



TREK

# HUMANTAY LAKE & SALKANTAY PASS TREK

*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.

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# Humantay Lake & Salkantay Trek

02 Days



**Humantay Mountain**  
5,950m / 19,521ft



**Humantay Lake**  
4,200m / 13,780ft



**Salkantay Mountain**  
6,271m / 20,574ft

**Salkantay Pass**  
4,630m / 15,190ft

**Soyrococha**  
4,490m / 14,731ft

**Salkantaypampa**  
4,150m / 13,615ft

**Soraypampa Sky Camp**  
3,900m / 12,795ft



**Trekking Starting Point  
Challacancha**  
3,800m / 12,467ft

**Mollepata**  
2,850m / 9,350ft



**Cusco**  
3,400m / 11,155ft



## Humantay Lake & Salkantay Trek

02 Days Itinerary

**Day 01:** Cusco - Mollepata - Challacancha - Soraypampa - Humantay Lake - Soraypampa  
**Day 02:** Soraypampa - Salkantaypampa - Soyrococha - Salkantay Pass - Soraypampa - Cusco

| Distance    | Time  | Highest Elevation | Difficulty  |
|-------------|-------|-------------------|-------------|
| 12km/7.46mi | 7 hrs | 4,200m/13,780ft   | Moderate    |
| 14km/8.7mi  | 7 hrs | 4,630m/15,190ft   | Challenging |

- Distance / Hours
- Lunch & Rest Area
- Pass Point
- Footpath
- Major Road
- Minor Road



# FULL ITINERARY

## HIGHLIGHTS

- » Escape the city for two unforgettable days, immersed in the serene beauty of Mother Nature.
- » Trek through the breathtaking Peruvian Andes, surrounded by some of the world's most awe-inspiring landscapes.
- » Ascend to the dazzling Humantay Lake and marvel at its crystal-clear turquoise waters.
- » Unwind at our exclusive Sky Camp, where you'll spend a magical night under a canopy of stars, learning about constellations and their Andean significance.
- » Conquer the challenging Salkantay Pass and take in the awe-inspiring views of Salkantay Mountain. Along the way, reconnect with yourself and feel a profound connection with the breathtaking surroundings.
- » Explore the rich diversity of Andean flora and fauna, guided by the expertise of your knowledgeable guide.



# DAY 01

Cusco | Challacancha - Soraypampa -  
Humantay Lake - Sky Camp

## Hike to the Turquoise Jewel in the Andean Mountains

Your exciting 2-day adventure begins bright and early with a pickup from your accommodation in Cusco by your tour guide and driver. Our first stop will be in Mollepata, where you'll enjoy a nourishing breakfast to kickstart your journey. From there, we'll continue to Challacancha (3,800 m / 12,467 ft), the official starting point of our trek.

From Challacancha, we'll set off on a scenic walk toward our camp in Soraypampa. This initial section is not too strenuous, allowing you to acclimatize to the altitude gradually. Along the way, you'll follow a charming Inca canal, surrounded by stunning Andean landscapes that set the tone for the adventure ahead.





Our destination is the incredible Sky Camp (3,900 m / 12,795 ft), located beneath the towering, snow-capped peaks of Salkantay and Humantay. Upon arrival, you'll be warmly welcomed by our reception team and treated to an exquisite lunch. Afterward, you can unwind in your cozy igloo or explore the site before we gear up for an afternoon hike.

In the afternoon, we'll take a gradual ascent to the breathtaking Humantay Lake (4,200 m / 13,780 ft). The hike will be paced to accommodate the altitude, and at the top, you'll be rewarded with stunning views of the turquoise lake, cradled by the snow-dusted Andes—a true natural wonder.

As night falls, we'll return to Sky Camp for a delightful dinner under a canopy of stars. Your guide will share captivating stories about Inca astronomy, adding a touch of mysticism to the evening. When it's time to rest, you'll drift off while gazing at the constellations through the transparent roof of your igloo—a perfect end to an extraordinary day.

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
- » Dinning room and kitchen
- » Toilets
- » **ptional:**
  - Wi-Fi



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## 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.



## 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

- Day 1: Entry Ticket to Humantay Lake & the Salkantay Trek

## » High Quality Service & Safety

- Pre-departure Briefing

You'll meet with your guide for an orientation the evening before the trek. The meeting will take place at 5:00 p.m. at our main office in Cusco.

- Experienced Tour Guide

Our official tour guides speak English and Spanish and are professionally trained and certified in safety and quality service. Chosen for their experience, responsibility, and passion for exploration, they take pride in sharing our culture and history. With their guidance, you'll stay informed, safe, and comfortable, ensuring a worry-free adventure and an unforgettable experience of a lifetime.

- One Duffel Bag

For the trek, you'll receive a duffel bag to pack your personal belongings, with a maximum weight limit of 5 kg (11 lb), which will be carried by our staff.

- Sleeping Bag

Our sleeping bags are durable and designed to keep you warm in temperatures as low as  $-18^{\circ}\text{C}$  ( $0^{\circ}\text{F}$ ). They feature a mummy shape and include a sleeping liner for added warmth. Each bag is thoroughly cleaned and carefully maintained after every use.

- Trekking Poles

Trekking poles enhance stability on hard terrain while minimizing impact on joints.

- 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.

- Backpack Cover & Rain Poncho

Our attention to detail sets us apart. You'll receive a cover to protect your backpack and a poncho for extra comfort and protection along the way.

- Professional long-range walkie-talkies

Walkie-talkies optimize communication, ensuring quick response and coordination in key situations and locations.

## » Accommodation

- Accommodation in our exclusive Sky Camp

"Nestled between the majestic Humantay and Salkantay peaks, our exclusive SKY CAMP offers a unique connection to the mountains. It's not about traditional luxury, but about experiencing nature in a truly special way. Spend the night surrounded by breathtaking views and fall asleep under a sky full of stars—an unforgettable moment of peace and wonder.



Sky Camp

## » Meals

- 2 Breakfasts, 2 Lunches, and 1 Dinner

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, warm water after each meal. Be sure to bring an empty water bottle or camel bag, which you can refill during meals (we recommend a 2-liter



capacity).

- **Wake up tea**

On the second day, you'll wake up to a hot cup of coca tea, delivered straight to your igloo—perfect for warming 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**

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**

We'll provide you with a cloth bag for your snacks—perfect for storing wrappers and keeping the environment clean. Feel free to use it throughout your trek!

## » **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?

## » **Dinner in Cusco (Day 2)**

## » **Optional Horseback Ride from Soraypampa to Humantay Lake (Day 1)**

## » **Optional Horseback Ride from Soraypampa to Salkantay Pass (Day 2)**

## » **Personal Hiking Clothes and Gear**

## » **Travel Insurance**

## » **Tips for our staff**

While our team receives fair salaries, any additional gesture is always appreciated.

## » **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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