



Mountain

Ausangate

The Challenge

03 days | 02 nights

Description



Trek from Ausangate to the Rainbow Mountain

Are you looking for an adventure that will bring you challenging goals to fulfill? If that's the case, then this is the perfect route for you to discover your ideal trek. You'll visit the Rainbow Mountain, as well as the most highly respected glacier in the region of Cusco, Ausangate.

Along the trail, you'll see impressive mountains, lakes, glaciers and the Vilcanota Mountain Range with unique landscapes of the regions of Quechua and Jalca. You'll dive deep into pristine areas of nature with very little human presence. When you get to the destination, you'll take advantage of the moment to connect with the mountains and yourself. This trek is a personal challenge and, once you've fulfilled it, you'll feel satisfied and proud of yourself.

If you want to visit one of the most

incredible places in Cusco, you'll have to challenge yourself and conquer the mountains. It won't be impossible since, as you start your journey, our guides and personnel will support you, always by your side to provide the best service so you can enjoy your trip to the fullest. You won't be sorry! It will be an unforgettable excursion. This tour will take you to the most surprising tourist attractions in all of Peru.

You'll travel from Cusco to the starting point of the trek in Upis. We'll arrive at the Arapa Pass and, then, we'll be close to the impressive spring of water, Hatun Puchacocha which, translated to English, means "immense lagoon." Next, surrounded by snowy peaks, we'll traverse beautiful passes, wetlands and grazing grounds of alpacas. From all of these places, you'll see the peak of the Rainbow Mountain in the distance and the

glacier of the great Apu Ausangate.

You'll then discover, up close, the beauty of Vinicunca, also known as the Rainbow Mountain, which attracts thousands of tourists with its peculiarity and incredible, natural charm. Finally, we'll go to the viewpoint of the Red Valley, Andahuaylillas and Huacarpay, known as a great place for bird watching. We assure you, it'll be an epic excursion that you don't want to miss!

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 > Arapa Pass > Hatun Pucacocha



Stand in the Presence of the Mountainous Valley !

We'll leave the city of Cusco at 4:00 AM, in private transportation, to go to the community of Upis. We'll have a nutritious breakfast prepared by the talented hands of our professional chef. From there, we'll start the trek, looking out upon the surprising landscape.

Once we're ready, we'll gradually ascend three hours to have lunch in Upis. Along the trail, you'll see llamas, alpacas and vicuñas throughout this part of the mountains. After that, we'll continue up two and a half more hours to the Arapa Pass, from which we'll be able to see a multitude of colors scattered among the mountains, and a valley stretching out before our eyes.

After arriving at the highest point, we'll start the descent and walk about two and a half hours, passing by the Yanacocha lagoon until arriving

at our campsite next to the Hatun Pucacocha Lagoon. When we get there, we'll be at the base of the mystical Ausangate Mountain which will surprise you with its beautiful, snow-covered silhouette.

At the campsite, you'll enjoy a cup of hot chocolate or coffee, and then dinner will be served. In the evening, it will be time for a well-earned rest.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate to challenging

Hiking distance:

17 km / 10.55 miles

Hiking time:

9 hours

Starting altitude:

4,250 meters / 13,944 feet

Minimum altitude:

4,250 meters / 13,944 feet

Maximum altitude:

4,800 meters / 15,748 feet

01 Tourist with Alpacas

02 Trek to Ausangate mountain

03 Ausangate mountain adventure

Day 02

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

Get up; the Andean World Awaits us !



After a restful night of sleep, we'll get up and enjoy a delicious breakfast that will give us the energy we need to start the day. We'll start hiking after filling our water bottles, canteens or Camelbaks. We'll go up for two hours to the Puca Pass (4,870 m / 15,978 ft).

Afterwards, we'll go down for an hour and a half to have lunch in Anantapata where, to walk it off, we'll go uphill for about two hours more to the Warmisaya Pass (4,985 m / 16,355 ft) where we'll consider the spectacular and distinct scenic views of the surrounding mountains and the Rainbow Mountain, in the distance. After a brief rest, we'll go down to the Surinecocha Lagoon (4,800 m / 15,748 ft), the site of our campsite, and enjoy dinner accompanied by these amazing landscapes.



Day Facts

Meals:
Breakfast, lunch and dinner

Level of difficulty:
Moderate

Hiking distance:
10 km / 6.20 miles

Hiking time:
5 - 6 hours

Starting altitude:
4,870 meters / 15,978 feet

Minimum altitude:
4,750 meters / 15,584 feet

Maximum altitude:
4,985 meters / 16,355 feet

01 Adventure in the andes

02 Trel to Warmisaya pass

03 Puca Pass

Day 03

Surinecocha > Rainbow Mountain > Llacto > Red Valley Viewpoint > Andahuaylillas Cathedral > Huacarpay Lagoon > Cusco



The Rainbow Mountain before your **Very Eyes!**

This morning, we'll start our day with a nutritious breakfast to warm up. We'll start the hike with an uphill, two-hour climb to arrive at the highest point on our trip: Vinicunca, or the Rainbow Mountain (5,100 m / 16,732 f). It should be noted that this place became the most unique tourist destination in the world because of its one-of-a-kind landscapes and the fame it achieved through pictures and videos shared on social networks.

With our guide, the host of the mountains, we'll be able to enjoy the harmony of nature. After gazing upon this amazing place, we'll pass by the viewpoint of the Red Valley, a place that seems to be taken straight off of Mars. We'll then continue downhill to a place called Llacto and, from there, we'll calmly go, by private transportation, to the Cathedral of

Andahuaylillas, an important site on the Baroque Route. After visiting, we'll understand the importance of colonial culture in the region of Cusco.

Later, we'll travel 15 minutes to Rumi Punku, an ancient control point from the age of the Incas. From this point, we'll take a short, 45-minute hike to the Huacarpay Lagoon to have lunch. In this way, we'll finish our adventure, enjoying the surprising views of the area.



Day Facts

Meals:

Breakfast and lunch

Level of difficulty:

Moderate

Hiking distance:

6.5 km / 4.03 miles

Hiking time:

4 hours

Starting altitude:

4,800 meters / 15,748 feet

Minimum altitude:

3,050 meters / 10,006 feet

Maximum altitude:

5,100 meters / 16,732 feet

01 Rainbow Mountain

02 Rainbow Mountain

03 Red Valley

The background features a light gray map of the Hawaiian Islands. The main island, Hawaii, is at the top, with other islands to the southwest and south. The bottom of the image is a dark gray silhouette of a mountain range with jagged peaks. The title text is centered over the map.

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

- **2 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

- **3 Breakfasts, 3 Lunches, and 2 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 3: 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**
- **Entry to Andahuaylillas Church**



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\$ 15.00 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\$ 15.00 per person

✦ Day 3 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:**

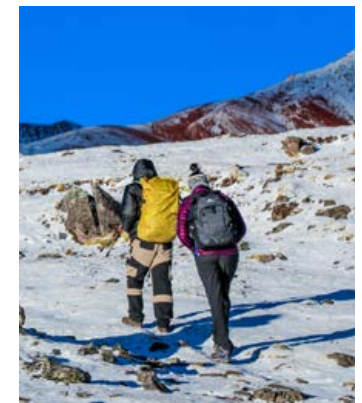
The dreaded blisters! We recommend taking Compeed blister plasters

✦ **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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