

1-DAY ADVENTURE

RAINBOW MOUNTAINS EXTENSION

Peru

A fantastic opportunity to see the incredible, colourful, candy-striped Rainbow Mountains of Vinicunca, to the south of Cusco, by adding just one day to your itinerary. The spectacular striped effect is caused by the different mineral composition of the sedimentary layers: red for iron oxide, yellow for iron sulphide and brown for sandstone. Along the way we will enjoy views of the Andes, glacial peaks, red mountains and rocky hills, along with llamas and alpacas grazing in the valley. As we reach the summit, we may be able to spot some Andean wildlife. This is the only place near Cusco where you can see wild vicuñas, otherwise known as the Andean camel. Their wool is purported to be the most expensive in the world.

TRIP HIGHLIGHTS

- Discover the incredible Rainbow Mountains of Vinicunca
- Trek through the Red Valley
- View the imposing peak of Apu Ausangate


KANDOO
ADVENTURES
Ausangate
6384m
Trek
Transfer
Vinicunca Pass
Quesiuno
CUSCO
Pitumarca

ITINERARY

DAY 1

RAINBOW MOUNTAINS EXTENSION

Transport: **Private transfer**

Meals included: **Lunch**

You will be picked you up from your hotel in Cusco at 3:00 am for the 3 hour journey to our trek start point, passing through traditional villages and see some amazing views of the Andes. You will enjoy a hearty breakfast at the trail head before you start your trek.

Starting from Quesiuno, at 4,326m elevation, you will hike uphill for 2 hours to reach the viewpoint at 5,000m where you will enjoy views of the amazing red scree landscape of the famous Rainbow Mountains. From here you will also see Apu Ausangate, the highest mountain the region at 6384m (just under 21,000 ft), part of the Cordillera Vilcanota range.

After soaking up the views and taking plenty of photos of this wonderful scenery you will begin the descent. We leave the main route and head into the Red Valley, where the red, iron-rich soil contrasts with the vibrant green vegetation. After around 3 hours, we will arrive back at the trailhead where we will meet up with our chef who will have prepared a delicious lunch. We will then drive back to Cusco, arriving back to your hotel at around 3:00 pm.

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

Although this is only a 1 day trek, to reach the view point you will be required to trek uphill for at least 2 hours at considerable altitude. The highest point of the trek is 5000m above sea level, that is almost 200m higher than the summit of Mont Blanc. A good level of fitness and plenty of determination will be needed. **Please be aware that you may need to increase the altitude limit on your insurance policy when visiting the Rainbow Mountains.**

FOOD & DRINK

Breakfast and lunch are included. We will pause for breakfast in Quesiuno before starting our trek and have lunch before starting our drive back to Cuzco.

ACCOMMODATION

This is a one day trek and does not include any accommodation. You will be collected from your hotel in Cuzco very early and return that afternoon.

TRANSPORT

We insist on using a **high standard of vehicle and driver** for all of our transfers. In Peru it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

LUGGAGE

You will need to bring a **small day pack** to carry your water, camera, spare clothing etc.

HOW DO I GET THERE?

For this 1 day adventure, a member of our team will collect you from your hotel in Cuzco very early in the morning and you will return the same afternoon. There is no need to make extra travel arrangements.

BUDGET & CHANGE

The **Peruvian Sol** can be purchased in advance, although US Dollars are also widely accepted in larger establishments. 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.

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.

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 US dollars or Peruvian Sols. It is very important that US bills be new (less than 10 years old), crisp and untorn.

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

CLOTHING TO BRING

- Sun Hat
- Warm hat
- Sun glasses
- Sturdy walking boots
- T-shirts / Long sleeved shirt for sun protection
- A warm fleece / soft shell
- Waterproof jacket / trousers
- Trekking trousers / shorts

EQUIPMENT TO BRING

- Sunscreen and lip balm - high SPF
- hand sanitiser
- Camera and spare batteries
- Personal medication and first aid kit
- Day pack (40-60 litre)
- Water bottles or hydration system

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.