



TREK

# HUMANTAY LAKE & SALKANTAY PASS

*2 days / 1 night*





# DESCRIPTION

## *The Best Night in the Andes, Under the Stars*

If you're visiting Cusco and like the idea of escaping the hustle and bustle of the city for a couple of days and venturing to some of the most incredible scenery in the mountains, look no further than our 2-day Humantay Lake and Salkantay Pass hike.

Visit two of the most imposing sites in the Cusco region of Peru, Humantay Lake and Salkantay Mountain. You'll also get to spend the night in our exclusive Sky Camp under the Andean starry sky and learn all about the constellations that were very significant in the Inca period. Join like-minded travelers on this epic 2-day trip.

# CONTENT



Map



Itinerary



Inclusions



Packing List





- DISTANCE / HOURS
- LUNCH & REST AREA
- FOOTPATH
- MAJOR ROAD
- MINOR ROAD

**DAY 01:** Cusco | Challacancha - Soraypampa - Humantay Lake - Sky Camp

**DAY 02:** Sky Camp | Salkantaypampa - Salkantay Pass - Soyrococha - Soraypampa - Cusco



# FULL ITINERARY

## HIGHLIGHTS

- » Spend two adventurous days away from the city in the hands of Mother Nature.
- » Hike through some of the most beautiful scenery in the world in the middle of the Peruvian Andes.
- » Walk up to the incredibly stunning Humantay Lake and witness its sheer natural beauty.
- » Defeat the challenging hike to the Salkantay Pass and see the Salkantay Mountain in all its glory.
- » Learn all about the Andean flora and fauna with your knowledgeable guide.
- » Spend the night under the starry sky and learn all about the constellations.



# DAY 01

Cusco | Challacancha – Soraypampa –  
Humantay Lake – Sky Camp

## Hike to the Turquoise Jewel in the Andean Mountains

Your exciting 2-day adventure starts early in the morning with a pickup by your tour guide and driver from your accommodation in Cusco. The day's first stop will be in Mollepata to have a nourishing breakfast. Then, we'll continue our journey until we reach Challacancha for a short rest.

From here, we'll begin our walk toward our camp in Soraypampa. This first stretch isn't too challenging and will help you adjust to the altitude. You'll notice you follow a small Inca canal most of the way as you take in the impressive Andean scenery.

We will arrive at our destination, Sky Camp, in front of the majestic and snowy Salkantay and Humantay mountains, where the reception staff will be waiting for you with an exquisite lunch. Afterward, you'll have time to rest in your igloo or wander around the site





before we prepare for our afternoon hike.

We'll climb uphill to Humantay Lake (4,200 m / 13,780 ft), taking it easy due to the altitude. Once you reach the top, you'll have time to take in the breathtaking view of the jewel-like lake among the snowy, white backdrop.

You'll then return to our Sky Camp for a delightful dinner and star-gazing. Your guide will tell you all about Inca astronomy. When you head to bed, you'll be able to stare out of the roof of your igloo and let the constellations send you off to sleep.

Our dazzling SKY CAMP is located in front of the impressive mountains Humantay and Salkantay. This campsite creates the perfect union of sky and earth. It allows you to sleep calmly under a clear sky starred with an exceptional view of the constellations. At the same time, you can enjoy all the comforts of a first-class vacation home.

- » 26 igloos
- » 2 person per hut
- » Dining room and kitchen
- » Toilets and cold shower
- » **Optional:**
  - Wi-Fi



## DAY FACTS

- » MEALS:  
**Breakfast, Lunch, and Dinner**
- » ACCOMMODATION:  
**Sky Camp**
- » DIFFICULTY:  
**Moderate**
- » WALKING DISTANCE TO SORAYPAMPA:  
**7 km / 4.35 mi**
- » WALKING TIME TO SORAYPAMPA:  
**3 hours**
- » WALKING DISTANCE TO HUMANTAY LAKE:  
**5 km / 3.11 mi**
- » WALKING TIME TO HUMANTAY LAKE:  
**2-3 hours (round-trip)**
- » STARTING ELEVATION:  
**3,800 m / 12,467 ft**
- » HUMANTAY LAKE ELEVATION:  
**4,200 m / 13,780 ft**
- » CAMPSITE ELEVATION:  
**3,900 m / 12,795 ft**

1. Humantay Lagoon
2. View of the Salkantay snow-capped mountain from the road.
3. Sky Camp
4. Sky Camp Dining Room
5. Interior of the Sky Camp domes



# DAY 02

Sky Camp | Salkantaypampa – Salkantay Pass –  
Soyrococha – Soraypampa – Cusco

## Defeat the Trail of the Seven Snakes

Today's the grand day because you'll reach the highest point of the trip; you'll come across marvelous landscapes bordered by an impressive complex of mountains. We'll enjoy a filling and nutritious breakfast before we gradually ascend to Salkantaypampa and then through a challenging path known as "The Trail of the 7 Snakes" until we get to the impressive Salkantay Pass at 4,630 m / 15,190 ft. You'll spend some time at the pass to take memorable photos and enjoy the fantastic landscape.

After taking in the breathtaking views of the snow-capped mountains and feeling the power of nature, we'll pass through a unique rocky terrain and descend to our campsite for lunch. On the way, we'll catch a glimpse of the vast forest of snow-covered stones from a distance. Your hard work will be greatly rewarded with incredible views everywhere you look.

After lunch at our Sky Camp, we'll have a break before heading out on the last stretch for 30 minutes to board the transport. Along this last part of the journey, you'll get plenty of opportunities for great photos of valleys, mountains, rivers, and farming fields. We'll finally reach Cusco and drop you off for some well-deserved rest at your accommodation.



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## DAY FACTS

- » MEALS:  
**Breakfast and lunch**
- » DIFFICULTY:  
**Moderate to Challenging**
- » WALKING DISTANCE:  
**14 km / 8.7 mi**
- » WALKING TIME:  
**7 hours**
- » SALKANTAY PASS ELEVATION:  
**4,630 m / 15,190 ft**

1. Salkantay Pass  
2. Salkantay snow-capped mountain  
3. A moment of rest at the foot of the majestic Apu Salkantay.

# INCLUSIONS





# WHAT IS INCLUDED?

## » Permits & Entrance Tickets

- Entry to the Salkantay Trek

## » High Quality Service & Safety

- Pre-departure Briefing

You'll have an orientation meeting with your guide the evening before the tour. The meeting is at 6:00 p.m. in our office.

- Experienced Tour Guide

Our official tour guides speak English and Spanish and are professionally trained and certified. We choose them for their experience, responsibility, unbridled passion for exploring, and pride in sharing our culture and history. In every experience, they will keep you safe and comfortable so you can enjoy your time worry-free!

- One Duffle Bag

For the trek, you'll receive a duffle bag to pack your personal belongings up to a maximum weight of 7 kg / 15.4 lb (this weight includes your sleeping bag).

- Sleeping Bag

- Trekking Poles

- 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.

- 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 cover to protect your backpack on the trail 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 tour.

## » Accommodation

- Accommodation in our exclusive Sky Camp

Our dazzling SKY CAMP is located in front of the impressive mountains of Humantay and Salkantay. This campsite creates the perfect union of sky and earth, allowing you to sleep calmly under a clear, starry sky with exceptional views of the constellations. At the same time, you can enjoy all the comforts of a first-class vacation home.



Sky Camp

## » Meals

- 2 Breakfasts, 2 Lunches, and 1 Dinner

Our Sky Camp has a well-equipped kitchen and spacious dining room where you can enjoy your meals worry-free. We cover all diets and restrictions (vegetarian, vegan, or special menus are available at no extra cost).

- Water on the trail

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

- Wake up tea

You'll wake up with a cup of hot coca tea! It'll be brought to your tent so you can warm up before you start the day.

- Tea Time or Happy Hour

The first afternoon before dinner, the cooks will provide you with popcorn, cookies, coffee, hot chocolate, tea, 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!



- Daily snacks on the trail

Every morning we'll give you snacks so you can enjoy them during the walk. The snacks include local fruits, biscuits, chocolates, 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**

- 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?

## » **Day 2 Dinner**

## » **Horse from Soraypampa to Humantay Lake nor Salkantay Pass (optional)**

## » **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'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 briefing meetings are held at 6:00 p.m. in our main office in Cusco (or your hotel) the day before the tour. The meeting lasts between 30 to 45 minutes. If you're unable to attend, you'll need to arrange a different time by email, phone, or by visiting the Salkantay Trekking office.

## » 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 on the briefing day 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 originally planned, even if it means 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 a place or a transport. 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
- » Personal Care Products
- » Hiking boots or shoes (preferably waterproof)
- » Light footwear or sandals
- » Trekking pants (\*)
- » Trekking socks
- » Pair of thermal pants
- » Waterproof gaiter
- » Long sleeve t-shirts
- » 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
- » 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).





  
**Salkantay**  
TREKKING  
Trek & Expeditions Specialists

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