



Ausangate

Day 1: Cusco - Upis

Meals: Lunch, Dinner

Accommodation: Tent

Maximum Altitude: 4500 masl

Minimum Altitude: 4000 masl

Distance by foot: 15 km

Day 2: upis - Anantapata

Meals: Breakfast, Lunch and Dinner

Accommodation: Tent

Maximum Altitude: 5000 m.a.s.l.

Minimum Altitude: 4500 m.a.s.l.

Distance by foot: 20 km

Day 3: Anantapata - Rainbow mountain - Ausangate

Meals: Breakfast, Lunch, and Dinner

Accommodation: Tent

Distance by foot: 22 km

Maximum altitude: 5200 m.a.s.l.

Minimum altitude: 4500 m.a.s.l.

Day 4: Ausangate - Rosaspata

Meals: Breakfast, Lunch, and Dinner

Accommodation: Tent

Distance by foot: 22 km

Maximum altitude: 5400 m.a.s.l.

Minimum altitude: 4500 m.a.s.l.

Day 5: Rosaspata - Pacchanta - Cusco

Meals: Breakfast

Accommodation: Home stay

Distance by foot: 20 km

Maximum altitude: 5000 m.a.s.l.

Minimum altitude: 4200 m.a.s.l.

Ausangate

Ausangate is the fifth highest mountain in Peru stretching 6,385 meters above sea level. This six-day trek around Ausangate provides an unforgettable experience thanks to the ecological richness of the natural reserve, the warmth of the native communities, and the physical effort of walking at more than 5000 meters. For most, however, just being in the presence of one of the most important apus (mountain in Quechua) of Peru makes this trek an experience of a lifetime.

Day 1

We leave Cusco at 8:30am and travel to the south of the region for three hours until we arrive at the market of the community of Tinki. Here, we will purchase the supplies we need for the trek, and then get back on the road for an additional hour to reach the community of Upis for lunch at Paulina's house. From here, we will begin our trek and hike for three hours to reach the Upis base camp.

Day 2

Early in the morning and after breakfast at Domingo's house, we will start the trek to Anantapata. We will pass by the Pocacocha lagoon where we will rest and refuel with a box-lunch to prepare for our climb to the Pocacocha pass at 4800m. We will then descend to the base camp of Anantapata, where we will camp for the night.

Day 3

Very early in the morning we will start our trek to Rainbow Mountain and through the Red Valley. At the end of this circuit, we will return to Anantapata for a box-lunch, and continue to the most beautiful lagoon of our trek, the "Ausangate Lagoon" to camp for the night.

Day 4

We will enjoy breakfast in front of the Ausangate lagoon at 4800m, after which we will start our ascent to the highest point of our trek, the Ausangate pass at 5200m. After the pass, we will descend to Rosapata where we will camp and pass the night in front of the view of the 3 peaks.

Day 5

We continue our trek to Pacchanta, where we will reach the thermal baths. The highest point of this day is in the Hampa pass at 4800m. Along the way we will enjoy views of wild alpacas found in this area of the Ausangate National Park. Once we arrive at Pacchanta, we can relax in the hot springs, enjoy dinner at Lidia's, and finally go back to Cusco.

Summary of what is included in the trip

- An amazing trek, with an experienced English-speaking guide who will accompany you at all times.
- Meals on the trek.
- Transportation from Cusco to the starting point of the trek and from Machu Picchu by train back to Cusco.
- All entrance fees to archaeological sites and natural parks.
- All necessary camping equipment, including sleeping bags and mats.
- A hotel in Machu Picchu village for the last night of the trek.
- Horses to carry the camping equipment and your personal belongings.

Summary of what the trip does NOT include

- Flights.
- Tips and souvenirs.
- Not mentioned food.

What to bring

Here is a list of 20 things you should take with you on a trek:

1. Trekking backpack
2. Sturdy and comfortable trekking boots
3. Waterproof jacket for rain and wind
4. Comfortable and resistant trekking pants
5. Thermal gloves
6. Hat or cap to protect from the sun
7. Sunglasses with UV protection
8. High protection sunscreen
9. Insect repellent
10. Reusable water bottle or hydration bag
11. Snacks and energy food
12. Personalized first aid kit
13. Trekking poles for better support
14. Headlamp with extra batteries
15. Extra warm clothing (e.g. fleece)
16. Plastic bags to keep clothes dry and organized
17. Camera or smartphone to take pictures and videos of the landscape.
18. Handkerchief or small towel
19. Notebook and pencil for taking notes or drawing.
20. A compass for the trek

Remember that the weight of your backpack is important, so it is best to carry only what is essential and necessary to make the trek comfortably. In addition, it is advisable to take into account the time of year and weather conditions to choose the right clothing and equipment. This trip will take you through the spectacular scenery of the Peruvian Andes region, from snow-capped mountains to Andean valleys, passing through charming villages and culminating in the famous Inca citadel of Machu Picchu. We assure you that it will be an unforgettable experience that you will remember for a lifetime.

FAQs

What kind of equipment do we use ?

At Ritisuyo, we care about offering our travelers the best possible experience and therefore, we make sure to use high quality equipment to guarantee the comfort and safety of our clients during the trek.

For accommodation, we use resistant and good quality mountain tents, which provide protection against wind and rain. In addition, we use insulating mattresses to provide good support and a good night's sleep.

As for food, our cooking equipment is specially designed to prepare nutritious and tasty meals in the middle of nature. We use portable cooking equipment that allows us to cook anywhere and in any weather. In addition, our chefs have extensive experience and prepare balanced and delicious meals for our travelers.

In short, we make sure to use high quality equipment on each of our trips so that our travelers can enjoy the trek in comfort and safety.

What is the physical condition that we recommend for a trek ?

At Ritisuyo, we offer treks for travelers who enjoy adventure and contact with nature. However, it is also important to keep in mind that trekking is an activity that requires a good physical condition.

We recommend travelers interested in trekking to prepare themselves physically in advance, doing cardiovascular and resistance exercises, to guarantee a pleasant and safe experience. It is important to keep in mind that the trek involves walking on uneven terrain and at altitudes above 3000 meters above sea level. Therefore, it is necessary to have a good lung capacity and be prepared to walk for several hours a day.

Although a trek is a physical challenge, the reward of reaching the summit and contemplating the landscapes of the Andes is unparalleled. For this reason, we recommend that travelers prepare themselves physically so they can enjoy this experience to the fullest.

How is the trek structured?

At Ritisuyo, we offer trek in groups, which we highly recommend. Our groups are led by expert and trained guides who know the route and can provide valuable information about the area.

On our group trips, we make sure to keep the number of people small, which allows for more interaction between hikers and makes the guide's job easier. In addition, our guide determines the pace of the trip according to the group's capabilities and adapts to the needs of the participants.

The groups we organize foster a dynamic of companionship and collaboration in which participants help each other to overcome the challenges of trekking. In addition, our group trips are an excellent opportunity to make new friends and share unforgettable moments in the majestic Andes Mountains.

What is the best time to explore and enjoy the wonder of Machu Picchu?

The best time is between the months of April and October. During these months, the dry season provides more stable and pleasant conditions for hiking and camping in the area, with daytime temperatures usually in the 15°C to 20°C range. In addition, there is less rain and less likelihood of transportation disruptions or flight cancellations. In the months of November through March, the rainy season and weather conditions are less favorable for hiking and camping in the area, making the trek more difficult and potentially dangerous due to slippery trail conditions and flooding.

What clothing should I bring for a trek?

For the trek, it is important to bring adequate clothing that will keep you comfortable, dry and protected from the sun and cold. It is recommended to wear layered clothing, with undergarments that absorb moisture and keep your skin dry, mid layers to keep you warm and a waterproof and windproof jacket as an outer layer to protect you from rain and wind.

It is also important to wear comfortable walking clothes, including quick-drying pants and T-shirts, hiking socks and sturdy, comfortable hiking boots that have been previously worn and are well adapted to your feet. It is also recommended to bring a hat or cap for protection from the sun and a small backpack to carry personal items and essentials such as water, sunscreen, insect repellent, etc.

Appropriate clothing for a trek should be comfortable, quick-drying, layered and designed to protect you from the changing weather conditions in the mountains. It is important to remember that the weather in the Cusco region can be unpredictable, so it is best to be prepared for any eventuality.

What is the food like during the trek?

During the trek, food is provided to hikers at camp stops, which means you don't have to worry about bringing your own food. Meals include nutritious food to ensure that hikers have the energy they need to walk long distances and cope with changing weather conditions.

The menu usually includes local Peruvian dishes. In addition, food during the trek can be adapted to special dietary needs, such as vegetarians and vegans, as long as they are informed in advance. Drinking water is also provided and trekkers are encouraged to bring their own bottle to refill and reduce the amount of waste generated during the trek.