



Description



Trek to the Ausangate Glacier

he 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, Quechuaspeaking 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 worryfree. 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-alifetime 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.





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

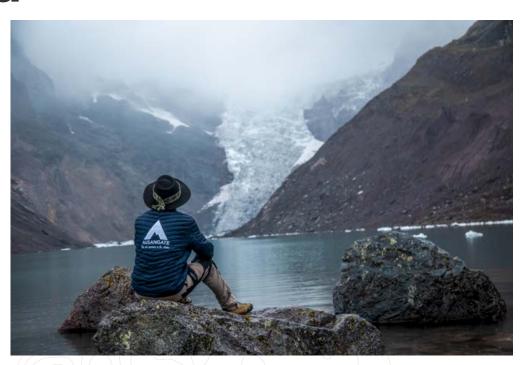


Ausangate Welcome You



ith 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



Upis > Arapa Pass > Yanacocha > Hatun Pucacocha



Circuit of Lakes



fter 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 f). 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



Hatun Pucacocha > Ausangate Cocha > Palomani Pass > Sorapata



The Challenge is set: Palomani Pass

oday, we'll go up two and a half hours to the Ausanaate 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, well descend to the small community of Huchuy Phinaya (4,700 m / 15,420 f) where you'll get a closeup 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

Breakfast, lunch and dinner

Moderate to challenging

12.5 km / 7.76 miles

7 hours

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



Sorapata > Jampa Pass > Azul Cocha Lagoon > Pacchanta



Approach our Mother Earth

e'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

evel 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



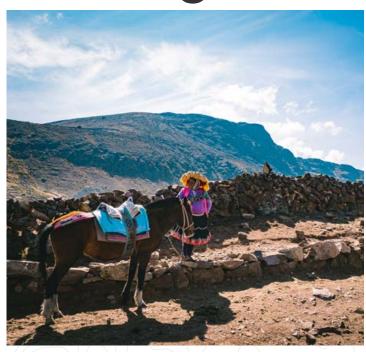
Pacchanta > Tinke > Ocongate > Cusco



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

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

Startina 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





What is Included

High Quality Service & Safety

- Pre-departure Briefina 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 matress
- · 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.
- Hvaiene 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 vour hotel in Cusco.
- Carao Mules

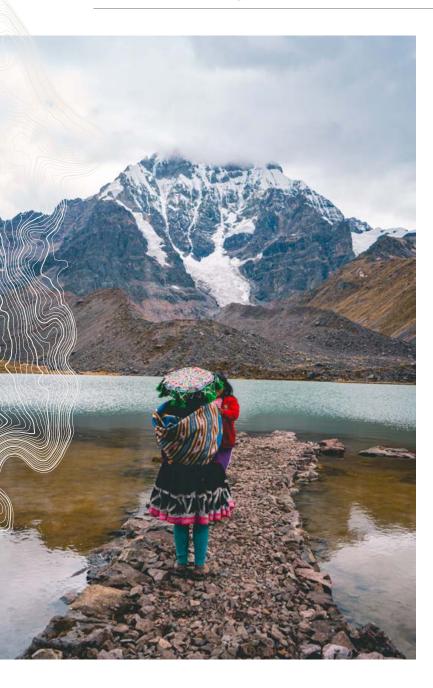
While trekking, cargo mules will carry all the camping equipment and your baggage allowance (7 kg / 15.4 lb).

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\$ 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 know 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 never 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 washe when no showers are in sight! bring 1x 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

our 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 unforget







Our Hiking Team Our Cook

fter 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



Il 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



ur Horseman and his horses are in charge of all our gear and will always await us within the safe and comfortable camp sites.





