



The magic of nature:

# Ausangate and Rainbow Mountain

06 days | 05 nights



## Description



# Adventure in the Heart of the Mountains

In the Cusco region, Ausangate and the Rainbow Mountain are part of a new route option for those who like to enjoy trekking or hiking. This trip is the perfect combination of the two best-known places in the south. Do not stay with the desire to explore and get in touch with mother nature. In this adventure, you will feel that we have thought about you and everything you like to do.

You will be able to visit high Andean communities, photograph colorful landscapes ranging from reddish tones to beautiful turquoise lakes, and the most relaxing part of the trip, enjoy the thermal baths. If you really love the idea of being in remote places and have an adventurous spirit, without a doubt, this adventure is for you.

We will start this adventure by getting up early. We will leave Cusco to start

the ascent in the Vilcanota mountain range. We will arrive at Upis and continue the trail to the camp of the same name. We delight our palate with a delicious lunch prepared by our talented chef. With our spirits revived, we will take a short hike to the pristine Huayna Ausangate lake.

After a night's rest, we will climb the Arapa Pass; whatever the weather here, the unique views will never be repeated. We will be filled with energy when we arrive at Hatun Pucacocha lake, where we will spend the night. We will start day five thankful, since conquering the highest point of the route was not an easy task. The Palomani Pass will be waiting for us with its greatest treasure, a privileged view of the sacred Apu Ausangate. We will have lunch in Hatun Phinaya and finish the day in Sorapata.

Beautiful landscapes await us and, as we descend, we will be able to contemplate the beauty of the area. Finally, it will be time to take a comfortable rest in the thermal baths of Pachanta. We will return to Cusco, and only one thing is certain, the eternal return of your heart to these places.

The background features a light gray map of a region with a complex coastline and some topographic contour lines on the left. A dark gray silhouette of a mountain range is positioned at the bottom. Two horizontal teal lines are present: one starting from the left edge and ending under the word 'Full', and another starting under the word 'Full' and extending to the right edge.

# Full Itinerary

## Day 01

Cusco > Upis > Upis Campsite > Huayna Ausangate Cocha



# Mountains mark the start

Our adventure begins very early at 5:00 a.m. We will pick you up from your hotel to head on a two-hour drive to Ocongate (3,500 m / 11,482 ft.), a picturesque place full of joy. You will enjoy the first views of the great Vilcanota range with its majestic Apu Ausangate mountain; we will pass through high Andean villages and see their people wearing colorful costumes. Keep in mind that these costumes represent the colors of the mountains.

We will continue our journey to the Upis community (4,250 m / 13,944 ft). Here, we will have a good breakfast, and meet the cook and the muleteers, who will be part of this adventure. We will walk for three hours along a trail used by the local people until we reach the Upis Camp (4,400 m / 14,436 ft).

Later, we will delight our palate with

a delicious lunch and, after a short rest, we will head to the lake Huayna Ausangate Cocha (4,480 m / 14,436 ft), a charming place for the energy it transmits. Remember that on this short tour you can leave your things at the campsite.



## Day Facts

### Meals:

Breakfast, Lunch, and Dinner

### Difficulty:

Moderate

### Accommodation:

Camp

### 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:

4,985 m / 16,355 ft

01 Alpacas with Ausangate mountain backdrop

02 Huayna Ausangate cocha

03 Trek to Ausangate Mountain



## Day 02

Upis Campsite > Arapa Pass > Hatun Pucacocha

# Happiness is on the Way



A sunny day would be perfect to enjoy the natural beauty that awaits us. We will have breakfast and begin a two and a half hour ascent to the Arapa Pass (4,800 m / 15,748 ft). If we are lucky, we will be able to see the running of the vicuñas, South American camelids considered a symbol of the Peruvian Andes.

After taking amazing pictures in the surroundings, we will descend gradually for three and a half hours enjoying the views of beautiful lakes: Yanacocha and Pucacocha.

We will arrive at the lunch and camping site known as Hatun Pucacocha lake (4,400 m / 14,436 ft). After taking a short rest, we will have time to explore the nearby lakes. At night, we will have dinner and contemplate the beautiful constellations before going to sleep.



## Day Facts

**Meals:**  
Breakfast, Lunch, and Dinner

**Difficulty:**  
Moderate

**Accommodation:**  
Camp

**Walking distance:**  
11 km / 6.8 mi

**Walking time:**  
5 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 Trek to Arapa pass

02 Adventure mountain

03 Arapa pass

## Day 03

Hatun Pucacocha > Puca Pass > Anantapata > Warmisaya > Surinecocha



The **Start** of  
**Life**  
is given in **Duality**

A new day full of beautiful landscapes awaits us. We will have a nutritious breakfast to begin a two-hour ascent. Soon you will witness the perfect contrast of landscapes: impetuous dry and desert mountains leading to green valleys and immense glaciers. After having a beautiful scenic experience, we will descend for an hour and a half to Anantapata (4,750 m / 15,585 ft), where we will enjoy a revitalizing lunch.

A well-deserved rest will be enough to continue walking uphill for another two hours until we reach Warmisaya (4,985 m / 16,355 ft) and we will be able to appreciate part of the immense chain of reddish mountains that welcome us to the Rainbow Mountain. Finally, we will descend for 45 minutes to Surinecocha (4,800 m / 15,748 ft) and set up camp.



## Day Facts

**Meals:**  
Breakfast, Lunch, and Dinner

**Accommodation:**  
Camp

**Difficulty:**  
Moderate

**Walking distance:**  
11 km / 6.8 mi

**Walking time:**  
7 hours

**Starting elevation:**  
4,400 m / 14,436 ft

**Minimum height:**  
4,400 m / 14,436 ft

**Highest elevation:**  
4,985 m / 16,355 ft

01 Trek to Warmisaya

02 Warmisaya pass

03 Puca pass



## Day 04

Surinecocha > Rainbow Mountain > Quesiuono > Ausangate Cocha



# The Colors of the Mountain reflect the colors of your Heart

We will start the day very early with a delicious breakfast. We will start with a two-hour hike, an ascent that will take us to enjoy an incredible natural wonder, the Rainbow Mountain (5,100 m / 16,732). Once there, we will contemplate the sunrise and take incredible pictures long before the other groups arrive. After a magical moment, your guide will explain the importance of this place in the Andean world.

Later, we will descend to the Red Valley viewpoint (5,050 m / 16,568 ft), where you will be able to see the immense valley disappearing into the distance. We will return by the same path and descend gradually until we reach Quesiuono (4,376 m / 14,357 ft), where we will have lunch. After a good rest, we will continue ascending for approximately two and a half

hours. We will appreciate the view of a beautiful green valley with herds of llamas and alpacas. In the evening, our camp will be waiting for us at Ausangate Cocha (4,500 m / 14,764 ft) to rest comfortably after a delicious dinner.



## Day Facts

**Meals:**  
Breakfast, Lunch, and Dinner

**Difficulty:**  
Challenging

**Accommodation:**  
Camp

**Walking distance:**  
17 km / 10.5 mi

**Walking time:**  
9 hours

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

**Minimum height:**  
4,376 m / 14,357 ft

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

01 Red Valley

02 Tourists in the Rainbow Mountain

03 Rainbow Mountain

## Day 05

Ausangate Cocha > Palomani Pass > Sorapata



# Touching the Clouds

After a few days of acclimatization, comes the highest point. It is nothing less than 5,200 meters above sea level! We will get up with a lot of conviction and enjoy a delicious breakfast. Today victory will be ours and we will feel it when we reach our goal.

We will ascend for about two hours until we reach Palomani Pass (5,200 m / 17,060 ft), where we will have the most extensive view of the Vilcanota mountain range. After a brief rest appreciating the most amazing views, we will descend for an hour and a half to the community of Huchuy Phinaya (4,700 m / 15,420 ft) and have lunch.

Get ready because we will have a gradual ascent of two hours by the beautiful Jampa gorge, we will be accompanied by the immense glaciers of the Callangate chain until we reach the last camp in Sorapata

(4,650 m / 15,256 ft.). Upon our return the camp will be ready. After savoring an exquisite dinner, a peaceful night in the tranquility of the mountains awaits you.



## Day Facts

**Meals:**  
Breakfast, Lunch, and Dinner

**Difficulty:**  
Challenging

**Accommodation:**  
Camp

**Walking distance:**  
10.5 km / 6.52 mi

**Walking time:**  
6 hours

**Starting elevation:**  
4,500 m / 14,764 ft

**Minimum height:**  
4,500 m / 14,764 ft

**Highest elevation:**  
5,200 m / 17,060 ft

01 Ausangate Cocha

02 Palomani Pass

03 Chocolate Cocha



## Day 06

Sorapata > Jampa Pass > Pacchanta > Cusco



## Satisfaction of the Soul

We will wake up to the impressive view of the snow-capped Tres Picos. Afterwards, we will have breakfast and get ready for one last ascent. It will take us two and a half hours to reach Jampa Pass (5,070 m / 16,634 ft), a wide, green valley, perfect for the Andean man who dedicates himself to agriculture and grazing his animals. This will also be a good time to capture the beauty of the surroundings. Without a doubt,

We will begin to descend for about three hours to Pacchanta (4,100 m / 13,451 ft). Along this last part, we will be able to appreciate the beautiful succession of lakes that are well appreciated by the Andean man. We will stop to perform a small ceremony of thanksgiving to the mountains and to Pachamama, for, of all the possibilities in life, we are blessed to

have arrived here.

Hours later, we will head to Pacchanta, a small community with attractive hot springs, where we will enjoy a bath, ideal for relaxing our muscles. Here we will also have lunch. Later on, we will say goodbye to the appreciated group of servants who accompanied us on this journey and we will embark on a two and a half hour trip back to Cusco, thus culminating this incredible 6-day adventure.



## Day Facts

Meals:  
Breakfast, and Lunch

Difficulty:  
Moderate

Walking distance:  
11 km / 6.80 mi

Walking time:  
5.5 hours

Starting elevation:  
4,650 m / 15,256 ft

Minimum height:  
4,100 m / 13,451 ft

Highest elevation:  
5,070 m / 16,634 ft

01 Pacchanta town

02 Lakes in Ausangate

03 Turquoise lakes in Ausangate

The background features a light gray map of the Hawaiian Islands. On the left side, there are detailed topographic contour lines. At the bottom of the image, there is a dark gray silhouette of mountain ranges. Two horizontal teal lines are positioned behind the text: one above 'Packing' and one above 'List'.

# 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

- **5 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

- **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'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 6: 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**



## 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  $-18^{\circ}\text{C}$  ( $0^{\circ}\text{F}$ ). 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\$ 30.00 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\$ 30.00 per person

### ✦ Entry to Pacchanta Thermal Baths (Optional)

- PEN 20.00 (US\$ 6.00) per person

### ✦ Day 6 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.







[www.ausangateperu.com](http://www.ausangateperu.com)

✉ [info@ausangateperu.com](mailto:info@ausangateperu.com)

📍 Triunfo Street 346, main Square of Cusco, Perú

☎ +51 958 191 179