



### Description



# 1-Day Excursion to the Rainbow Mountain Pallay Punchu

ound during the Covid-19 quarantine, Pallay Punchu is the third Rainbow Mountain in Cusco, after Vinicunca and Palcoyo, that's been made popular on social networks. It's made up of spectacular, sharp edges and is still not crowded, so don't miss the opportunity to take a day to explore this new and exceptional place to the southeast of the imperial city.

You'll travel with our guide by the south highway until you reach Sicuani. You'll pass by the beautiful blue lagoon of Langui as you walk about two hours to the peak. You'll feel privileged to appreciate these impressive views in the area as you walk along the perfect lines of the mountain in tones of cyan, brown and magenta. Apart from that, you'll learn about authentic Andean traditions and geology while you are surrounded by astonishing

pastures and red mountains. Join us, and don't forget to bring your Andean poncho for best photos!





### **Day 01**

Cusco > Cusipata > Sicuani > Layo > Pallay Punchu



# Pallay Punchu, The third Rainbow Mountain in the Peruvian Andes

his fascinating adventure starts when we pick you up from your hotel early in the morning. We'll take you by car two and a half hours away to Cusipata to eat an energizing breakfast. After that, we'll continue down the road toward Sicuani, along the way taking in the beauty of the blue Lagoon of Langui, which extends more than 15 km across. We'll stop by the shore before continuing our journey on to Layo, where the hike begins.

Once we're there, we'll start this challenging hike uphill for about two hours. We'll walk on a trail leading through pastures and impressive red lands accompanied by typical fauna of the area: alpacas, llamas and, if we're lucky, kestrels, peregrine falcons or the famous condor flying overhead. When we get to Pallay Punchu of the Apu Taqllo which, translated in Quechua, means "woven poncho," you'll have the opportunity to climb the sharp edges of the mountain and

feel like you're flying over the surface of another planet.

This mountain stands out because of its precise lines, perfectly sculpted by nature across millions of years. You'll be able to distinguish diverse colors like red, brown, yellow, green, magenta and ocher, among others. While you enjoy the wonderful pigmentation of various tonalities, you can also lean out across the edge to get an even better look at the impressive Langui lagoon and a part of the Andes mountain range.

You'll reach an altitude of more than 4,600 MASL (15,100 FASL), so we recommend that you are acclimatized before your tour to avoid any altitude sickness during the trip. We'll return to Layo by the same trail. We'll stop again on the edge of the Lagoon to have lunch outdoors or, if you prefer, you can eat in a rural restaurant in Sicuani. Finally, we'll go back to Cusco to end this surprising adventure.





### **Day Facts**

### Meals:

Breakfast and Box Lunch

### Level of difficulty

Moderate

### Hiking distance:

10 km / 6.2 miles

### Hiking time:

3 hours 30 minutes

### Starting altitude

3.978 meters / 13.052 feet

### Minimum altitude:

3.300 meters / 10.827 feet

### Maximum altitude (Pallay

Punchu):

4,600 meters / 15,100 feet

01 Vieoad

02 Humgoon

03 Phogoon





# What is Included

### High Quality Service & Safety

- Experienced Tour Guide
   An official English and Spanishspeaking 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 worryfree!
- 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 Box 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 Pallay Punchu Mountain

## What is **NOT**Included

- Lunch in a Restaurant of Sicuani (Optional)
- 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.

 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.



### Should you Bring

### **Essential packing list**

- □ Duffle Bag
- Daypack

### **Documents**

□ Original Passport

### Clothing

- Underwear
- Base Layer
- · .
- $\hfill\square$  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 never 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 washe when no showers are in sight! bring 1x 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

our 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 unforget







