



TREK

# AUSANGATE TREK TO RAINBOW MOUNTAIN

*4 days / 3 nights*

**Salkantay**  
TREKKING  
Treks & Expeditions Specialists



# DESCRIPTION

## *The Ultimate Adventure Into the Peruvian Mountains*

If you're an adventurous hiker and love getting off the beaten path to discover astounding natural beauty and visit small communities, don't miss this trek! The Ausangate Trek to Rainbow Mountain is one of the best hikes in Peru and will take you through the most stunning landscapes in the Andes.

Not only will you be astounded by the gigantic Ausangate Mountain and the scenery that surrounds it, but you'll also visit the world-famous Rainbow Mountain - a truly unique creation of Mother Nature that you'll only find in Peru and China. On your trek, you'll observe gigantic glaciers, crystalline lagoons, and herds of llamas, alpacas, and sheep. Join us now on this once-in-a-lifetime experience in the mountains of Peru.

# CONTENT



Map



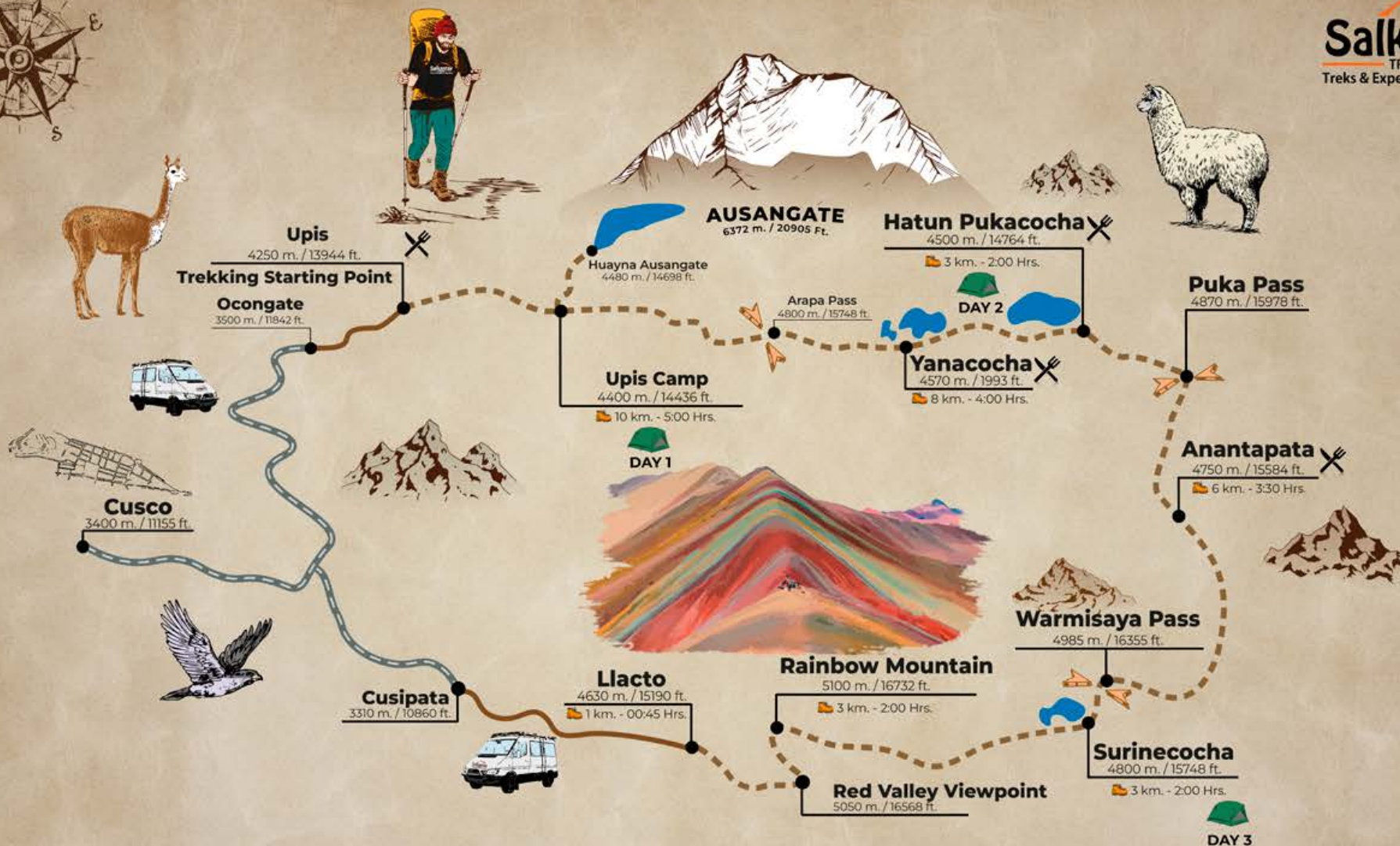
Itinerary



Inclusions



Packing List



**DAY 01:** Cusco | Upis Community - Upis Campsite - Wayna Ausangate

**DAY 02:** Upis Camp | Arapa Pass - Hatun Pukaqocha

**DAY 03:** Hatun Pukaqocha | Puka Pass - Anantapata - Warmisaya - Surineqocha (Sunset Hike to the Rainbow Mountain)

**DAY 04:** Surineqocha | Rainbow Mountain - Red Valley - Llacto - Cusipata - Cusco

# FULL ITINERARY

## HIGHLIGHTS

- » Leave the busy city behind and escape to the peaceful mountains.
- » Observe animals typical of the region, such as the chinchilla, condor, or vicuna.
- » Trek along the stunning Ausangate route, which is famous for breathtaking natural scenery, such as glaciers, enormous peaks, turquoise lakes, and grazing alpacas.
- » End your trip at the astounding Rainbow Mountain of Peru and be amazed at its natural color formation

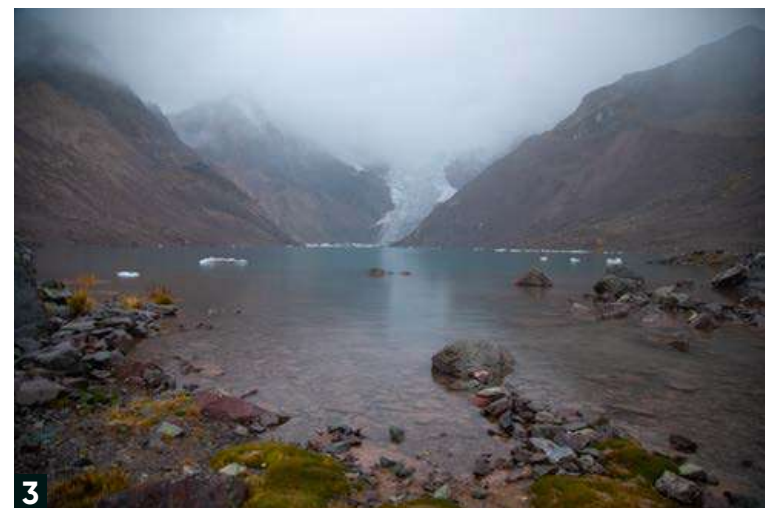
# DAY 01

Cusco | Upis Community - Upis  
Campsite - Wayna Ausangate

## Enjoy Your First Day With Ausangate in front of you

We'll pick you up from your accommodation at 5:00 a.m. to start our rural adventure and drive for 3 hours, in our private transport, to the town of Upis. Upis is situated in the middle of the Cusco highlands and offers you impressive views of the horizon.

When we get there to the small town, we'll introduce you to the rest of your trekking team of cooks and horsemen. We'll then be on our way and start by hiking up a wide, ascending path to the northeast face of the impressive Ausangate mountain.



After three-hour walking amidst farming fields and beautiful traditional houses in a gentil up we'll reach Upis camp where we'll enjoy lunch. Later in the afternoon we'll have the option to walk in a two-hour round trip to Wayna Ausangate Lake. Happy hour (tea time) will be ready at your return and then dinner. We'll camp surrounded by the sacred mountains of Ausangate who'll watch over you while you sleep.



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## DAY FACTS

- » MEALS:  
**Breakfast, Lunch, and Dinner.**
- » ACCOMMODATION:  
**Camp**
- » DIFFICULTY:  
**Moderate**
- » WALKING DISTANCE:  
**10 km / 6.21 mi**
- » WALKING TIME:  
**5 hours**
- » STARTING ELEVATION:  
**4,250 m / 13,944 ft**
- » MINIMUM ALTITUDE:  
**4,250 m / 13,944 ft**
- » MAXIMUM ALTITUDE:  
**4,480 m / 14,698 ft**
- » CAMPSITE ALTITUDE:  
**4,400 m / 14,436 ft**

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1. Ausangate mountain road
  2. Ausangate mountain road
  3. Huayna Ausangate Lagoon
  4. Ausangate Mountain
  5. Glaciers in Ausangate
  6. Camp at the foot of Ausangate

# DAY 02

Upis Campsite | Arapa Pass – Hatun Pukaqocha

## Witness Stunning Sites of Glaciers, Lakes, and Waterfalls

We'll wake you up today with a hot herbal tea of coca leaves or coffee in your tent to give you the energy boost you need to get going. Then, we'll savor a delicious breakfast in the cold of the high mountains that'll warm you through.

We'll begin our walk today for two hours and a half through a beautiful high Andean valley towards the Arapa Pass with the spectacular Ausangate glacier as a constant companion. From the top of the opening (4,800 m / 15,748 ft), the landscape's beauty will be multiplied, and you'll stare in awe at Mother Nature's humungous creations. You'll observe the size of the mountain range and, if you're lucky, the condor's beautiful flight – the largest flying bird in the entire world. Our guide will also explain a little more about the impressive local flora and fauna.

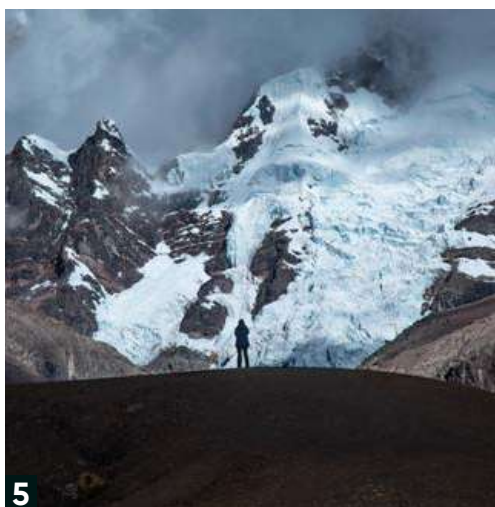


Next, we will descend to discover the beautiful crystal clear Yanacocha Lagoon (black lagoon); then, we will follow the trail for another hour until we reach Hatun Pucacocha to appreciate the fantastic scenery. Be sure to have your camera ready throughout the day to take some fantastic photos to remember your epic journey. At this point, we will have a delicious lunch. Then, we will arrive at our campsite at Hatun Pukaqocha (4,500 m / 14,764 ft).

Later, we will explore the surrounding lagoons and relax with a delicious mate. In the evening, a nutritious dinner will be waiting for you and you can discuss the day's trek with your fellow travelers and the team. You will then head to spend a comfortable night at your campsite.



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## DAY FACTS

- » MEALS:  
**Breakfast, Lunch, and Dinner.**
- » ACCOMMODATION:  
**Camp**
- » DIFFICULTY:  
**Moderate**
- » WALKING DISTANCE:  
**11 km / 6.84 mi**
- » WALKING TIME:  
**6 hours**
- » MINIMUM ALTITUDE:  
**4,500 m / 14,764 ft**
- » MAXIMUM ALTITUDE:  
**4,800 m / 15,748 ft**
- » CAMPSITE ALTITUDE:  
**4,500 m / 14,764 ft**

1. Hatun Pukaqocha
2. Hatun Pukaqocha
3. Hatun Pukaqocha
4. Views of Ausangate snow-capped peak
5. Glaciers in Ausangate
6. Llama herd

# DAY 03

Hatun Pukaqocha | Puka Pass - Anantapata -  
Warmisaya - Surineqocha

## Observing Rainbow Mountain for the First Time and a Beautiful Sunset

There's nothing better for your body than waking up to a hot herbal tea of coca leaves - it's been drunk since the Inca times and is a great natural way to get an energy boost. You'll get up early this morning to start one of the most beautiful days of the entire excursion.

After a hearty breakfast, we'll go uphill for 2 hours to Puka Pass ( 4,870 m / 15,978 ft). Along the route this morning, you'll be amazed by the stunning views of the glaciers and deep green valleys. Feel the impressive presence of the Apu Ausangate and take photos of its beautiful turquoise lagoons.

Once you reach the top, you'll spot the giant face of the Apu Ausangate right in front of you. You're sure to feel the immense energy it boasts and see why it means so much to the people in the Andes. You'll also



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observe the extended beauty of the Chilca Valley, where llamas and alpacas will be wandering around and grazing quietly. You'll already be able to see the beginning of the Rainbow Mountain range with its striking stripes of colors from this opening.

After taking some more photographs, we'll start with a gradual descent for one hour and a half to our lunch spot, located in Anantapata ( 4,750 m / 15,584 ft ). Once we've filled our hungry stomachs, we'll take the opportunity to rest and relax a little before continuing with an ascent for 2 hours to the Warmisaya ( 4,985 m / 16,355 ft ).

From there, you'll feel like you're a bird flying through the mountains and can observe the vastness of the horizon. We only have to descend one hour to Surineqocha Lagoon, where our night's camp will be waiting for you. You'll be able to observe the incredible sunset behind Rainbow Mountain that'll fill you with tranquility and a wonderful feeling of inner peace. After another excellent dinner, it'll be time to head to bed.



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## DAY FACTS

- » MEALS:  
**Breakfast, Lunch, and Dinner**
- » ACCOMMODATION:  
**Camp**
- » DIFFICULTY:  
**Moderate**
- » WALKING DISTANCE:  
**10 km / 6.2 mi**
- » WALKING TIME:  
**6 -7 hours**
- » MINIMUM ALTITUDE:  
**4,500 m / 14,764 ft**
- » MAXIMUM ALTITUDE:  
**4,985 m / 16,355 ft**
- » CAMPSITE ALTITUDE:  
**4,800 m / 15,748 ft**

1. Warmisaya
2. View of Ausangate mountain and
3. Hatun Pukacocha lagoon
4. Puka pass
5. Ausangate snow-capped mountain
6. Anantapata

# DAY 04

Surineqocha| Rainbow Mountain –  
Red Valley – Llacto – Cusco

## Visit to Rainbow Mountain Before Large Groups Arrive

After a tasty breakfast at 4:00 a.m., we'll make our way over to the Rainbow Mountain to contemplate this colorful valley lit by the golden light of dawn. You'll have time to enjoy this paradise for 1 hour before the large crowds begin to arrive. Our expert guide will take you directly to the key places so you can get the best pictures and make the most of your time on this beautiful site.

Your guide will explain in detail why this mountain has such unique colors and why it was only “discovered” in recent years. It's one of the most amazing places in South America and one of Peru's main natural attractions. The only other colored mountains that are remotely similar can be found in China.

After enjoying this gem from the Peruvian Andes, we'll begin our trek towards the spectacular Red Valley.



Very few tourists visit this place that seems to be taken from another planet – almost like Mars. You'll be surprised not only by its incredible beauty but also by the immense tranquility that'll surround you. Take a deep breath and feel the joy of being alive. It only takes 45 minutes of walking to get to the viewpoint from where you'll get the best views of the valley.

Finally, we'll make a two-hour descent through ancient Andean communities and herds of llamas. You'll notice these small communities still preserve ancient traditions to this day. After a delicious last lunch, a bus will be waiting for you to take you back to your accommodation in Cusco.



## DAY FACTS

» MEALS:  
**Breakfast, Lunch, and snacks.**

» DIFFICULTY:  
**Moderate**

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

» WALKING TIME:  
**5 hours approx.**

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

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

» MAXIMUM ALTITUDE:  
**5,100 m / 16,732 ft**

- 
1. Vinicunca Rainbow Mountain
  2. Vinicunca Rainbow Mountain
  3. Llamas and alpacas in Vinicunca Rainbow Mountain
  4. Red Valley
  5. Ausangate snow-capped mountain
  6. Red Valley

# 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!

- 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.

- Private Camping Equipment

You'll have spacious kitchen and dining tents where you can enjoy your food comfortably. 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).

- Inflatable mattress

Our camping mattresses will help you sleep comfortably whilst camping!

- 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.

- 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

- 4 Breakfasts, 4 Lunches, and 3 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 trek. 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 bring the tea to your tent so that you will be warmed 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 4: Once you complete the tour, we will take you back to the door of your hotel in Cusco.

- Personal Belongings Transportation

On days 1, 2, 3, and 4, 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.

# WHAT IS NOT INCLUDED?

## » Sleeping Bag

You can rent one from our company if you don't have your own. 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\$ 20.00 per person**

## » Walking Sticks

Walking Sticks (with rubber tips) can be very useful on rough terrain and for ascending and descending. You can rent a set from our company if you'd like.

- **US\$ 20.00 per person**

## » Day 4 Dinner

## » Hiking Gear & Clothes

## » Travel Insurance

## » Tips for our staff

Tipping is the norm on any hike 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, pandemic, 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).



[www.salkantaytrekking.com](http://www.salkantaytrekking.com)



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Monday to Saturday - 9:00 am to 7:00 pm