



The \_\_\_\_\_

# Ausangate 7 Lakes Hike

01 day



## Description



# The 7 Jewels of Ausangate Tour

The Tour of the 7 Lakes is one of the most beautiful routes in all of the Vilcanota Mountain Range; you'll stand before the imposing Ausangate, one of the 5 highest snowcaps in Peru. You'll have the opportunity to connect with the purest of nature and gaze upon a gorgeous place in the Andes of Cusco surrounding these multi-colored lakes.

On top of that, you'll take a dip in the hot springs of Pacchanta to relax before enjoying a traditional lunch prepared by a local family who will cordially receive us in their home. This is a one-day excursion, within which you'll discover indigenous communities who still keep their cultures and traditions alive today. Are you ready to live this experience?

This incredible, one-day adventure will start early, leaving Cusco in

private transportation toward the community of Pacchanta. There, we'll be received by a local family who will offer a nutritious, traditional Andean breakfast so that we can start our journey to the 7 Lakes through the Andes Mountain Range. On the way, we'll enjoy incredible vistas of immense glaciers, including the imposing Ausangate at 6,384 meters (20,945 feet) above sea level.

We'll start with an uphill hike to the first lake of the circuit known as Comercocha, a name originating from the Quechua language which means "green lake." Continuing the journey, we'll pass by other lakes: Patacocha, Azulcocha and China Otorongo, among others. After this hike of about 15 km, we'll return to the community of Pacchanta to have lunch. If the body asks for it, we'll take a relaxing swim in the hot springs there

before returning to Cusco, finishing off this incomparable experience.



# Full Itinerary

## Day 01

Cusco > Ccatca > Pacchanta > Comercocha > Azulcocha > Pacchanta



# The Crystal Jewels of the Andes !

We'll start the day picking you up from your hotel and going toward the south of Cusco. We'll pass by picturesque towns where the locals will be dressed in colorful, traditional outfits, keeping their culture and traditions alive. On the way, we'll stop briefly in the town of Ccatcca to visit its plaza and some of the streets that make it so beautiful.

We'll continue on the inter-ocean highway connecting Peru with our brother, Brazil, until we arrive at the community of Pacchanta, located at more than 4,000 meters (13,000 feet) above sea level. Here, a wonderful family from the town will be waiting to invite us into their home for a nutritious breakfast made of Andean ingredients. After that, we'll go toward the Vilcanota Mountain Range, from which we can see the Ausangate glacier, one of the most spectacular

whose thawing feeds the beautiful lakes we'll visit on our hike.

Continuing on, we'll go uphill for about three and a half hours to the viewpoint of Ninaparayoc. Along the way, we'll pass by Comercocha and Alqacocha, lakes of blue and turquoise located at the foot of the enigmatic glacier of Callangate. Later, we'll return to Pacchanta and, on the trail, visit the lakes of Patacocha, Otorongocha, Azulcocha and others.

Before taking a dip in the relaxing hot springs of Pacchanta, we'll go back to our host family to enjoy a delicious lunch. Finally, satisfied with this beautiful experience, we'll board our private transportation to return to Cusco.



## Day Facts

Meals:  
Breakfast and Lunch

Difficulty:  
Moderate

Hiking Distance:  
16 km / 9.94 miles

Hiking Time:  
5-6 hours

Starting Elevation:  
4,100 m / 13,451 ft

Maximum Elevation:  
4,800 m / 15,748 ft

01 Pacchanta

02 7 Lakes of Ausangate

03 Turquoise lagoons



The background of the slide features a light gray topographic map with contour lines. A dark gray silhouette of a mountain range is positioned at the bottom. 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

- **Experienced Tour Guide**  
An official English and Spanish-speaking tour guide will accompany you along the route. Your guide will explain the culture and surroundings and keep you safe, sound, and comfortable to enjoy your trip worry-free!
- **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 pair of trekking poles 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.

## Meals

- **Breakfast and Lunch**
- **Snacks and Water**  
For the hike, we'll provide you with a water bottle and snacks of local fruits, cookies, chocolate, 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.

## Transportation

- **Private Transport**  
All transportation is included in this tour. We'll pick you up from your hotel and after the end of the trip, we'll drop you back at the door of your hotel in Cusco.

## Permits & Entrance Tickets

- **Entry to Ausangate 7 Lakes**



## What is **NOT** Included?

- ✦ Entry to Pacchanta Hot Springs (Optional)
  - PEN 20.00 (US\$ 5.00)
- ✦ Dinner
- ✦ Personal Hiking Gear
- ✦ Travel Insurance
- ✦ Tips for our staff
- ✦ Additional costs or delays beyond our control

Tipping is the standard in any excursion in Peru. Although we pay good salaries to our team, something extra is always welcome.

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 know 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:**

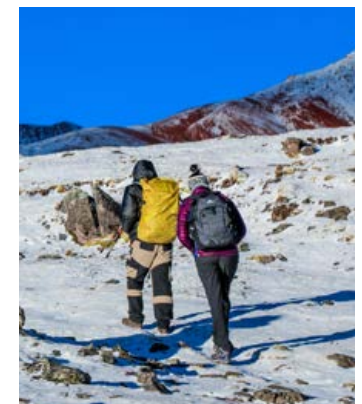
The dreaded blisters! We recommend taking Compeed blister plasters

## ✦ **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.







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