

# AMERIC<sup>^</sup>ANDINA

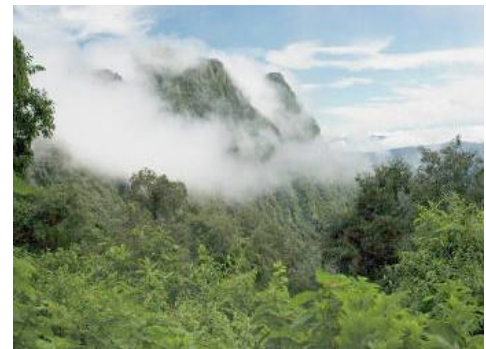


## TILCARA– SAN FRANCISCO EXPEDITION

### FROM PUNA TO FOREST 5 days/4 nights

**IN ONLY 5 DAYS YOU WILL COVER DIFERENT ENVIRONMENTS: QUEBRADA OR CANYON, PASTIZLES OR GRASSLANDS, CLOUDFORESTS OR YUNGAS. THE EXPEDITION STARTS IN THE ARID “QUEBRADA DE HUMAHUACA”, DECLARED A SITE OF NATURAL AND CULTURAL PATRIMONY FOR HUMANITY, AND ENDS IN THE IMPENETRABLE MOUNTAIN CLOUD FOREST OF THE YUNGAS BIOSPHERE RESERVE.**

The province of Jujuy has a low population density. This makes finding places with little or no human activity easy. It possesses four regions: the arid Puna, the Quebrada de Humahuaca canyon, valleys, and the cloud forest known as Yungas. Large altitudinal variations in these regions produce different micro-climates, allowing you to pass from the densest Andinian subtropical forest to the extreme aridity of the Humahuaca Canyon in a few days of walking. Jujuy has 1,500 archaeological sites and the population has deep-rooted ancestral customs and festivities. The diversity of its flora and fauna is spectacular.



# CALENDAR APRIL - NOVEMBER

## TILCARA– SAN FRANCISCO EXPEDITION (CALLILEGUA NATIONAL PARK)

**STARTS AT:** 7.30 A.M. AND ENDS AT 8.00 P.M. ON THE FINAL DAY

**Place of Departure:** Tilcara

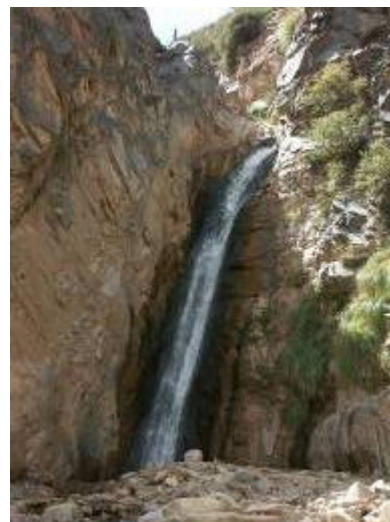
**Place of Arrival:** San Francisco

**Duration:** 5 days and 4 nights

**Difficulty:** Medium to High

### **Day 1: Tilcara – Yuto Pampa** (6 hours of trekking)

We leave Tilcara with our baqueano, or local guide, and the pack mules, and we start to trek uphill to la serrania de Tilcara, situated at an altitude of 4,300 m.a.s.l. There it is possible to see vicuñas, llamas, condors and other vultures. We walk along an ancient path that the original inhabitants used to barter products from the Puna and the forest. Salt from the Puna was traded for fruit, paints and medicinal products from the forest. We will spend the night here in a rufuge, or shelter, with a view of the path that we will take the next day. A path from which spectacular waterfalls can be seen.



### **Día 2: Yuto Pampa - Molulo** (6 hours of trekking)

On the second day, we will enjoy the tranquility of the Yuto Pampa, before heading off to the hamlet, Molulo. As we travel through the immense aridity of the Puna the vista dramatically changes as we enter the cloud forest grasslands that cover the mountainsides. Here, the majestic condor can be seen flying, at eye level in the vastness of the cordilleran landscape. Depending on the time of year, mountain peaks may be blanketed by snow or traces of white will just be visible. When we arrive in Molulo, at 3200 m.a.s.l., we can relax and



we will spend the night under breathtaking star-studded skies with members of the native community with whom we will share our dinner.

### Day 3: Molulo –Abra de Potrero (7 hours of trekking)

Leaving Molulo we trek along a route from which sheer precipices and steep mountainsides fall far below us. Here, we witness stunning scenery of deep valleys, picturesque farmhouses surrounded by terraced crops and corrals of goats and sheep. This part of the trek varies according to your needs. But it can be up to about 6 hours of trekking through the countryside. We will spend the night in Abra de Potrero. This spot, covered by grassland vegetation, is said to have the clearest skies in the Americas. A true sea of stars. We will enjoy star-gazing after an eagerly awaited dinner and rest after the intense day.



### Day 4: Abra de Potrero- San Lucas (6 hours of trekking)

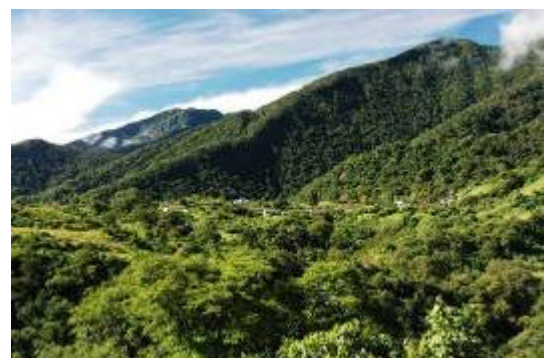
The crossing leads us to San Lucas where we will penetrate deep into the mountainous forest, where we will discover a canyon and observe distinct stratum of the Yungas before arriving at the village of San Lucas. This hike presents an opportunity to truly appreciate the enormity of the Valle Grande county. It is a geographical spectacle and to see it from this altitude of 2,600 m.a.s.l.

adds to its magnificence. Passing through mountainous forest we finally arrive at the village of San Lucas, in the mountainous cloud forest. Señor Isaac Cruz, an inhabitant of the area, and our host, will welcome us to his inn where we will spend the night. Here, we will share daily tasks and have an opportunity to share and savour the colourful traditions of the region's food.



### Day 5: San Lucas – San Francisco (5 hours of trekking)

Leaving the village, we descend through the watershed of the San Lucas river to the point where it meets the Valle Grande river. We travel along a winding path where you will be able to appreciate the splendour of the Yungas, framed in the unique and breathtaking geographic formations of the rocky Macizos. After crossing the hanging bridge over the Valle Grande river we head towards the provincial highway 83. Here, we will be taken by vehicle to San Francisco where we will enjoy appetizing food and a comfortable space where we rest before returning to the city of San Salvador de Jujuy.- End of the expedition.



## PRACTICALITIES

**Duration:** 5 days / 4 nights.

**Time of Year:** Preferably between March and December.

**Level of Difficulty:** Medium - High. The greatest physical effort is the ascent to a ridge of 4.200 m.a.s.l.

**Start:** Tilcara

**Ends:** San Francisco

**Technical Facts:** This trip requires a level of preparation before-hand given that the trip covers altitudes between 1,500 m.a.s.l. and 4,200 m.a.s.l. The crossing can be done in both directions.

### **Services include:**

- 2 nights accommodation in inns
- 2 nights camping in tents
- Tents
- All meals, from lunch on the first day, to snacks on the last day.
- Pack animals for the luggage
- Service of the baqueano, or local guide.

### **Services not included:**

- Transfer
- Drinks
- Services not described in the programme.

Minimum of 4 people per trip

Maximum of 12 people per trip

# General Considerations

## Luggage

For the crossing, bring only articles that you will need during the excursion. Some hikers choose to transport their belongings in backpacks. In this case, we recommend that you do not carry more than 20 % of your body weight. If you decide to hire a donkey or horse to carry your belongings the criteria must be the same. The animals must not be overloaded.

Remember that a part of the camino reaches 4,200 m.a.s.l. At this altitude, the long walk requires a little more effort than is usual at low altitudes. Each donkey can transport approximately 25 kilos (horses, 60 kilos). This will help you to estimate the number of donkeys you will need.

## Clothing

Clothing must be practical, comfortable and warm. Take into account the variety of climates that you may encounter. You should anticipate that in the day temperatures can be as high as 30 °C and at night as low as 0 °C. In addition, windy conditions are not unusual. We suggest long sleeves and wind-proof clothing while trekking and a good fleece or jacket during camping. You must carry clothing that insulates you from the atmospheric conditions. An water/wind-proof impermeable, hooded poncho would be useful. It is recommended that you bring quick-drying synthetic clothing. Jeans are not recommended as it will not be possible to dry them during the trip.

## Footwear

Most importantly, all participants should be comfortable enough to complete the trek. For this reason trekking should be carried out with comfortable footwear with the appropriate soles, prioritizing low weight over aspects such as durability.

Trekking footwear must be comfortable, **already broken in**, and appropriate for the type of terrain that includes rocks, wet pastures, mud and water.

For this excursión, it is preferable to carry well-soled trainers. We do not recommend army boots. If you possess trekking boots with cleats they are the best option as that they are designed for hikes.

## Equipment needed for the trip

- Camping mat **(Essential)**
- **Sleeping bag** of -7 to +15 degrees **(Essential)**
- large cup. **(Essential)**
- Set of cutlery, not forgetting spoons. **(Essential)**
- Back-pack cover, and plastic bags.
- Sunglasses with UV filter
- Personal toiletries including all the articles that you would normally use e.g. toiletries and any medication you may be taking. Please inform your guide if you are taking medication!
- 1 flashlight (Remember to bring replacements batteries and bulbs).
- Hand towel
- Penknife, PLEASE DO NOT BRING ANY OTHER KNIFES
- 1 bottle or personal canteen for water, of 1 litre to 1 ½ litres
- Sunscreen and lip protector
- Insect repellent
- First aid kit
- Camera and replacement batteries
- Jacket appropriate for mountains, water/wind-proof impermeable on the outside and lined with fleece
- Gloves
- Cap or hat (with earflaps in winter)
- Binoculars
- Notebook and pen
- Make sure you have any replacements that may be necessary E.g.: Batteries, sunglasses or medication.

## Tilcara – San Francisco Expedition

The services during the trip include:

- Meals
- Accommodation
- Guide
- Baqueano, local guide, and pack mules
- Hospedaje, or non-shared accommodation with a family atmosphere
- Expedition insurance

## Costs of the Tilcara – San Francisco trip

**PRICES:** Indicated in US dollars at the price agreed upon on the day of reservation

Minimum 4 people; Maximum 12 people:

**Consult us for the cost of groups of 10 or 12 people**