

TIPS

Difficulty level: Evaluate your level of physical fitness and mountaineering experience. Make sure you select an expedition that fits your skills and abilities. Some routes may be more challenging than others, so choose wisely.

Appropriate equipment: Check what equipment and clothing you will need during the expedition. Make sure you have the right equipment, and if you need something specific, see if Goldengruss provides it or if you need to bring it yourself.

Health and physical preparation: Before embarking on an expedition, it is important to be in good health and consult a doctor. In addition, do previous training and exercises to strengthen your resistance and adapt to mountain conditions.

Safety: Ask about the safety measures the company implements, such as experienced guides, communication equipment, and emergency protocols. Safety must be a priority on any expedition.

Weather flexibility: Keep in mind that weather conditions can be unpredictable in the mountains. Be prepared for possible itinerary changes or cancellations due to adverse weather conditions.

Remember, preparing properly and respecting the natural environment are key aspects to fully enjoy your experience in the mountains. Enjoy your adventure in Mendoza!