cm)		3 off
'Melolin' non adherent dressing (5 x 5 cm)		3 off
Crepe bandage (3 inch)		1 off
Adhesive elastic strapping (3 inch)		1 off
Elastoplast strip of plaster		30 cm
Zinc oxide, micropore or surgical tape (15 cm wide)		1 roll
Steristrip skin closures		1 packet
Savlon antiseptic cream		1 tube
Injection swabs		8 off
Uvistat sun cream (total block)		2 tubes
Uvistat lip salve (total block)		2 sticks
Atheletes foot powder		1 tube
Anusol suppositories		6 off
Rehidrat		10 off
Penknife (with sissors and twizzers)		1 off
safety pins		6 off

Airway (medium, green)	1 off
Needles (38 x0.8 mm)	8 off
Syringes (2 ml)	8 off

NOTE:

* denotes prescription only drugs

** denotes restricted drugs,hence an export license is required from the Home Office to take the drugs out of the UK.

AIDS KITS CONTENTS

ITEM	QUANTITY
Syringes (2 ml)	15 off
Syringes (5 ml)	10 off
Syringes (10 ml)	5 off
Needles (38 x 0.8 mm)	30 off
Injection swabs	50 off

MEDICAL PROBLEMS AND SHORT COMINGS OF THE MEDICAL KITS:

Fortunately no major injuries were incurred throughout the expedition. There were however some minor cuts and grazes which were treated in the normal fashion. Nicky suffered from a deep splinter, towards the end of the expedition, which became inflamed and only finally began to clear up on our return to the U.K., perhaps this was due to dietary inadequacies that built up over the period of the expedition.

Antibiotics were used on three occasions, twice for chest infections, and once for amoebic dysentery. Once these conditions had been correctly diagnosed, treatment with antibiotics was relatively straight forward and effective. The Salbutamol inhaler was used to ease wheezing by one of the patients with the chest complaint. The benefits seemed limited, hence this treatment was discontinued.

'Faff', who contracted amoebic dysentery, suffered extreme weight loss and dehydration. The immediate effects of dehydration were treated with dyoralite drinks (Rehydrat). However her weight loss was felt and caused her some difficulties throughout the remainder of the trip, in that she had to ensure her calories intake was not only high but also frequent in order to avoid 'hitting the wall'.

Generally the medical kits seemed adequate and suitable for our needs although no major problems were encountered.

A full financial break down of the kits has not been included as much of the medical supplies were begged, borrowed or stolen. The overall cost of the kits was probably in the region of a £150.00, whilst the actual amount we paid out was £120.00. The majority of this sum was spent on perscription only drugs.

HAVE A GOOD TIME, BE CAREFUL OUT THERE.

USEFUL PUBLICATIONS:

- South American Handbook (Trade and Travel Publs.).
- Backpacking and Trekking in Peru and Bolivia - Bradt (Bradt).
- The Southern Cordillera Real - Pecher and Schmiemann (Plata)
NB.Out of print.
- La Cordillera Real de Los Andes. Bolivia. - Alain Mesili (Los Amigos del Libro) NB> Only available in Bolivia and in Spanish. It is of some use. Some good photos, but many inaccuracies.
- American and British Alpine Journals
- Mountaineering in the Andes: A source book for climbers - Jill Neat. (Expedition Advisory Centre)
- Expeditions to Bolivia (Expedition Advisory Centre)
- Expedition Planners' Handbook and directory (E.A.C.)