



PERU TREK

Travel & Adventure

AUSANGATE 7 LAKES & UPIIS – HOT SPRINGS

2 Days & 1 Night

OVERVIEW



Ausangate 7 lakes 2 days & Upis – Hot Springs

The 2-day Ausangate 7 Lakes trek is ideal for those with little time and who want to experience the majestic Ausangate Mountain, the fifth highest mountain in Peru. This adventure includes visits to the impressive Ausangate Lake where you will feel the spirit of Ausangate up close on the first day and to the vibrant Ausangate 7 Lakes on day 2.

You will spend the night in cozy camps with an incredible panorama of the mountains and finish the hike relaxing in the Pachanta hot springs, surrounded by stunning views of the mountains and the daily life of the local farming community.

The highlight of the Ausangate 7 lakes 2 days & Upis – Hot Springs

- Feel the energy emanating from the Ausangate mountain up close.
- Explore one of the most beautiful parts of the Ausangate Glacier route in 2 days.
- Enjoy a relaxing bath in the Pachanta hot springs with one of the most beautiful views of the Ausangate glacier, the highest and most sacred in the Cusco region.
- Immerse yourself in the daily life of the most traditional communities in this area of the Andean highlands.
- Crossing the 7 green and turquoise lakes will make this hike a unique experience.

AUSANGATE 7 LAKES & UPIS - HOT SPRING

8 DAYS



ninaparayoc
4800 m - 15748 ft
7 km - 4.00 hrs

Ausangate
6372 m - 20905 ft

2 km - 1.00 hrs

Huayna lake

NIGHT 1

Upispampa
4400 m - 14435 ft
6 km - 3.00 hrs

Pacchanta
4200 m - 13780 ft
7 km - 2 hrs

Trek starting point
4200 m - 13779 ft

Tinki
3800 m - 12467 ft

Cusco
3400 m - 11155 ft
Pick up

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

1

DAY

AUSANGATE MOUNTAIN



Highlights Of The Day

- Feel the energy emanating from the Ausangate mountain up close.

1**DAY**

Feel the energy of the Sacred Mountain Ausangate



Your adventure begins at 5:00 am when we pick you up from your hotel and take our private transport to Tinki, a small village 3 hours away. Here will be our breakfast and you will also experience local life as the villagers still wear traditional clothing, and your guide will share insights into their remote lifestyle.

We will then continue for about 3 hours to our lunch and campsite point, taking you through remote villages and picturesque streams. Upon arrival at Upispampa(4400 m. – 14435 ft.) you will settle into our cozy campsites and enjoy a delicious lunch prepared by our cook.

In the afternoon, you can choose to hike to Upis Lake (2 hours round trip) or relax in the soothing hot springs. Afterwards, we will gather for dinner and enjoy the stunning starry sky, a memory you will cherish forever. And rest for tomorrow to visit Ausangate 7 lakes.

2

DAY

7 LAGOONS

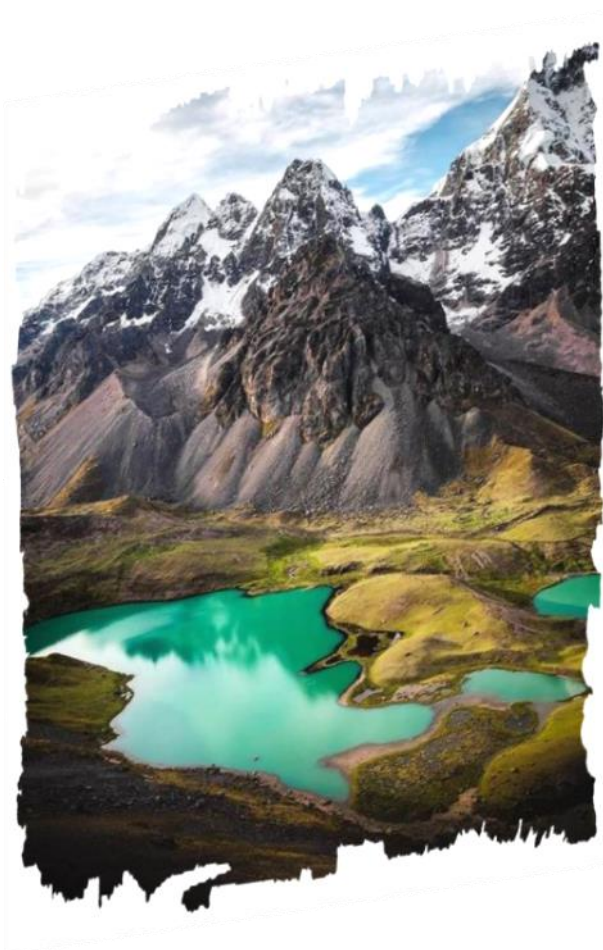


Highlights Of The Day

- ❑ Crossing the 7 green and turquoise lakes will make this hike a unique experience.

2**DAY**

Explore the 7 lakes & hot springs



Wake up to a cup of hot coca tea or coffee delivered to your tent and enjoy a delicious breakfast before starting your day. A 20-minute uphill hike takes you to a lookout point that offers spectacular views of the Ausangate in all its glory.

The hike continues with a combination of uphill and downhill trails until you reach the impressive 7 lakes of the Ausangate. Spend about an hour exploring the area, taking in the stunning views of the snow-capped mountain from new angles.

Then, descend to the Pacchanta hot springs, where you can relax in the warm waters while taking in the views of the imposing Ausangate. After a well-deserved lunch, we will say goodbye to our horseman and chef before heading back to Cusco. You will arrive at your hotel around 6:00 pm approximately. Surely this great experience of the Ausangate 7 lakes 2 days & Upis – Hot Springs will still be in your mind.

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 2: Private transportation back to your hotel in Cusco

Extras included in our service

- ✓ Sleeping bag
- ✓ PRO Air sleeping pad
- ✓ Extra oxygen
- ✓ Hiking poles

Meals

- ✓ Meals: Breakfast (2), lunch (2), dinner (1)
- ✓ 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 Hot Springs

What is not included?

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

TRIP CHECKLIST

2 Days & 1 Night

- ✓ 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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