



Trek

Ausangate and Short Inca Trail

07 days | 06 nights

Description



The Trek from Snowy Mountain to the Sacred Inca citadel

If you'd like to see the Historical Sanctuary of Machu Picchu in all its glory, visit the Ausangate glacier and hike the famous Inca Trail, this is the ideal tour for you. Live fully; discover what it's like to camp at the foot of the giant, snow-capped Ausangate Mountain with the other mountains of the Vilcanota Mountain Range surrounding you: Tres Picos, Jampa, Callangates and Santa Catalina, also known as Mariposa (Butterfly). We'll then travel by train to the starting point of the Inca Trail and explore a short version of this ancestral path. Finally, we'll visit the Historical Sanctuary of Machu Picchu, passing through the Sun Gate and enjoying the view of Machu Picchu Mountain and Huayna Picchu in the distance.

We'll start off for our adventure leaving Cusco toward the small community of Upis. From there, a slow ascent awaits

us to the Huayna Ausangate Lagoon, where we'll have lunch and enjoy the gorgeous landscapes. You'll get to take in the incredible views of the Ausangate glacier and its surrounding lakes: Hatun Pucacocha, which in Quechua means "immense lagoon," and Huchuy Pucacocha, which means "small lagoon." We'll trek up both to the Ausangate Pass and the Palomani Pass; the latter is the highest point on our trip. We'll also conquer the Jampa Pass on our journey before resting in Pacchanta and taking advantage of its relaxing hot springs at the foot of the Ausangate glacier.

You'll feel the change in climate as our car takes us toward the viewpoint of Taray in the Sacred Valley. Later, we'll explore the living Inca city of Ollantaytambo and then take the train to the entrance of the Inca Trail. On this tour, you'll also have the

opportunity to appreciate the citadel of Machu Picchu in all its glory. The Short Inca Trail is ideal for people who love adventure, exploring new places and photographing beautiful landscapes.

The background features a light gray map of a region with a complex coastline, including a large island at the top and a smaller one below it. On the left side, there are detailed contour lines representing a mountainous area. At the bottom, a dark gray silhouette of a mountain range spans the width of the image. Two horizontal teal lines are positioned behind the text: one above 'Full' and one above 'Itinerary'.

Full Itinerary

Day 01

Cusco > Ocongate > Upis > Huayna Ausangate Lagoon



Trek into the Vilcanota Mountain Range

We'll start the day traveling three hours from Cusco by car to the community of Upis. There, we'll provide a delicious breakfast to start the day. At the trailhead, we'll introduce our trekking team that will accompany you along the entire Ausangate Trail.

You'll start slowly uphill to adjust, little by little, to the altitude. You'll be hiking toward our campsite, also called Upis, where we'll have lunch ready for you and let you rest a while. In the afternoon, you'll visit the Huayna Ausangate Lagoon. Once you get back to the campsite, we'll all have tea time and then enjoy dinner. The best part of this hike is that you'll have magnificent views of the Ausangate glacier.

We'll leave early from Cusco to make our way to the community of Upis, where we'll have breakfast ready

for you. There, you'll get to meet the members of our trekking team who will accompany you along the incredible Ausangate Trail. Once you start hiking, we recommend you walk slowly and gradually to adjust to the altitude. After a few hours, you'll arrive at our campsite, where we'll have lunch and also spend the night. In the afternoon, you can visit the Huayna Ausangate Lagoon. The whole time, you can gaze out on the magnificent views of the Ausangate glacier before you.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Hiking distance:

10 km / 6.21 miles

Hiking time:

5 hours

Starting altitude:

4,250 m / 12,795 feet

Minimum altitude:

4,250 m / 12,795 feet

Maximum altitude:

4,480 m / 14,698 feet

01 Llamas

02 Huayna Ausangate Lagoon

03 Upis

Day 02

Upis > Arapa Pass > Yanacocha > Hatun Pucacocha



Experience the Mountain Range and its unique fauna

We'll start the day early and have a fabulous breakfast before taking off. After that, you'll hike through an Andean valley that leads to the Arapa Pass. On the trail, you'll be able to continue to enjoy the Ausangate glacier by your side, as well as the diverse wildlife of the area: alpacas, llamas and, if you're lucky, vicuñas. All of them are cared for by the shepherds of the high Andes. Once you get to the peak of the pass, the view will be absolutely indescribable. You'll see beautiful valleys surrounded by mountains in the distance.

Later, you'll go down to the Yanacocha Lagoon and have lunch there. In the afternoon, you'll continue down to the Hatun Pucacocha and Huchuy Pucacocha Lagoons. We'll camp there, surrounded by amazing landscapes. In the evening, we'll

provide a rejuvenating dinner to enjoy under the star-filled sky, gazing at the Andean constellations.

Today, we'll have a delicious breakfast before starting a hike through an Andean valley to the Arapa Pass. On the way, you'll get to see diverse wildlife of the area, alpacas and llamas in their natural habitat, surrounded by this beautiful landscape. On the trail, you'll find yourself in the depths of the mountain range, and we'll descend to the Yanacocha Lagoon to rest and have lunch. In the afternoon, you'll continue hiking to our campsite near the Hatun Pucacocha and Huchuy Pucacocha Lagoons. That night, we'll have dinner together, accompanied by the stars.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Hiking distance:

11 km / 6.83 miles

Hiking time:

6 hours

Starting altitude:

4,400 meters / 14,436 feet

Minimum altitude:

4,400 meters / 14,436 feet

Maximum altitude:

4,800 meters / 15,748 feet

01 Arapa Pass

02 Arapa Pass

03 Trek to Arapa Pass

Day 03

Hatun Pucacocha > Ausangate Cocha > Palomani Pass > Sorapata

The Glaciers Welcome you



We'll start you off with an energizing coca tea and then breakfast. When you're ready, you'll hike up gradually to our first destination of the day, the Ausangate Pass (4,750 m / 15,584 f). From here, you'll be able to see the open horizon stretched out before you. Our specialized guide will explain the importance, for the Andean people, of walking on a highly revered mountain pass, such as this one.

Continuing on, you'll trek to the Ausangate Cocha Lagoon and enjoy a delicious lunch after the morning's exercise. Every moment, you'll be accompanied by a spectacular view of a beautiful canyon. In the afternoon, you'll ascend once again, this time to the highest point on our journey, the Palomani Pass (5,200 m / 17,060 f). From there, you'll be privileged to see the three glaciers

that surround you: Santa Catalina or Mariposa (Butterfly), Ausangate and Jampa.

After really taking in this once-in-a-lifetime moment, you'll go downhill to the community of Huchuy Phinaya (4,700 m / 15,420 f). There, you'll learn a bit about the customs of the local people. To finish the day, you'll go uphill to Sorapata, our campsite.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Challenging

Hiking distance:

16.5 km / 10.25 miles

Hiking time:

9 hours

Starting altitude:

4,400 meters / 14,436 feet

Minimum altitude:

4,500 meters / 14,664 feet

Maximum altitude:

5,200 meters / 17,060 feet

01 Llamas

02 Hatun Pucacocha Lake

03 Chocolate Lake

Day 04

Sorapata > Jampa Pass > Pacchanta

Approach our Mother Earth

Relax the
body after savoring
spectacular view

After having our breakfast and charging up with energy for the day, you'll begin uphill on the path to the Jampa Pass (5,000 m / 16,404 ft). From here, you'll enjoy magnificent views all around of the mountains surrounded by clouds and crystalline lakes. After that, you'll descend to the Pacchanta campsite, following the 7 Lakes Trail.

With our guide, on the shore of one of these lakes, you can participate in a small gratitude ceremony to the Ausangate glacier, the surrounding mountains and Mother Earth. When you get to the campsite, you'll have time to visit the hot springs of Pacchanta to stretch and relax your tired muscles.

Early today, we'll provide breakfast to give you the energy to hike up to the Jampa Pass. From there, you'll enjoy amazing mountain views! After

that, you'll go down to our campsite in Pacchanta on the 7 Lakes Trail. On the way, you can be a part of a gratitude ceremony to Mother Earth (Pachamama), led by our guide. Arriving in the town, you can soak your tired muscles in the hot springs.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Hiking distance:

11 km / 6.84 miles

Hiking time:

5.5 hours

Starting altitude:

4,700 meters / 15,420 feet

Minimum altitude:

4,100 meters / 13,451 feet

Maximum altitude:

5,070 meters / 16,634 feet

01 Pacchanta hot springs

02 Ausangate Lakes

Day 05

Pacchanta > Tinke > Taray Viewpoint > Urco Complex > Ollantaytambo (Pinkuylluna)

Enter the Sacred Valley of the Incas

We'll start the day enjoying the last breakfast with our team, and then you'll say goodbye to the helpers who've accompanied you on this adventure; thanks to them, our time here has been more pleasurable than it would have been going it alone. After that, we'll hike to Tinke, where our private car will be waiting to take us to the Taray Viewpoint. There, we'll have lunch with the best view there is of the Sacred Valley of the Incas, and our guide will give you an introduction to this part of Cusco. Continuing on, we'll go to Urco, a temple dedicated to water worship under the Pitúsiray glacier.

Later, we'll take you to the Inca town of Ollantaytambo, where we'll enjoy a short hike through its streets and visit ancient granaries, known as the Qolqas de Pinkuylluna. We'll spend

the night in the town.

We'll have breakfast together, and then you'll say goodbye to our trekking team who've been with you along the journey. You'll then go to Tinke by foot, where our private car will be waiting to take us to the Taray Viewpoint in the Sacred Valley of the Incas. We'll provide lunch there. Afterwards, we'll take you to Urco, a temple dedicated to water worship under the Pitúsiray glacier. Finally, we'll go to Ollantaytambo, and you'll do a short hike through its streets and to visit an archeological site in Pinkuylluna.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Easy

Hiking distance:

9 km / 5.59 miles

Hiking time:

4.5 hours

Starting altitude:

4,100 meters / 13,451 feet

Minimum altitude:

2,792 meters / 9,160 feet

Maximum altitude:

4,100 meters / 13,451 feet

01 Taray Viewpoint

02 Pinkuylluna

Day 06

Ollantaytambo > Km 104 > Wiñay Wayna > Inti Punku > Aguas Calientes



The Inca Trail

The Magical Path to Inti Punku

After waking up in the hotel, you'll enjoy a continental breakfast there. We'll then take you to the train station, and we'll travel an hour and a half to Km 104 of the track between Cusco and Aguas Calientes. Once you're there, you'll officially enter the Inca Trail.

Starting the hike, you'll be able to see the route we'll take to reach the Inti Punku. As you gradually climb, you'll notice a change in climate and vegetation. You'll be able to visit the archeological complex of Wiñay Wayna, considered one of the most important sites on the classic, 4-day Inca Trail. Closeby, we'll provide a boxed lunch you can eat calmly, enjoying the surroundings.

In the afternoon, you'll continue toward the Sun Gate, or Inti Punku (2,720 m / 8,924 f) and you'll have an amazing view of Machu Picchu in

the distance. We'll take you down to Aguas Calientes to have dinner and spend the night. Get to sleep quickly, because tomorrow you'll have a very early wake-up call!

Today, we'll wake you up early for breakfast, and then we'll board the train that will take us an hour and a half down the tracks to Km 104. This will be our official trailhead of the Inca Trail. You'll gradually hike up to Wiñay Wayna, and we'll provide lunch closeby. After that, you'll continue on to the Sun Gate. From there, you'll finally be able to get your first glance at Machu Picchu! Later on, we'll arrive at Aguas Calientes and prepare for the incredible day that awaits us tomorrow.



Day Facts

Meals:

Breakfast, boxed lunch and dinner

Level of difficulty:

Easy

Hiking distance:

9 km / 5.59 miles

Hiking time:

5 hours

Starting altitude:

2,100 meters / 6,890 feet

Minimum altitude:

2,100 meters / 6,890 feet

Maximum altitude:

2,720 meters / 8,924 feet

01 Machu Picchu

02 Inti Punku

03 Wiñay Wayna

Day 07

Aguas Calientes > Machu Picchu > Ollantaytambo > Cusco



The Sun **illuminates**
the **age-old** stones
of a **time** long past

Today is the last day of our tour, and we'll end it with a fantastic finishing touch, visiting the most important touristic attraction not only in Cusco, but in all of Peru, Machu Picchu.

We'll leave early to see the first sunbeams of the day fall over the citadel. You'll spend a good amount of time in Machu Picchu, walking through its ancient streets where the Inca Emperor walked many years ago. You'll also get to see its agricultural, industrial, urban and religious sectors.

Have your camera ready at every moment, because you'll want to immortalize every magical detail of this Wonder of the World. After exploring to its fullest the Historical Sanctuary of Machu Picchu, we'll take you back down to Aguas Calientes. You'll have a bit of time to explore the town before boarding the return

train to Ollantaytambo. There, our private car will be waiting to take you back to Cusco, putting an end to this incredible experience.



Day Facts

Meals:

Breakfast

Level of difficulty:

Easy

Hiking distance:

2.5 km / 1.55 miles

Hiking time:

3 hours

Starting altitude:

2,040 meters / 6,693 feet

Minimum altitude:

2,040 meters / 6,693 feet

Maximum altitude:

2,430 meters / 7,972 feet

01 Machu Picchu

02 Machu Picchu

03 Machu Picchu

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 thin teal horizontal lines are placed on either side of the word 'Packing' 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
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.
- **Inflatable mattress**
- **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 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 Ausangate Peru guide carries a satellite phone to call any location worldwide and from anywhere on the mountain.

Accommodation

- **4 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.
- **Hotel in Ollantaytambo (1 Night)**
- **Hotel in Aguas Calientes (1 Night)**

Meals

- **6 Breakfasts, 6 Lunches, and 5 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 will be picked up from your hotel in the morning and will travel by private transportation to Upis, the starting point of the trek.
 - Day 5: Private transport from Ausangate's trek end point to Ollantaytambo.
 - Day 7: Once you complete the Inca

Trail tour, we will take you from Ollantaytambo station back to your hotel in Cusco.

- **Train Tickets**
 - Day 1: From Ollantaytambo to KM 104 (Starting point of the Short Inca Trail).
 - Day 2: From Aguas Calientes to Ollantaytambo.
- **Bus Tickets Aguas Calientes - Machu Picchu**
 - Day 6: From Machu Picchu to Aguas Calientes.
 - Day 7: From Aguas Calientes to Machu Picchu.
- **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 Pacchanta Thermal Baths**
- **Admission to the Inca Trail**
- **Entry Ticket to Machu Picchu Archaeological Site**



What is NOT Included?

✖ Extras and important equipment

You will need a sleeping bag to camp. Walking sticks are optional but highly recommended. If you don't have them, don't worry, you can rent them with Ausangate Peru.

- Sleeping bag: US\$ 25.00
- Walking poles (pair): US\$ 25.00

✖ Huayna Picchu Mountain

You can climb the famous mountain always seen in the photos behind the site of Machu Picchu. It's 45 minutes uphill, and coming down can be scary if you fear heights. You can take this excursion after concluding your guided tour in Machu Picchu. Due to high demand, permission must be issued at least one month in advance. Consider that there could be changes to protect your integrity, mainly due to weather conditions.

- The Huayna Picchu Mountain ticket has an extra cost of US\$ 60.00 per person.

✖ Machu Picchu Mountain

Machu Picchu Mountain is another of the mountains that surround the archaeological site of Machu Picchu. It offers less steep, wider, and visually less frightening trails than Huayna Picchu, and it takes 1.5 hours to reach the top. This walk

requires an entrance ticket which we can secure for you if requested in advance.

- The Machu Picchu Mountain ticket has an extra cost of US\$ 60.00 per person.

✖ Meals not indicated

✖ 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:**

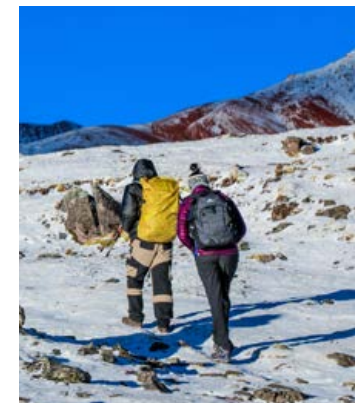
The dreaded blisters! We recommend taking Compeed blister plasters

✦ **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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