



**PERU HIKE**  
Travel & Expeditions

# AUSANGATE TREK TO RAINBOW MOUNTAIN 5 DAYS





## DESCRIPTION

Ausangate trek Plus rainbow mountain 5 days: explore the unspoiled nature and remote Ausangate circuit, including the impressive rainbow mountain, on a 5-day trek around the foothills of the wonderful snow-capped sacred mountain (“Apu”) of Ausangate (6,380 m / 20,931 ft), which is the highest mountain region of Cusco. Throughout the Ausangate circuit we will pass through local villages, where people dress in their typical local clothing. Our incredible and unique Ausangate trek itinerary will take you to discover the most beautiful landscape of the Peruvian Andes. with its dazzling Ausangate peaks and glaciers, turquoise alpine lakes, rainbow mountains, hot springs, where llamas and alpacas walk freely. In addition, the Ausangate trek is one of the most scenic, high altitude treks in Peru that traverses high altitude passes (5,000 m / 16,000 ft).

Our Mother Nature will surprise you with an impressive display of vibrant and varied colors spread over the high peaks of Cusco. Remember that when you put your eyes on [Rainbow Mountain](#), you’ll be contemplating millions of years of geological history and a natural wonder that’s not repeated on almost any other corner of the planet. You can also feel extreme tranquility as you walk through the surreal Red Valley, surrounded by majestic snow-capped mountains and beautiful slopes. At times, your only company will be alpacas, llamas, and vicuñas. Also, from time to time, you’ll be able to observe the daily life of the Andean communities that are located in that sector.

It is not easy to believe in the beauty of the Andean night skies if you do not see them with your own eyes. Let the constellations and shooting stars hypnotize you before sleeping in our comfortable tents that you will find ready, with mattresses and pillows, as soon as you arrive. So why not escape the hordes of tourists that saturate Cusco? Come and join us on this memorable route to one of the true wonders of Mother Nature.



# Ausangate And Rainbow Mountain

## 5 Day Trek



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







# FULL ITINERARY

## AUSANGATE TREK TO RAINBOW MOUNTAIN 5 DAYS

### Why take the Ausangate Trek To Rainbow Mountain 5 Days?

- ✓ Join us on this breathtaking five-day trek through the Andes Mountains.
- ✓ Marvel at majestic snow-capped peaks, glaciers, and crystalline turquoise lakes.
- ✓ Get touch with indigenous people in rustic rural villages of the mountains.
- ✓ Spectacular views from high altitudes especially while crossing two passes, the Palomani Pass and the Q'ampa Pass.
- ✓ Catch a glimpse of Andean wildlife – condors, llamas, alpacas, vicuñas, and many aquatic birds.
- ✓ Hike with a real direct & official local tour operator based in Cusco.

To start our 5 day Ausangate trek and Rainbow Mountain, our expert trekking guide will pick you up at 5 am from your hotel in Cusco and then, we will drive in our private vehicle for approximately 3.5 hours to the trailhead of Ausangate trek. Along the journey, we will pass through different colorful villages following the highway to Puerto Maldonado. After driving for 3 hours, we stop at Tinqué (3,800 m / 12,467 ft) to use a bathroom and buy something we forgot to buy in Cusco and then continue driving for 30 minutes on a dirt road to reach the beginning of the trail.

Upon arrival to the trailhead, called Upis Village (4,250 m / 13,943 ft). We will have time to organize our daypack and duffle bags while our trekking cook prepares the breakfast and then, we will enjoy the first breakfast with spectacular views of the Vilcanota mountain range and Apu Ausangate peak (sacred mountain) located just in front of our trekking trail, while our muleteers organize and pack the equipment for the hike. After breakfast, before starting the hike, the tour guide will introduce you to the staff of the company that will be on the Ausangate Circuit with you.

Our trek to Ausangate begins on a small path that winds through the Andean potato and grain fields. The first three hours of hiking run over hilly pampa crossing some streaming and slight rise where you see some Andean row of houses built like in their ancestor's time. As we hike through the spiky ichu grass of the pampa, we will have a chance to see some Andean gulls hovering on the wind, also we hike nearby of small ponds around Upis which is a perfect habitat for the Andean bird. Just before the community of Upis (4,400 m / 14,435 ft), we will enter by broad valley heading towards the glacier where we'll enjoy our lunch just right at the base of Ausangate Mountain (6,372 m. 20,900 ft.).

After eating the delicious lunch, we will continue ascending for 2 hours to Arapa Pass (4,800m./15,748ft.). At the top of the pass, we will have stunning views of eroded mountains, highland valleys and wonderful view of the Ausangate Mountain behind it. From the pass, we trek across an arid hillside for 20 minutes and then we descend, sometimes quite steeply, for 1 hour and 30 minutes to get to the first campsite, called Yana Qocha (4,570m / 14,993 ft ), which is a place with amazing views around of the Ausangate mountain. Once we get to the Yana Qocha camp, we will have free time to take a rest or walk around the campsite before the happy hours (afternoon tea), followed by dinner. Durant the dinner, the trek leader will tell you the scheduled wake time for the next day.

**WALKING DISTANCE**

15 km / 9.32 mi

**MEALS**

Breakfast, lunch, dinner

**ACCOMMODATION**

Private Camps



Our staff will wake us up and then, we will enjoy the nutritious breakfast. After breakfast, we will begin our hike along a gently sloping trail (up and down), into a valley blue glacial lakes and waterfalls. This section of the Ausangate trail is one of the most picturesque ones, which is located along the impressive Ausangate Mountain (6,384 m / 20,945ft). After hiking for 1 and a half hours along these beautiful and colorful glacial lakes, called Yana Qocha (black lake) and Puca Qocha (red lake), we will start hiking up on a switchback trail to Puka Qocha Pass (4,870 m / 15,977 ft).

At the top of the pass, we will be impressed by the beautiful views of Ausangate Mountain, the lagoons below, formed by a melting glacier. In front of us, we will have an extraordinary vantage point to look down and see the snow-capped mountains going in different directions and the red valleys of the highlands with colorful mountains and an untouched landscape. Afterwards, we will take advantage of some great photographic opportunities and begin our descent into the valley, walking close to some freely grazing llamas and alpacas.

Then we will climb to reach our lunch spot called Ananta (4750 m / 15,583 ft), located in a highland valley with incredible views everywhere and some llamas grazing nearby. Following lunch, we continue trekking uphill for 2 hours to reach to the Warmisaya Pass (4,985 m / 16,354 ft), from this pass, we will be able to spot the Rainbow Mountain in a further distance and views are still very impressive. After witnessing the views and taking some pictures, we will walk the last 30 to 45 minutes downhill to reach the second camp located at Qomer Qocha (4,570 m / 14,993 ft). At the camp, we will enjoy afternoon tea and dinner and then go to sleep, because the next day we will get up early to explore the amazing Vinicunca Rainbow Mountain.

**WALKING DISTANCE**

14 km / 8.69 mi

**MEALS**

Breakfast, lunch, dinner

**ACCOMMODATION**

Private Camps

This morning, the wake-up time will very early to go and explore the painted hill or Vinicunca “Rainbow Mountain Peru”, to beat the large crowds and explore in solitude and take pictures. We only take what we need. Typically, the sky is clear and full of stars. The hiking path is uphill for about 1 and 10 minutes before reaching to the famous Rainbow Mountain.

When we arrive at the epic Rainbow Mountain, we will soak up incredible views of the Painted Hill or Vinicunca also called the 7-Color Mountain(5,100 m / 16,732 ft.), in the Vilcanota range and we will receive information from your tour guide as to why these mountains are unique! After exploring for approximately 45 minutes (depending on your trekking speed and weather conditions), we return to our camp by the same path we took, along the way, we will have the opportunity to see some farmers who still use llamas as in the time of the Incas.

Once we arrive at the camp, we will have time to rest and enjoy the delicious lunch. In the afternoon, we will walk for 3 hours to the third camp, called Ausangate Qocha (4,500 m / 14,763 ft) following the path along the skirt of the colorful mountains. Subsequently, we will arrive at the camp where we will enjoy afternoon tea before being served an amazing dinner.

**WALKING DISTANCE**

14 km / 8.69 mi

**MEALS**

Breakfast, lunch, dinner

**RAINBOW MOUNTAIN. ALT**

5,100 m / 16,732 ft



After another wonderful breakfast, we begin another challenging and rewarding day. We will climb steeply for 3 hours along the shores of the lagoon Ausangate Qocha and the glacial moraine to the highest point of the Ausangate Circuit, which is the Palomani Pass (5,200m / 17,060 ft). Besides, the trail ascends between the red bluffs of apacheta (mound of stones) and peaceful mountains. Where we will walk with our goal of reaching the highest point

At the highest point of the entire Ausangate trek 5-day, we'll snap the unique pictures and soak up the gratification of our achievement. Looking down the stunning valleys and Peruvian Andes (The Andes Mountain Range). After taking pictures at the pass, we will begin our descent following the trail as it loops across the steep slope passing corrals and herds of llamas and alpacas.

After having lunch, we climb over the hilly terrain surrounding the peak of Ausangate, toward a marshy area to reach the upper level of the valley where is our basecamp. Upon arrival at basecamp of Qampa camp (4,700 m / 15,419 ft), we will rest and have hot drinks. Likewise, around the camp amid these rocks and boulders, you will have an opportunity to see viscachas muted brown in color (rodent in extinsión danger like a rabbit with a long tail). At dinner time, your guide will provide the plan for the next day.

**WALKING DISTANCE**

13 km / 8.07 mi

**MEALS**

Breakfast, lunch, dinner

**ACCOMMODATION**

Private Camps





After breakfast, this morning we leave Qampa base camp with beautiful views of Huayna Ausangate Mountain through the Andean typical houses ascending step by step for about 2.5 hours towards Qampa Pass that is an altitude of (5,070m / 16,633ft). Along the way, we will be amazed by snow-capped peaks and also is possible to see an ice-cape in the ravine below.

From the Qampa pass, we continue descending to gorgeous Qomercocha (green lake) located in the skirt of the Puka Moqo (Red Mountain). Finally, we reach to Pacchanta village to have the last lunch prepared by our chef, furthermore, at Pachanta you will have a chance to soak the natural hot spring before or after lunch, before taking transportation to Cusco. Our Ausangate Trek 5 Days to the Rainbow Mountain will end at your hotel in Cusco.

**WALKING DISTANCE**

14 km / 8.6 mi

**MEALS**

Breakfast, lunch

**RETURN**

RETURN TO CUSCO



# INCLUSIONS

## INCLUDED / NOT INCLUDED

At Peru Hike company, we specify the included and non-included services under all the tour itineraries listed on our website. We take care of all the logistics, but please pay attention to the details to avoid missing anything. Some items may be different for specific programs, so please read carefully before booking with us.



# WHAT IS INCLUDED?

## High Quality Service & Safety

- ✓ Pre-departure briefing
- ✓ Experienced Guide speaks English and Spanish
- ✓ A professional cook only for our group
- ✓ Medical Kit – First Aid Kit
- ✓ Private Camping Equipment
- ✓ One duffle bag per person
- ✓ Customer Service 24/7
- ✓ Extra oxygen

## Private Camping Equipment

- ✓ We also include a large tent with table and chairs for you to enjoy your meal without worry-free, and all the cooking equipment, carried by our porters and horses
- ✓ We also included a portable toilet

## Permits & Entrance Tickets

- ✓ Entrance ticket to Ausangate Trek
- ✓ Entrance ticket to Rainbow Mountain

## Transportation

- ✓ Private transportation from your hotel in Cusco to the start of the trek.
- ✓ Horses, and muleteers horses carry your 8-kg / 16-pound personal items.
- ✓ Return transportation from the end of the trek to Cusco to your Hotel.

## Meals

- ✓ Meals: 5 Breakfasts, 5 Lunches, and 4 Dinners
- ✓ Meals: vegetarian and vegan
- ✓ Water to drink on the trail every day
- ✓ Wake up tea, every morning
- ✓ Tea Time or Happy Hour, every afternoon
- ✓ Snacks on the trail daily
- ✓ Products for hygiene

## Accommodation

- ✓ Personal Accommodation in Private Campsites
- ✓ 4-Person, 4-season tents, destined for 2 travelers
- ✓ 1 Polar sheet per person
- ✓ Pillows throughout the tour
- ✓ Rubber warmers, for the night

## Extra inclusions

- ✓ Emergency horse to ride
- ✓ PRO Air sleeping pad, Thermo-Rest brand
- ✓ Sleeping bag
- ✓ Trekking stick



# WHICH IS NOT INCLUDED?

## What Is Not Included?

- Travel Insurance
- Tips for our staff







# BEFORE YOU GO

## Is it for me?

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 Peru Hike Company in one place. Please read the following information carefully – it will 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 are some suggestions for activities to do in the Cusco vicinity before starting your adventure trek:

### City Tour and Sacred Valley



City Tour



Sacred Valley



### 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 meeting by email, by phone or at the Peru Hike Company office.



### Trek Balance Payment (in Cusco)

The trek has to be paid for in full at most 6.30 pm one day before your departure (generally after the briefing). It would be much appreciated if you pay the trek balance in cash US dollars or local currency at our office in Cusco. You can withdraw some money from several ATMs along Avenida Sol (either in US dollars or local Peruvian Soles). You can pay by credit card or PAYPAL online, but you will have to pay a charge, charged by VISA and PAYPAL. We do not accept bank checks or payment of the balance by traveler's checks.





### 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.



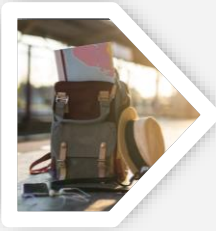
### Duffel Bag or Canvas Case

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 8 kg / 17 lb is allowed for each duffel bag, including the weight of your sleeping bag, sleeping mat, clothes, and other personal items.



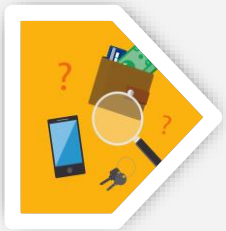
### Strikes and demonstrations

Strikes and demonstrations are usually 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.



### 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 the, 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.



### 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.



### Pick up of guests

Peru Hike Company 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 cobble 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.

# THANKS!

DO YOU HAVE ANY QUESTIONS?



**24 HRS. EMERGENCY**

**CALL: +51 917815987**

[Opening hours – 7:30 am to 19:30 pm]



**Phone: +51 917815987**

**Email: [info@peruhike.com](mailto:info@peruhike.com)**

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**Location:**

**[Cusco, Peru Click here](#)**



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