



A rock summit on Illiniza Norte and a night camping by the Quilotoa crater lake.

ALTITUDE 5,126 m	DURATION 3 days / 2N	GRADE F+ (scramble) · Intermediate level	SEASON Year-round; best December to January and June to September	MEETING POINT Cuenca & Riobamba (pickup)	ACTIVITY Summit on day 2 + camping and wellness
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ITINERARY

DAY 01

Departure from Cuenca

We meet in Cuenca (exact location shared via WhatsApp) and drive overnight toward the Illinizas.

DAY 02

Check-in and climb to the Illinizas

Morning check-in at the reserve and ascent toward Illiniza Norte.

Illiniza Norte summit (5,126 m)

Summit attempt on the rock ridge; helmet mandatory, no glacier.

Camping at Quilotoa

We descend and set up camp beside the Quilotoa crater lake.

DAY 03

Sunrise Wim Hof

Wim Hof breathing session by the lake.

Kayak, trail or yoga

A morning of free activities: kayak on the lake, trail or yoga.

Return to Cuenca

We break camp and drive back to Cuenca.

INCLUDED

- Guiding on Illiniza Norte
- Camping at Quilotoa with tents
- Hot drinks and hydration
- Transport from Cuenca
- Entrance permits
- Training sessions and photography

NOT INCLUDED

- Technical equipment (helmet, harness, crampons), available for rent from PEAKS
- Meals
- Sleeping bag and mat

REQUIREMENTS

Solid aerobic fitness; no glacier experience required. A helmet is mandatory (available for rent from PEAKS). Attending the training sessions is mandatory.

Ask for dates & a quote

Prices and spots via WhatsApp · Non-refundable deposit to book

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