



Highlights in

Southern Peru

06 days | 05 nights

Description



The Best of Southern Peru

The fantastic tour to Ausangate with Rainbow Mountain and Machu Picchu is a journey of unique experiences. Discover the true image of the Andes in this hike of height and beauty. Gather energy from the most important points of Cusco, contemplating the sacred glaciers, such as the great Apu Ausangate, the captivating Rainbow Mountain, turquoise lakes, and wild animals. You will see brightly colored mountains with the first rays of the sun. Choose this unique route whether you are alone, accompanied, or in a group.

In this program, you will have the opportunity to visit Rainbow Mountain, also known as Vinicunca or Colored Mountain. On the way, you will appreciate the turquoise lakes, and we will camp near them. You will walk through a place called Red Valley, its reddish lands will make you

believe that you are on the planet Mars itself. Also, you will visit the temple of Andahuaylillas; this site is famous for its beautiful religious paintings. You will visit with us the picturesque village of Chinchero, the agricultural laboratory of Moray, and the salt ponds of Maras. Finally, we will stop at the living Inca village of Ollantaytambo before heading to the Historic Sanctuary of Machu Picchu.



Full Itinerary

Day 01

Cusco > Ocongate > Upis Community > Upis Campsite > Huayna Ausangate Lake



Get to Know the Beautiful Ausangate Glacier

Today we will present ourselves before the highest glacier in the Cusco region. We will leave with all the equipment prepared for the hike. We will arrive in three hours to the Upis community, where we will have breakfast and then head to our campsite.

Beginning the trek, we will have the first view of the Apu Ausangate (6,732 m / 20,905 ft). According to the Andean cosmovision, this is a living mountain with magical characteristics, such as its height, its perennial snow, and its radiant energy. This Apu, which fertilizes the Pachamama or Mother Earth, possesses masculine energy and is therefore directly responsible for the vital cycles in the region.

We will walk for about three hours until we reach the Upis Campsite, where we will enjoy a delicious lunch prepared by our talented chef. In the

afternoon, we will visit the Huayna Ausangate lake back and forth for a couple of hours. On the way back, a hot mate and a delicious dinner will be waiting for us.



Day Facts

Meals:

Breakfast, Lunch, and Dinner

Difficulty:

Easy to 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 Trek to Ausangate Mountain

02 Llamas in front of the mountain Ausangate

03 Andean person with his horse

Day 02

Upis > Arapa Pass > Yanacocha > Hatun Pucacocha



Stop to appreciate the Landscape Around You



We will wake you up with a hot coca tea that will be propitious to start the day. Then, we will enjoy an excellent breakfast that will help us to start with all the necessary strength. Today we ascend for a couple of hours to reach the Arapa Pass (4,800 m / 15,748 ft). On the way, we will see some apachetas and stones piled up like a pyramid, symbolizing the present of the trekkers to the sacred mountains.

studying the Andean constellations.

Then, we will descend for an hour and a half until we reach the Yanacocha lake, where we will have lunch with a beautiful view of the place. We only have two more hours of descent to reach our camp known as Hatun Pucacocha, and as the lakes that surround us are beautiful, we can walk around to know them and appreciate them closely. On the way back and after a refreshing dinner, we will finish



Day Facts

Meals:
Breakfast, Lunch, and Dinner

Level of difficulty:
Moderate

Hiking distance:
11 km / 6.83 mi

Hiking 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 Tourist at Arapa Pass

03 Trek to Arapa Pass

Day 03

Hatun Pucacocha > Pucca Pass > Anantapata > Warmisaya Pass > Surinecocha



Rainbow Mountain at Sunset



Today we have a lot to see. First, we will energize ourselves with breakfast made with the expert hands of our cook. Then, by way of warming up, we will begin the ascent to reach the first objective of the day, the Pucca Pass (4,870 m / 15,978 ft). From this point, we will have an incredible view of Ausangate, the Anantapata valley, and the lakes we left behind.

We will descend for an hour and a half; then, we will enjoy the delicious lunch that awaits us in Anantapata. Afterwards, we will have a brief rest as a two-hour ascent awaits us to reach the second pass, Warmisaya (4,985 m / 16,355 ft), from where we can see Surine, Takusiri, and the Rainbow Mountain in the distance. After a descent of 30 to 45 minutes, we will arrive at our camp, and, if time permits, we will go to contemplate

the Rainbow Mountain to watch the sunset and return satisfied after the end of the day.



Day Facts

Meals:
Breakfast, lunch, and dinner

Level of 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 Trek to Warmisaya Pass

02 Anantapata

03 Puka Pass

Day 04

Surinecocha > Rainbow Mountain > Red Valley > Andahuaylillas > Rumi Punku > Huacarpay
> Cusco



Get Immersed in a Wide Range of Sensations and Emotions



Day Facts

Meals:
Breakfast, and Lunch

Difficulty:
Moderate

Walking distance:
6.5 km / 4.03 mi

Walking time:
4 hours

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

Minimum height:
3,050 m / 10,006 ft

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

01 Rainbow Mountain

02 Red Valley

03 Rainbow Mountain

We will have to leave very early if we want to get to the Rainbow Mountain or Vinicunca to see the sunrise; the weather is the main factor of this day, with the indications of our guide, we will always make the best decision. Once at the top, with the sun illuminating the horizon and the mountain, we will be able to appreciate the vivid colors of Mother Earth.

After enjoying the mountain in private, with recently acquired information and photographs, we will head to the Red Valley Viewpoint, where we will have the sensation of being on the very planet Mars. We will descend to meet the transportation that will take us to the town of Andahuaylillas, famous for its temple that seems to faithfully portray Dante's Divine Comedy; we will see paintings and

frescoes of rich imagery from the colonial evangelizing period on its walls.

Finally, we will end the day with lunch by the Huacarpay lake, a wetland protected for its importance as a water reserve, the main bird watching point near the city of Cusco.



Day 05

Chincheru > Maras > Moray > Ollantaytambo > Aguas Calientes

Textiles, Agricultural Laboratories, and Salt Wells



Day Facts

Meals:
Breakfast, Lunch, and
Dinner

Difficulty:
Easy

Walking distance:
1 km / 0.62 mi

Walking time:
1.5 hours

Starting elevation:
3,762 m / 12,342 ft

Minimum height:
2,040 m / 6,693 ft

Highest elevation:
3,762 m / 12,342 ft

01 Moray

02 Chincheru

03 Maras Salt Mines

On this day, we will enter the Sacred Valley of the Incas and visit the picturesque village of Chincheru, located 45 minutes from the city of Cusco. We will learn all about Andean textiles: dyeing, spinning, designs, and their significance. Later we will go to Moray, known as the Inca agricultural laboratory; thanks to its circular terraces, the scenery is very beautiful, and you can be in harmony with the environment.

Next, we will visit Maras, which in colonial times was the most important point due to the extraction of salt. Currently, there are more than 5,000 salt ponds; the villagers take advantage of this production and sell it in the market. We will enjoy a delicious buffet before continuing to the Inca town of Ollantaytambo, a living citadel that preserves its Inca

structures all around the town. We will finish with a train ride to the town of Aguas Calientes. You will enjoy dinner, and we will have a briefing to plan the most important details of the next day.



Day 06

Aguas Calientes > Machu Picchu > Ollantaytambo > Cusco



A World Heritage Site for the Next Millennium



A wonderful adventure awaits us, we will have many memories of this day because we will finally know the Historic Sanctuary of Machu Picchu, a sacred site whose existence went unnoticed by the common people in Inca times. After a good breakfast at our hotel, we will go up by bus for half an hour through the road until we reach the entrance of the Inca citadel of Machu Picchu.

After touring its streets, small squares, its viewpoints, and sacred enclosures dedicated to Andean deities, we will have another view of this civilization. Our guide will always be ready to assist us at any time we need, with a photo, a question at the moment or for a simple comment. Remember that the rules in Machu Picchu are much stricter, to be aware of what is allowed and what is not allowed, the expert guide will be the moderator

between the park rangers and the group. Finally, we will return to the town of Aguas Calientes to enjoy lunch and relax before returning to Cusco.



Day Facts

- Meals:
Breakfast
- Difficulty:
Easy
- Walking distance:
3 km / 1.86 mi
- Walking time:
2 hours
- Starting elevation:
2,400 m / 6,693 ft
- Minimum height:
2,040 m / 6,693 ft
- Highest elevation:
2,430 m / 7,972 ft

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- 01 Llama in Machu Picchu
 - 02 Llama in 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 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
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.
- **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.
- **Hotel in Cusco (1 Night)**
- **Hotel in Aguas Calientes (1 Night)**

Accommodation

Meals

- **6 Breakfasts, 5 Lunches, and 4 Dinners**
- **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).
- **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.

Transportation

- **Private Transport**
 - Day 1: You will be picked up from your hotel in the morning and will travel in our private transportation to Upis, the starting point of the Ausangate Trek.
 - Day 4: Private transport from the end point of Ausangate Trek to Cusco.
 - Day 5: Private transport for the tour in Chinchero, Maras, Moray, and Ollantaytambo.

- Day 6: Private transport from Ollantaytambo train station to your hotel in Cusco.
- **Train Tickets**
 - Day 5: From Ollantaytambo to Aguas Calientes
 - Day 6: From Aguas Calientes to Ollantaytambo
- **Round-Trip Bus Ticket Aguas Calientes – Machu Picchu**
- **Cargo Mules (Ausangate Trek)**
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**
- **Entry Ticket to Machu Picchu Archaeological Site**



What is NOT Included?

✦ Boleto Turistico or Cusco Tourist Ticket

This ticket is required to access many of the most popular attractions in Cusco and the Sacred Valley, including archaeological sites and museums (applies to day 5).

- From PEN 70.00 (US\$ 20.00) to PEN 130.00 (US\$ 40.00) per person.

✦ 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\$ 20.00
- Walking poles (pair): US\$ 20.00

✦ 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

- Day 4: Dinner
- Day 6: Lunch and Dinner

✦ Personal Hiking Gear

✦ Travel Insurance

✦ Tips for our staff

Tipping is the standard in any excursion in Peru. Although we pay good salaries to our team, something extra is always welcome, especially considering the hard work they do.

✦ 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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