



Apu

Ausangate in its Maximum Splendor

04 days | 03 nights

Description



Mother Earth's Colors

This package is designed for people who love walking in the mountains, enjoying the best views such as the snowy Ausangate and the Rainbow Mountain or Vinicunca. Along the way, you will travel through valleys, see different colored peaks and have the opportunity to take unique photos with the typical fauna of the place, herds of alpacas, llamas, and vicuñas.

Explore the heights on this trip; the journey will take some effort, but it will be worth it. Without a doubt, it will be an unparalleled experience. Join us and get away from the crowds of tourists and connect with nature in absolute tranquility.

This adventure will take us through extraordinary places, spiritual, original, and full of nature. We will leave the city of Cusco and head

to the Upis community. On the first day of trekking, our steps will be slow and gradual during the ascent, to reach the camp and visit the Huayna Ausangate lake.

The next day, we ascend to the Arapa Pass. On the descent, we will find traditional and beautiful lakes, known as Hatun and Huchuy Pucacocha. Then, we will go back up to the second-highest point, Anantapata, from where you can see part of the snowy Ausangate. Then, we will arrive at the Anantapata valley and head towards the Warmisaya pass to appreciate the Rainbow Mountain or Vinicunca in all its splendor in the distance. Later, we will camp near the Surincocha lake.

On our last day, we will visit the wonderful Rainbow Mountain. We should arrive at this place before

sunrise to be able to contemplate the sunrise without many visitors around. After a good time at the highest point and enjoying everything that surrounds us, we will descend to board our private transportation. We will visit the archaeological site of Machu Pitumarca, where we will have lunch. Finally, we will make a brief tour of Checacupe before returning to Cusco.

The background features a light gray map of a region with a complex coastline. On the left side, there are detailed topographic contour lines. A solid teal horizontal line spans across the middle of the image, partially obscured by the text.

Full Itinerary

Day 01

Cusco > Upis > Upis Campsite > Huayna Ausangate Lake



Walk into the Mountains and discover the Magic



We leave at 4:00 a.m. from Cusco towards the small community of Upis, where we will have a delicious breakfast prepared by the professional hands of our chef. We will begin our ascent gradually in order to acclimatize and continue with ease the subsequent hikes. Once near the base of the glacier, we will appreciate the northeast side of the impressive Ausangate snow-capped peak.

After three hours of trekking through beautiful fields of crops and beautiful typical houses, we will arrive at the campsite for lunch. In the afternoon, you will have the option to visit the Huayna Ausangate lake, a two-hour round trip exploration. On the way back to camp, we will enjoy tea time and dinner. We will end our day resting in the company of the Ausangate snow-capped mountain.



Day Facts

Meals:
Breakfast, Lunch, and Dinner

Difficulty:
Moderate

Walking distance:
10 km / 6.21 mi

Walking time:
5 hours

Starting elevation:
4,250 m / 13,944 ft

Minimum height:
4,250 m / 13,944 ft

Highest elevation:
4,480 m / 14,698 ft

01 Andean adventure

02 Trek to Huayna Ausangate lake

03 Huayna Ausangate lake

Day 02

Upis Campsite > Arapa Pass > Hatun Pucacocha



Witness the of the **Beauty** Peruvian Andes

Today we will drink an energizing coca tea to help us warm-up. We will get ready to start the hike after enjoying breakfast, a boost we need to start the journey. We will begin with a two and a half hour trek through the Andean valley, arriving at the Arapa Pass (4,800 m / 15,748 ft), always in the company of the Apu Ausangate. Take advantage of the strategic stops to contemplate it.

Once in the pass, we will appreciate the unique beauty of the landscape that multiplies with the passage of time, admiring the wonderful creation of Mother Nature. Along the trail, you will be able to see the unique fauna that is part of the landscape: llamas, alpacas, vizcachas, and, if you are lucky, the condor flying around. Later, we will descend for an hour and a half to explore the beauty of the crystal clear lakes: Yanacocha and

Pucacocha.

During the tour, we will appreciate impressive waterfalls; then, it will be time to have lunch and replenish our energy. We will continue for two hours towards our camp in Hatun Pucacocha, where we will have a short rest. In the surroundings, we will be able to discover beautiful views of the lakes while enjoying tea time. After a few minutes, we will have the delicious dinner that will allow us to sleep pleasantly.



Day Facts

Meals:
Breakfast, Lunch, and Dinner

Difficulty:
Moderate

Walking distance:
11 km / 6.83 mi

Walking time:
6 hours

Starting elevation:
4,400 m / 14,436 ft

Minimum height:
4,400 m / 14,436 ft

Highest elevation:
4,800 m / 15,748 ft

01 Arapa Pass

02 Arapa Pass

03 Trek to Arapa Pass

Day 03

Hatun Pucacocha > Puca Pass > Anantapata > Warmisaya Pass > Surinecocha



Contemplate the **Sunset** and **Rainbow Mountain** in the distance

We will start ascending for two hours to Puca Pass (4,870 m / 15,978 ft). Along the way, we will be able to see glaciers and deep green valleys in the distance. On arrival, you will see the huge Apu Ausangate right in front of you, and understand why the local people show so much respect to this imposing mountain that radiates its magic to many visitors. Also from this point, you will witness the beauty of the Chilca Valley. It is the ideal moment for some good photographs.

Then, we will descend gradually for an hour and a half to the lunch point known as Anantapata (4,750 m / 15,584 ft). Once we have finished lunch and are ready, we will have a moment of rest. Afterwards, we will ascend for two hours until we reach the summit of Warmisaya Pass (4,985 m / 16,355 ft). From this place, you

will feel as if you were a bird trying to take flight over the vast horizon. Later, we will descend for an hour to the Surinecocha lake, where we will find our campsite.

If we arrive early, we can hike to the summit of the mountain, and contemplate the beautiful sunset. Remember that this is an alternative route. We will finish this spectacular day enjoying dinner prepared by our talented chefs.



Day Facts

Meals:
Breakfast, Lunch, and Dinner

Difficulty:
Moderate

Walking distance:
10 km / 6.20 mi

Walking time:
6.5 hours

Starting elevation:
4,500 m / 14,764 ft

Minimum height:
4,500 m / 14,764 ft

Highest elevation:
4,985 m / 16,355 ft

01 Warmisaya Pass

02 Puka Pass

03 Puka Pass

Day 04

Surinecocha > Rainbow Mountain > Red Valley Viewpoint > Machu Pitumarca > Checacupe > Cusco



The Sacred Mountain and its Beautiful Colors

Early in the morning, we will leave towards the Rainbow Mountain, in order to observe the colorful valley with the first rays of the sun that will warm our being. You will have the opportunity to tour this beautiful paradise for an hour. Your expert guide will take you to the key sites for super pictures. Live this moment to the fullest because little to little more visitors will arrive.

The guide will explain in detail the reason for the different and unique colors of the mountain, also known as Vinicunca and considered one of the most visited natural tourist attractions in Peru. Then, we will calmly head to the Red Valley viewpoint, a place that at first sight seems to be from the planet Mars. After contemplating this marvelous countryside, we will return to Rainbow Mountain.

Later, we will descend to board our

transportation to the archaeological site of Machu Pitumarca, a pre-Inca and Inca construction with an architectural style known as pirqqa. We will have lunch and say goodbye to our trekking team that accompanied us all the way. Afterwards, we will make a visit to the town of Checacupe to see its main tourist attractions. After several days of great activities, we will return to Cusco satisfied for having enjoyed the whole adventure to the maximum.



Day Facts

Meals:
Breakfast, and Lunch

Difficulty:
Moderate

Walking distance:
6.5 km / 4.03 mi

Walking time:
5.5 hours

Starting elevation:
4,800 m / 15,748 ft

Minimum height:
4,350 m / 14,264 ft

Highest elevation:
5,100 m / 16,732 ft

01 Llamas in the colorful mountain

02 Rainbow Mountain

03 Red Valley

The background features a light gray map of a region with a complex coastline and topographic contour lines. A dark gray silhouette of a mountain range is positioned at the bottom of the frame. Two horizontal teal lines are placed on either side of the ampersand in the title.

Inclusion & Packing List

What is Included?

High Quality Service & Safety

- **Pre-departure Briefing**
Detailed trek briefing with your Guide the day before the tour. The meeting is at 5:00 pm in our office.
- **Experienced Tour Guide**
Our official tour guides speak fluent English and Spanish, are professionally trained and certified. We choose them for their experience, responsibility, unbridled passion for exploring, and pride in sharing our culture and history. In every experience, they will keep you safe and comfortable so you can enjoy your time worry-free!
- **Private Camping Equipment**
 - A spacious dining tent to enjoy your meals worry-free
 - Tables, chairs, dishware, and cooking equipment
 - A portable travel toilet
 - Inflatable mattress
 - All equipment carried by our horses
- **One Duffle Bag**
For the trek, you'll receive a duffle bag to pack your personal belongings up to a maximum weight of 7 kg / 15.4 lb (this weight includes your sleeping bag). The horses will carry it on the route.
- **Medical Kit or First AID Kit**
All Ausangate Peru guides have

received specialized training in first aid. We hold mandatory training sessions for them every February. Your guide will always have a first aid kit and oxygen to face basic emergencies (altitude sickness, travelers' diarrhea, cuts, scrapes, etc.). If necessary, we'll evacuate you from the path as quickly as possible and ensure that you arrive at a clinic for treatment.

- **Extras Included in our Service**
We believe that attention to small details is what sets us apart from other local companies. You'll receive a sleeping pillow, a cover to protect your backpack on the route, and a rain poncho.
- **24/7 Customer Service**
We have telephone service available 24 hours/day for ease of communication with Ausangate Peru leading up to your tour.
- **Satellite Phone**
Your tranquility is our first priority. Although our guides are prepared for emergencies in the mountains, calling a doctor, hospital, or a friend can make you feel more secure. For this reason, each Salkantay Trekking guide carries a satellite phone to call any location worldwide and from anywhere on the mountain.

Accommodation

- **3 Nights Accommodation in Tents**
Ausangate Peru uses the best equipment to ensure your safety and comfort. Every 2 people will share a Eureka Timberline or Mountain Hardwear tent with a capacity of 4 people.

Meals

- **4 Breakfasts, 4 Lunches, and 3 Dinners**
Our chef prepares the best dishes in the middle of the mountains. We respect all diets (vegetarian, vegan, or special menus are available at no extra cost). Meals include breakfast, lunch, dinner, and complimentary hot drinks and snacks.
- **Water on the trail**
We'll provide you with boiled, filtered, and cooled water during your hike. For this, you need to bring a camel bag or an empty bottle, which you can refill during each meal (we recommend a capacity of 2 liters).
- **Wake up tea**
You'll wake up every morning at the camp with a cup of coca tea! It'll be brought to your tent so you can warm up before you start the day.
- **Tea Time or Happy Hour**
Every afternoon before dinner, the

cooks will provide you popcorn, cookies, coffee, hot chocolate, tea, hot water, etc. After a long day of hiking, you won't have to wait until dinner to relax, warm-up, and enjoy a bite!

- **Daily snacks on the trail**
Every morning we'll give you snacks so you can enjoy them during the walk. The snacks include local fruits, biscuits, chocolates, caramels, etc.
- **One cloth snack bag per person**
To avoid the use of plastic bags that contaminate our environment, we'll give you a cloth bag for your snacks.
- **Hygiene Products**
We'll provide you with a small towel and soap to clean your hands before each meal.

Transportation

- **Private Transport**
 - Day 1: You'll be picked up from your hotel in the morning and will travel by private transportation to Upis, the starting point of the Trek.
 - Day 4: Once you complete the tour, we will take you back to the door of your hotel in Cusco.
- **Cargo Mules**
While trekking, cargo mules will carry all the camping equipment and your baggage allowance (7 kg / 15.4 lb).

Muleteers will be responsible for your duffle bag and personal items.

Permits & Entrance Tickets

- **Entry Ticket for the Ausangate Trek**
- **Entry to the Rainbow Mountain and the Red Valley**



What is NOT Included?

✦ Sleeping Bag

You can rent one from our company if you don't own one. Our sleeping bags are effective and durable to protect you from temperatures as low as -18°C (0°F). They are mummy-form and include a sleeping liner. The bags are cleaned after every use and have a maximum usage of 30 trips.

- US\$ 20.00 per person

✦ Trekking Poles

Trekking poles are very helpful on rough and uneven terrain. You can rent a set from our company if you'd like.

- US\$ 20.00 per person

✦ Day 4 Dinner

✦ Personal Hiking Gear

✦ Travel Insurance

✦ Tips for our staff

Tipping is usual on any excursion in Peru. Although we pay good salaries to our entire team, something extra is always welcome, especially considering the hard work they do. Typically, group participants collect their tips to hand out to the horsemen and chefs together.

✦ Additional costs or delays beyond our

control

Landslides, bad weather conditions, itinerary modifications due to a safety concern, illness, pandemics, government policy changes, political instability, strikes, an act of God, etc.

What Should you Bring

Essential packing list

- ☐ Duffle Bag
- ☐ Daypack

Documents

- ☐ Original Passport

Clothing

- ☐ Underwear
- ☐ Base Layer
- ☐ Trekking Shirts
- ☐ Hard Shell Jacket and Rain Gear
- ☐ Insulated Jacket
- ☐ Fleece Jacket
- ☐ Trekking Shorts and Trousers

Headgear

- ☐ Hat for Sun Protection
- ☐ Head Band or Beanie
- ☐ Neck Gaiter or Balaclava

Hands

- ☐ Inner Gloves
- ☐ Outer Gloves

Footwear

- ☐ Hiking Boots
- ☐ Trainers (Trekking shoes / sandals)
- ☐ Hiking Socks
- ☐ Thermal Socks
- ☐ Gaiters

Important Accessories

- ☐ Sleeping Bag
- ☐ Trekking Poles
- ☐ Sunglasses
- ☐ Headlamp
- ☐ Water Bottle or Hydration Bladder
- ☐ Camera / Videocamera
- ☐ Notebook / Journal and Pen



Personal Gear and Medications



✦ **Trekking Towel:**

A small to medium sized hiking towel can come in great use. LifeVentures or Discovery provide good, quick-drying trekking towels.

✦ **Small Locks:**

To protect your belongings in your rucksack or duffle bag

✦ **Waterproof Ziplock Bags:**

These come in handy for storing important / valuable items like your money, a passport and electrical equipment

✦ **Isotonic Powder:**

Can be used to flavour your water nicely and helps replace electrolytes, improving energy levels and aiding water absorption. Here are some good Isotonic powdered drinks

✦ **Diamox:**

Also known as acetazolamide, is a medication that can be used as a prophylactic (preventative) solution for altitude sickness. It does not cure altitude sickness and should never therefore be used as a method to continue ascending to high altitudes. It can however help prevent the onset of altitude sickness and is commonly used by high altitude climbers and trekkers.

✦ **General Medications:**

We recommend taking paracetamol or aspirin for headaches (a common altitude sickness symptom on the Salkantay Trek) and Imodium for diarrhoea (another common problem as food preparation can be a little unhygienic)

✦ **Basic First Aid Kit:**

If you are joining an organised trek, your guide will most likely be carrying a first aid kit. If you are hiking unsupported or independently then a first aid kit is a must. Here are some compact and good outdoor first aid kits: Outdoor First Aid Kits

✦ **Suncream / Lip balm:**

No one wants burnt skin or cracked lips! Be sure to bring 1 x suncream (SPF 30) and 1 x lip balm

✦ **Baby wipes:**

For quick and easy wet washes when no showers are in sight! bring 1 x baby wipes

✦ **Blister Plasters:**

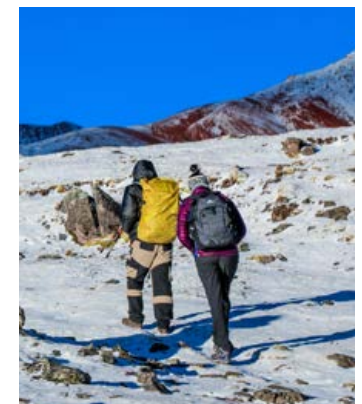
The dreaded blisters! We recommend taking Compeed blister plasters

✦ **Hand Sanitizer:**

Great for disinfecting hands before and after eating, or when they get dirty during the hike

Our Hiking Team **Our** Tour Guides

Your tour will be led by a trained and highly experienced professional with a very solid guiding background, years of hiking and wilderness experience, medical certifications, and a passion for leading people into unforgettable adventures.



Our Hiking Team

Our Cook

After a challenging trek we know how important a good hot meal can be to prepare your body and warm you up. That's why on every trek with Salkantay Trekking we employ chefs with years of experience cooking on the trails so that they provide filling.



Our Hiking Team **Meals** What to Expect

All of our hiking tours include a diversity of tasty meals packed full of critical carbohydrates, proteins and fats. We carry foods that travel well in the backcountry – rice, pastas, lentils, beans, couscous, packaged meats, nuts, breads, oatmeal, granola.



Our Hiking Team

Our Horseman & Horses

Our Horseman and his horses are in charge of all our gear and will always await us within the safe and comfortable camp sites.





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