KANDOO ADVENTURES

10-DAY ADVENTURE

AUSANGATE TREK

Peru

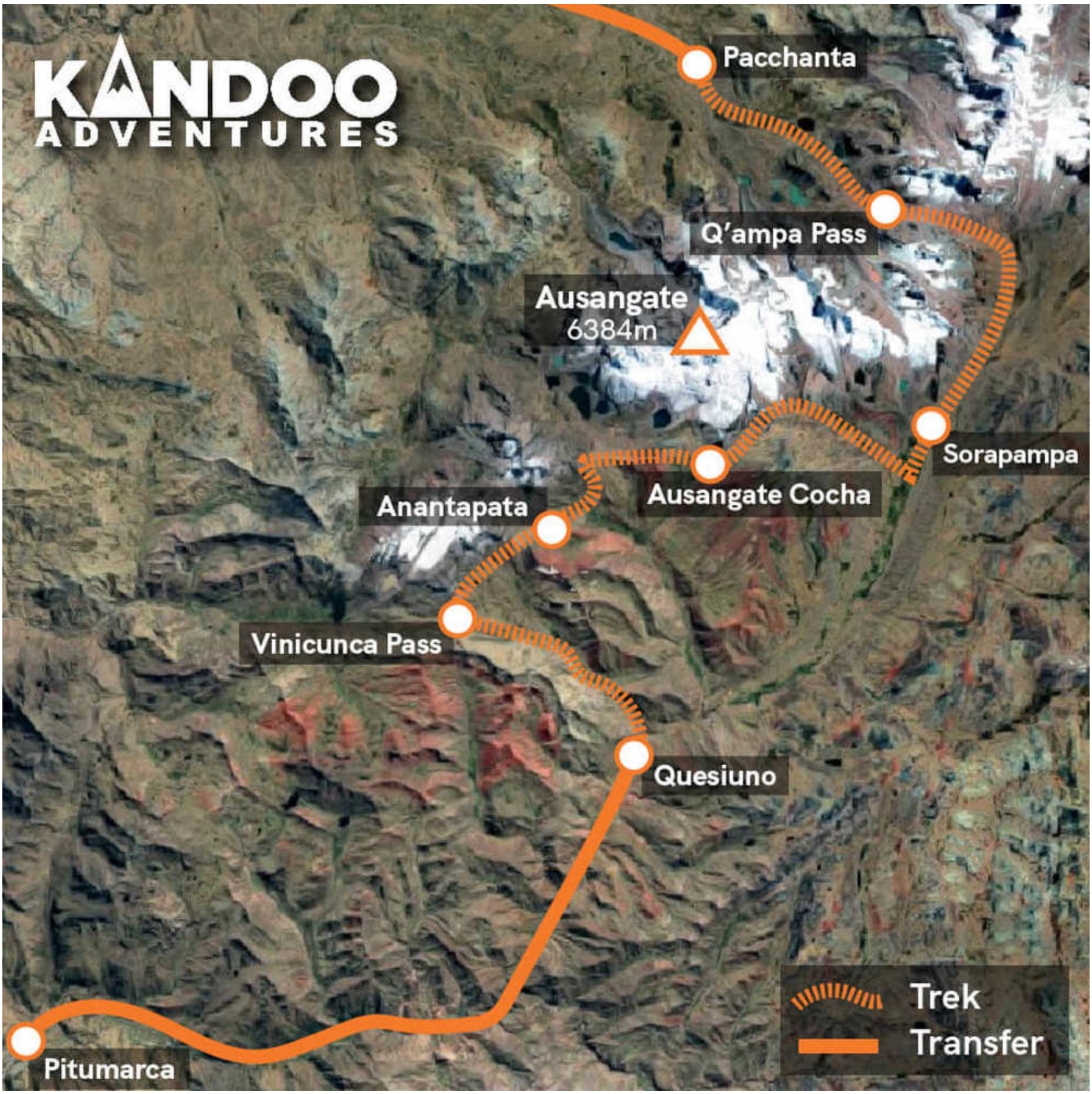
With over 12 years of experience providing memorable experiences on the ancient Incan trails, you are in safe hands with our experienced Peruvian team. Lead by our knowledgeable manager, Jose, our local staff are our priority and we ensure their welfare needs are aptly met, meaning they can focus their skills on making your trip a fantastic experience. When you trek with Kandoo Adventures, you may also rest in the knowledge that your trip is fully carbon offset as standard.

The Ausangate trek is an amazing option for those looking for a challenging high altitude hike with several high passes to cross. It is not for the faint hearted and a good level of fitness is required. The mountain range has several peaks over 6,000 metres, including the sacred Ausangate (6372m). Ausangate mountain itself is considered a holy mountain by local Peruvians and is the deity of Cusco. Since pre-Inca times the mountain has been a place of worship and offerings.

Beginning in Cuzco, the ancient capital of the Incan empire you have the opportunity to soak up the local culture whilst your body acclimatises before you begin the trek itself. With five passes over 4500m, this is not recommended for first-time trekkers. The trek offers an array of wildlife including soaring condors, vicunas, bobcats and pumas. Camp sites are often beside beautiful blue lakes. You'll also have the chance to bathe in hot springs and view the rainbow mountains, before finishing your trek at the site of Machu Picchu.

TRIP HIGHLIGHTS

- High and wild trekking adventure
- Visit the Rainbow Mountains of Vinicunca
- Pre-trek acclimatisation tours in Cuzco and the Sacred Valley
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Pacchanta
Q'ampa Pass
Ausangate
6384m
Sorapampa
Ausangate Cocha
Anantapata
Vinicunca Pass
Quesiuno
Pitumarca
Trek
Transfer

ITINERARY

DAY 1

ARRIVE IN CUZCO

The Kandoo team will meet you at Cuzco airport and transfer you to your pre-trek hotel. Later you will attend a pre-trek briefing with your Lead Guide to prepare you for the challenge ahead

Transport: **Private transfer**
Max. altitude: **3400 m**
Accomodation: **Hotel**

DAY 2

ACCLIMATISATION – CUZCO WALKING TOUR

It is essential that you acclimatise to the altitude before you begin this trek. The city of Cuzco sits at an altitude of 3400m and is a great place to adjust to the altitude. We will take you on a hike to explore the ancient Incan sites around the city to help your acclimatisation. We will pick you up from your hotel and drive to the archeological site of Tambomachay. We will visit the red fort of Puca Pucara, the ceremonial site at Q'enqo and the stunning ruins of Sacsayhuaman as we work our way back to the main plaza in Cuzco

Hiking time: **5 - 6 hours**
Ascent: **200 m**
Descent: **200 m**
Max. altitude: **3600 m**
Accomodation: **Hotel**
Meals included: **Breakfast**

DAY 3

ACCLIMATISATION – SACRED VALLEY TOUR

We will take a second day to acclimatise and will drive to the Sacred Valley of the Incas, from where we will be able to see the Cordillera Vilcabamba and the snow-capped Mount Salkantay. Our day begins at the ruins of the Inca citadel perched high above the quiet village of Pisaq, a site famous for its agricultural terracing. We move on to Ollantaytambo, the best surviving example of Inca city planning, with narrow cobblestone streets that have been inhabited since the 13th century. Finally we will visit the town of Chinchero where we will meet the indigenous people who still speak the ancient Quechua language and learn about the traditional textile weaving techniques. The church in the main square is built on Incan foundations and houses baroque altars and decorative frescos.

Transport: **Private transfer**
Activity time: **5 - 6 hours**
Ascent: **600 m**
Descent: **600 m**
Max. altitude: **3400 m**
Accomodation: **Hotel**
Meals included: **Breakfast**

DAY 4

DRIVE CUZCO TO QUESIUNO. TREK TO ANANTAPATA

We leave Cuzco around 6am as we have a 3 hour drive to reach the starting point of our trek at Quesiuno where we will meet our team of local horsemen. Once the horsemen have prepared the bags and equipment, we will begin trekking. It will take us 2-3 hours to trek to the Vinicunca Pass where we will have our first sight of the famous Rainbow Mountains with their multi-coloured layers of rock sediment. There will be time to rest and take plenty of photographs before we continue our trek. We will hike for 2 hours to the Surimani Cocha where we will stop for lunch. We will then ascend again to cross Warmysaya Pass (5000m) before our final downhill trek for 2-3 hours to our campsite at Anantapata

Transport: **Private transfer**
Hiking time: **7 - 8 hours**
Ascent: **1600 m**
Descent: **300 m**
Max. altitude: **5000 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

TREK ANANTAPATA TO AUSANGATE COCHA

After an early breakfast, it will take 3 hours to trek to the Pucacocha Pass. Today is another day of spectacular views, as we are surrounded by stunning scenery – glacial lakes and high mountains, including the mighty Apu Ausangate (6384m). We may come across herds of llamas and alpacas, as the herdsmen use these trails to trade with agricultural farmers. We will descend close to Pucacocha Lake where we will stop to have lunch. After lunch we continue trekking for another 4 hours to arrive at Ausangate Cocha campsite

Hiking time: **7 - 8 hours**
Ascent: **200 m**
Descent: **700 m**
Max. altitude: **4900 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

TREK AUSANGATE COCHA TO SORAPAMPA

Leaving the beautiful azure Laguna Ausangatecocha behind we climb to the highest point of our trek, the Palomani Pass, at 5200 metres. From here we can see the Cordillera Vilcanota mountain range, including the peaks of Caracol and Mariposa. We descend from the pass into the broad green valley of Pampacancha. Here, we are close to the base camp that is used for expeditions to Mount Ausangate. We continue to our campsite at Sorapampa.

Hiking time: **8 - 9 hours**
Ascent: **1000 m**
Descent: **1200 m**
Max. altitude: **5200 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

TREK SORAPAMPA TO PACCHANTA

We pass through the small community of Q'ampa and head to the final pass of our trek, the Q'ampa Pass at 5100m. We will pass several coloured lakes before stopping for lunch by Lake Q'omercocha. We continue to descend for several hours until we reach the village of Pacchanta. The village is inhabited by local herdsmen and their families who give demonstrations of traditional weaving techniques. We can visit the hot springs to soak our tired muscles.

Hiking time: **8 - 9 hours**
Ascent: **1100 m**
Descent: **1100 m**
Max. altitude: **5100 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

PACCHANTA TO AGUAS CALIENTES

Our driver will meet us to take us to Ollantaytambo which will take around 5 hours, dropping our bags in Cuzco on the way. From Ollantaytambo we will take the train for 1¾ hours to Aguas Calientes, where we will stay in a hotel.

Transport: **Private transfer, Train**
Descent: **1950 m**
Accomodation: **Hotel**
Meals included: **Breakfast**

DAY 9

TOUR OF MACHU PICCHU. RETURN TO CUZCO

A short bus journey takes us up to the main Machu Picchu site for a full guided tour which will last around 2½ to 3 hours. There is the option to climb Huayna Picchu, the mountain behind Machu Picchu, but you will need to book a permit in advance. In the afternoon we will take the train back to Ollantaytambo and drive back to your hotel in Cuzco.

Transport: **Bus, Train, Private transfer**
Hiking time: **3 hours**
Ascent: **1350 m**
Max. altitude: **3400 m**
Accomodation: **Hotel**
Meals included: **Breakfast**

DAY 10

DEPART FROM CUZCO

We will collect you from your hotel and transfer you to Cuzco Airport for your departing flight.

Transport: **Private transfer**

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

The Ausangate Trek is considered to be a **difficult trek**. This is mainly because the trail traverses over several high passes, both of which stand above 5,000 metres. The trek is quite long and much of the trail is at high altitude. However, the trail is well defined and no technical climbing is required. A good level of fitness is needed.

FOOD & DRINK

Staying well-fed on your trek is absolutely vital, especially when conditions are such that you might not want to eat or drink as much as you should. Because so many trekkers experience a loss of appetite at altitude, our head chef has developed special menu plans that are appealing, healthy, and filled with all the energy you need to make it over so many high passes. By default, our meals include fresh fruit and vegetables every day, as well as fresh meat and fish.

Breakfast is usually fairly hearty. Of course, you'll also have hot drinks, generally a choice of tea, coffee or hot chocolate. Let your guide know if you are still hungry, or even if you think you could 'pack in a few more bites'. Our cooks always try to provide more food than necessary to ensure everyone gets a good meal. We stop for a freshly-prepared **hot lunch** which includes soup, a main course with fresh vegetables and a small dessert. You may not want to start walking again afterwards.

Afternoon Tea is served at the end of the day's walking, once you get to camp. In addition to tea and other hot drinks, there are plenty of snacks to help restore some of the energy you've just burned off.

Dinners are quite filling. They usually begin with a nice hearty soup, and then a main course with fresh vegetables, and plenty of rice, pasta or potatoes, followed by a yummy dessert.
On the trek, we filter and boil all the **water** that we give to you for drinking. You may wish to bring purification tablets as an extra precaution but they are not essential. Every morning we will fill up your water bottles or hydration bladder with at least 2 litres of water.

If you have special dietary requirements or are a vegetarian, you need to let us know when you book so that we can be sure to have a suitable menu planned.

ACCOMMODATION

Three nights of hotel stay in Cuzco before your trek, and one after, are included in the price of our Ausangate trek. We include three nights before to let you acclimatise to Cuzco's already considerable altitude before tackling the high passes of the Ausangate trek. It also gives you an excellent opportunity to explore the city or do some hiking in surrounding areas.

After completing the Ausangate trek, we will take you to **Machu Picchu**. We will spend the night at a hotel in Aguas Calientes before heading up to Machu Picchu the following morning.

While we are the trek itself we will be camping. We use only the very best high altitude mountain tents, Eureka K-2 XT, to ensure you stay warm, dry and comfortable on your Ausangate trek. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside! Your meals will be taken in a separate mess tent where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy the wholesome food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and a proper, comfortable chair. With a full 2 metres of headroom, even the tallest climbers will be able to stretch a bit, and move about without hunching over. They are fully waterproof, and regularly withstand the worst weather the Andes has to offer.

The hotels in we use in Peru all have western, flushing toilets. Whilst on the trek the toilet situation will be a little less luxurious. At camp each evening we will set up a **toilet tent**. This is a simple facility that provides a little privacy and comfort whilst on the trail. The toilet tent will contain a portable, sit down toilet. Whilst trekking, if you need to go you will have to find somewhere hidden, off the path and go wild. There's plenty of places to hide in the Peruvian forests!

YOUR GUIDE

All Kandoo treks to Machu Picchu are supported by our dedicated and experienced crews. We run **high support crew to trekker ratios** which allows us to provide a superior service whilst ensuring your **safety and comfort** throughout the trek. On the Ausangate Trek we use horsemen and mules, to carry gear. All our guides are fluent in English and Spanish.

TRANSPORT

We will transfer from Cuzco to the trek start point in Quesiuno by private vehicle.
After the trek, we will drive from Pacchanta to Cuzco, where we will drop off our bags before continuing to Ollantaytambo. From here we will take a train to Aguas Calientes.
The following morning, we will take a public bus from Aguas Calientes to Machu Picchu.
After our tour of Machu Picchu we will retrace our steps - bus to Aguas Calientes, train to Ollantaytambo and private transfer to Cuzco.

LUGGAGE

Bag Weight: 7kg

Kandoo Adventures operates a **strict limit of 7kg** for your main equipment bag. This limit includes your sleeping bag, even if it is rented from us. This is more than sufficient for your needs on the trek. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel. Your main equipment bag will be carried by a mule each day.

HOW DO I GET THERE?

There several good ways to get to Cuzco from the UK. The first is to fly KLM to Lima with a stopover in Amsterdam. The second is to fly with Air France who offer flights to Lima via Pairs, or alternatively you can use Iberia who fly to Lima via Madrid. From Lima you will have to get a domestic flight to Cuzco. Domestic airlines include LATAM, Avianca, Star Peru or Peruvian Air. We recommend flying with LATAM as their planes have the capability to land in the foggy conditions that can affect Cuzco and Lima. Most flights from Europe land in the evening, local time. Most flights for Cuzco don't leave until the morning, so if you don't fancy loitering in the airport all night (which we do not recommend), you'll need an overnight stay in Lima.

Trekkers starting off in North America have a much wider set of options. American Airlines and US Airways both offer flights into Lima, as do several other carriers. In addition to existing security measures at international airports, passengers MAY be required to show that the electronic devices in their hand luggage are charged up. You may therefore be asked to turn on any electronic devices such as mobile phones, tablets, e-books and laptops in front of the security team and/or demonstrate the item's functionality. We recommend that any electronic devices that you are carrying in your hand luggage are fully charged before you travel. If you have any further questions then you should check with your departure airport.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

BUDGET & CHANGE

The local currency is the **Peruvian Sol,** which can be purchased in advance of your trip. If you want to change money when you arrive we can take you to an ATM or foreign exchange bureau. When changing money, request small denominations (10's, 20's and 50's) as the larger notes can be hard to spend. If you withdraw money from an ATM, you are likely to receive 100 sol notes. Peru is generally still a cash society, particularly whilst you are travelling through the smaller villages and towns it is worth having enough cash with you for personal expenses. ATMs will also not be available in these areas so ensure you have exchanged enough money whilst in Cuzco, before leaving on your trek. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

Peruvian Sol should be used for spending money and tipping the crew.

In Cuzco, the cost of public transport is around 22p (33 cents) for a one-way ticket. If you prefer to travel by taxi, starting price is about £1.10 (US$1.40) for a 1km ride. When eating out, a meal in a budget restaurant for 2 people is around £5 (US$7) or a mid range restaurant (for 2 people) will cost around £22 (US$28). For souvenirs to take home, we recommend budgeting around £40 (US$50) which should get you plenty of little gifts. If you wish to buy a big blanket or poncho then budgeting a little more would be worthwhile.

Our recommended guidance for spending budget in Peru would be between £80-100 ($100-125) on top of your tips, to give you ample souvenir and meals out spending money.

TIPS

We realize that tipping may not be a common practice in all countries but for Peru it is a standard practice that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in Peruvian Sol.

These are the recommended tips **per trekker per day**. You will be provided with tip recommendations for your specific trip 3 weeks prior to departure that will give an accurate representation of how much you will need for tips based on the size of your group.

Lead guide: $20
Assistant Guide: $12
Cook: $12
Assistant Cook: $9
Porter (amount per porter): $6
Tent helper (amount per tent helper): $6
Horseman (amount per horseman): $10

Different crew members will be with you for different stages of your trip to Peru:

- Your guide/s will be with you every day in Peru.
- Your cook/s, porters, tent helpers and horsemen will be with you while you are on the trek itself (The number of porters, tent helpers and horsemen will differ depending on group size. You will be given this information three weeks before departure)
- An assistant guide and cook will only be necessary for larger groups (You will be given this information three weeks before departure)

We say goodbye to our crew at Pacchanta, before we return to Cuzco. Any tips that you wish to give to the cook and arrieros will need to be carried on the trek with you.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Peru. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling.

VISA

Most visitors (including nationals from the UK, Europe, USA and Australia) do not require a visa to enter Peru, and will be granted a 183 day stay. You will need at least two blank visa pages in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Peruvian Embassy.

Chinese and Indian nationals may enter Peru without a visa if they have a UK, Canada, Australia, Schengen or US visa valid for a minimum of 6 months at the time of entry to Peru.

VACCINATIONS

The standard vaccinations required for Peru are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice. Yellow Fever is recommended for some areas of Peru, which includes the Amazon basin.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. Most of our treks in Peru do not exceed 4700m with the exception of the Ausangate Trek which will reach 5200m. If you are only doing the Short Inca trail your trek will not exceed 3500m. Please ensure that your insurance policy covers you for trekking at these altitudes.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Altitude Sickness

Altitude sickness, called soroche in Peru and also known as Acute Mountain Sickness (AMS) or hypobaropathy, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many climbers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Our routes have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows that it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start treking to prevent altitude sickness, not once you are on the mountain and symptoms have developed.

Malaria

There is no risk of malaria in Cuzco or on the Inca Trail due to the altitude. However, there is a risk of malaria in rural areas of Peru below 2,000m. This would include Tambopata National Park, so if you are planning an extension to the Amazon Rainforest, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent. If you are planning on taking Diamox, please let your doctor know, as daily malaria tablets taken alongside Diamox can cause an upset stomach and nausea. A weekly malaria tablet may be a better option, but you would need to discuss this with your doctor.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would and you should drink at least 3 litres of fluids every day while climbing. Even when you do not feel thirsty you have to drink this amount as a minimum preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow climbers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

Sleeping tent
Insulated sleeping mat

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf - comes in useful for keeping dust out and can double as a warm layer for your neck / face
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x1)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x 1)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x1)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Poncho – a cheap plastic poncho is the best way to cope with a sudden downpour
- Gloves – lightweight, fleece or quick drying fabric

LEGS

- Trekking shorts (x1)
- Trekking trousers - light or medium weight (x1)
- Waterproof hard shell trousers

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around camp
- Mid-weight trekking socks (x3 pairs)
- Breathable, high-wicking liner socks (x2 pairs)

EQUIPMENT TO BRING

- Small Rucksack or Daypack (25-30 litres) - to carry water and personal items
- Lightweight duffle bag (approx 50 litres) – max weight when full should be 7kg. This weight restriction includes your sleeping bag
- Sleeping bag (3 season or 0 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water
- Sunscreen high SPF
- Toiletries, **including toilet paper,** wet wipes and hand sanitiser – please carry all rubbish back off the trek
- Camera and spare batteries
- Personal medication and first aid kit
- Insect repellent – ideally contains DEET
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, if you prefer not leaving the tent at night
- Dry bag (only required if your main duffle bag is not waterproof)

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.