



Mountain

Ausangate and Machu Picchu

08 days | 07 nights

Description



Visiting the Grand Guardian Apus

This tour is designed for mountain lovers who want to visit the most important peaks and valleys of Cusco: the Ausangate glacier and its crystalline lagoons, Rainbow Mountain, the Sacred Valley of the Incas and the Inca citadel of Machu Picchu. During this journey, you'll be able to see extremely diverse landscapes, starting from the highest, snow-covered peaks and going to the tropical valleys of the Andes. On the trail, the Apu Ausangate (6,372 m / 20,905 ft) will be the protagonist; it's the highest mountain in the Cusco region.

Your adventure will start in the community of Upis. The first day, after lunch, you'll get to visit the pristine Huayna Ausangate Lagoon. You'll see these incredible, once-in-a-lifetime landscapes with your own eyes as you reveal, one step at a

time, the Vilcanota Mountain Range. Impressive mountain passes and glacial lakes await you as the prelude to presenting ourselves before the sacred Apu Ausangate.

Colorful scenes will illuminate your path to Rainbow Mountain and the Red Valley. Hiking through these places will be an essential part of preparing you for the great challenge of conquering the Palomani Pass. From there, you'll look out over mythical glaciers and other impressive, snowy peaks of the mountain range. Descending from those heights, you'll be relieved to arrive at Pacchanta and enjoy its hot springs at the foot of Ausangate.

Later on, we'll take you, in our private car, to the Sacred Valley of the Incas and visit Urco and Ollantaytambo. We'll take the train to Aguas Calientes, and then you'll finally be able to visit the magical Inca citadel of Machu

Picchu. While you're there, you'll enjoy a rich culture of times past, both in its construction and its picturesque surroundings. Lastly, we'll take you back to Cusco, and if it's your first time here, we're sure there'll be many more.

The background features a light gray map of a region with a coastline and topographic contour lines. A dark gray silhouette of a mountain range is positioned at the bottom. Two horizontal teal lines intersect the text.

Full Itinerary

Day 01

Cusco > Upis > Upis Campsite > Huayna Ausangate Lagoon



Start your **Adventure** to the **Ausangate** Glacier

We'll leave the city of Cusco early and head toward the community of Upis, where we'll have breakfast. After that, you'll start hiking uphill slowly, taking your time to adjust to the altitude. As you continue on the trail, you'll get closer and closer to the gigantic Ausangate glacier until it's towering over you. We'll have lunch and take time to rest, satisfied by the delicious food prepared by our expert chef.

Later, you'll do an optional extra hike to explore the Huayna Ausangate Lagoon close-up, a 2 hour round trip. This first day, the morning's activities haven't been too extreme, and that's to allow you to acclimatize and enjoy the surroundings of the campsite this afternoon without problems.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Easy to moderate

Hiking distance:

10 km / 6.21 miles

Hiking time:

5 hours

Starting altitude:

4,250 meters / 13,944 feet

Minimum altitude:

4,250 meters / 13,944 feet

Maximum altitude:

4,480 meters / 14,698 feet

01 Trek to Upis Campsite

02 Huayna Ausangate Lake

03 Trek to Upis

Day 02

Upis > Arapa Pass > Yanacocha > Hatun Pucacocha



Get a Taste of the **Andes** Mysticism

Start the day off with attitude! We'll wake you up with an energizing coca tea, and then our guides will tell you what to expect on this morning's 2-hour hike up to the Arapa Pass. Once we're there, you'll feel the energy of the mountains enveloping you, and the horizon will open up, revealing all the earth's striking colors.

Once you've have enough time there, you'll keep going until you get to the Yanacocha Lagoon, where we'll have lunch prepared by the chef and porters. Next, you'll continue the journey two more hours to the Hatun Pucacocha and Huchuy Pucacocha Lagoons. In the afternoon, you can explore the beautiful surroundings of our campsite. We'll finish off the day with a wonderful dinner.



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 Yanacocha

02 Arapa Pass

03 Arapa Pass

Day 03

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



At the Door of the Rainbow Mountain

As you warm up with a hot cup of coca tea, we'll get everything ready to start the day and recharge with an energizing breakfast. You'll hike through two valleys to get to the Puca Pass (4,870 m / 15,978 ft), from which you'll see what you've already traversed and where you're going next. Don't forget your jacket, because it's cold and windy here!

Along the entire trail, you'll be accompanied by the Ausangate glacier and its gorgeous turquoise lakes. After we're finished on the peak, you'll keep going, now downhill, to Anantapata (4,750 m / 15,584 ft) to have lunch. If there's time, you can rest or take a short nap before moving on. Continuing on the path, you'll trek up to the Warmisaya Pass (4,985 m / 16,355 ft). Prepare yourself, because this part of the trail is steeper than the

last.

After passing Warmisaya, you'll go downhill to arrive at our campsite in Surinecocha. If the guide's okay with it and there's time, you can keep going on this path to watch the sunset at Rainbow Mountain. If you do go, you should return to the campsite before dark. At the end of the day, you'll enjoy a delicious dinner and have a well-earned sleep.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Hiking distance:

10 km / 6.20 miles

Hiking time:

5 - 6 hours

Starting altitude:

4,500 meters / 14,764 feet

Minimum altitude:

4,500 meters / 14,764 feet

Maximum altitude:

4,985 meters / 16,355 feet

01 Campsite in Surinacocha

02 Puca Pass

03 Mountain Adventure

Day 04

Surinecocha > Rainbow Mountain > Ausangate Cocha



See Rainbow Mountain With the **Day's First** rays of sunshine

We'll wake you up before dawn to arrive at our destination precisely at the right moment, when the king of the stars first shoots his sunbeams across the sky and across the radiant Rainbow Mountain. Be sure to wrap up well, because it will be very cold there, especially at this time of day. Our guide, who has a wealth of knowledge, will make your visit extra special by helping you connect with the spiritual side of these mountains.

After enjoying this natural wonder to its fullest, you'll walk to the Red Valley to see yet another incredible landscape and take amazing pictures. Later on, you'll return to Rainbow Mountain to go down to Quesiuno, where our team will be waiting for you with lunch ready.

You'll continue to trek going uphill for three hours through a green

valley, and you'll see local wildlife in their natural habitat: the beautiful woodpecker and other birds, and the Andean goose known as Huallata. If you're lucky, you may also see the Andean fox, and its unmistakable skunk smell will make itself known. When you get to the campsite at Ausangate Cocha, you'll enjoy tea time and then dinner.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Challenging

Hiking distance:

17 km / 10.56 miles

Hiking time:

9 hours

Starting altitude:

4,800 meters / 15,748 feet

Minimum altitude:

4,376 meters / 14,356 feet

Maximum altitude:

5,100 meters / 16,372 feet

01 Ausangate Cocha

02 Rainbow Mountain

03 Campsite in Ausangate Cocha

Day 05

Ausangate Cocha > Palomani Pass > Sorapata



Admire The **Apu Ausangate** in all its **Glory**

We'll enjoy an energizing breakfast to keep our strength up all day long, and this will help us conquer the highest point on the trek. You'll leave the campsite and make a two-hour ascent to the Palomani Pass (5,200 m / 17,060 f). From this once-in-a-lifetime viewpoint, you'll see the magical Ausangate and the famous Vilcanota Mountain Range stretching out before you. It's home to the highest glacier concentration in Peru with 469!

After practicing your photography skills to capture that landscape, you'll descend an hour and a half to the community of Huchuy Phinaya (4,700 m / 15,420 f), where we'll provide a satisfying lunch for you. There's another uphill climb awaiting you afterward, a two-hour hike to the Jampa gorge; it will give you beautiful

views of the Callangate Mountain Range. Lastly, you'll arrive at our campsite in Sorapata (4,650 m / 15,256 f) to have dinner and spend the night.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate to challenging

Hiking distance:

10.5 km / 6.52 miles

Hiking time:

6 hours

Starting altitude:

4,500 meters / 14,764 feet

Minimum altitude:

4,500 meters / 14,764 feet

Maximum altitude:

5,200 meters / 17,060 feet

01 Andean Llamas

02 Palomani Pass

03 Chocolate Lake

Day 06

Sorapata > Jampa Pass > Pacchanta



Dream with your Eyes Open You're in the Heights!

Tou'll wake up next to the Tres Marias (Three Marias), a set of snowy peaks just in front of our camp. After breakfast, you'll begin today's hike, a two-and-a-half hour ascent to the Jampa Pass (5,070 m / 16,634 ft). Along the trail, you'll see a green valley extending on the horizon. One last descent is left to arrive at our campsite, where you'll have lunch and spend the night. Pay attention! On this part of the hike, you can see three glacial lakes: China Otorongo, Orco Otorongo and Qomer Cocha. These are well-known in the Andean world and highly revered for their mystical significance.

In the afternoon, you'll have a chance to take a dip in the Pacchanta hot springs in the community of the same name. After several days of trekking, you'll finally be able to relax your tired legs and muscles. We'll finish the day

with a fabulous dinner.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Moderate

Hiking distance:

11 km / 6.80 miles

Hiking time:

5.5 hours

Starting altitude:

4,650 meters / 15,256 feet

Minimum altitude:

4,100 meters / 13,451 feet

Maximum altitude:

5,070 meters / 16,634 feet

01 Ausangate Lakes

02 Ausangate Lakes

03 Pacchanta

Day 07

Pacchanta > Tinke > Sacred Valley > Ollantaytambo > Aguas Calientes



Fusion in the Land of the Incas

After breakfast, you'll have a moment to say goodbye to our trekking team who's accompanied you on the magnificent Ausangate Trail: the professional chefs and the porters. After that, we'll take you, in our private car, three and a half hours away into the Sacred Valley. First, you'll go to the Taray Viewpoint and have lunch as you admire the surrounding landscape.

Next, we'll take you to visit the archeological center in Urco, a place dedicated to water worship. Continuing on, the car will take you to the living Inca city of Ollantaytambo. When we get there, we'll take you for a walk to see its Inca walls and water canals around town, and then you'll be able to hike up Pinkuylluna, a hill that houses the Collcas of the Incas, their granaries used to preserve agricultural products.

Finally, we'll all take the train to Aguas Calientes and settle into a nice hotel. We'll have dinner, and then you can get some rest and dream about the amazing places you've seen so far.



Day Facts

Meals:

Breakfast, lunch and dinner

Level of difficulty:

Easy

Hiking distance:

2 km / 1.24 miles

Hiking time:

1 hours

Starting altitude:

2,792 meters / 9,160 feet

Minimum altitude:

2,900 meters / 9,514 feet

Maximum altitude:

2,950 meters / 9,678 feet

01 Taray Viewpoint

02 Pinkuylluna

03 Aguas Calientes

Day 08

Aguas Calientes > Machu Picchu > Ollantaytambo > Cusco



A wave of Sensations as you Walk Through The Mystical citadel

Today, you'll have the adventure of a lifetime as you enter the magnificent and world-famous Machu Picchu. There are people who only dream of visiting this Wonder of the Modern World, but you're here in person! What you've heard about the charm of this place is nothing in comparison to what you'll feel being here in real life. So that we can spend a long time in the citadel, we'll go to the bus station early in the morning and try to be the first ones there. Once you're inside, you'll feel a special aura in the air; after all, this sacred temple of the Incas was made in perfect communion with Mother Earth.

The surrounding mountains are faithful witnesses to everything that's happened on these grounds over the years. They saw all the effort that went into building this colossal, sacred citadel on the top of a mountain.

Your guide will tell you all about this architectural jewel from its making to the present, a wonder that's astonished the whole world. After this fantastic experience, we'll return to Aguas Calientes to have lunch (not included in our tour) and then return to Cusco.



Day Facts

Meals:

Breakfast

Level of difficulty:

Moderate

Guided tour duration:

3 hours

Minimum altitude:

2,100 meters / 6,890 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 horizontal teal 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
 - 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

- **6 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 Aguas Calientes (1 Night)**
You will spend the last night of this trek in a comfortable hotel at Aguas Calientes, including luggage storage, while you visit Machu Picchu.
 - *Accommodation is in double and triple rooms.

Meals

- **8 Breakfasts, 7 Lunches, and 7 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).
- **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 2: Private transport from the end point of the Ausangate Trek to Ollantaytambo.
 - Day 3: Private transport from Ollantaytambo train station to your hotel in Cusco.

Train Tickets

- Day 7: From Ollantaytambo to Aguas Calientes
- Day 8: From Aguas Calientes to Ollantaytambo

Round-Trip Bus Ticket Aguas Calientes - 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 the Rainbow Mountain and the Red Valley
- Entry to Pacchanta Thermal Baths
- Entry Ticket to Machu Picchu Archaeological Site



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°C (0°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\$ 35.00 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\$ 35.00 per person

✦ 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 8: Lunch and 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.





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