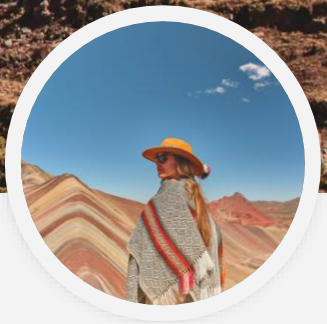
AUSANGATE TREK TO RAINBOW MOUNTAIN 3 DAYS

EXPLORE AND LIVE UNFORGETTABLE MOMENTS



DESCRIPTION

Ausangate Trek 3 Days is an extraordinary high-altitude adventure in the heart of the Peruvian Andes that combines the wild beauty of the Ausangate region with two of the most impressive natural wonders of South America: the world-famous Rainbow Mountain and the spectacular Red Valley. This trek is designed for travelers who want to go beyond the classic routes and experience the Andes in a more authentic, deeper, and more intimate way, surrounded by glaciers, colorful lagoons, and endless mountain landscapes.

During these three unforgettable days, you will hike through remote Andean valleys, cross high mountain passes, and walk at the foot of the majestic Ausangate Mountain, the highest and most sacred peak in the Cusco region. Along the route, you will admire turquoise, green, and deep-blue lagoons, massive glaciers, and multicolored mountains that look like something from another planet. Every day offers new and breathtaking scenery, making this trek a constant visual and emotional experience.

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FULL ITINERARY

AUSANGATE TREK TO RAINBOW MOUNTAIN 3 DAYS

Why Take the Ausangate Trek To Rainbow Mountain 3 Days?

- ✓ Explore one of the most spectacular and least-visited mountain regions in Peru, filled with glaciers, colorful lagoons, and dramatic high-Andean landscapes.
- ✓ Visit the famous Rainbow Mountain and the impressive Red Valley at special times of the day, avoiding the crowds and enjoying the scenery in peace.
- ✓ Hike in the shadow of the sacred Ausangate Mountain, the highest peak in the Cusco region and one of the most important apus in Andean culture.
- ✓ Discover remote valleys and little-used trails, perfect for travelers who want to go off the beaten path.
- ✓ Experience authentic Andean nature with herds of llamas and alpacas, high-altitude birds, and pristine landscapes.
- ✓ Combine adventure, culture, spirituality, and breathtaking scenery in one of the most complete short treks in the Andes.

Cusco – Upismampa To Upis Hot Springs Camp

We'll begin our 3-day Ausangate to Rainbow Mountain trek early in the morning. Around 5:00 a.m., your trekking guide will pick you up from your hotel in Cusco. From there, we'll drive for about 3.5 hours in our private vehicle through beautiful Andean valleys and traditional highland villages along the route toward Puerto Maldonado.

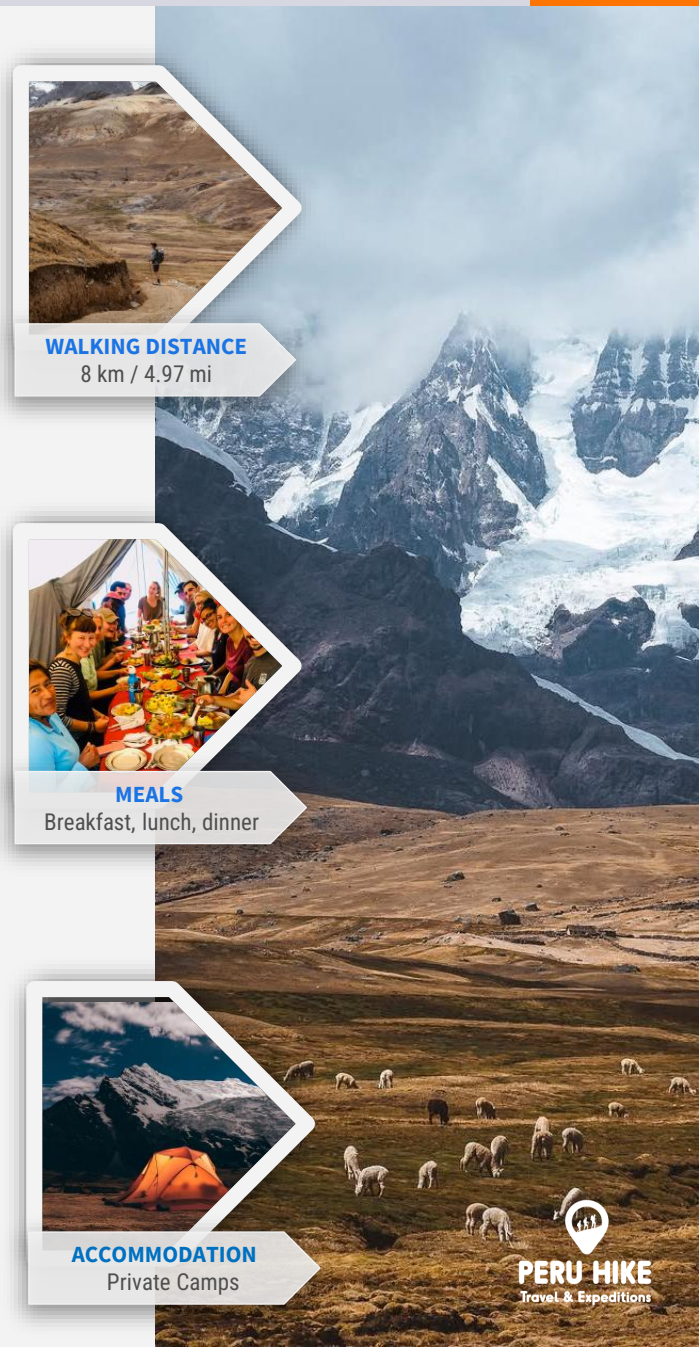
After approximately three hours, we'll make a brief stop in Tinqui (3,800 m / 12,467 ft), where you can use the restroom or buy any last-minute snacks before continuing for another 30 minutes on a dirt road to reach the trailhead in Upis Village (4,250 m / 13,943 ft).

At Upis, our trekking team will prepare a hearty breakfast with a breathtaking view of Apu Ausangate, the sacred mountain of the Andes. While you enjoy your breakfast, our muleteers will be organizing and packing all the equipment for the hike. During this time, your guide will also introduce the members of the support team who will accompany you throughout the journey.

Our adventure begins along gentle trails that wind through farmlands and highland meadows covered in ichu grass, where you may see alpacas grazing and Andean gulls gliding above. After about three hours of hiking, we'll arrive at the Upis Hot Springs (4,400 m / 14,435 ft), located right at the base of Ausangate Mountain (6,372 m / 20,900 ft).

Here, we'll enjoy a delicious lunch surrounded by stunning glacial scenery. Later, we'll visit the nearby Upis Lagoon (4,480 m / 14,698 ft), a quiet Andean lake home to local bird species and typical high-altitude vegetation.

Our first campsite will be set close to the hot springs, where you'll have time to relax and soak in the natural pools while admiring the majestic landscape. We'll finish the day with afternoon tea and a comforting dinner beneath the clear Andean night sky — the perfect start to your Ausangate to Rainbow Mountain 3-Day adventure.



Upis Hot Springs To Anantapata Camp

At dawn, our staff will gently wake us with a warm smile and a cup of coca tea. We will then enjoy a delicious buffet breakfast while admiring the majestic Ausangate Mountain, glowing beautifully under the first light of the morning sun. Energized and ready, we begin our journey across the vast plains of Upis Pampa, where the crisp Andean air fills our lungs and herds of alpacas and llamas roam freely through the golden grasslands.

As we continue, the trail gradually ascends toward Arapa Pass (4,800 m / 15,748 ft), offering breathtaking panoramic views of towering snow-capped peaks and colorful mineral-rich hills that make the Ausangate region one of the most spectacular landscapes in Peru.

From there, we hike through wide-open valleys surrounded by vibrant red and green ridges, with impressive glaciers rising in the distance. Our first stop is Yanacocha (Black Lake), a serene glacial lagoon framed by dramatic mineral-rich mountains. After taking time to enjoy the peaceful scenery and capture photos, we continue toward the stunning Pucacocha Lagoon, renowned for its deep turquoise waters contrasting beautifully with the surrounding red slopes.

Here, we enjoy a freshly prepared buffet lunch in the heart of the Andes, surrounded by fresh mountain air and extraordinary scenery.

In the afternoon, we steadily climb to Pucacocha Pass (4,870 m / 15,977 ft). Although the ascent is challenging, each step rewards us with expanding views of glaciers, colorful valleys, and vast Andean landscapes. After appreciating the incredible panorama from the summit, we descend into a tranquil highland valley dotted with grazing alpacas until we reach Anantapata Camp (4,750 m / 15,583 ft).

Upon arrival, our staff welcomes us with hot drinks and later a hearty dinner. Under a sky filled with stars and surrounded by the peaceful silence of the Andes, we rest and prepare for the next day.

WALKING DISTANCE
15 km / 9.32 mi

MEALS
Breakfast, lunch, dinner

ACCOMMODATION
Private Camps

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Anantapata - Rainbow Mountain To Cusco Hotel

We rise before dawn, around 4:30 AM, at our serene mountain camp in Anantapata (4,700 m / 15,419 ft), surrounded by the peaceful majesty of the Andes. After a comforting early breakfast, we prepare for the final push toward the legendary Warmisaya Pass (4,985 m / 16,354 ft). As we ascend, the first light of day begins to paint the peaks in shades of rose and gold. From the top, the horizon reveals one of Peru's most iconic natural wonders — the majestic Rainbow Mountain (Vinicunca, 5,100 m / 16,732 ft).

Our goal is to reach Rainbow Mountain before the crowds arrive, allowing us to experience its pure magic in total tranquility and capture the first golden rays of sunrise touching its colorful slopes. Standing there, breathing the thin, crisp Andean air while gazing at this kaleidoscope of colors, feels nothing short of spiritual. The land unfolds in waves of red, yellow, turquoise, and emerald — hues born from minerals that have shaped this sacred mountain for millennia. It's one of those rare moments when time seems to stop — a true highlight of the Ausangate Trek.

From Rainbow Mountain, our journey continues to the enchanting Red Valley (Valle Rojo), just a 30-minute walk away. The trail is pure magic — winding through fiery crimson hills and golden slopes that shimmer beneath the highland sun. Each step feels like entering another world, where the silence of the Andes is broken only by the soft whisper of the wind and the sight of grazing alpacas and llamas. The views are absolutely surreal — a paradise for photographers and one of the most mesmerizing landscapes in all of Ausangate Peru.

After exploring both Rainbow Mountain and the Red Valley, we descend to Llactoc (4,630 m / 15,190 ft), where our talented chef awaits with a well-deserved buffet lunch surrounded by mountain views. Afterward, our private transportation will take us back to Cusco, giving us one last chance to admire the stunning Andes through the window — a perfect ending to an unforgettable journey.

This marks the conclusion of an extraordinary high-altitude adventure — a seamless blend of culture, nature, and pure Andean wonder — an experience that will stay with you for a lifetime.

WALKING DISTANCE
8.5 km / 5.28 mi

MEALS
Breakfast, lunch

RETURN
Return To Cusco

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INCLUSIONS

INCLUDED / NOT INCLUDED

At Peru Hike company, we specify the included and non-included services under all the tour ineraries listed on our website. We take care of all the logiscs, but please pay aenon 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
- ✓ Entrance ticket to Red Valley
- ✓ Entrance ticket to Hot Springs

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: 3 Breakfasts, 3 Lunches, and 2 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-season tent (4-person capacity tent, reserved for 2 travelers only)
- ✓ 1 Polar sheet per person
- ✓ Pillows throughout the tour
- ✓ Rubber warmers, for the night

Additional Inclusions
- ✓ Emergency riding horse included (for groups of 8–12)
- ✓ Therm-a-Rest® PRO Air Sleeping Pad
- ✓ Sleeping Bag Rated to -20°C (-4°F)
- ✓ Trekking Poles

WHICH IS NOT INCLUDED?

What Is Not Included?

- Travel Insurance
- Tips for our staff

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BEFORE YOU GO

Is it for me?

We want to make your trip to Peru as memorable and as carefree as possible. In this secon, you'll find the answers to all the quesons you have about traveling with Peru Hike Company in one place. Please read the following informaon carefully – it will help you with any quesons 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 altude before exerng 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 altude sickness while on the trek. You might have already been in another area of Peru at a high altude before arriving in Cusco. In that case, we sll recommend you have a whole day in Cusco to rest, recover from your travel, and enjoy the sights and sounds of Cusco before deparng for the trek. Here some suggesons for acvies to do in the Cusco vicinity before starng your adventure trek:

City Tour and **Sacred Valley**

City Tour

Sacred Valley

Briefing or Informave Meeng

All informaon meengs and briefings are held in our main office in Cusco (or your hotel) at 6:00 pm, one night before the tour begins. These meengs last approximately 30 to 45 minutes. If you’re unable to aend, you must coordinate another me 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 aer 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 an 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 condions 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, aer consulng with all the parcipants, if such modificaons are possible.

Duffel Bag or Canvas Case

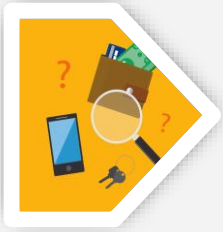
You'll receive a canvas case or duffel bag during your briefing. Our horses will carry them, and the horsemen will hand them to you when you get to each camp. They measure 60 x 24 x 22 cm (23.6 x 9.45 x 8.66 in). A maximum of 8 kg / 17 lb is allowed for each duffel bag, including the weight of your sleeping bag, sleeping mat, clothes, and other personal items.

Strikes and demonstraons

Strikes and demonstraons 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 cancellaons, everything will be coordinated with you by our operaons 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 aenon 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

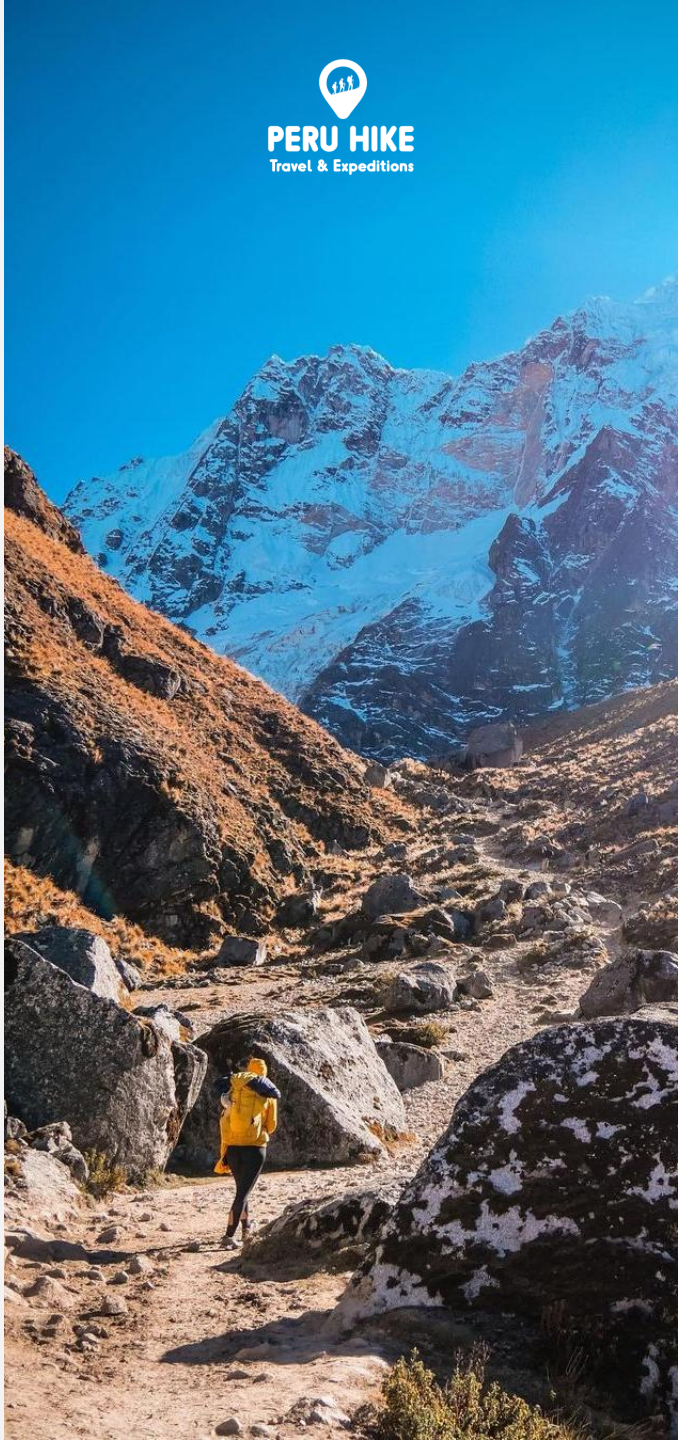
Peru Hike Companycan pick you up from your hotel, as long as it's in the Historical Center of Cusco. Your guide will coordinate the pickup me in the briefing session, but please keep in mind that the me may vary between 30 and 45 minutes due to traffic. Cusco is an old city, meaning it has many narrow cobbled 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 accommodaon with good access.

THANHS!

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
web: www.peruhike.com

Location:
Cusco, Peru Click here

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