

# PICO DUARTE

Trek for Clean Water



RLP → Loma La Pelona  
3094

+ Pico Duarte  
3098

RLC

2000

**BLUE**  
MISSIONS GROUP



**ADVENTURE**  
*meets* **PURPOSE**



# HIKING FOR CLEAN WATER

**SUMMARY:** Trek Pico Duarte, the highest peak in the Caribbean, with BLUE Missions to provide families in the Dominican Republic with access to clean water and sanitation. The trek is a 3-day, 27.6 mile hike through the tropical and pine forests of the J. Armando Bermudez National Park, to the summit of Pico Duarte, located at 10,128 ft. above sea level. After the hike, we'll travel to a community that BLUE has worked with to overcome the water crisis and spend a few hours connecting with the locals.

**TRIP COST:** \$1,250 Flat Fee  
(\$250 Deposit to secure spot)

## FUNDRAISING

**COMMITMENT:** Each hiker commits to raise \$250. BLUE Missions will help you with fundraising, but ultimately the responsibility belongs to the hiker. Participants will be required to complete a Fundraising Agreement to join in the expedition.



**BASECAMP:**

La Cienaga, DR



**3 DAYS | 27.6 MILES**

# TRAVEL DETAILS



## GETTING THERE

Trip participants will arrive together to the Dominican Republic after departing from Miami International Airport on flights booked through BLUE Missions. In-country guides will meet the group at the arrivals gate at the airport and accompany them on our private bus to Base Camp in La Cienaga.

## WHERE WE STAY

Groups will spend their first night at base camp which is set up outside the National Park Office in La Cienaga, at the trailhead of our trek. The following nights on the mountain, we will stay in a cabin in La Comparticion, where we will be provided with mats and sleeping bags. Make sure to bring warm layers for sleeping as there is no electricity in the cabin and temperatures may drop into the 30s. After the trek, we will stay at the BLUE Missions Headquarters in Santiago.

## WHAT WE EAT

Hikers will have all meals prepared for them by our guides. Meals will be local cuisine, including rice, beans, meat, soups, and potatoes. Purified drinking water will be available at every meal to fill water bottles and backpacks.

## GUIDES AND MULES

There will be pacers with every group to lead hikers climbing at different paces. Dominican trail guides will travel ahead and behind the group on mules carrying additional water and our overnight bags. Mules will be available for riding in the case of injury, or if you would like to take a break from hiking.

A hiker wearing a blue baseball cap with 'LA' on it, sunglasses, a light blue t-shirt, and a backpack is hiking on a dirt trail. He is using two red and black trekking poles. The background shows a forest of tall, thin trees.

## CLIMATE

Hot during the day - Cold nights with temps. dropping to around 30 degrees.

# TREK ITINERARY

## Day 1: ARRIVAL

Arrive in the Dominican Republic. We'll then drive two hours to the beautiful Jarabacoa region where we'll set up Base Camp in La Cienaga (elevation – 3,608 ft).

## Day 2: TREK - ASCEND

Wake up bright and early and begin the first stretch of the trek, traversing a total of 11 miles through tropical forest and up steep switchbacks. This is the longest and most difficult day of the trek. You'll follow the Yague del Norte River, face the “Hill of Repentance” and hike through pristine forest highlands. We'll arrive at our cabin in La Comparacion to set up our sleeping bags, have a hot meal and laugh around the camp fire.

*Elevation gain: 5,086 ft*

## Day 3: TREK - SUMMIT

Hike 3 miles up to the summit of Pico Duarte where we'll celebrate at 10,128 ft of elevation and enjoy the breathtaking views of the Cordillera Central. Then, we'll hike another 3 miles back down to La Comparacion to relax and enjoy a leisurely afternoon.

*Elevation gain: 1,433 ft*

## Day 4: TREK - DECEND

Our final day of trekking we'll descend 6 hours back to La Cienaga. After lunch at base camp, we'll drive two hours back to Santiago and enjoy hot showers and dinner in town.

## Day 5: CAMPO VISIT

Drive to visit a campo that previously received a water project from BLUE Missions. Connect with the locals, share stories and a home cooked meal.

## Day 6: RETURN HOME

Pack up and head to the airport to return back to Miami, FL.





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Chico Duarte  
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# PACKING

Pack your belongings in a duffel bag or backpack that can easily be loaded on a mule (no cots, no roller bags). Inside your bag, place your clothes and other belongings in individual plastic bags or Zip Locks in the event that it rains and your bag gets wet. Be prepared to carry your trekking poles, water, rain gear, snacks, pain medication and moleskin or Band-Aids each day, preferably in a small backpack. The guides will carry the rest of your gear.





## THINGS TO BRING:

- Passport
- Hiking boots
- Thick hiking socks
- Trekking poles
- 2 L water bottle or Camelback
- Waterproof rain jacket
- Fleece jacket
- Warm shell jacket for cold nights
- Headlight flashlight
- Snacks (3-5 per day)
- Moleskin, bandaids for blisters
- Toiletries (Shampoo, toothpaste, face wash)
- Wipes, toilet paper (1 roll)
- Sneakers
- Hiking pants (2 pairs)
- Dry fit shirts (2 or 3)
- Warm clothes for sleeping
- Small pillow

# TRAINING FOR THE TREK

The hikes, which take place on marked trails that are rocky, and at times muddy, are achievable by anyone that has prepared well from a cardiovascular and anaerobic perspective. However, it can be very long and tiring. Cardio circuits, running and stair climbing are the best training methods for this challenge.

It's highly recommended to begin training at least 2 months before the trek start date. In order to improve endurance levels, increase run/jog/walk distance by one mile each week until reaching 10 miles total.

For strength training, stair repeats are suggested starting at 20 minutes and increasing by 10 minutes each week. Find a stair master at your gym, or train in the stairwell of any multi-floor building.

**26.7 MILES | 20 HOURS | 6,519 FT OF ELEVATION GAIN**







## YOUR IMPACT

Each hiker commits to fundraising \$250 towards the cost of BLUE Missions water and sanitation projects, enough to connect 10 individuals with access to clean water. BLUE Missions provides resources and support to assist hikers in reaching their goal.

### WATER FACTS:

- 100% of your community contribution will go directly to the field.
- 663 million people worldwide lack access to clean water.
- Access to clean water is linked to improved public health, increased income, higher education and literacy, and gender equality.