

# PRESS RELEASE

## A high mountain trek to the summit of the Americas

### ACONCAGUA AND THE SOUTHERN ANDES

Front cover

Horcones Valley (Normal) and Vacas Valley (Polish Glacier) ascent routes  
by Jim Ryan

At 6962m Aconcagua in Argentina is one of the world's great mountains. Every year many thousands of people travel to the Andes to climb it – but for every eight people who attempt the peak only two succeed. This definitive guidebook to Aconcagua tells you all you need to know to take on the challenge. It describes ascents via the Normal (Horocones Valley) route or the Vacas Valley (Polish Glacier) route, with additional sections on summiting and getting down safely. Altitude sickness is a common problem on both routes, and the book gives vital advice on acclimatisation strategies. Several acclimatisation treks are described, both within Aconcagua Provincial Park and away from it, near Mendoza (Vallecitos) and Santiago (El Plomo). It also includes routes up the remote peak of Tupungato, including a route from Chile.

Lying in the Republic of Argentina, very close to the Chilean border, Aconcagua is the highest peak in the world outside of the Himalayas and the mountains of eastern Asia. There are many routes up the mountain but only the two described here are non-technical routes that fall within the grasp of adventurous trekkers.

This guide provides indispensable information. It covers weather, travel, and preparations for high-altitude mountaineering, including advice on equipment, coping with altitude, and acclimatisation. It gives expert advice on permits, food and water, hiring guides and mules, and staying healthy. Descriptions of the routes and sample itineraries are supplemented by background information on the mountain, its history, geology, wildlife and local culture, making this a comprehensive and must-read guide for anyone considering tackling Aconcagua.

#### What's inside?

- maps and colour photos
- suggestions for things to do and see around Mendoza and Santiago
- Spanish-English glossary and language notes

#### About the author

Jim Ryan is a chartered civil engineer with a passion for the outdoors, who has had several successful guidebooks and one work of fiction published. He has a particular interest in geology and a love of mountains. Aconcagua made a significant impression on him on his first journey there, with an expedition in 1999, and he returned on two further expeditions.

#### Key information

Published Feb 2018

By Jim Ryan

£16.95

184pp

Paperback Gloss Laminated pvc Sleeve

ISBN: 9781852849740

- **Review copies available**
- **Need a feature? Let Hannah know**
- **Ask for competition prizes and reader offers**

For further information, or to receive a review copy please contact Hannah [hannah@cicerone.co.uk](mailto:hannah@cicerone.co.uk)  
01539 587985