



TREK

# AUSANGATE & RAINBOW MOUNTAIN TREK

*3 days / 2 nights*

**Salkantay**  
TREKKING  
Treks & Expeditions Specialists





# DESCRIPTION

## *The Epic Mountains of Cusco Trek*

The Rainbow Mountain of Peru, Vinicunca, has grown increasingly popular with visitors over the last few years. This great spectacle of nature is located in the Vilcanota mountain range, near the highest snow-capped peak in the Cusco region, Ausangate (6,372 m / 20,905 ft), which is considered an important sacred deity for the Andean cosmovision. From pre-Inca times until today, this mountain has been a place of worship and offering.

If you want to visit the colorful mountain of seven colors but love the idea of a 3-day trek to maximize your experience, then the Ausangate and Rainbow Mountain 3-day trek is for you. You'll enjoy trekking through some of the most stunning Andean mountain scenery and get to visit the highest mountain in the Cusco region as well as the colorful Rainbow Mountain, all in one epic trip!

# CONTENT



Map



Itinerary

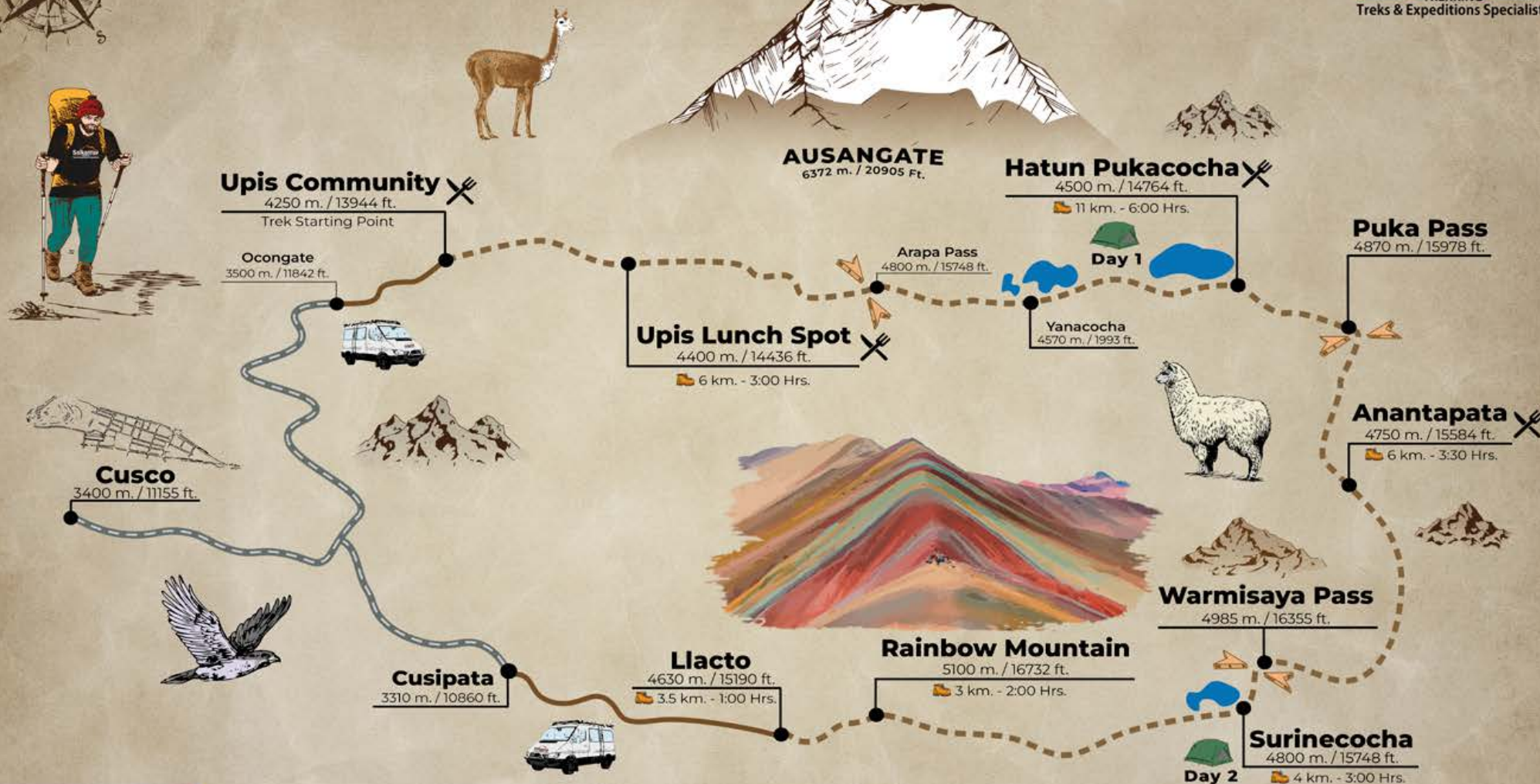


Inclusions



Packing List





- DISTANCE / HOURS
- CAMPS
- LUNCH & REST AREA
- PASS POINT
- FOOTPATH
- MAJOR ROAD
- MINOR ROAD
- LAGOON

DAY 01: Cusco | Abra Upis - Arapa - Hatun Pucacocha

DAY 02: Hatun Pucacocha - Puca Pass - Anantapata - Warmisaya Pass - Surinecocha

DAY 03: Surinecocha | Montaña Arcoíris - Llacto - Cusco

# FULL ITINERARY

## HIGHLIGHTS

- » This area is simply stunning, with sparkling lagoons, Mars-like red valleys, and dramatic landscapes that'll feel like something from a dreamland.
- » If you enjoy hiking, this region will whisk you off of your feet with the outstanding beauty of Rainbow Mountain and Ausangate.
- » Wander away from the traditional tourist routes and discover some of Peru's most beautiful hidden gems.
- » Hike among herds of llamas and alpacas in remote native Quechua villages and appreciate the local inhabitants' colorful clothing and daily rhythm.



# DAY 01

Cusco | Upis - Arapa Pass -  
Hatun Pucacocha

## Wonder at the Majesty of the Ausangate Glacier

Your exciting experience begins today at 5:00 a.m. We'll stop by your hotel to pick you up and transfer you in our private transport for 3 hours to the starting point of our trek in the small town of Upis. There you'll enjoy the first breakfast prepared by our talented chef, and you'll be able to look out in wonder at an amazing landscape. This meal will give you all the nourishment and energy you need to get hiking.

After a short time, we'll be on our way, and the adventure begins. We'll gradually ascend over 3 hours towards the place where we have lunch. During this part of the journey, we'll be able to observe the majestic Ausangate Mountain in the distance, so be sure to have your camera to hand. Our team will be waiting for you at our first stop with a hot herbal tea

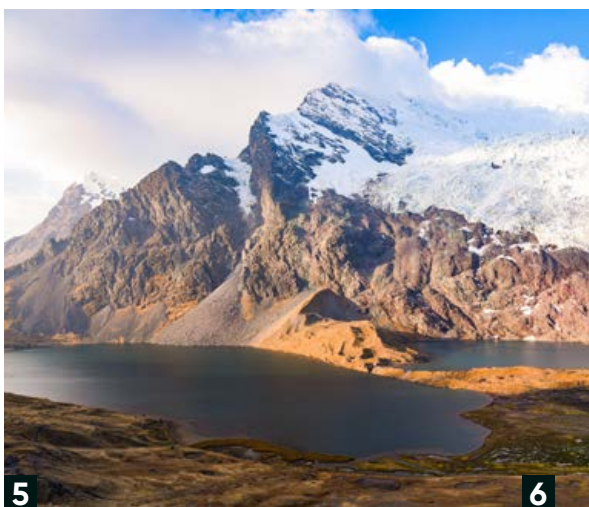




before you indulge in a delicious lunch. You'll have time to enjoy a short rest and recuperate your energy before continuing the day's hike.

After lunch, we'll start a two-hour uphill hike towards the Arapa Pass (4,800 m / 15,748 ft). Then we'll descend for three and a half hours to Hatun Pucacocha lake, where our camp is located. On the way, we'll appreciate Yanacocha Lake as well. You'll be at the very foot of the mighty Ausangate Mountain! You'll be amazed at the size and sheer beauty of this icy peak.

Once in the camp, you can serve yourself some hot chocolate or coffee, and then a little later, dinner will be ready. It'll then be time to retire to your bed for some well-earned rest.



## DAY FACTS

- » MEALS:  
**Breakfast, Lunch, and Dinner.**
- » ACCOMMODATION:  
**Camp**
- » DIFFICULTY:  
**Moderate to Challenging**
- » WALKING DISTANCE:  
**17 km / 10.56 mi**
- » WALKING TIME:  
**9 hours**
- » STARTING ELEVATION:  
**4,250 m / 13,944 ft**
- » MINIMUM ELEVATION:  
**4,250 m / 13,944 ft**
- » HIGHEST ELEVATION:  
**4,800 m / 15,748 ft**
- » CAMPSITE ELEVATION:  
**4,500 m / 14,764 ft**

- 
1. Ausangate Mountain
  2. Ausangate Mountain road
  3. Alpaca herd
  4. Hatun Pucacocha Lagoon
  5. Hatun Pucacocha Lagoon
  6. Hatun Pucacocha Lagoon



# DAY 02

Hatun Pucacocha | Puca Pass – Anantapata –  
Warmisaya Pass – Surinecochoa

## Glorious Glaciers and Lavish Lagoons

We'll wake you up this morning with a hot cup of coca leaf tea to help you acclimatize and start the day in the best way possible. Did you know that this leaf has been used for centuries for the same purpose? As soon as you open your tent, you'll get to observe the magical lights of dawn on the huge glacier that glistens and sparkles in the sunlight. Then we'll enjoy a delicious and nutritious breakfast to help us on our way.

Our walk will start with a two-hour uphill climb towards the Puca Pass (4,870 m / 15,978 ft). Along the way, you'll be able to spot an amazing eroded mountain, beautiful high Andean valleys, and, if you're lucky, the majestic flight of the condor, the largest flying bird in the world. You'll also witness the beauty of several glacial lagoons, such as



1



2



3



Huchuy Pucacocha and Hatun Pucacocha. Make sure you capture some memorable photos of these picturesque sights.

A little later, we'll descend for one hour and a half to Anantapata, our lunch spot, for another delicious meal and then ascend for two hours to the Warmisaya Pass (4,985 m /16,355 ft). From here, you'll be able to appreciate the sacred mountain of Ausangate from a new angle and the Rainbow Mountain, as well as the endless Vilcanota mountain range.

Then we'll descend for 1 hour to Surinecocha (4,800 m / 15,748 ft), where our camp is located. When we arrive, you'll be greeted with a hot drink to warm you up. Before a highly-deserved night of rest, you'll enjoy the dinner prepared by our chef and his assistant. You'll definitely be amazed at the delicacies they prepare so far up in the mountains!



## DAY FACTS

- » MEALS:  
**Breakfast, Lunch, and Dinner**
- » ACCOMMODATION:  
**Camp**
- » DIFFICULTY:  
**Moderate**
- » WALKING DISTANCE:  
**10 km / 6.21 mi**
- » WALKING TIME:  
**6-7 hours**
- » MINIMUM ELEVATION:  
**4,500 m / 14,764 ft**
- » HIGHEST ELEVATION:  
**4,985 m / 16,355 ft**
- » CAMPSITE ELEVATION:  
**4,800 m / 15,748 ft**

- 
1. Anantapata
  2. Anantapata
  3. Puka Pass
  4. View of pukacocha from Puka Pass
  5. Ascent to warmisaya pass
  6. Camp at the foot of the snow-capped mountains



# DAY 03

Surinecocha | Rainbow Mountain –  
Llacto – Cusco

## Stare in Awe at the Astoundingly Beautiful Rainbow Mountain

You're in for another early start today as our trek reaches a climax. After having an energizing breakfast, we'll head out to explore the famous Vinicunca or Rainbow Mountain. We'll start ascending for two hours to the pass located at 5,100 m / 16,732 ft. From here, you'll get a beautiful view of the spectacular Rainbow Mountain, which you're sure to feel as though you're in a dream when looking at this creation of Mother Nature!

Our guide will explain why these mountains are so special. Its impressive display of colors is all due to sedimentary layers of minerals that were exposed by





erosion. Remember that this type of phenomenon can only be seen in two places around the world: Peru and China. Make the most of your time to connect with the energy of the mountains and enjoy this truly unique landscape.

After spending plenty of time looking out over the surreal landscape, we'll walk for an hour to Llacto, where a tasty lunch awaits us. We'll finish our day and epic adventure with a 3-hour drive in our private transport to drop you off at the door of your accommodation in Cusco.



## DAY FACTS

» MEALS:  
**Breakfast and Lunch**

» DIFFICULTY:  
**Moderate**

» WALKING DISTANCE:  
**6.5 km / 4.04 mi**

» WALKING TIME:  
**3 hours**

» MINIMUM ELEVATION:  
**4,630 m / 15,190 ft**

» RAINBOW MOUNTAIN  
ELEVATION:  
**5,100 m / 16,732 ft**

» HIGHEST ELEVATION:  
**5,100 m / 16,732 ft**

- 
1. Rainbow Mountain
  2. Rainbow Mountain
  3. Alpacas in Rainbow Mountain
  4. Snow-capped mountains on the descent route
  5. Snow-capped mountains on the descent route
  6. Descent to Llacto



# INCLUSIONS





# WHAT IS INCLUDED?

## » Permits & Entrance Tickets

- Entrance for the Ausangate Trek
- Entrance for the Rainbow Mountain

## » High Quality Service & Safety

- Pre-departure Briefing

You'll meet your trekking guide and group in our office for an orientation before your trek. There, we'll provide you with the duffle bags, which our horses will carry. The meeting will be at 5:00 pm the evening before the trip begins.

- Experienced Tour Guide

English and spanish speaking official tour guide. All our guides are graduates of the professional career of Tourism of the National University San Antonio Abad of Cusco. We choose them for their professionalism, experience, responsibility, seriousness, unbridled passion for exploring, and sincere desire to proudly share in our culture and history. He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time worry-free!

- Private Camping Equipment

You'll have spacious dining and kitchen tents where you can enjoy your food without problems. In addition, tables, chairs, and cooking equipment (all carried by our horses).

- Portable Travel Toilet
- One Duffle Bag

On the trek, you can carry your personal belongings up to a maximum weight of 7 kg / 15.4 lb (this weight includes your sleeping bag).

- Medical Kit or First AID Kit

All Salkantay Trekking guides have received specialized training in first aid. We hold mandatory training sessions with our guides every February. Your guide will always carry a first aid kit to face basic emergencies (altitude sickness, travelers' diarrhea, cuts, scrapes, etc.) as well as oxygen. 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 small sleeping pillow, a cover to protect your backpack on the road, and a rain poncho.

- Sleeping Bag

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.

- Trekking Poles with rubber tips

- Sleeping Pad

- 24/7 Customer Service

We have telephone service available 24 hours/day for ease of communication with Salkantay Trekking leading up to your trek.

- Satellite Phone

Our main priority will always be the tranquility of our clients. All of our guides are prepared for emergencies in the mountains; however, being a phone call away from any doctor, hospital, or friend helps you feel more secure. For this reason, each Salkantay Trekking guide has a satellite phone that can be used anywhere on the mountain to call anywhere in the world in case of an emergency.

## » Accommodation

- Best Sleeping Tents

Salkantay Trekking uses the best equipment to ensure your safety and comfort. Every 2 people will share Eureka Timberline or Mountain Hard Wear tents with a capacity for 4 people.

## » Meals

- 3 Breakfasts, 3 Lunches, and 2 Dinners

Our chef prepares the best dishes in the middle of the mountain. Our passengers love our food! We respect all diets (vegetarian, vegan, or special menus are available at no extra cost), so let us know if you have any particular allergies or restrictions on your reservation form and remind your guide during the briefing. You'll enjoy breakfast, lunch, and dinner, in addition to hot drinks and snacks.



- Water on the trail

We'll provide you boiled, filtered, and cooled water during your hike. For this, you need to bring a camel bag or an empty bottle (we recommend a capacity of 2 liters). You'll be able to fill your bottles during each meal.

- Wake up tea

Every morning at the campsite, you'll be woken up with a cup of hot coca tea. Our staff will provide you the tea in your tent so that you will be warm from inside out before you start your day.

- Tea Time or Happy Hour

Every afternoon before dinner, the cooks will provide you popcorn, biscuits/cookies, coffee, hot chocolate, teas, 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 to eat!

- Snacks on the trail daily

Before starting your trekking, your tour guide will provide you a cloth bag with local fruits, cookies, chocolate, caramels, etc. Every morning, we'll refill it so that you can enjoy your snacks during the walk.

- One cloth snack bag per person

To avoid the usage of plastic bags that contaminate our environment, we'll give you a cloth bag for your snacks.

- Hygiene Products

You'll be provided with a small towel and soap before each meal to clean your hands.

## » Transportation

- 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 3: Once you complete the tour, we will take you back to the door of your hotel in Cusco.

- Cargo Mules

On days 1, 2, and 3, cargo mules will carry all our camping equipment, from the personal tents, clothing, and sleeping bags, until extra dining and kitchen tents, food, water, tables, chairs, and a gas bottle stove; besides your baggage allowance (7 kg / 15.4 lb). Our muleteers will be responsible for your duffle bag and personal items.

# WHAT IS NOT INCLUDED?

## » Day 3 Dinner

## » Hiking Clothes

## » Travel Insurance

## » Tips for our staff

- Tipping is the norm 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, pandemia, government policy changes, political instability, strikes, act of God, etc.



# BEFORE YOU GO

We want to make your trip to Peru as memorable and as carefree as possible. In this section, you'll find the answers to all the questions you have about traveling with Salkantay Trekking in one place. Please read the following information carefully – it will help you with any questions about our services.

Have another question that we haven't answered here? Drop us a line and we will get back to you asap!

## » How many days do I need to acclimate in Cusco before the Trek?

It's very important to be well acclimated to the altitude before exerting yourself on a trek. We recommend that you arrive in Cusco at least 2 or 3 days before the trek starts to help you adjust and avoid possible problems with altitude sickness while on the trek.

You might have already been in another area of Peru at a high altitude before arriving in Cusco. In that case, we still recommend you have a whole day in Cusco to rest, recover from your travel, and enjoy the sights and sounds of Cusco before departing for the trek.

Here some suggestions for activities to do in the Cusco vicinity before starting your adventure trek:



City Tour



Sacred Valley



Maras Moray

## » Briefing or Informative Meeting

All information meetings and briefings are held in our main office in Cusco (or your hotel) at 5:00 pm, one night before the tour begins. These meetings last approximately 30 to 45 minutes. If you're unable to attend, you must coordinate another time by email, by phone or at the Salkantay Trekking office.

Trek Balance Payment (in Cusco)

If you still have a pending balance, you must pay it 2 days before your hike/tour. Otherwise, your trip reservation will not be confirmed.

If possible, it would be greatly appreciated if you could settle the remaining balance

for the trek/tour in cash, either in US dollars or the local currency, at our office in Cusco. You can withdraw funds from various ATMs located along Avenida Sol, offering both US dollars and Peruvian Soles. Alternatively, you have the option to pay using a credit/debit card or PAYPAL, either online or in person, but please note that a 5% service charge will be applied by our payment gateway (Niubiz) and PAYPAL. We regret to inform you that we are unable to accept bank checks or traveler's checks as forms of payment for the balance.

## » Duffel Bag or Canvas Case

You'll receive a canvas case or duffel bag during your briefing. Our horses will carry them, and the horsemen will hand them to you when you get to each camp. They measure 60 x 24 x 22 cm (23.6 x 9.45 x 8.66 in).

A maximum of 7 kg / 15.4 lb is allowed for each duffel bag, including the weight of your sleeping bag, sleeping mat, clothes, and other personal items.

## » Can I store my luggage at your office?

**Of course!** During the trip, your main luggage can be stored at our office (you can organize it with us on the briefing day or by email) or at your hotel, both free of charge.

Any equipment that you won't need on the trek can be stored safely in your hotel. Nearly every hotel will provide this service. Don't leave items of value with your bags; put them in the hotel safe and obtain an itemized receipt (in the unlikely case of theft, many insurance companies require that you have a copy of the receipt itemizing everything). It's best to put items such as credit cards inside a sealed, signed envelope for extra peace of mind.

## » Pick up of guests

Salkantay Trekking can pick you up from your hotel, as long as it's in the Historical Center of Cusco. Your guide will coordinate the pickup time in the briefing session, but please keep in mind that the time may vary between 30 and 45 minutes due to traffic.

Cusco is an old city, meaning it has many narrow cobbled streets. Some hotels and Airbnbs may be located on streets without access to cars or on long, steep slopes, making it difficult to transport luggage. We strongly recommend that you book accommodation with good access.



## » Group Tours

Group tours are made up of different types of people, then physical conditions and ages can vary. By agreeing to be part of a group tour, you also accept that some people may be faster or slower than you. Therefore, each person can go at their own pace on the route.

It may be the case that a group wishes to modify the tour; however, the guide will be the one who decides, after consulting with all the participants, if such modifications are possible.

## » Strikes and demonstrations

Strikes and demonstrations are common in Peru, and this may interrupt some of our tours. Roads can be blocked, and train tracks can be taken over. However, we will try to keep your trip as originally planned, even if it means leaving the night before the scheduled date.

Under these circumstances, tours may also be canceled. In case of changes or cancellations, everything will be coordinated with you by our operations department. Your safety is our highest priority, and our decisions will be made to protect it.

## » Lost objects

Please pay attention to where you leave your things and remember to take everything once you leave our transport, tents or restaurants. You're the only one responsible for your objects during the tour.



# WHAT SHOULD YOU BRING?

- » Valid Passport
- » Extra money (recommended soles)
- » Personal medication
- » Water bottle or CamelBak – (optional water purifying pills)aa
- » Sunblock: factor 70 or more
- » Personal Care Products
- » Hiking boots or shoes (preferably waterproof)
- » Light footwear or sandals
- » Trekking pants (\*)
- » Trekking socks
- » Pair of thermal pants
- » Waterproof gaiter
- » Warm jacket
- » Waterproof jacket
- » Raincoat or rain poncho.
- » Waterproof or wool gloves
- » Sun hat to protect neck and face
- » Wool hat for the cold
- » Neck gaiter or buff
- » Sunglasses with UV protection
- » Sleeping bag (-15°C)
- » Trekking poles
- » Medium trekking backpack (15 - 25 liter)
- » Camera and charger
- » Power bank
- » Snacks: Energy bars, chocolate, candies, dried fruits, etc.
- » Flashlight



\*It is advisable to wear waterproof pants during the rainy season (September to March).





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