



ONE DAY TREK

# HUMANTAY LAKE

*1 day*





# DESCRIPTION

## *Hike to the Andean Mountain Gem*

The immense mountains of Peru hide countless precious stones in their basins: Blue, turquoise, green, yellow, and red lagoons. Among them, one of the most dazzling jewels that's located in the Cusco region stands out—Humantay Lake. Its emerald waters and the imposing presence of the whiter-than-white glacier come together in blazing harmony at over 4,200 m / 13,780 ft.

No photograph can do justice to this absolutely stunning natural wonder. So don't miss the opportunity to visit this gorgeous lake when you come to Cusco. Take a day away from the city and head out with nature to visit Humantay Lake on the ultimate trip with Salkantay Trekking. It's the perfect respite from busy Cusco and is a must when in the region.

# CONTENT



Map



Itinerary



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Packing List





# HUMANTAY

5950 m. / 19521 Ft.



## Humantay Lake

4200 m. / 13780 ft.

1.5 Km. - 1:30 Hrs.



## Mollepata

2850 m. / 9350 ft.

## Soraypampa

3900 m. / 12795 ft.

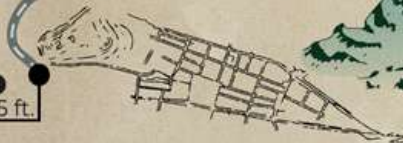


## SKY Camp



## Cusco

3400 m. / 11155 ft.



DISTANCE / HOURS



LUNCH & REST

FOOT PATH

MAIN ROAD

SECONDARY ROAD

DAY 01: Cusco | Mollepata – Soraypampa – Sky Camp – Humantay Lake



# FULL ITINERARY

## HIGHLIGHTS

- » Be astounded by the gigantic glaciers, Humantay and Salkantay, that tower over you.
- » Stare in awe at the absolute beauty of the turquoise waters of Humantay Lake against the snowy white background.
- » Feel the powerful energy of Mother Nature as you immerse yourself in her world.
- » Enjoy a tasty and lavish lunch made in the middle of the mountains.
- » Spend the perfect day away from the city in the peace and quiet of the Andes.



# DAY 01

Cusco | Mollepata – Soraypampa – Sky Camp –  
Humantay Lake

## Day Out at the Incredibly Beautiful Humantay Lake.

Start your day at 4:00 a.m. with a pickup from your hotel and a drive to Mollepata. You'll enjoy breakfast and continue to Soraypampa, where we start the hike. You'll slowly walk up to Humantay Lake, where you'll be shocked by the sheer beauty of this place. You'll have plenty of time to explore, enjoy the scenery, and take memorable photos.

In the afternoon, you'll hike down to Soraypampa and have an exquisite lunch made by a chef at our exclusive Sky Camp. Finally, it'll be time to board our transport and return to Cusco. We'll drop you off at your accommodation at around 6:30 p.m.



## DAY FACTS

- » MEALS:  
**Breakfast and Lunch**
- » DIFFICULTY:  
**Moderate**
- » WALKING DISTANCE:  
**5 km / 3.1 miles**
- » WALKING TIME:  
**3.5 hours approx.**
- » STARTING ALTITUDE:  
**3,900 m / 12,795 ft**
- » HUMANTAY LAKE ALTITUDE:  
**4,200 m / 13,780 ft**

1. Humantay Lagoon  
2. Soraypampa  
3. Humantay Mountain

# INCLUSIONS



# WHAT IS INCLUDED?

## » Permits & Entrance Tickets

- Entrance for Humantay Lake

## » High Quality Service & Safety

- Experienced Tour Guide

An official English and Spanish-speaking tour guide will accompany you along the route. Your guide will explain the culture and surroundings and keep you safe, sound, and comfortable to enjoy your trip worry-free!

- Medical Kit or First AID Kit

All Salkantay Trekking guides have specialized first aid training and attend mandatory training sessions every February. Your guide will always carry a first aid kit and oxygen to handle basic emergencies (altitude sickness, diarrhea, cuts, scrapes, etc.). If needed, we will evacuate you from the trail as quickly as possible and ensure you arrive at a clinic for treatment.

- 24/7 Customer Service

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

## » Meals

- Breakfast & Lunch

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.

- Snacks and water

Before the hike, we'll provide you with a water bottle and snacks of local fruits, cookies, chocolate, caramels, etc.

- One cloth snack bag

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

## » Transportation

- Transport

All transportation is included in this tour. We'll pick you up from your hotel, and after the end of the trip, we'll drop you back at the door of your hotel in Cusco.



# WHAT IS NOT INCLUDED?

## » Dinner

## » Personal Hiking Gear

## » Travel Insurance

## » Tips for our staff

Tipping is usual on any excursion to Peru. Although we pay good salaries to our team, something extra is always welcome.

## » 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, acts of God, etc.





# BEFORE YOU GO

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

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

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

Suppose you 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

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

Of course! During the trip, you can store your main luggage for free at our office (arrange it with us at our office or by email).

You can also safely keep any equipment you won't need for the tour in your hotel. Almost every hotel offers this service. Please do not leave valuable items in your bags; put them in the hotel safe and ask for an itemized receipt (in the unlikely case of theft, many insurance companies require that you have a copy of the receipt). For extra peace of mind, place items like credit cards inside a sealed and signed envelope.

## » Pick up of guests

Please note:

- All pickups are within Cusco City, but we recommend booking a hotel in the historic center for its convenient location.
- Our guide or staff will confirm the pickup time the day before the tour.
- Due to traffic conditions, the pickup time may vary between 30 and 45 minutes.
- Cusco is an old city and has many narrow cobbled streets. Some hotels and Airbnbs are located on streets without car access or on long, steep slopes, making it difficult to transport luggage. For such reasons, we strongly advise you to book accommodation with good access.

## » Group Tours

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

In some cases, a group may want to modify the tour; however, the guide will be the one who decides, after consulting with all participants, whether such changes are possible.

## » Strikes and demonstrations

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

In case of changes or cancellations, our operations department will coordinate everything with you. Your safety is our highest priority, and we will make our decisions to protect it.

## » Lost objects

Please pay attention to where you leave your belongings and remember to take everything once you leave our transports or facilities. 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
- » Insect repellent
- » Hiking boots or shoes (preferably waterproof)
- » Trekking pants (\*)
- » Trekking socks
- » Pair of thermal pants
- » Warm jacket
- » Waterproof jacket
- » Raincoat or rain poncho.
- » Sun hat to protect neck and face
- » Neck gaiter or buff
- » Sunglasses with UV protection
- » Medium trekking backpack (15 – 25 liter)
- » Camera and charger
- » Power bank



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





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