



Trek

Ausangate and Inca Trail

05 days | 04 nights

Description



Trek from the Sacred Mountains to the Inca Train

If you have little time and want to enjoy the best treks in Cusco, then this program is perfect for you. You'll revel in the Ausangate glacier, colorful mountains and the Short Inca Trail of 2 days. The last will take you to see archeological sites, unique landscapes and, most importantly, visit the Inca citadel of Machu Picchu. Another highlight is the touristic destination of the Rainbow Mountain, which attracts thousands of visitors from all over the world with its inexplicable beauty. Join us, whether you're traveling alone, as a couple or with a group; we'll take care of all the details so you can live an unforgettable experience. We're sure you won't regret choosing this unique excursion.

We'll start traveling from Cusco to the community of Upis where we will enjoy breakfast. After that, we'll gradually ascend to the Upis

campsite for lunch. We'll then continue up the the Arapa Pass and then to the Hatun Pucacocha Lagoon to spend the night. In the morning, we'll go toward the Puca Pass and then down to Anantapata to have lunch. Later, we will go uphill to the Warmisaya Pass and then arrive to our campsite in Surinecocha.

Next, we'll hike toward the Rainbow Mountain and then descend to Llacto. From there, we will go by car to the Taray viewpoint to have lunch. Next, we'll visit the archeological complex of Urco and then spend the night in Ollantaytambo. The next day, we'll travel by train from Ollantaytambo to KM 104 to start our trek toward Wiñay Wayna and Inti Punku. We'll finish the day in the town of Aguas Calientes, where we will spend the night.

Finally, we'll board a bus taking us to

the entrance of the Inca citadel of Machu Picchu. Once we're inside, you will have 2-3 hours to visit all the most important sites and take incredible pictures. After that, we'll return to Aguas Calientes and begin our return trip to Cusco.

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 to the right. On the left side, there are detailed topographic contour lines. A solid teal horizontal line spans the width of the page, intersecting the text. The bottom of the image is a dark gray, textured area representing a mountain range, with a jagged black silhouette of peaks overlaid on it.

Full Itinerary

Day 01

Cusco > Upis > Arapa Pass > Hatun Pucacocha



A World Full of adventure

We'll leave Cusco at 4 AM in private transportation, heading toward the community of Upis (4,250 m / 13,944 f) where we will have breakfast. We'll then meet the team that will accompany us during the entire trek.

Once all the final details are prepared, we'll ascend gradually for three hours until we arrive to the place where we'll have lunch. Along the trail, we'll enjoy breathtaking landscapes accompanied by llamas and alpacas. Next, we'll continue up two and a half more hours to the Arapa Pass (4,800 m / 15,748 f). From here, you will see a multitude of colors in the Andean mountains and valleys in front of your eyes.

After we enrich our landscape culture, we'll go down three and a half hours, passing by the Yanacocha Lagoon, until we arrive at our campsite close

to the Hatun Pucacocha Lagoon (4,400 m / 14,436 f). When we get there, we'll be at the foot of the Ausangate snowcap and surrounded by gorgeous lakes.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Lodging:

Campsite

Distance:

11 km / 6.83 miles

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 Hatun Pucacocha Lake

02 Arapa Pass

03 Arapa Pass

Day 02

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



Waking our Adventure Spirit

We'll wake up with the warmth of the sunrise and enjoy a delicious breakfast that will provide us the necessary energy to start hiking. We'll fill our water bottles, canteens and camelbacks, and then go up two hours to the Puca Pass (4,870 m / 15,978 f). On the way, we'll see the Ausangate snowcap and cristaline lakes around us.

Continuing, we will go downhill an hour and half to Anantapata (4,750 m / 15,584 f) where we'll have a wonderful lunch. Later, we'll again go uphill to the Warmisaya Pass (4,985 m / 16,355 f), and you'll be able to see a part of the Rainbow Mountain from a distance.

After a short rest there, we'll make our way toward our campsite close to the Surinecocha Lagoon (4,800 m / 15,748 f). When we get there, we'll have a flavorful dinner prepared by

our talented chef, and we'll sleep surrounded by nature.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Lodging:

Campsite

Distance:

10 km / 6.20 miles

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 Trel Adventure

02 Puca Pass

03 Camp in Surinecocha

Day 03

Surinecocha > Rainbow Mountain > Llacto > Taray Viewpoint > Urco Archeological Center > Pinkuylluna Mountain (Ollantaytambo)



The Rainbow Mountain with the **First Light** of the Sun

Today, we'll get up early and have a nice breakfast. We'll start gradually hiking uphill on a picturesque trail. We will go toward the highest point of our trek where we'll see multicolored scenes full of pure energy and enjoy the sunrise. We've finally reached the Rainbow Mountain (5,100 m / 16,732 f)! We'll take time to behold this wonder without many people around since we'll be the first to arrive. Your guide will explain everything about this place and the relationship the Andean people have with the sacred mountains.

After that, we'll go down one hour to Llacto (4,630 m / 15,190 f) and from there go 2 hours by car to the Taray Viewpoint (3,150 m / 10,334 f) to have lunch at the start of the Sacred Valley of the Incas. Later, we'll continue traveling to Urco (2,900 m / 9,514 f), an archeological complex

dedicated to water worship. For one hour, we'll continue along the banks of the Willcamayu River until we reach Ollantaytambo (2,792 m / 9,160 f).

When we get there, we'll enjoy our last hike to the Qolqas Inca (2,950 m / 9,678 f), old granaries from the Inca age located on a hill called Pinkuylluna. While we are there, you'll have an impressive view of the archeological complex of Ollantaytambo. In the evening, we'll have our last dinner and spend the night in that town.



Day Facts

Meals:
Breakfast and lunch

Level of difficulty:
Moderate

Lodging:
Hotel

Hiking distance:
6.5 km / 4.03 miles

Time:
4 hours

Starting altitude:
4,800 meters / 15,748 feet

Minimum altitude:
2,792 meters / 9,160 feet

Maximum altitude:
5,100 meters / 16,732 feet

01 Taray Viewpoint

02 Rainbow Mountain

03 Pinkuylluna Mountain

Day 04

Ollantaytambo > KM 104 > Wiñay Wayna > Inti Punku > Machu Picchu > Aguas Calientes

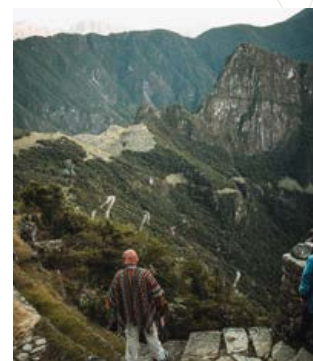


The First view of Machu Picchu from the Sun Gate

Today, we'll start early for an adventure full of history and ancestral culture. We'll go to the train station in Ollantaytambo and travel an hour and a half to KM 104, where our hike will begin. Here, we'll have a short meeting about the last details, and you'll receive snacks and a boxed lunch to eat during the day.

After that, we'll start our day surrounded by dense, local vegetation in the cloud forest until we reach our first Inca archeological site, Chachabamba, known as a ceremonial center. Next, we'll go uphill for three hours toward the most important place on this route, Wiñay Wayna (2,650 m / 8,964 f) where we will walk through its streets and connect with Mother Earth, hearing the songs of the birds. Then, we will continue for 10 minutes to where we'll have lunch.

Later, we'll make our way to the Sun Gate, from which you'll be able to see, for the first time, the impressive architecture of Machu Picchu. While you're there, you can take incredible pictures of both places and honor the memory of the Incas, who built this wonder in connection with the surrounding nature. Finally, we'll take a bus to the town of Aguas Calientes where we'll spend the night and enjoy a delicious dinner at the best restaurant.



Day Facts

Meals:

Breakfast, Lunch and Dinner

Level of difficulty:

Moderate

Lodging:

Hotel

Distance:

9 km / 5.59 miles

Time:

5 - 6 hours

Altitude in the town of Aguas Calientes:

2,040 meters / 6,693 feet

Minimum altitude:

2,040 meters / 6,693 feet

Maximum altitude:

2,720 meters / 8,924 feet

01 Trek to Machu Picchu

02 Inti Punku

03 Wiñay Wayna

Day 05

Aguas Calientes > Machu Picchu > Ollantaytambo > Cusco



Explore the Exuberant inca citadel of Machu Picchu

Today, we'll start off toward the bus station and go to the entrance of Machu Picchu (2,430 m / 7,972 ft). Before going into the citadel, we can use the bathrooms. Once inside, you'll be truly impacted by so much beauty! It seems that time hasn't passed in this place and that life itself has stood still in the middle of these mountains. You'll visit the place most highly desired by so many, Machu Picchu!

The tour inside the citadel will be personalized. You'll traverse significant places where the Incas walked and you'll even feel they're by your side. The citadel of Machu Picchu is large, so it will take you 2-3 hours to visit the most important sites in these sacred grounds.

After that, we'll return by bus to the town of Aguas Calientes just in time for lunch. Then, you'll have a couple hours

of free time to rest and do whatever you'd like. Later on, we'll board the train back to Ollantaytambo and, from there, we'll return to Cusco in private transportation.



Day Facts

Meals:

Breakfast

Duration of the activity:

2 - 5 hours exploring

Altitude of the citadel of Machu Picchu:

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 (Ausangate Trek)**
 - A spacious dining tent to enjoy your meals worry-free
 - Tables, chairs, dishware, and cooking equipment
 - A portable travel toilet
 - Inflatable mattressAll equipment carried by our horses.
- **One Duffle Bag (Ausangate Trek)**
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.

- **24/7 Customer Service**
We have telephone service available 24 hours/day for ease of communication with Ausangate Peru leading up to your tour.

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

Meals

- **5 Breakfasts, 4 Lunches, and 3 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 (Days 1 to 4)**
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 3: Private transport from the end point of Ausangate Trek to Ollantaytambo.
 - Day 5: Once you complete the Inca Trail tour, we will take you from Ollantaytambo station back to your hotel in Cusco.
- **Train Tickets**
 - Day 4: From Ollantaytambo to KM

104 (Starting point of the Short Inca Trail).

- Day 5: From Aguas Calientes to Ollantaytambo.
- **Bus Tickets Aguas Calientes - Machu Picchu**
 - Day 4: From Machu Picchu to Aguas Calientes.
 - Day 5: From Aguas Calientes to 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**
- **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\$ 15.00
- Walking poles (pair): US\$ 15.00

✦ 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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