



The Classic

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# Ausangate Trek

05 days | 04 nights



## Description



# Trek to the Ausangate Glacier

The trail of the grand Ausangate will take you through ancestral paths in the Vilcanota Mountain Range. You'll learn how sacred this mountain is and get to see the daily life of the native, Quechua-speaking locals. On each ascent and descent of this trek, you'll be able to see Andean wildlife, like llamas, alpacas and vicuñas, as well as multi-colored lakes that add to the spectacular beauty of this trail so highly coveted by mountaineers.

We'll finish this tour with something you simply can't miss, a stop at the nearby hot springs so you can relax and rejuvenate after such a difficult, albeit satisfactory, trek. We offer you everything you need to enjoy this hike through the mountains worry-free. It will give you incredible views, an emotional reset and the joy of being present in this sacred mountain

range with its lagoons and glaciers.

It's incredible to spend time in the natural wonders of this planet we call home. We'll start off this adventure going from the city of Cusco to the community of Upis in private transportation. We'll have lunch there, explore the beautiful lakes that surround it and spend the evening stargazing from our campsite there. The next day, we'll do an uphill hike to the Arapa Pass and walk to the Yanacocha Lagoon to have lunch with an amazing view. After that, we'll make our way to Hatun Pucacocha to camp and recover from the day's exhaustion, only to start all over again tomorrow.

We'll then rise to the challenge of reaching the highest point on our trek, the Palomani Pass, which is sitting at more than 5000 meters (16,400 feet)

above sea level! We'll then go down to Sorapata to our campsite. Next in line, we'll hike to the Jampa Pass and see three mountains - Tres Picos, Jampa and Huamanticlla - which all form part of the breathtaking landscape, combined with the surrounding lakes. On top of all that, we'll have the amazing opportunity to take a dip in the hot springs of Pacchanta with an unforgettable view of the Ausangate glacier.

Lastly, we'll finish out this once-in-a-lifetime experience going, by foot, from Pacchanta to the community of Tinke where our private car will be waiting to take us back to the city of Cusco.



# Full Itinerary

## Day 01

Cusco > Community of Upis > Upis Campsite > Huayna Ausangate Lagoon

# Ausangate Welcome You

With Cusco behind us, we'll go in a private car to the community of Upis through the South Valley. When we get there, we'll have a nutritious breakfast that will give us the strength we need to start our hike. We'll start slowly to, little by little, get used to the region's altitude.

On our hike to the Upis Campsite, we'll catch the first glance of the Ausangate glacier welcoming us to this beautiful place. After a few hours, we'll get to the place where we'll have lunch. After enjoying this delicious food prepared by our chef, we'll rest a bit and then, in the afternoon, go out to explore the surroundings of the Huayna Ausangate Lagoon. We'll finish the day with tea time and dinner and then be able to get to sleep.



## Day Facts

### Meals

Breakfast, lunch and dinner

### Level of difficulty:

Easy to Moderate

### Hiking distance:

10 km / 6.21 miles

### Hiking time: 5 hours

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 Community of Upis

02 Upis

03 Huayna Ausangate Lagoon



## Day 02

Upis > Arapa Pass > Yanacocha > Hatun Pucacocha



## Circuit of Lakes

After a restful night, we'll have an energizing breakfast and leave on our hike, accompanied by the classic chill of the Andean sunrise. We'll go up to the Arapa Pass (4,800 m / 15,748 ft). We'll hike slowly to save our energy and take in the surroundings, so it will take about two and a half hours. Once we're at the peak, the horizon will open up, showing us picturesque, Andean landscapes.

We'll continue moving forward then and, after an hour and a half, we'll have lunch near the Yanacocha Lagoon. We'll rest and then continue downhill. The mood will change as we get closer and closer to our campsite. After an hour, we'll arrive near the Hatun Pucacocha Lagoon, where we'll spend the night. If you still have energy, you can go to visit the nearby lagoon.



## Day Facts

### Meals:

Breakfast, lunch and dinner

### Level of difficulty:

Moderate

### Hiking distance:

11/ km / 6.83 miles

### Hiking time:

6 hours

### Starting point:

4,400 meters / 14,436 feet

### Minimum altitude:

4,400 meters / 14,436 feet

### Maximum altitude:

4,800 meters / 15,748 feet

01 Arapa Pass

02 Arapa Pass

03 Trek to Arapa Pass

## Day 03

Hatun Pucacocha > Ausangate Cocha > Palomani Pass > Sorapata



# The Challenge is set: the **Palomani Pass**

Today, we'll go up two and a half hours to the Ausangate Pass (4,750 m / 15,584 f), known by natives as the Apacheta Pass. You'll probably see the picturesque apachetas on the peak, stacked stone columns left by passers by as a way of showing respect to the mountain. After this amazing experience, we'll hike down for an hour and a half to the Ausangate Cocha Lagoon to have a scrumptious lunch, accompanied by the spectacular views of an impressive canyon.

The best part of the trek has now arrived! We'll start off toward our goal, the Palomani Pass (5,200 m / 17,060 f), the highest point on our journey. For the local inhabitants, this part of the mountains is especially important because it's a place where you can recharge with positive energy. From here, you'll be able to see other

glaciers and high mountains: Santa Catalina or Mariposa (Butterfly), Ausangate and Jampa. After enjoying this outstanding scenic landscape, we'll descend to the small community of Huchuy Phinaya (4,700 m / 15,420 f) where you'll get a close-up view at some of the townspeople's customs and routines, for example taking their animals out to graze on the mountain's fields.

After that, we'll gradually go down to Sorapata, where our campsite will be set up. That night, after a pretty long day, we'll enjoy a well-earned dinner together before getting to bed, excited for what's coming tomorrow.



## Day Facts

### Meals:

Breakfast, lunch and dinner

### Level of difficulty:

Moderate to challenging

### Hiking distance:

12.5 km / 7.76 miles

### Hiking time:

7 hours

### Starting altitude:

4,400 meters / 14,436 feet

### Minimum altitude:

4,400 meters / 14,436 feet

### Maximum altitude:

5,200 meters / 17,060 feet

01 Chocolate Qocha

02 Ausangate Mountain

03 Palomani Pass

## Day 04

Sorapata > Jampa Pass > Azul Cocha Lagoon > Pacchanta



# Approach our Mother Earth

We'll start off the day with a two-hour uphill hike to Huanopata. From the first step, we'll enjoy the view of three peculiar peaks called the Tres Marias, or Three Marias. Next, we'll continue to our destination - the Jampa Pass (5,070 m / 16,634 f) - on a trail filled with scenic wonders that will leave you breathless.

Then, we'll be on our way to rest at our campsite. On the way, we'll see the famous lakes of China Otorongo, Orco Otorongo and Qomer Cocha, respected in the spiritual world of the Andes for their mysticism. Here, we'll stop for a moment to take part in a small offering ceremony of thanksgiving for the hospitality of the Pachamama (Mother Earth) on this beautiful mountain trail.

After spending time wrapped up in the scenic beauty of this place, we'll

continue on to Pacchanta to spend the night. There, you'll be able to swim in its refreshing hot springs, and we'll take advantage to relax our legs and muscles after a few difficult days of trekking. We'll finish the day with a satisfying dinner.



## Day Facts

### Meals:

Breakfast, lunch and dinner

### Level of difficulty:

Moderate

### Hiking distance:

15 km / 9.32 miles

### Hiking time:

7.5 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 Azul Cocha Lagoon

02 Lakes in the Ausangate Trek

03 Trek to Pacchanta



## Day 05

Pacchanta > Tinke > Ocongate > Cusco



It's **been** a  
once-in-a-lifetime **Experience**  
with **Ausangate**

**T**oday is the time to say goodbye to the trekking team that's accompanied us on our journey. Without them, it would have been an overwhelming and impossible trek. We'll have our last breakfast and then start today's hike, which will last three hours and take us to the community of Tinke. After spending a bit of time in this picturesque town, we'll try to strike up a conversation with the townspeople and interact with them, learning about their way of life.

Finally, we'll say goodbye to the team after lunch and then take one last look at the surrounding landscape, storing all of these pleasurable moments away in our hearts. Our private car will be waiting to take us back to Cusco.



### Day Facts

**Meals:**

Breakfast and lunch

**Level of difficulty:**

Easy

**Hiking distance:**

7 km / 4.34 miles

**Hiking time:**

3 hours

**Starting altitude:**

4,100 meters / 13,451 feet

**Minimum altitude:**

3,800 meters / 12,467 feet

**Maximum altitude:**

4,100 meters / 13,451 feet

01 Trek to Tinke

02 Mountain Adventure

03 Pacchanta Community



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 to the left of 'Packing' and another to the right of '&'.

# 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

- **4 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, 5 Lunches, and 4 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 Upis, 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  $-18^{\circ}\text{C}$  ( $0^{\circ}\text{F}$ ). 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\$ 25.00 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\$ 25.00 per person

### ✦ Entry to Upis Thermal Baths (Day 1)

### ✦ Day 5 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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