



PERU TREK

Travel & Adventure

AUSANGATE TREK TO RAINBOW MOUNTAIN

5 Days & 4 Nights

OVERVIEW



Ausangate Trek To Rainbow Mountain 5 Days

Ausangate trek 5 days plus Rainbow Mountain, it is a perfect trip located south of Cusco about 100 kilometers. Although it is still little known, the Ausangate trek is one of the best options in Cusco for trekking lovers, it is a journey through the foothills of the most important sacred mountain in the south of Cusco, one of the definitely unique adventures, where you will see mountains snowfalls, you will visit remote Andean villages, you will enjoy thermal baths and more than 20 colorful lakes, without a doubt the Ausangate mountain is a paradise. Pick up this circuit and live an unforgettable adventure, fully enjoy next to the (Apu) Ausangate (6.372m / 20900ft) Sacred Mountain and the largest in the Cusco region. Even this hike is much better than other typical hikes.

Rainbow Mountain and Red Valley are within this trek. Walk through beautiful hills where alpacas, llamas, vicuñas, Andean geese, among other wild animals, interact with the Andean people and take a closer look at the Ausangate mountain, one of the mountains most respected by the Inca culture.

The highlight of the Ausangate trek to Rainbow Mountain 5 days

- ✓ Contemplate the immensity of the valleys and huge mountains from spectacular viewpoints.
- ✓ Discover the lifestyle of the Andean settlers and take the opportunity to make new friends.
- ✓ Learn all about local customs and traditions as well as the local wildlife.
- ✓ See some quite unique fauna such as Chinchillas, Condor “the largest Andean bird”, Vicunas “The only non-domesticated animal of the llama family”.
- ✓ Enjoy the wonderful landscape with glaciers, alpine lakes, and rugged mountains around the Ausangate Peak.
- ✓ Visit the amazing painted Hill of Rainbow Mountain of Peru.
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- ✓ Explore the impressive lakes and perform a small ceremony to Mother Earth.
- ✓ Relaxing in the hot springs and learning traditions that have been passed down for generations.

AUSANGATE TREK TO RAINBOW MOUNTAIN

5 DAYS



Sorapata
4700 m - 15420 ft
4 km - 3.00 hrs



Phinaya
4650 m - 15256 ft
7 km - 4 hrs

Rainbow Mountain
5100 m - 16732 ft
5 km - 3.30 hrs

Palomani Pass
5200 m - 17060 ft



Warmisaya Pass
4985 m - 16355 ft

NIGHT 4

NIGHT 3

NIGHT 2

Qampa Pass
5070 m - 16634 ft
6 km - 3.00 hrs

Ausangate
6372 m - 20905 ft

Pucacocha Pass
4870 m - 15978 ft

Surinecocha
4800 m - 15748 ft

Arapa Pass
4800 m - 15748 ft

Pucacocha
4500 m - 14764 ft
11 km - 5.30 hrs

Hananta
4750 m - 15584 ft
5 km - 3.30 hrs

ninaparayoc
4700 m - 15420 ft

Pacchanta
4200 m - 13780 ft
5 km - 2.30 hrs

Yanacocha
4500 m - 14764 ft

NIGHT 1

Upis Pampa
4400 m - 14436 ft
6 km - 3.00 hrs

Upis Community
4250 m - 13944 ft
Trek starting point



THERMAL BATHS

Cusco
3400 m - 11155 ft
Pick up



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	DISTANCE / HOURS
	CAMPS
	LUCH & REST AREA
	MAJOR ROAD
	MINOR ROAD
	FOOTPATH
	LAGOON

1

DAY

AUSANGATE MOUNTAIN



Highlights Of The Day

- Submerging yourself in the first views of Vilcanota Mountain Range.

1**DAY**

Cusco | Upis – Arapa pass - Yanacocha



We pick you up from your hotel at 4:00 am to leave the city of Cusco, then we will have three and a half hours driving in a private transport along the Cusco-Puerto Maldonado highway until we reach Tinki (3800m / 12467 ft), in the On the way we will see picturesque villages, and we will stop for a couple many times to enjoy the landscapes, once we reach Upis (4400m / 14435ft), the main trail we will meet our chefs and local muleteers, horses and we will prepare for the adventure, we will walk uphill gradually for about 2 hours and 30 minutes.

Following the highland valley inhabited by llamas and alpacas with spectacular views of Ausangate as a backdrop to reach the lunch spot located in Pampa Arapa (4,600m / 15,092ft). Today, we will have lunch in a very picturesque place with the Ausangate mountain in the background.

After eating the delicious food, we will still walk for about 3 hours and 30 minutes to get to the first camp, called pukacchoa (4,650 m / 15,256ft), from the lunch place we will walk for two hours to get the first pass called Paso Arapa (4,850m / 15908ft), at this point we will be impressed by the breathtaking views of the eroded mountains and highland valleys. Then we will walk downhill for 1 hour and 30 minutes to reach the camp, a place with incredible views around the Ausangate mountain. Lunch and dinner included.

2

DAY

PUKA QOCHA



Highlights Of The Day

- Hike through beautiful landscapes and glimpse the lagoons and Ausangate Mountain.



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2**DAY**

Yanacocha | Pukaqocha – Pukacocha Pass - Hananta



In the morning we will have a beautiful sunrise on top of imposing rocks and mountains, we will enjoy this view while having breakfast, after breakfast we will begin to walk along an uneven path (ups and downs) this section of the trail is one of the most picturesque, already That blue and turquoise lagoons surround the lower part of the Ausangate mountain massif (6,384m / 20,945ft), the highest mountain in Cusco.

After walking for 1 hour and 30 minutes, we will start walking along a zigzag path towards the next Hananta pass. In which, we will enjoy the dramatic views of the Vilcanota mountain range going in different directions, colored hills, and the peaks of the glaciers. From this pass, we will walk downhill to reach the valley part and follow the valley until we reach our lunch spot located at the place called Hananta (4,650m / 15,256ft).

Place of our camp on the second day, when we arrive at the place we will have time to relax and explore the area.

3

DAY

RAINBOW MOUNTAIN



Highlights Of The Day



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- ❑ Exploring Rainbow Mountain and the Red Valley with very few other visitors.

3**DAY**

Hananta - Rainbow Mountain - Ausangate Qocha



Today's nutritious breakfast that the chef prepares for us, to go out to explore Rainbow Mountain.

After enjoying our breakfast very early in the morning, we will hike for about 2 hours to reach the famous Rainbow Mountain at (5038m / 16528ft). And we are sure to beat the big crowds and this place will be just for us. for about 45 minutes, enough time to enjoy the site. Your guide will be in charge of explaining to you about this amazing and imposing work of art created by nature (remember that this type of formation can be seen in only two places in the world: Peru and China), where you will learn about the formation process, minerals natural colors that form and everything related to this beauty of the world.

After having enough time in this place, we will return by the same path to Ananta (lunch place), where we will have lunch again around 12:30 pm. This afternoon, we will continue walking for 3 more hours until the next camp called Ausangate Qocha (4,700m / 15,420ft).

4

DAY

PALOMANI PASS



Highlights Of The Day

- Hiking through immense landscapes and learning about local customs and traditions.

4**DAY**

Ausangate Cocha | Palomani Pass - Palomani lake – Phinaya - Qampa Pampa



Another great day to enjoy the amazing colored hills next to Mount Ausangate (6,384m / 20,945 feet), the highest mountain in Cusco, and see more glacial lagoons, after breakfast we will start our trekking again, we will leave early to walk uphill up for two hours to the third pass of the mountain called Palomani (5200m / 17056ft), the highest pass of the whole way; where, we will begin to take a look at the huge mountain and some other colored hills that are still nearby and in this place we will make an offering to the PachaMama (mother earth).

Then we will walk downhill for about two hours also until we reach the part of the valley, where we will have lunch at PampaCancha (4050m / 13284ft), at the end of the afternoon we will walk uphill. For 2 more hours until the next Q´ampa campsite (4300m / 14104ft), Where at night we will have tea time, then dinner All meals included Throughout this day's walk we may have the opportunity to see llamas, alpacas and maybe even pumas.

5

DAY

7 LAKES

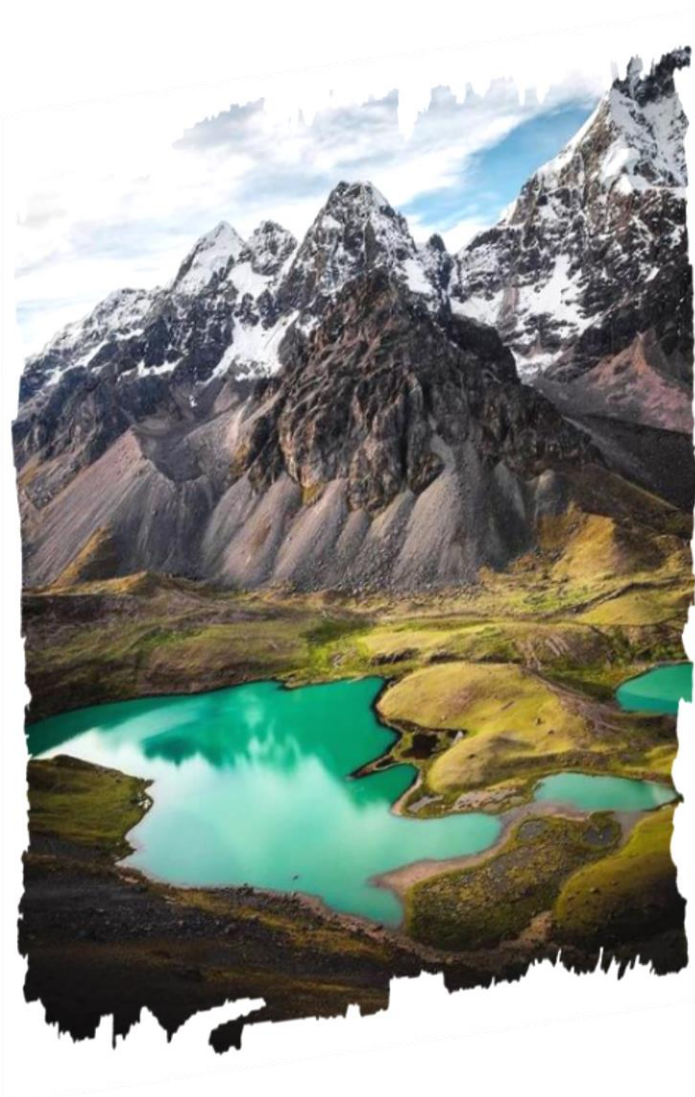


Highlights Of The Day

- Exploring the stunning lakes.

5**DAY**

Qampa | Ninaparayuc - 7 Lagoons - Pacchanta – Tinki - Cusco Hotel



We will wake up with hot coca tea in the morning to have another great day, after having breakfast.

we will walk for 2 hours and 30 minutes until the last pass called Q´ampa (5000m / 16400ft), where we will have incredible glacial peaks right in front, where it is We may have the opportunity to spot the Andean deer and we will also see lakes of different colors and sizes.

Then we will walk downhill to reach our last scenic spot. We will walk until we reach Pacchanta (4100m / 13448ft). Pacchanta is a small community with hot springs where we can enjoy a relaxing dip, and in this place we will say goodbye to our chefs and our muleteers.

In this same place our private transport will be waiting for us so that we will return to Cusco to our hotels, for approximately 3 hours and 30 minutes, in Cusco we will be around 7:00 pm.

INCLUSIONS

Included / Not Included

High Quality Service & Safety

- ✓ Pre-departure briefing
- ✓ Experienced tour guide in English and Spanish
- ✓ Private Camping Equipment
- ✓ 1 duffle bag
- ✓ Medical Kit or First AID Kit
- ✓ A professional chef
- ✓ Customer service 24/7

Transportation

- ✓ Day 1: Private transportation from Cusco to the hiking point
- ✓ Horses, and muleteers; cargo mules will carry your (7 kg / 15.4 lb) personal items
- ✓ Day 5: Private transportation back to your hotel in Cusco

Extras included in our service

- ✓ Emergency horse to ride
- ✓ Sleeping bag
- ✓ Extra oxygen
- ✓ Hiking poles
- ✓ PRO Air sleeping pad

Meals

- ✓ Meals: Breakfast (5), lunch (5), dinner (4)
- ✓ Food: (vegetarian and vegan food options available)
- ✓ Wake up tea
- ✓ Tea Time or Happy Hour
- ✓ Snacks on the trail daily
- ✓ Water during the hike
- ✓ Products for hygiene

Permits & Entrance Tickets

- ✓ Entrance ticket to Ausangate trek
- ✓ Entrance ticket to Rainbow Mountain

What is not included?

- Travel insurance
- Gratuities for our staff
- Additional costs or delays beyond our control

TRIP CHECKLIST

5 Days & 4 Nights

- ✓ Original Passport
- ✓ Flashlight with spare batteries
- ✓ Sun hat, cap, and warm hat and gloves for the nighttime
- ✓ Water bottle or canteen
- ✓ Good hiking boots with ankle protector or similar, and one pair of flip-flops or light sandals
- ✓ Comfortable hiking clothes, including warm clothes for the nighttime
- ✓ Rain gear (especially if traveling in the wet season, from October to March)
- ✓ Hiking poles
- ✓ Hiking socks
- ✓ Personal medication
- ✓ Sunblock and sunglasses
- ✓ Comfortable trousers
- ✓ Toiletries and hand sanitiser
- ✓ Hiking long-sleeve T-shirts
- ✓ Camera and film with extra batteries
- ✓ Phone and Camera charger and adapter
- ✓ Some snacks such as chocolate, cereal bars, candies, nuts, energy bars
- ✓ American dollars and Peruvian soles in cash
- ✓ Backpack to carry your things



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