

THE APU'S TRAIL 5D/4N



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Av. Brasil A-14, Urb. Quispicanchi, Cusco, Perú

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A five-day breathtaking trek in the Cordillera Vilcanota, on a route we call the "Camino Del Apu Ausangate" located in close proximity to the highest sacred mountain in the Cusco region. The "Apu" is the bearer of life and the guardian of one of the most pristine mountain ecosystems in the world. Our treks will be accompanied by llamas and horses that will carry our gear, and are owned by shepherds of the community of Chillca, who are proud to share their land with us, as well as the Spirit of their inspiring world.

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DAY 1: CUSCO - CHILLCA

In a comfortable coach we head along the Vilcanota River to visit the temple of Checacupe, then the upper valley of Pitumarca. At Japura, we'll trek a short distance to Chillca. Locals and musicians playing Andean instruments greet us in your first "Andean Lodge", as we sip coca tea. Hot showers and full bathrooms as well as 8 double and matrimonial bedrooms are available. We emphasize tasty and nutritious local cuisine (such as Alpaca meat) but vegetarian and other preferences are welcome.



DAY 2: CHILLCA – MACHURACAY

After breakfast we trek alongside thousands of alpacas and llamas in the glacier valley of Phinaya. On the way to more glaciers at Santa Catalina, we climb by the inspiring Pjachaj waterfalls. Above, our picnic lunch await us. Then, surrounded by moraine walls, glaciers and lagoons we walk about 5 hours to Machuracay Tambo. Our bags, carried by a llama caravan, meet us there and the family that runs the lodge will welcome us.



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DAY 3: MACHURACAY-ANANTAPATA

Today we take in our first mountain pass (16 587 ft.) which has spectacular panoramic views. Descending alongside the glaciers, we hike to the Ausangate Cocha Lake for lunch.

Here, the landscape dramatically shifts due to the existence of red sandstone formations where we will see vicuñas and sometimes condors. After a day of great hiking we arrive at the third “Andean Lodge” ready to relax and enjoy.



DAY 4: ANANTAPATA-HUAMPOCOCHA

After breakfast, we take the trail to another mountain pass. Dropping down, we'll hike by Lake Kayrawiri, surrounded by rugged mountain peaks and the great valley below. Striations of color are imbedded in the hillsides. Then we go on to Cerro Laya Grande via massive glacier del Inca, and find the most striking colors in the sediments of Vinicunca (recently known as the "Rainbow Mountain"). We eat lunch here while taking in this unique landscape. On our way to the fourth Andean Lodge we may see hundreds of Andean geese nesting in the cliffs of Anta, and the flatiron formations of Apu Labrayani near Huampococha Tambo where we will spend the night.



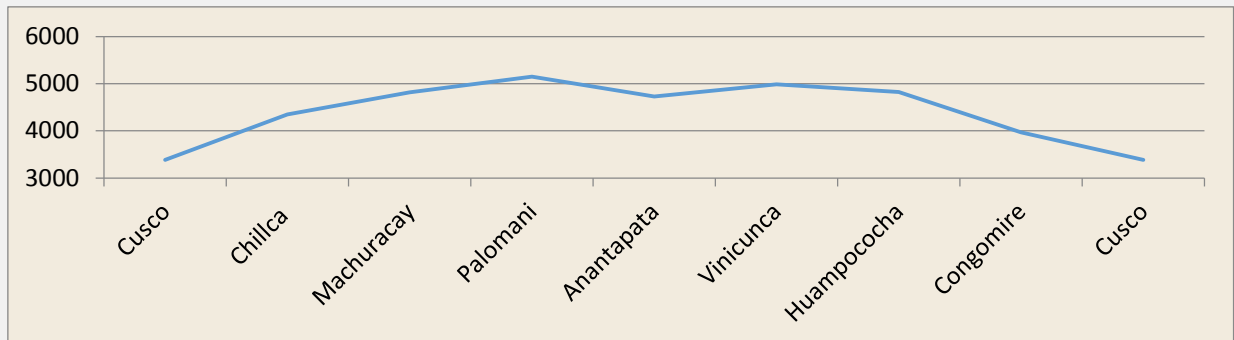
DAY 5: HUAMPOCOCHA-CUSCO

As we hike up; enjoying a great view of the mountains, we reach the top of our final pass. It's all downhill from here! We encounter some of the most capricious shapes of limestone formations from the Cretaceous age and hike until the end of the trail in Trapiche. Here, we have lunch and return by bus to Cusco while reminiscing on the wonderful experiences we shared in the Andes.



ALTITUDES AND DISTANCES DAY BY DAY

Day	Route	By car	Hike	Distance	Difficulty	Min. Alt.	Max. Alt.
1	Cusco – Pitumarca	2.5 hrs.		104 km.		3384 m	3590 m
	Pitumarca – Molino Viejo	1 hr.		30.3 km.		3590 m	4292 m
	Molino Viejo – Chillca Tambo		1.5 hrs.	3.3 km.	Low	4290 m	4350 m
2	Chillca – Huchuy Phinaya		4 hrs.	6.4 km.	Medium	4350 m	4530 m
	Huchuy Phinaya – Machuracay		2 hrs.	3.5 km.	High	4530 m	4850 m
3	Machuracay – Palomani Pass		1 hr.	1.3 km.	High	4815 m	5150 m
	Palomani – Ausangatecocha		1 hr.	2.4 km.	Medium +	4650 m	5150 m
	Ausangatecocha – Anantapata		3 hrs.	5.8 km.	Medium	4650 m	4730 m
4	Anantapata – Warmisaya Pass		1 hr.	1.3 km.	High	4730 m	4985 m
	Warmisaya – Surinicocha		1 hr.	1.2 km.	Medium	4792 m	4985 m
	Surinicocha – Vinicunca		1.5 hrs.	2.5 km.	Medium +	4792 m	4985 m
	Vinicunca - Huampococha		2.5 hrs.	5.1 km.	Medium	4900 m	4985 m
5	Huampococha – Huampoccasa		1 hr.	0.8 km.	High	4820 m	4960 m
	Huampoccasa – Congomire		3.5 hrs.	7.5 km.	Medium +	3965 m	4960 m
	Congomire - Cusco	3 hrs.		125 km.		3384 m	3965 m



PHYSICAL PREPARATION

To go on the "Andean Lodges" Apu Ausangate's Trail Trek, one must be in good physical condition, and we recommend a preliminary 3 to 4 day acclimatization stage, for your body to react better during the trek, as we will be hiking up to mountain passes at altitudes of about 5,000 meters, and it also is important to drink plenty of water and/or coca leaf tea.



INCLUDES

- General organization.
- Services of expert guides in mountain trekking.
- Private transport to Chillca and back to Cusco.
- Accommodation in double rooms.
- Breakfast and dinner served in the lodges, snacks and lunches served on the way.
- Waterproof bags for the baggage carried by llamas.
- First aid kit and oxygen.

DOES NOT INCLUDE

- Flights to and from Peru / Cusco, or any kind of transport before or after completion of the program.
- Travel insurance
- Tipping staff



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