

# The Rainbow Mountain & Short Inca Trail

04 days | 03 nights



## Description



# Rainbow Mountain and the Green Mountain

Do you want to enjoy an adventure on the most attractive ancestral trails in the region of Cusco? Then this 4-day program is for you; we'll offer you the best of the two short treks most sought after by the majority of visitors: Rainbow Mountain and the Inca Trail. Along the way, you'll see impressive mountains, lakes, glaciers and landscapes unique to the region. Whether you go alone or with others, we'll take care of planning your trip so you don't have to worry about anything. Take advantage of this adventure that will take you all the way to enjoy the Inca citadel of Machu Picchu!

We'll start the hike in Quesiuno toward the Puca Pass, a magnificent place to look out over the Ausangate glacier, surrounded by crystalline lakes. After that, you'll go to Anantapata to have

lunch and, then, to the campsite in Surenicocha. The next day, you'll walk to the Rainbow Mountain and the Red Valley; these sites are truly incredible because they seem to have been drawn out or taken off of the planet Mars. In the afternoon, we'll visit other important places: Andahuaylillas, Rumi Punku and Huacarpay. After that, we'll go to Cusco to spend the night.

The next day, we'll travel to Ollantaytambo and then board a train to Km 104, the start of the Inca Trail. The hike will be from Wiñay Huayna to the Sun Gate, from where we'll be able to see Machu Picchu in the distance. We'll spend the night in Aguas Calientes. The last day, we'll finally visit Machu Picchu and see this wonderful place, learning about Andean culture. After this beautiful experience, we'll return to Cusco.



# Full Itinerary

## Day 01

Cusco > Quesiuno > Puca Pass > Anantapata > Warmisaya Pass > Surinecocha



# Stand in the Presence of the Powerful Ausangate glacier

We'll start the day early, traveling in private transportation through Pitumarca to Quesiuno where we'll have a delicious breakfast. When we get there, we'll prepare to begin our hike and start going slowly 500 meters up for three hours until we arrive at the Puca Pass (4,870 m / 15,977 f).

Once we're at the peak, we'll get the best look at the Ausangate glacier and the glorious lakes surrounding it. According to Andean cosmovision, both small and big mountains have life since, for the local inhabitants, they're the spiritual chiefs called Apus. Ausangate is the most powerful, known as the creator of the waters. After a connection with this protective Apu, we'll go down, for an hour and a half, to Anantapata to have lunch.

Continuing on, we'll go up to the Warmisaya Pass (4,985 m / 16,355 f),

from which we can see the Rainbow Mountain in the distance. After that, we'll continue 45 minutes to our campsite in Surenicocha and have a delicious dinner.



## Day Facts

### Meals:

Breakfast, lunch and dinner

### Level of difficulty:

Moderate

### Hiking distance:

11 km / 6.83 miles

### Hiking time:

7.5 hours

### Starting altitude:

4,376 meters / 14,357 feet

### Minimum altitude:

4,376 meters / 14,357 feet

### Maximum altitude:

4,985 meters / 16,355 feet

01 Trek to Warmisaya Pass

02 Puca Pass

03 Trek to Ausangate Mountain



## Day 02

Surinecocha > Rainbow Mountain > Red Valley > Andahuaylillas > Rumi Punku > Huacarpay > Cusco



# Consider this **Magical Place** with the **Colors** of the Rainbow

Today, we'll arrive at the highest point, the viewpoint of the Rainbow Mountain (5,100 m / 16,732 ft). This site will captivate its visitors with many colors: pink, fuchsia, yellowish brown, red, turquoise and gold. Because of this, it's one of the most visited tourist attractions in the world.

our next adventure.

After visiting this site early in the morning, we'll go on to the viewpoint of the Red Valley. After that, we'll descend an hour to Llacto where our transportation will be waiting to take us to the Andahuaylillas Cathedral. This church has colorful paintings inside belonging to the school of Cusco and with a peculiar style.

Next, we'll continue, by car, to Rumi Punku where we'll do a 45-minute hike to the wetlands of Huacarpay to have lunch. Later, we'll return to the city of Cusco to rest and prepare for



## Day Facts

### Meals:

Breakfast and lunch

### Level of difficulty:

Moderate

### Hiking distance:

6.5 km / 4.03 miles

### Hiking time:

4 hours

### Starting altitude:

4,800 meters / 15,748 feet

### Minimum altitude:

3,050 meters / 10,006 feet

### Maximum altitude:

5,100 meters / 16,732 feet

01 Llamas in Rainbow Mountain

02 Rainbow Mountain

03 Trek to Rainbow Mountain

## Day 03

Cusco > Ollantaytambo > Km 104 > Wiñay Huayna > Inti Punku > Aguas Calientes



# Catch a Glance of Machu Picchu from the Sun Gates

Today, we'll leave very early in private transportation to the station of Ollantaytambo where we'll board a train going toward Km 104, the starting point of our hike. After that, we'll go to Chanchabamba, the first archeological site welcoming us to the Inca Trail.

Next, we'll go up three hours and note the climatic change from the mountains to the tropical forest. Continuing on, we'll visit the archeological site of Wiñay Huayna; it's said that this place is a small-scale replica of Machu Picchu. Once you've explored it, you can make up your own mind. We'll have lunch closeby.

We'll then continue the trail to the Sun Gate, the official entrance from Cusco to Machu Picchu in imperial times. The view from here is incredible; it's so exciting that it can't be described in words. You'll be able to

take some fantastic pictures from this point. Later, we'll take a bus down to Aguas Calientes, enjoy our dinner in an exclusive restaurant and spend the night at a comfortable hotel. Remember to get to sleep early; tomorrow, we'll start before dawn.



## Day Facts

Meals:  
Lunch and dinner

Level of difficulty:  
Moderate

Hiking distance:  
9 km / 5.59 miles

Hiking time:  
6 hours

Starting altitude:  
2,100 meters / 6,890 feet

Minimum altitude:  
2,100 meters / 6,890 feet

Maximum altitude:  
2,720 meters / 8,924 feet

01 Trek to Machu Picchu

02 Inti Punku

03 Wiñay Huayna

## Day 04

Aguas Calientes > Machu Picchu > Ollantaytambo > Cusco



# Traverse the Ancient Streets where the Inca Emperor walked

We'll start the day by enjoying a delicious breakfast at the hotel. After that, we'll take a bus to the entrance of the Inca City. Remember to follow all the instructions; this will allow you to have a problem-free experience. After visiting other sacred places like the Rainbow Mountain and the grand Inca Trail, your dream to visit Machu Picchu is finally becoming a reality!

Once you're inside the citadel of Machu Picchu, your personal guide will take you to visit temples, terraces, palaces, priests' quarters, the Intihuatana, the industrial sector and the agricultural fields.

As you look around this wonderful site, you'll be able to consult with your guide. In the end, some questions will go without being answered; no one can clearly explain the harmony between architecture and

nature. After having finished this visit, capturing the moment on your camera and in your memory, we'll return to the town of Aguas Calientes to have lunch. In the afternoon, we'll take a train back to Ollantaytambo and, from there, private transportation to return to your hotel in Cusco.



## Day Facts

### Meals:

Breakfast

### Level of difficulty:

Moderate

### Duration of guided tour:

3 hours

### Minimum altitude:

2,100 meters / 6,890 feet

### Maximum altitude:

2,430 meters / 7,972 feet

01 Llama in Machu Picchu

02 Machu Picchu

03 Llama in Machu Picchu

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 (Rainbow Mountain)**  
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

- **1 Night 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 Cusco (1 Night)**
- **Hotel in Aguas Calientes (1 Night)**

## Meals

- **3 Breakfasts, 3 Lunches, and 2 Dinners**
  - Day 1: Breakfast, Lunch, and Dinner
  - Day 2: Breakfast, Lunch

- Day 3: Box lunch, Dinner
- Day 4: Breakfast
- **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 1,2,3)**  
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 Quesiuno, the Rainbow Mountain's trek starting point.
  - Day 2: Private transport from Llacto to Cusco.
  - Day 3: Private transport from Cusco to Ollantaytambo train station.
  - Day 4: Once you complete the tour, we will take you from Ollantaytambo

station back to your hotel in Cusco.

- **Train Tickets**
  - Day 3: From Ollantaytambo to KM 104 (Starting point of the Short Inca Trail).
  - Day 4: From Aguas Calientes to Ollantaytambo.
- **Bus Tickets Aguas Calientes - Machu Picchu**
  - Day 3: From Machu Picchu to Aguas Calientes.
  - Day 4: From Aguas Calientes to Machu Picchu.
- **Cargo Mules (Rainbow Mountain)**  
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**
- **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\$ 10.00
- Walking poles (pair): US\$ 10.00

### ✦ 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

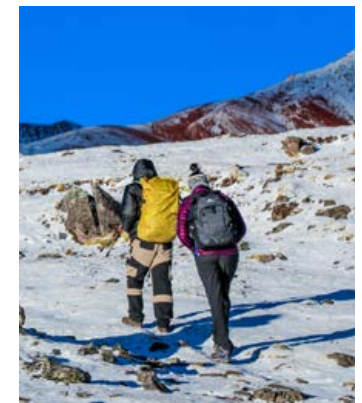
## ✦ **Hand Sanitizer:**

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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