



The Ausangate Route

06 days | 05 nights

Description



Trek to the Ausangate Mountain

This is an intense, 6-day route through the base of the enormous Apu Ausangate. It's one of the highest mountains in the region, as well as being an important spiritual center of Andean culture. For this reason, year after year for centuries, massive pilgrimages are made to its icy slopes.

This snowy peak is at 6,385 MASL (21,000 FASL) and, although we won't climb that high, you will have the opportunity to connect closely with nature and enjoy the impressive views that the region offers.

As we hike around this mythical, sacred mountain, we'll camp near hot springs and turquoise lakes. We'll observe numerous species of birds, including Andean geese and the majestic condor, as well as llamas and alpacas grazing in tranquillity.

With spectacular glacier landscapes, uninterrupted beauty and a deep calmness, this is a perfect package for hikers who love a true outdoor adventure.

After leaving Cusco, we will make our way through traditional Andean towns to Tinkui, watching along the way as the Vilcanota mountain range accompanies us. We'll hike to Upis from there and soak in the hot springs before resting. The next day, we'll cross the Arapa Pass and see sandy dunes contrasted with snowy peaks and green valleys on the horizon. Today, you might see a condor flying by as we walk past green, red and turquoise lagoons!

After a good night's rest, we'll spend the day traversing 2 mountain passes - Apuchata and Palomani - and enjoying the scenery of the trails in

between. We'll camp in the community of Huchuy Pinaya. The next morning, we'll ascend to yet another mountain pass, the highest on the trek - the Jampa Pass at 5,150 MASL (16,896 FASL). We'll camp in Jampa after hiking alongside llamas and alpacas in the afternoon. On day 5 of our trip, we'll spend the day surrounded by the glaciers of the Vilcanota mountains, visit the Qomerqocha Lagoon, and finish the day in the hot springs of the Pacchanta community. On the last day of this adventure, we'll hike downhill to return to Tinkui and then take a bus back to Cusco. You should arrive back to your hotel around the time of sunset.

The background features a light gray map of a region with a complex coastline. On the left side, there are detailed topographic contour lines. A solid teal horizontal line spans across the middle of the image, partially obscured by the text.

Full Itinerary

Day 01

Cusco > Tinquí > Upis (Hot Spring)

Embrace a new perspective



We'll leave Cusco very early, heading towards the small town of Tinquí. We'll see the impressive Vilcanota mountain range and pass through several traditional towns. We'll make some stops so you can take great pictures. Upon arrival, we'll meet the porters who'll prepare everything necessary to start our adventure. We'll walk for around 3 hours to the place where we'll have lunch. Afterwards, we'll continue with 2 more hours of hiking until we reach Upis where our comfortable camp will have already been set up. Here, we'll have the opportunity to enjoy the hot springs before a delicious dinner and a peaceful night's rest in the middle of the mountains.

Today, we'll leave Cusco early to go by car to Tinquí with the Vilcanota mountain range by our side. From there, we'll begin hiking through the

peaks and valleys, have lunch, and then continue on to arrive at our camp in Upis. There, you'll be able to soak in some hot springs before dinner and a nice rest.



Day Facts

Meals:
Lunch and dinner

Level of difficulty:
Easy

Hiking distance:
12 km / 7.5 miles

Hiking time:
6 to 7 hours

Minimum altitude:
3,800 meters / 12,467 feet

Maximum altitude:
4,400 meters / 14,435 feet

01 Trek to Ausangate

02 Llamas in front of the mountain
Ausangate

03 Andean person with his horse

Day 02

Upis > Arapa Pass > Yanacocha > Pukacocha



Live a Colorful life

You'll enjoy a delicious and nutritious breakfast that will provide you with the necessary energy to continue our adventure. Today, we'll ascend to the Arapa Pass (4,850 m / 15,912 ft). From this privileged place you will be able to observe an impressive contrast in the landscape - dunes that look like they came out of the desert surround the glacial wonder of the Apu Ausangate while, below, the valley extends in brilliant greens. From this perspective, if you're really lucky, you'll be able to gaze upon the flight of the condor. Let yourself be astounded by the 3 beautiful, crystalline lagoons, each with a particular shade: red, green, and turquoise. We'll soon arrive at the place where our camp will already be set up. There you'll feel how your heart vibrates in front of the huge glacier while you enjoy a relaxing dinner before bed.



Day Facts

- Meals:**
Breakfast, lunch, and dinner
- Level of difficulty:**
Challenging
- Hiking distance:**
12 km / 7.5 miles
- Hiking time:**
6 to 7 hours
- Minimum altitude:**
4,400 meters / 14,435 feet
- Maximum altitude:**
4,850 meters / 15,912 feet

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- 01 Arapa Pass
 - 02 Tourist at Arapa Pass
 - 03 Trek to Arapa Pass

Day 03

Pukacocha > Ausangate Cocha > Palomani Pass > Huchuy Pinaya

Discover ^{the} heights of the **Andes** with your own feet



Very early in the morning, after satisfying our hunger with an exquisite breakfast, we'll ascend for 2 or 3 hours to the second mountain pass of our excursion, the Apuchata Pass (4,900 m / 16,076 f). From here, we'll descend for 1.5 hours to Ausangate Cocha where we'll have lunch while enjoying the amazing landscape. After, we will hike uphill 2 hours until we reach the Palomani Pass (5,100 m / 16,732 f) and then we'll go downhill to the small community of Huchuy Pinaya where our camp will already be set up. Here, a comfortable night of rest awaits you after savoring the delicious dinner that our chef will have prepared with care.



Day Facts

Meals:

Breakfast, lunch, and dinner

Level of difficulty:

Challenging

Hiking distance:

13 km / 8.1 miles

Hiking time:

6 to 7 hours

Minimum altitude:

4,600 meters / 15,091 feet

Maximum altitude:

Maximum altitude:

01 Tourist in front of the Chocolate lagoon

02 Palomani Pass

03 Tourist in front of Ausangate mountain and turquoise lagoons

Day 04

Huchuy Pinaya > Huanu Huanu Pampa > Jampa



Revel in the Tranquillity of life in the Mountains

Today, we'll ascend to the highest point of our excursion known as the Jampa Pass (5,150 m / 16,896 f). The silence of this remote place is truly inspiring. From here, you'll have a privileged view of the Tamba Mountain. After that, we'll descend for 2 hours until we reach Pampacancha (4,050 m / 13,287 f). On the way, you will see herds of llamas and alpacas that feed freely in this immense space. Then, we'll go uphill again for approximately 3 hours until we reach our camp in Jampa (4,300 m / 14,107 f). You'll recover your energy with an exquisite dinner, and then you'll spend the night in our comfortable tents. Remember to keep warm since nights in the Andes can get very cold.



Day Facts

Meals:

Breakfast, lunch, and dinner

Level of difficulty:

Challenging

Hiking distance:

11 km / 6.8 miles

Maximum altitude:

5,157 meters / 16,919 feet

01 Tourist next to some llamas

02 Tourist looking at Ausangate mountain

03 Group of llamas eating

Day 05

Jampa > Otorongo Cocha > Pacchanta (Hot Spring)



Soak in the Moment

Our adventure is nearing its end. Today, like every day, we'll leave after breakfast and head for 1 hour to the base of the glacier. Then, we'll go up a little to survey the wonderful landscape of the Vilcanota mountain range. We'll return to the base of the mountain to enjoy a delicious lunch. In the afternoon, we'll descend towards the Qomerqocha Lagoon and arrive at the Pacchanta community after 5 hours of walking. Pacchanta is a beautiful, traditional place that has hot springs where you can enjoy a relaxing bath while watching the perpetual snowy peaks of the glorious Apu Ausangate. We will camp here.



Day Facts

Meals:

Breakfast, lunch, and dinner

Level of difficulty:

Moderate

Hiking distance:

13 km / 8.1 miles

Hiking time:

6 to 7 hours

Minimum altitude:

4,250 meters / 13,943 feet

Maximum altitude:

4,500 meters / 14,763 feet

01 Person in a turquoise lagoon

02 Tourists in the hot springs of Pacchanta

03 Panoramic view of the turquoise lagoons of Ausangate

Day 06

Pacchanta > Tinquí > Ocongate > Cusco Hotel

One last Hike, One last Look



In the morning, we'll have breakfast and begin our journey toward the Tinquí community. We'll hike for 2 hours. Once there, we will board a van that will take us directly to the city of Cusco. Our estimated arrival time is at sunset.



Day Facts

Meals:

Breakfast and lunch

Level of difficulty:

Easy

Hiking distance:

7 km / 4.3 miles

Hiking time:

3 hours

Minimum altitude:

3,800 meters / 12,467 feet

Maximum altitude:

4,250 meters / 13,943 feet

01 Community people and their horses

02 Ausangate Mountain

03 Community of Pacchanta

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**
 - 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.
- **Inflatable mattress**
- **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 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 Ausangate Peru 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

- **5 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 will be picked up from your hotel in the morning and will travel by private transportation to Tinkui, the starting point of the trek.
 - Day 5: 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 Pacchanta Thermal Baths**



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\$ 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 Upis Thermal Baths (Day 1)

✦ Meals not indicated

- Day 1: Breakfast
- 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

✉ info@ausangateperu.com

📍 Triunfo Street 346, main Square of Cusco, Perú

☎ +51 958 191 179