

# AUSANGATE TREK

## Paso Arapa - Paso Palomani - Paso Campa

Achievable in 5, 6 or 7 days, the tour of Ausangate is surely one of the most beautiful trek from South America. We chose the **5-day itinerary** that goes as close as possible to the glaciers and of the mountain.

A three-hour ride from Cusco, the Ausangate massif is located in the Vilcanota mountain range. It is 6,384m/20,945ft high, and is the 5th highest mountain in Peru. Sharp peaks, snow-capped peaks, hanging or collapsed glaciers, turquoise lakes, meadows with yellow grasses, herds of llamas and alpacas, this is the landscape offered by the Ausangate. From mountain passes to valleys, this trek combines the mineral world of the high mountains with the softest relief of the altiplano.

This trek requires to pass 4 mountain passes, of which 2 take you higher than 5,000m/16,40ft, you have to start well acclimated and well trained.

 Region	CUZCO - MACHU PICCHU
 Activity	Trekking
 Duration	5 days
 Code	UPAUS
 Price	From €1,310
 Level	4/5
 Comfort	2/5

## ITINERARY

### Day 1 CUSCO - TINQUI - UPIS (4,400 m/14,430 ft)



In the early morning, you leave Cuzco to go to Tinquí, starting point of the trek located at 3,800m/12,460ft above sea level. You meet your trekking team at the village, and you start walking. You go up quietly through the altiplano. The Ausangate is already in sight. You pass the Huahuayocrumi pass before joining in the afternoon Upis' hot springs. You finish your day by swimming in the natural pools and setting up your camp at the foot the majestic Ausangate Glacier.

- 4h walk (Elevation: + 600 m/1,970ft)
- Transport: 3 hours (private vehicule)
- Accommodation: Tent

### Day 2 UPIS - PASO ARAPA - PUCACOCHA - AUSANGATE COCHA (4,650m/15,250ft)



After crossing the Arapa pass at 4,850 meters (15,912ft) , you descend into a valley lined with lagoons of various colors. You have lunch in this incredible place.

Then, you go back up through the gorge of Pucacocha to the Extremo Ausangate pass, at 4,650 meters (15,250ft) above sea level, before descending 300 meters (984 ft) further down and reach a new valley that caresses the majestic south wall of the Ausangate massif.

- 6 hours walk (Elevation: + 550m/1,800ft, - 250m/820ft)
- Accommodation: Tent

### Day 3 AUSANGATE COCHA - PASO PALOMANI (5,100m/16,730ft) - JAMPA



You climb to reach the banks of the lagoon Ausangate Cocha, at 4,740 m (15,550ft) above sea level. You then continue to climb the Palomani Pass, the highest point of trekking at 5,100 meters above sea level! A new spectacular panorama is offered to you with the peaks snow-covered Ausangate and Santa Catalina.

- 7h walk (Elevation: + 350m/1150ft - 350m/1150ft)
- Accommodation: Tent

### Day 4 JAMPA - PASO CAMPA (5,000m/16,400ft) - PACCHANTA



In the morning, descent towards Jampa, at 4,700 meters (15,420ft) above sea level. The day is leading you to Campa pass (5,000m/16,400ft) located on the Eastern shoulder of the Ausangate. Once again, your path is framed by glaciers that come to die a few hundred meters from the path. Still many lagoons come to decorate your route in the morning. You continue to Pacchanta where you establish your camp.

- 7h walk (Elevation: +300/984ft, - 800m/2625ft)

- Accommodation: Tent

📍 Day 5 **PACCHANTA (4200m) - TINQUI - CUSCO**

After breakfast, you resume your walk around the Ausangate to find the village of Tinquí. Your driver is waiting for you. Lunch break and route back to Cuzco. You leave behind you the splendid ambiances of the Ausangate massif.

- 4 hours walk

- Transport: 3 hours (Private vehicle)

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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### Price

**From 540 \$ per person (basis 4 persons)**

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- Spanish-speaking logistic team during the trek (cook, mule drivers...) and collective camping gear
- Transportation (with spanish speaking driver)
- Activities as described
- Accommodation as described
- Full board except for the meals in cities
- Entrance fees

### Not included

- International and domestic flights
- English-speaking guide (contact us if you want to add a guide to your trek)

### Terms and conditions

#### Booking conditions

Booking a trip with Altaï Peru implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Indonesia reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### Cancellation policy

If for any reason you have to cancel your trip, Altaï Peru require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

#### Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.

- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altaï Peru receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact Altaï Peru in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Indonesia may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Peru as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

- Spanish-speaking team of cook and mule drivers (mules to carry your luggage and the shared equipment)
- A Spanish-speaking driver for every trip in private car

This trip is completely custom made, we can change any detail of the trip together

### Food

Tap water isn't always drinkable. You will find bottles of water for sale in every city and town, and sometimes even in the small communities. Before leaving for a trekking, you can ask your guide to give you more details about where to find water during the trekking.

The Peruvian gastronomy is often considered as one of the most tasteful of the whole of South America. As varied as the rest of the country, the gastronomy seduces with its diversity. During your independent meals, you can enjoy a delicious ceviche (raw white fish with a slightly spicy sauce and accompanied by sweet potato and corn), or try grilled Cuy, Lomo Saltado or Seco de cabrito. Often served with potatoes (more than 3,000 varieties in Peru).

However, it is recommended to avoid eating raw aliments on the local markets, and to make sure the meat and fish is appropriately cooked before consuming it. As anywhere else in the world where tap water isn't drinkable, we advise you not to ask for ice in your drink, wash your hands regularly and before meals.

### Accommodation

- **Bivouac** : night under tents. Our tents are meant to fit three people, and we use them to lodge two people, you will therefore have extra space for your luggage. **Very good sleeping-bag mandatory**: at certain altitudes and certain periods of the year, the temperature can get down to -15°C (5°F).

### Transportation

#### Transport

- Private vehicle: Number of seats adapted to the size of the group (up to 15 passengers). Even though the vehicles are comfortable and well-maintained, some rides are extremely long. You will however enjoy regular stops and beautiful landscapes along those rides.

#### During the trek

- The mules will carry your luggage during the day
- Your luggage for the trek has to be conditioned in a suple bag (ideally waterproof)
- Your luggage will have to be a maximum of 10- 12 kg (22-26 lbs) per person, as to not put too much weight on the mules.
- You carry with you a small backpack with everything you'll need for the day (sun screen, water, windbreaker,...)

### Budget & exchange

National money: the Peruvian Sol

1 USD = 3,30 Soles (10/04/2019)

1 EUR = 3,70 Soles (10/04/2019)

1 GBP = 4.30 Soles (10/04/2019)

Exchange : you can change your money at bureau de change in every airport and big city, or you can withdraw money at ATM (Visa, American Express, Master Card).

We recommend you to do your every day purchases (meals, drinks, souvenirs,...) with the Peruvian Sol. The American Dollar, as well as the Euro and the Pound are easily exchangeable in any city. Attention, any note with tears or gashes are at risk of being declined.

## **Tips**

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Costumary but non-mandatory habit, you can give a tip to your guides and local teams of helpers at the end of your trip. The amount of the tip can vary according to your satisfaction with your trip. On a general scale, you can count about 2 USD per day and per person. You can also bring small gifts such as books, notebooks, games, crayons,...

## **Supplied equipment**

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- Camping gear: thin foam mattress and tents
- everything needed for the meals (cups, plates, cuttlery,...)
- Collective camping gear: Mess tent, seats, tables, toilets

## **Vital equipment**

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- Hiking shoes: waterproof, with non-slip soles and reinforced uppers and crampons
- Classic shoes: to be more comfortable at night,...
- Wool socks as well as classic socks
- Comfortable pants (sportswear)
- 1 legging for the nights
- Swimsuit (to enjoy the hot springs)
- Warm underwear
- Fleece jacket
- Winter jacket (optional)
- Windbreaker
- Poncho
- Gloves and woolly hat
- Hat, cap or headscarf: very important. Because of the altitude, the sun burns more effectively and it's important to be protected

## **Material**

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- A very warm sleeping bag (a comfort of -10°C/14°F would be ideal)
- Sunglasses (very high brightness in altitude)
- Sun screen (face and lips )
- Headlamp
- Walking sticks: optionals

## **Helpful equipment**

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- Insulated flask
- Plastic bags to help keeping your belongings dry
- Toilet paper
- Sandals

## **Luggage**

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- Trekking bag in resisting waterproof fabric, ideally with lateral closings
- Backpack to carry your sun screen, water and personal effects

## **Medicine**

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We recommend you to bring your own medicine (non-exhaustive list):

- Personal medicine
- Paracetamol
- Anti diarrheic
- Broad-spectrum antibiotic
- Antacid medication
- High protection sunscreen for the lips and the skin
- Eyewash
- Moisturizing cream to treat superficial burns (sunburns and blisters)

- Band-aids and antibacterial compresses
- Purifying tablet to disinfect water
- Insect repellent (for Machu Picchu, Amazonia or Inca trail)

## **Passport**

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- We need your passport coordinates as early as possible after tour inscription (essential in order to start the reservations: receiving your passport later can render some reservations difficult, even impossible)
- The passport has to be valid 6 months after the end of your trip to Peru. Canada and UE citizens don't need a visa. Citizens of other countries have to check the visa conditions for a trip to Peru.

## **Mandatory vaccines**

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- Peru: No mandatory vaccine
- Bolivia: Mandatory yellow fever vaccine. Altai Peru's responsibility cannot be engaged if your vaccination card was incomplete and Bolivian authorities were refusing to allow you access.

## **Electricity**

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- 220 volts, 60Hz
- Possibility to use flat plugs (US and Canada) or round plugs (Europe). A universal adaptator is recommended for people from other countries (UK, Ireland...)

No plugs or electricity available during the trek. We recommend you charge your batteries before you leave for the trek. To make your batteries last longer during the trek, you should take them out of the device at night and put them in your sleeping bag to keep them from the cold.

## **Local time**

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### **GMT-5**

- Summer : -6h with London
- Winter : -5h with London