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Inka Trail Expeditions Perú

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AUSANGATE

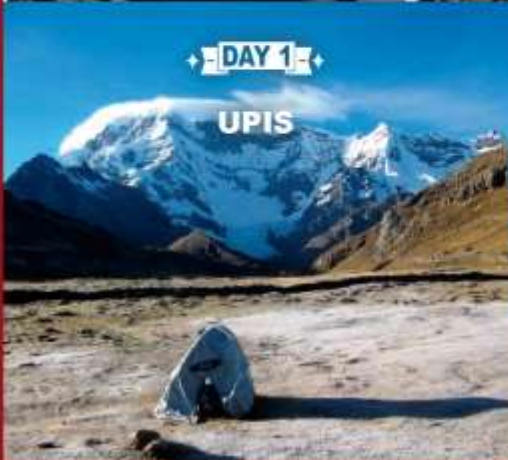
4 DAYS - 3 NIGHTS

TREK



DAY 1

UPIS



DAY 2

ARAPA PASS



DAY 3

AUSANGATE LAKE



DAY 4

PACCHANTA





Welcome!!

AUSANGATE TREK 4D3N

WITH OUR EXCLUSIVE GLAMPING EXPERIENCE "TENT & BED"

With ITEP "Every step is a great Adventure"

...A once in a lifetime physical, cultural, and spiritual journey that will take you through the magnificent Trail to the legendary Ausangate "The Andean God" it's name means from the Inka's language "the one that everything can".

...Have a sweet dream under the universe, because you have Chosen to spend the night in our Glamping "Tent and Bed" Exclusive experience.

...Marvel at the exquisite beauty of the Apus (mountain gods) of Ausangate, Qolqepunku, Sinak'ara on the Vilcabamba mountain range.

...Share the culture and customs of local Andean families who maintain centuries-old traditions...

...Challenge yourself as you hike through nine different bio-zones, changing altitudes and varied terrain...

...Indulge in the comfort of our Service, the innovative gourmet cuisine, the warmth of our people, and your daily retreat to a Shangri-La for recovery of mind and body...

...Be inspired by the majesty of your surroundings and the knowledge that you are following in the footsteps of the Incas.

...Witness environmental and social initiatives to maintain the natural integrity and improve quality of life in the region...

THE AUSANGATE TREK!

“Ausangati: the one that everything can”.

By ITEP “Inka Trail Expeditions Perú”...

...The trail to the Sacred Ausangate (Awsanqati in Native Inca’s language “Quechua”) in Perú is part of an extensive Inka system of trails of more than 23,000 kilometers that integrated the **Tahuantinsuyo Empire “The Inka Country”** (which means four regions) that covered many South American countries such as Colombia, the west of Brazil, Ecuador, **Peru**, Bolivia, to the center of Chile and the north of Argentina. These trails tended to be principally on the coast or in the Andean mountains but in a few cases, they reached the tropical edge of the jungle at the Amazon Jungle.

The Qhapaq Ñan (**Inka Trail** in Quechua “the Inka Language”) - refers to the network of trails) were without a doubt is one of the marvels of Tahuantinsuyo, according to the Peruvian historian, José Antonio del Busto, who explains that the Inca “King” Huayna Capac most increased the network of trails in order to quickly mobilize his army. The trails varied in quality and size, they could be 6 to 8 meters wide on the coast but, in the mountains the paving was only one meter wide but the path was audaciously steep and climbed over the difficult Andean mountains.

... The Sacred Trail to the Ausangate Mountain “The one that everything can”.

The Sacred **Ausangate** trek is very fascinating and one of the most popular treks in the Cusco area. And it’s no surprise as it’s surrounded by fantastic natural landscapes with valleys, snow-capped mountains and an amazing variety of plants, birds, animals and Andean local families.

The *Ausangate* trek is a high altitude 70km hike in Peruvian *mountains* near Cusco with an average altitude of over 4000m. Unlike most other hikes in the region *Ausangate* is not about Inca ruins, it’s all about beautiful scenery; snow peaks, glaciers, colorful *mountain* lakes, and sacred *mountains*.

The Ausangate (6398m/20991f) is considered one of the most beautiful snow-capped mountains of the Andes. The areas surrounding this mountain offer extraordinary sceneries of mountains, glaciers and lagoons. Moreover, the Andean people are very welcoming and friendly and preserve the respect for the nature. They also have an excellent knowledge of farming vicuñas, alpacas and lamas, being the first two appreciated for their fine quality of wool and alpaca for its meat. We will drive for 4 hours from Cusco and get prepared for a cold temperature and high altitude.

Altitude: 4050 – 5100 m. / 13287ft – 16732ft



AUSANGATE TREKKING DIFFICULTY SCALE



Dia 01:



Dia 02:



Dia 03:

SNOW ACTIVITY



Dia 04:

SNOW ACTIVITY

“Por favor Vea el significado de cada símbolo en la penúltima hoja”

OUR ITEP CAMPING EQUIPMENT

ITEP “Inka Trail Expeditions Perú” is dedicated of making sure we have the best Campsite available in the route to **Ausangate**.

Here’s everything you need to know about our camping style on the trail to the **Ausangate mountain...** Our team (Guides, Cooks, Porters and Horsemen) and our equipment are what really make ITEP Eco-Travel stand out from all of our competitors....

Please take the time to look at the information on what we really offer you in comparison to our competitors!

ITEP Eco Travel Our Best Camping Equipment

“Please check our Prices and inclusions in order to have more information about your camping equipment”.

Classic Style “Classic Tents and foam mat”

Enjoy a good night’s sleep in our spacious Pro-Aconcagua 4 season tent. All our tents are built to be four man tents, but will be used only for two people. This leaves a lot of room to spread out comfortably and store your duffels. They are an A-frame design, with entrances on both sides of the tent. They also include a vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks. A foam mat is included to separate and insulate you from the ground. For added comfort, you may want to consider upgrading, by renting an inflatable sleeping pad, which adds three inches of comfort on top of the provided foam mat. We use Thermarest inflatable air mattresses.

Luxury Glamping Style “Tent and Bed”

Perú Glamping is where stunning nature meets modern luxury camping. Experiential travel is an authentic way to connect adventure with nature. Together, the experience is about stepping off the beaten path, walking away from superficial tourist activities and embracing an immersive cultural environment. Some call it luxury camping. Some call it glamorous camping. Either way, this camping style is dedicated to inspiring and guiding those who are seeking a different kind of trip, the kind that encourages cultural immersion, a broadening of horizons, and a deeper engagement with one’s surroundings with enjoying this upscale approach to sleeping under the stars.



Is this tour for me?

Experience: Ausangate Trek.

Duration (days): 04 days including Ausangate

Duration (nights): 03 nights in camping experience. Check Camping style options.

Language: english & spanish (other languages on request).

Close Airport: Cusco /Perú

The attraction: without a doubt the Ausangate trail offers some of the most wonderful scenery in the whole of the Cusco area, with many birds and wildlife and also glaciers and high alpine lakes. It's also one of the most challenging in the region with three high passes over 5,000 meters/ 16000 feet. On a clear day, Apu Ausangate dominates Cusco's southern skyline. As we draw closer to this massive massif (6,380 meters/ 20 926 feet) one becomes increasingly impressed and understands fully why the ancient Incas held this spectacular mountain in such high regard. During the whole Ausangate trek circuit we pass local villages where the people dress in their typical attire - the women in beautiful flat board hats with trimmings - and llamas graze freely.

Travel Style: active, trekking, adventures made for outdoor lovers.

Trip Type: Small Group - Small group experience; Max 16, Avg 12. Have in mind that small group size means more authentic experience.

Age requirement: 12+ all travelers under age 18 must be accompanied by an adult.

Physical Rating/ Grading: 1 2 3 4

4 - Demanding

Some high-altitude hikes or more strenuous activities, but accessible for most healthy travelers.



STRENUOUS: Full-day hikes (8-10 hours), mountainous, steep terrain (hiking up or down as much as 3,500 feet) on many hikes. Trips with hiking at average altitudes of 9,515 to 10,005 feet are in this category.

- Distance: 56 km /34.79 miles
- Altitude: 4050 – 5100 m. / 13287ft – 16732ft
- Max. Elevation: 5,200m (17,060 ft)
- Duration: 05 Days – 04 Nights
- Overall Difficulty – Difficult

The Distance: the Ausangate trek difficulty starts with the distance. It's 56 km (34.79 miles) in total, covered over 4 days and 3 nights. The hike is generally broken down into:

DAY 1: CUSCO – TINKI –UPIS

Hiking Time: 5 to 6 hours
Hiking Distance: 10 km / 6.21 miles
Highest Point: 4.800 m / 15,748 ft.
Camp Altitude: 4.400 m / 14.435 ft.

DAY 2: UPIS – PASO DE ARAPA – AUSANGATE COCHA

Hiking Time: 8 to 9 hours
Hiking Distance: 16 km / 9.94 miles
Highest Point: 4.750 m / 15.583 ft.
Camp Altitud: 4.447 m / 14.589 ft.

DAY 3: AUSANGATE COCHA – ABRA PALOMANI – HUCHUY PHINAYA

Hiking Time: 8 to 9 hours
Hiking Distance: 16 km / 9.94 miles
Highest Point: 5.200 m / 16.060 ft.
Camp Altitud: 4.600 m / 15.091 ft.

DAY 4: HUCHUY PHINAYA – ABRA JAMPA – PACCHANTA - CUSCO

Hiking Time: 7 to 8 hours
Hiking Distance: 14 km / 8.69 miles
Highest Point: 5.080 m / 16.666 ft.
Camp Altitud: 4.100 m / 13.451 ft.

Price: prices will vary according service level and inclusions.

Classic Services	Ausangate Trek
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Please, check our prices and inclusions table in attached.



Activity: Trekking, Adventure

Country: Perú

City: Cusco

Acclimatization: please keep in mind that you will need at least 1 or 2 days in Cusco before your hike to Ausangate.

Highlights: Ausangate (The one that everything can).



More about the experience: Ausangate Trek 4 Days is one of the routes most advertised abroad. It combines landscapes of extraordinary beauty and Ausangate mountain, the highest in the Cusco region. The mountain is far from the city of Cusco but is still visible. Ausangate Mountain is part of a large mountain range whose peaks reach up to 6.372m (20.905 feet). In Inca times the mountains were known as Apus (Gods), to whom a great deal of respect and gratitude was offered, a custom that continues to this day.

You Book, You Go...Don't Worry... We Won't Cancel: while other tour companies generally cancel their trips due to low participation of travelers or pass their travelers to other big groups tour operators, we guarantee that we will never cancel a trip because of low signing-up or participation for the departure date neither get our travelers to other tour operators! This makes to our travelers the assurance and peace of mind to know their travel plans are insured and guaranteed.

Request a Quote: we can customize this private trek just for you. Any detail can be tailored – activities, length, hotels and other destinations.

Video about the Ausangate Trek:

<https://www.youtube.com/watch?v=yiPW9Ua45IQ&feature=youtu.be>



About ITEP Eco Travel

(ITEP) INKA TRAIL EXPEDITIONS PERÚ, offers “Exclusive Adventure at its finest”: The opportunity to experience the essence of adventure within the realm of revitalizing comforts. But for ITEP Eco Travel, a great adventure does not end there: In order to have a life-changing experience

for our guests, we believe that the experience has to be an adventure on many levels.

This is why our proposal goes far beyond comfortable Adventure and great trek it is a unique opportunity to experience ancient history in the land of the Incas, contemporary manifestations of deep-founded culture, the most interesting and exotic variety of flora and fauna,

culinary surprises, the determination of local people to progress, new friends and like-minded souls.

The Proposal

We propose an expedition an exciting Inca adventure of surprising comfort that takes you to “Ausangate”, the Andean Go for the Incas.

The Ausangate Trek 5 days have many attractions such as scenic mountains, different colored lakes, and picturesque roads as well the mountain dwelling people who still wear their traditional clothes. This trek is recommended for those who want to get off the beaten-track and experience an unforgettable journey, far away from civilization.

Each day's trek ends in our exclusive Glamping experience "Tent and Bed", fine gourmet meals, and highly personalized service provided by local staff.

In our Ausangate experience, travelers spend 03 nights along the Ausangate trail: Glamping Experience "inspired in the treatment of yourself", the trail is part of the local Families of Ausangate and you will have the opportunity to learn about the Incas heirs for some days.







Itinerario del dia a dia

Day 1 / Cusco – Ocongate – Tinki - Upis.

Private transportation from Cusco. On the route that goes to Puno, it passes through the Wari site where the ruins of Pikillacta and the colonial cities of Andahuaylillas and Huaró are (it is possible that we will spend some time visiting them), then a path will begin to ascend until reaching small towns with shepherds and highland weavers. In the afternoon, the Vilcanota mountain range can be seen in the distance with the mountains of Ausangate and Qolqe Cruz dominating the landscape.

The trail begins with crossing the highlands approaching the base of the impressive Ausangate with stunning views of the rolling landscape. Continuing the walk, the path takes you through the Andean villages, still traditional, they preserve many of their customs and habits. Camp in Upis where you will have the opportunity to enjoy the thermal baths.

INEP
TRAVEL

Wonderful has an address

PERU & LATIN AMERICAN

AUSANGATE TREK 4D-3N

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www.iteptravel.com



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PERU & LATIN AMERICA

Inka Trail Expeditions Perú

1 ST DAY



Day 2: Upis – Pucacocha – Ausangate Cocha.

Ascending the slopes, we cross a pass at 4.500 meters (14.760 feet) and we will go to the *Pucacocha* lagoon for lunch, you will have the view of the ice fall of the western part of the *Ausangate* Mountain that dominates the view of this camp. After lunch we will go to *Apacheta* pass 4.700 mts and then we will go towards the *Ausangate* lagoon. From the camp, tonight you can appreciate why *Ausangate* for so many centuries has received so much reverence by the local people.

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ITEP
Historical Trek and Expeditions
PERU & LATIN AMERICA
Inka Trail Expeditions Perú

2 ND DAY



Dia 3 / Pucacocha – Palomani - Phinaya (*Soraycucho*).

We will cross the highest pass of our trip in *Palomani* at 4.800 mts (15.744 ft), with a spectacular view of the southeastern ridge of the Ausangate mountain. We will camp in *Soraycucho*.



Day 4: Soraycucho – Paqchanta - Cusco.

We turn northwest through the Ticllacocha lagoon and over the last 4.650 m (12.250 ft) pass that reaches the small meadow of Pacchaspata, or the shores of the Q'omercocha lagoon camp where we will have lunch. Today on the route you will be able to appreciate deep valleys, alpacas, llamas and vicuñas that are kept in their natural environment and if you are lucky, you will see the Andean condor. The trail descends towards the town of Paqchanta, where for enthusiasts, there are thermal baths available. After lunch we go home.



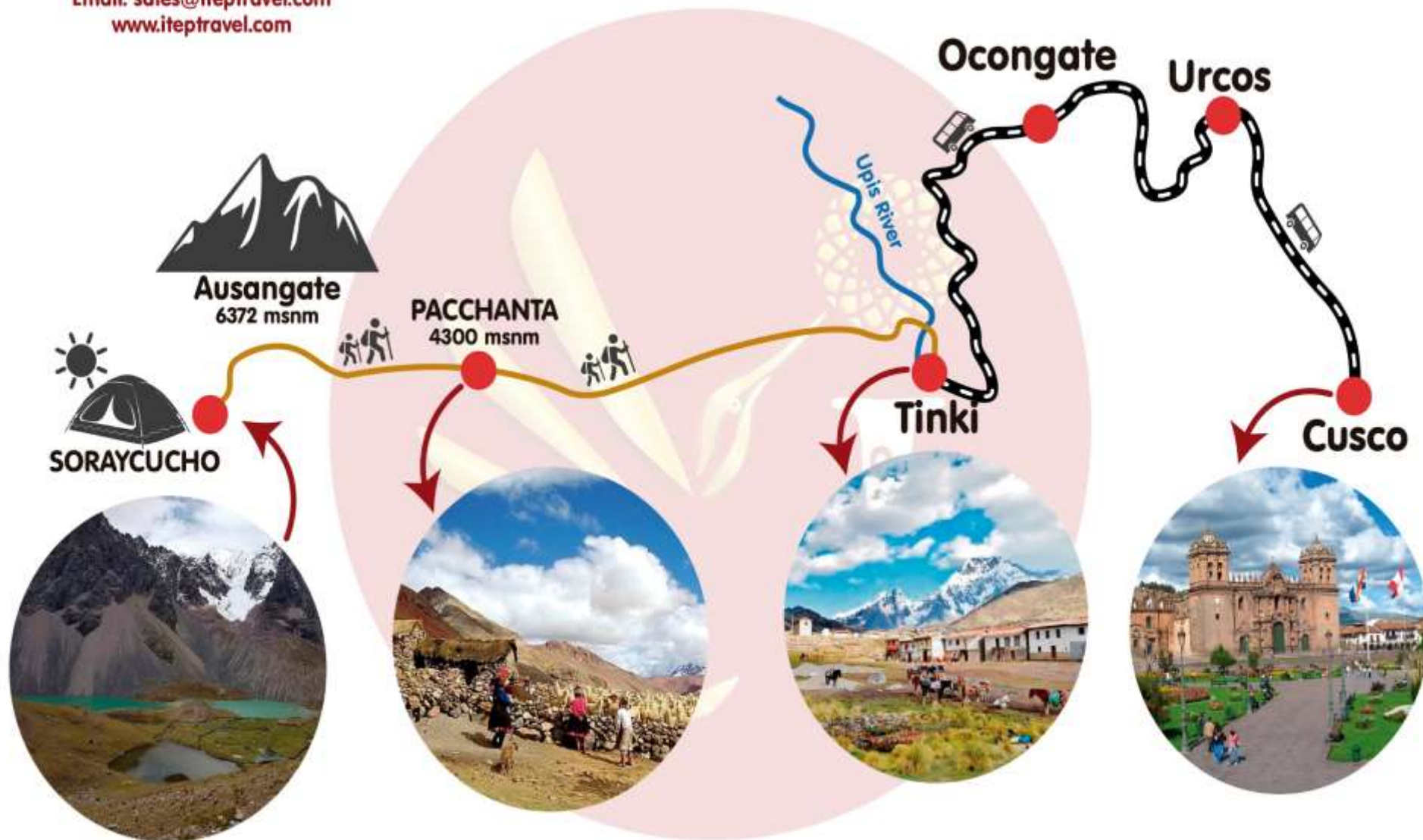
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Inka Trail Expeditions Perú

4 TH DAY



About Ausangate Campsites:

Please note: campsites may change (be different from this itinerary) depending on booking time and availability, weather conditions or on restrictions undertaken for safety reasons by the Peruvian Government.

AUSANGATE TREK 4D3N - “The Andean God Trail to the Great Apu”

AUSANGATE CLASSIC STYLE “CLASSIC TENTS AND FOAM MAT”

What is included?

- **Pre-departure briefing:** you will meet your **Ausangate Trek** guide and group in our office for an orientation before your trek. At this time, we will provide you with the duffel bags which will be carried by our Porters. The meeting will be at 6:00 PM the evening before the trip begins. **In case you can't come at this time “please let us know” to coordinate another time.**
- **Touristic Transport:** you will be picked up from your hotel in Cusco in the morning and will travel by private transportation to **Tinki Village** the starting point of the **trek to Ausangate trail.**
- **Adventure Experienced Ausangate trek Tour Guide:** english speaking, professionally educated, and official tour guide with tourism certification. They all grew up in this region and have a true passion to teach others about their heritage. Your guide will explain the culture and surroundings along the entire route, including leading your group in ancient ceremonies! He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time along the Inca path and will ensure you are safe and happy.
- **Private campsites:** each campsite is carefully choose for have a very local experience.
 - **Night 1:** Enjoy the 1st night in **Upis campsite on the route Ausangate trek** sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 2:** Enjoy the 2nd night in **Ausangate Cocha campsite on the route Ausangate trek** and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 3:** Enjoy the 3rd night in **Huchuy Phinaya campsite on the route Ausangate trek** and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.

Note: it is not usual that the campsites, lodges or hotels change after the confirmation, however it can vary per government regulations and authorization, also for bad weather conditions and maybe because physical condition of our visitors: any changes in this matter ITEP will be informing you previously as soon as possible.

- **Camping equipment:** dining and kitchen tents, tables, chairs, and cooking equipment (all carried by our porters and horses).
- **Entry ticket to the Ausangate Trail**
- **1 Duffle Bag:** you can put your personal luggage, up to 5 kg (11.02 lbs.), including your sleeping bag. This bag will be carried by our horses during the 4 days.

- **Professional Trekking Chef:** a professional chef specialized in cooking on the trail, with an assistant, will prepare all of your delicious meals along our journey on the trail to replenish your energy every day. You will never go hungry!
- **Meals:** 3 breakfasts, 3 lunches, 3 dinners (vegetarian, vegan, or special menus are available at no extra cost). Please, be in mind that the 1st breakfast and last lunch is not included.
- **Boiled Water:** beginning from your first lunch until your last breakfast, ITEP will supply all the water needed. This water will be boiled, filtered and then cooled, before distributing. You must supply your own water bottles or camel back. We recommend carrying about 3L worth. We will refill our waters at each meal.
- **Wake up tea:** every morning at the campsite, you will wake up with a cup of coca tea! Our staff will bring the tea to your tent so that you will be warmed from inside out before you start your day.
- **Tea time daily during the Trek:** every afternoon before dinner, the cooks will provide our tea time with popcorn, biscuits, coffee, hot chocolate, teas, hot water, etc. After a long day of hiking, you will not have to wait until dinner to relax, warm up, and enjoy a bite to eat!
- **Products for hygiene:** you will be provided with a small towel before each meal to clean your hands and every morning will be also a bucket with warm water for washes your personal hygiene.
- **Medical kit and oxygen bottle:** our crew will bring a first-aid kit, including emergency oxygen bottle.
- **Transfer back to Cusco:** private touristic transport from Paqchanta Village to your hotel in Cusco (Day 4).
- **24-hour guest service:** we have telephone service available 24 hours/day for ease of communication and preparation with the agency leading up to your trek.

What is not included?

- **Sleeping bags:** you can rent one from our company if you do not have your own. Our sleeping bags are effective and durable to protect from temperatures as low as -18°C (0°F). They are mummy form and include a sleeping liner. The bags are cleaned after every use.
- **Walking Sticks:** you can rent a set from our company if you would like.
- **Breakfast - Day 1:** approx. US\$ 5 to US\$ 10. Price can vary according your selection.
- **Lunch and Dinner - Last Day:** in Águas Calientes will cost approximately US\$ 20 to US\$ 25. Price can vary according your selection.
- **Personal clothing and gear**
- **Travel Insurance**
- **Tips for our staff:** please note that our agency staff is well paid so please feel free to tip or not as you wish. Recommendation US\$ 6 to US\$ 8 per day per traveler for all the trek staff. Once again it is optional and can vary according your satisfaction.
- **Additional costs** or delays out of control of the management (landscape, bad weather condition, itinerary modification due to a safety concern, illness, change of government policy, political instability/strike, etc.).

Thank you for choosing ITEP!

With ITEP every step is a great adventure!!! Working hard for create a memorable lifetime experience for you!

STUDENT DISCOUNT: *US\$10 off per person.*

Student discounts apply to anyone who has a valid UNIVERSITY STUDENT CARD at the time of the trek or who is 17-years-old or younger. For those using a university student card to receive the discount, we need to see a copy of the card at booking. For those booking children 17-years-old or younger, we need a copy of their passport at booking time. Please send us a copy of your student card.

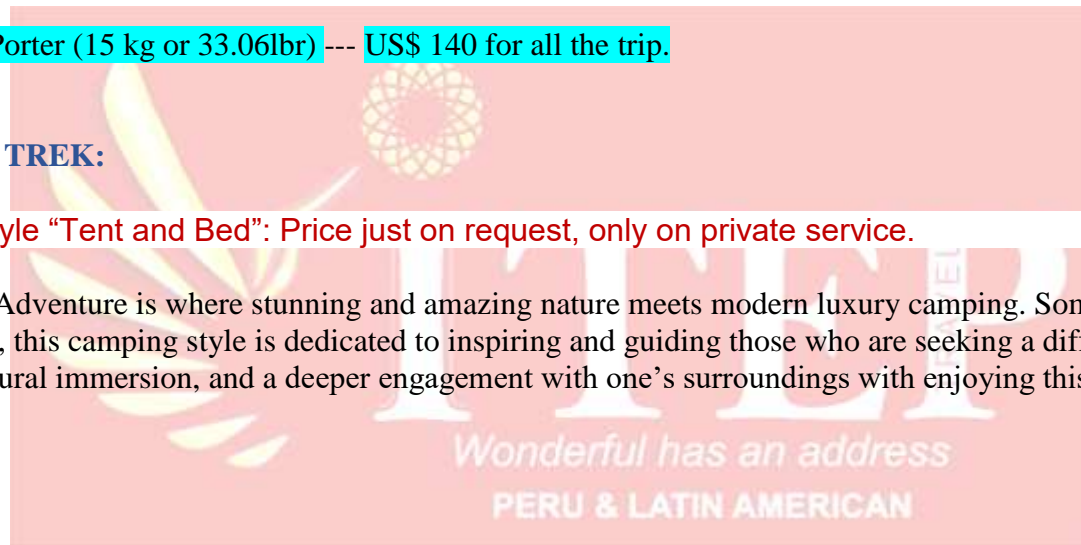
ADDITIONAL ITEMS: there are several optional upgrades you can include in this trip. Below is a quick list of it, but check our Overview section for more details.

- Sleeping Bag --- US\$ 25 per person per trek (it will be clean and warm)
- Walking Poles --- US\$ 15 per pair per trek (Professional Poles that can be extended)
- Extra Horse for Ride on the trek “in case you don’t want to walk really much and you think you going to need some help – US\$ 120 per person (for all trip)
- Extra luggage load Horse/Porter (15 kg or 33.06lbr) --- US\$ 140 for all the trip.

PERU LUXURY AUSANGATE TREK:

Luxury Ausangate Glamping Style “Tent and Bed”: Price just on request, only on private service.

Perú Glamping luxury Ausangate Adventure is where stunning and amazing nature meets modern luxury camping. Some call it luxury camping. Some call it glamorous camping. Either way, this camping style is dedicated to inspiring and guiding those who are seeking a different kind of luxury trekking trip in Perú, the kind that encourages cultural immersion, and a deeper engagement with one’s surroundings with enjoying this upscale approach to sleeping under the stars.



OUR AUSANGATE TREK ON PICTURES!

Day 1: Cusco – Ocongate – Tinki - Upis



Day 2: Upis - Pucacocha - Laguna de Ausangate



Day 3: Pucacocha – Palomani - Phinaya (Soraycucho)



Day 4: Soraycucho – Paqchanta - Cusco



Pre and Post Ausangate Trek Additional Travel Service

Our travelers recognize us for something unique, and is not for building lodges on a remote mountain trail, it is for the experience, service and magic we have created. As a consequence of our success with the journey to Machu Picchu, the market values us as a boutique operation, highly focused on customer service, always striving for excellence, and fused with a significant attention to detail. Our motivation is to design super travel experiences and create wondrous memories for our guests on some occasions even life changing ones!

Lima

Did you know that most international flights arrive at Lima Airport either late at night (11pm) or early in the morning (5am) and that connecting flights to Cusco start at 6am? Spending the night at a Lima hotel (even for a few hours) will allow you some rest so that you can better enjoy the rest of your trip. We can book a range of hotels (from 3 to 5 stars) for you at the airport or in the cosmopolitan Miraflores, San Isidro, districts of Lima.

Cusco & Machupicchu

We always recommend that our guests spend at least two nights in Cusco prior to the start of your trekking adventure (if your travel allows it) in order to better adjust to the elevation. We would be happy to take care of your hotel reservations, transfers and can set up personalized tours such as the Machupicchu experience during your stay in Cusco. Enjoy exploring the city of Cusco and its surroundings, which offer many great cultural and historical attractions such as the Sacred Valley of The Incas, The colorful Rainbow Mountain. Additionally, you can enjoy fine dining, traditional shows, and bargain shopping.

Extension Packages

Do you feel like exploring more of Peru? Ask for the extension, explore the colorful island communities of Lake Titicaca (the highest navigable lake in the world), adventure into the rich wilderness of the Peruvian Amazon jungle, or visit Colca Canyon, with its incredible depths, Inca terraces, and soaring condors.



The AUSANGATE TREK Map

AUSANGATE TREK 4D-3N



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SORAYCUCHO
3 RD NIGHT

Jampa
4400 msnm

Ausangate
6372 msnm

PACCHANTA
4300 msnm

Tinki

Ocongate

Urcos

Cusco

Palomani pass
5200 msnm

Ausangate pass
4780 msnm

2 ND NIGHT
Ausangate Lake
4650 msnm

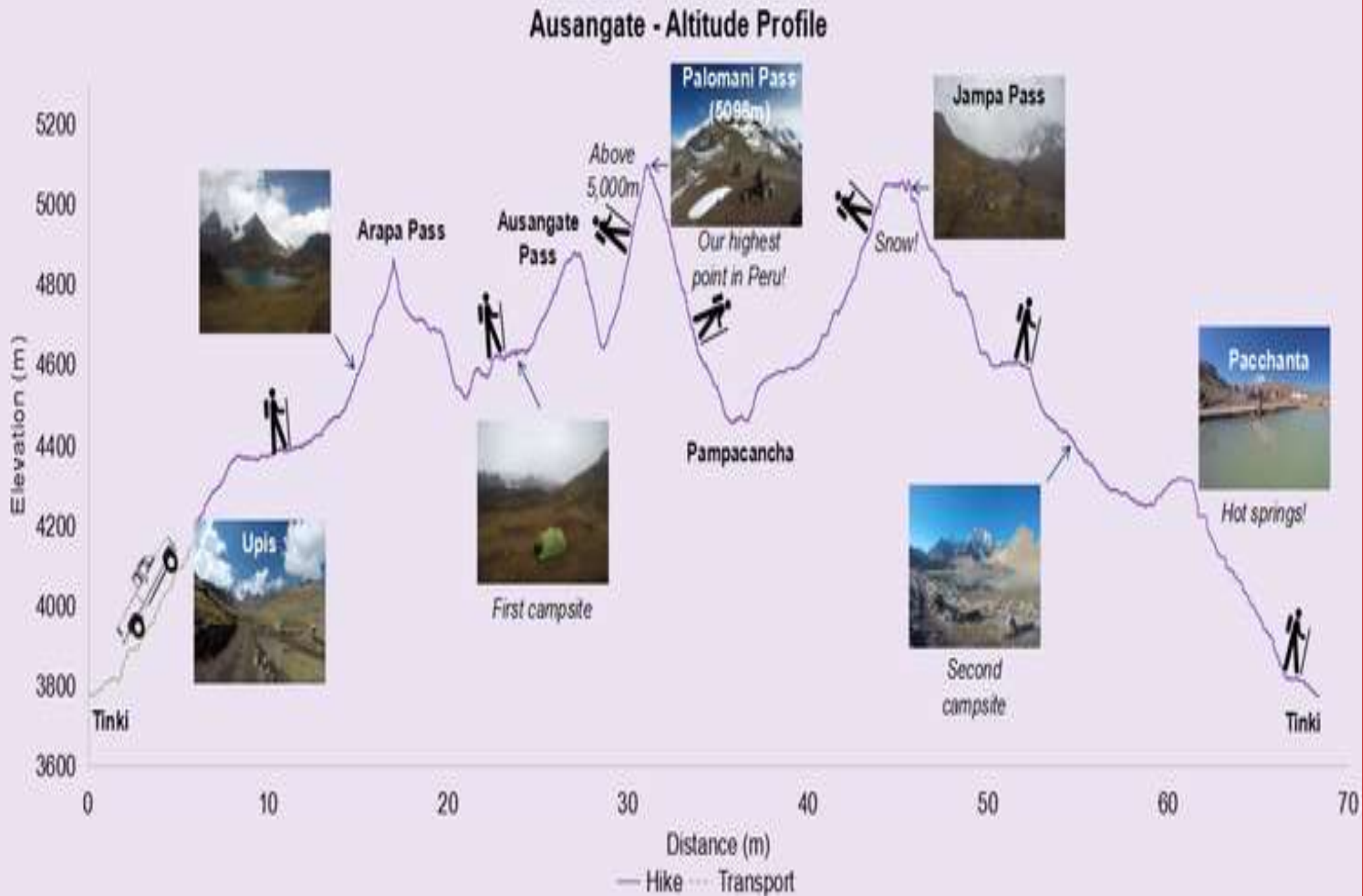
Pukacocha Lake

Arapa Pass
4850 msnm

Upis
4000 msnm

1 ST NIGHT

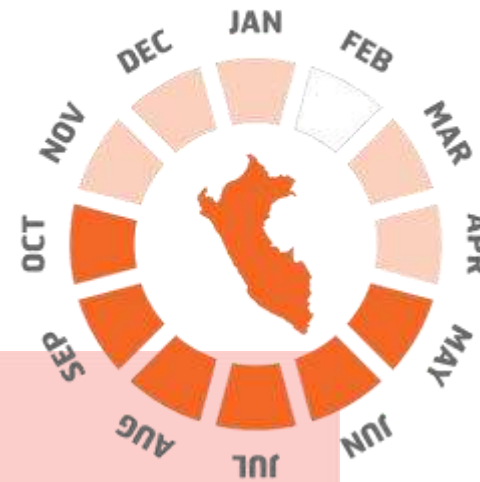
Locations, Altitudes, Distances and Times



AUSANGATE TREK WEATHER

The weather can make a big difference to your Ausangate trek. Heavy rain, freezing nights, blazing sun and howling winds are all possible on your four-day hike to Machu Picchu. If you pick the right months though (see below), the days will generally be warm and dry, and the nights mostly above freezing. Just make sure you pack warm clothes for the evenings and a decent sleeping bag.

PERU
















Peak Season
Winter is the dry season and perfect temperature for hiking. The most popular time to visit.

Quiet Trails
Enjoy the quieter trails but prepare for the odd shower of rain.

Inca Trail Closed
Trail is closed for maintenance.



	J	F	M	A	M	J	J	A	S	O	N	D
Weather												
Avg High	20°C 68°F	21°C 70°F	21°C 70°F	22°C 72°F	21°C 70°F	21°C 70°F	21°C 70°F	21°C 70°F	22°C 72°F	22°C 72°F	23°C 73°F	22°C 72°F
Avg Low	7°C 45°F	7°C 45°F	7°C 45°F	4°C 39°F	2°C 36°F	1°C 34°F	0°C 32°F	1°C 34°F	4°C 39°F	6°C 43°F	6°C 43°F	7°C 45°F
Wet days	18	13	11	8	4	2	2	4	7	8	12	16
Rain (mm)	140	115	100	40	8	3	3	8	20	50	65	105

Follow the sunny symbols and ease the Inca Trail difficulty... a little, anyway.

Preparing for the Ausangate TREK



We recommend that our guests spend at least 2 nights in Cusco before departure. This helps acclimatize to the altitude and also provides the opportunity to explore the beautiful city of Cusco.

Travelers can feel the effects of higher altitudes as low as 6000 feet (2000 meters) above sea level. They differ in their tolerance for high altitude conditions and how their bodies react to the changes in air pressure and oxygen level. Therefore, we encourage our guests to undergo appropriate preparation by regular cardiovascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip.

Without at least *some* pre-trip training, or a good basic level of fitness, trekking is hard work. Let's be real – it's hard work anyway. The toll for a great trek is paid in sweat. Sore calves and aching quads are badges of honor, with blisters and lost toenails marks of pride.

But in return, you get some of the most untouched, pristine and jaw-dropping scenery on the planet. And you know what? The more you train for your epic hike, the easier it'll be. And you don't have to be an Iron Woman/Man to climb to Andean Mountains. Far from it trekking is available to anyone; you just have to be sensible and work a bit for it. Here are a few of our top prep tips for your upcoming trek:

1. Start walking now (it's never too early to start training)

This may seem like the most obvious step to start with (pardon the pun), but you'd be surprised how many people don't do it. The best way to prepare for a really long walk? Do some really long walks. You should start with smallish distances and work up to the length you'll be trekking on your trip. When you start your training, leave a day in between each walk to let your body recover. But as your body gets fitter, try to do back-to-back sessions each day – it'll help build your stamina for the relentless nature of a ten-day trek, where you won't have the luxury of rest days. Ideally, you want to be able to walk 4-6 hours – comfortably – before you leave.

2. Make leg-based cardio part of your routine...

As well as doing long walks, you should also work some leg-based cardio into your daily routine. Cycling is awesome for building up muscle in your legs, but soccer, football, squash and swimming are all great too. If you're more into gym workouts, mix up your spin classes or cycling bursts with squats and lunges (the more weight, the better).

3. Take the stairs every chance you get

Stair climbing is also a good one for building up calves and quads, so take the stairs instead of the lift or escalator when you're at work or the train station.

4. Make sure you're walking properly

You've been doing it since you were around one year old, but it's super important to monitor how you're walking and if you're doing it correctly. Make sure you're hitting the ground with your heel first, then rolling onto your toe, which propels you onto the next step (this will help reduce the risk of shin splints and tendon pulls – ouch). Walk with your head up, eyes forward and shoulders level.

5. Mix up your training terrain...

When you're on your trek, it's unlikely you'll be walking on level footpaths and roads, so avoid training solely on level footpaths and roads. Instead, try to train on surfaces that will be similar to the trails on the trek. If you're heading to Everest or Kilis, aim to train on steep, rocky terrain and loose shale; if it's Kokoda, try to find muddy paths. It's really important you prepare your feet, ankles and knees for the stress they'll experience on the trip.

6. Walk in all types of weather

It's also unlikely you'll get ten straight days of perfect weather on your trek, so prepare yourself for all conditions by walking in cold, windy, rainy, warm and humid conditions (where possible, of course!).

7. Try using walking poles

Walking poles will become your two new best friends. They take the pressure off your knees on the downs, and give you extra support on the ups. Incorporate poles into your training sessions so you get used to walking with them.

8. Train with a backpack

On almost all of our trekking trips, you won't be carrying your main pack, but you *will* need to carry a small daypack, packed with essentials like your camera, snacks, sunscreen and water and wet-weather gear. So, with all your days/weeks/months of training, make sure you're challenging yourself with a weighted bag. If you really want to push it, pack your bag with a few extras, so it's a little heavier than what you're planning to hike with on the trip – it'll make the eventual trek feel like a walk in the park (chortle).

9. Keep the tank fueled

It's SO important you're stocked with enough water and food during a trek (hydration is key!). Nuts, dried fruit, muesli bars and chocolate are all good, quick sources of energy and protein; keep a selection of these healthy snacks in your daypack. Also, bring along a reusable canteen; alpine streams are usually a great source of fresh water, but our guides provide boiled (and cooled) water daily throughout your trek. While you're in training-mode, try to eat and drink 'on the go' as much as you can, so your body can get used to digesting during strenuous exercise.

10. Invest in a good pair of shoes

Your feet are your most crucial body part on a trek, and it doesn't take much to keep them in toe-tappingly tip-top shape. First, invest in a pair of good-quality, water-resistant hiking boots; you want plenty of support and ventilation too. Then, wear them in. How do you do this? Wear 'em everywhere. On your training runs, on walks to the shops, to work, to formal events (well, maybe not). You get the idea though; by wearing them in as much as possible in the weeks and months leading up to the trek, it'll help avoid blisters, bunions and lost toenails. Then, stock up on a few pairs of really good hiking socks (preferably a wool/nylon blend), that will wick moisture and keep your feet dry. If you want to get a bit crazy, wear two pairs while walking to minimize your chance of blisters.





Baggage Specifications

- Please, no hard suitcases or wheeled bags. Soft duffel bags and/or backpacks (“soft” luggage) are recommended.
- We provide a limited amount of electric energy, due to limited supply in the route and environmental concerns.
- Bathrooms are equipped.
- Any additional clothing and luggage that you won’t need on the trek can be stored at your hotel in Cusco or at our office.
- If you do not have an appropriately sized duffel bag, we can provide a duffel bag on loan at the pre-trek briefing (the night before departure from Cusco). Please return it to your trip leader after the trek.
- Though we do not establish a weight limit for luggage or charge for excess baggage, we inform guests that luggage is mainly transported by mules and/or porters along the trail. We kindly ask that you consider restricting the weight of your luggage on the trail to 5kg/11lbs.

Packing List

- Original Passport
- Day Pack
- Full rain gear or poncho
- Gloves (thin riding and warm gloves)
- Trekking pants
- Breathable dry fit top-wear
- Comfortable shoes/flip-flops
- Cold-weather jacket
- Long-sleeve fleece/sweater
- Wool hat
- Hiking boots
- Baseball cap, sombrero and bandana

- Headlamp
- Sunglasses
- Hiking socks
- Sunscreen
- Ropa de Baño

- Casual mountainswear for evenings
- Photo/video cameras and chargers
- Binoculars
- Refillable water bottle (hydration bags are recommended)
- Insect repellent





Santiago Ballon



Jorge Sanchez



Yesenia Carreño



Elio Sanchez

Ausangate TREK Guides

We provide one cultural and one Equestrian Guide and his/her assistant(s) for each group. Our guides are among the best in Peru (some have even won international awards!) and have on average at least 15 years of experience guiding in the mountains, not only in Peru but around the world. Many of them are considered pioneers in this area as well, having scouted many of the current routes in the country. All ITEP Eco Travel guides have excellent language skills, and are highly trained in managing group dynamics. All guides undergo continuous medical and rescue training, with a certification in "Wilderness First Aid." You will appreciate their knowledge of history and cultural traditions, local flora and fauna, as well as their great insight (and stories) that goes far beyond any guide or history book! Since these leaders have been guiding this particular ride for several years now, they have made friends in the local communities, thus allowing genuine and spontaneous encounters during the journey which often provide unforgettable experiences for our guests. In their hands, you will feel safe and well taken care of! In addition, the equestrian support team traveling with our group is trained to treat health issues and injuries of our horse pack.

Pre-Trek Briefing and Meet & Greet

We provide a pre-trekking briefing in Cusco on the evening prior to the start of the ride. The meeting is held in a central restaurant by the trip leader and all participants are requested to attend. The briefing consists of the following:

- "meet and greet" with the group and the lead guide
- review of the detailed itinerary and any last-minute changes
- confirmation of specific dietary and medical information of the participants
- address frequently asked questions (and answers)
- verify that participants have the necessary gear and equipment

Important Note: You will be receiving an invitation via email with the time and place of the briefing, including a map with directions to the briefing. Please note that if your arrival into Cusco is delayed and you are unable to join your group for the transfer on Day 1 to the first basecamp, we can arrange private transfer for you to join the group at additional cost.

Brief Technical Trip Description

The trek consists of 4 days of moderate to strenuous trekking experience ("extensions or extra days on request") at elevations of 2,000m-4,600m (6,600-15,000ft) on diverse types of trails ranging from flat and grassy to steep and rocky slopes. The trail crosses nine different eco zones in five days, with the possibility of changing weather conditions.

Level of difficulty: Intermediate to advance. Beginners are recommended taking at least 6 hours of trekking lessons prior to arriving in Peru.

Age Limits: The recommended minimum age of participants is 12 years old. However, we may consider exceptions depending on experience and physical condition.

OUR MEALS ALONG THE AUSANGATE TREK

With ITEP each day we awake the smell of something fantastic cooking in the chef's tents and it was this smell (and maybe the warm coca tea).

It is also important to note that if you have any food allergies or happen to be a vegetarian or vegan, ITEP will cater to you along the way.

SAMPLE MENU

NOTE: This is only a sample menu for your hike. Exact food selections subject to change

OUR BREAKFAST SELECTION INCLUDED:

- Pancakes with caramel drizzle that represented a series of ancient geoglyphs located in the Nazca lines Desert (a UNESCO World Heritage Site) in southern Peru.
- Thick oatmeal with large fresh chunks of sweet apples.
- Andean Bread named Chuta (traditional bread baked in colonial ovens)
- Omelets stuffed with peppers, celery, carrots, radishes and cheese

OUR SNACK PACK INCLUDED:

Following our daily breakfast, our chefs prepared little care packages for us to take along our journey to snack on. These little packages came in handy when you just need a little pick me up before continuing on your journey.

- Bananas
- Chocolate Bars, Sublime (I highly recommend you stock up on these to take home with you)
- Candies – think Jolly Ranchers
- Mandarin Oranges
- Granola Bars
- Apples
- Juice

OUR LUNCH SELECTION INCLUDED:

After hiking for sometimes 4 hours before a full meal, our lunches always had a great balance of just enough protein and the quantity control (never wanted to be so full you just felt like sleeping). Our chefs came up with some excellent dishes including:

- Asparagus Cream Soup
- Quinoa Soup
- Vegetable Soup
- Peruvian Chicken Salad
- Native Peruvian Potato Chili with Rice & Spinach Cake
- Chicken Rolls
- Vegetable Salads
- Russian Salads

After lunches, we continued our hike along the trail for sometimes 4 more hours before reaching camp. After settling into our tents (and cleaning ourselves up), we enjoyed traditional teatime that happened at 5pm and instantly put us in a relaxing mood.

These teatime sessions included:

- An assortment of teas (Coca, Anis, Manzanilla, Te Puro)



- Hot Chocolate
- Coffee
- Freshly baked cookies
- Crackers with marmalade, honey and butter
- Popcorn
- Crispy Wontons

OUR DINNER SELECTION INCLUDED:

Our final culinary experience of the day would come at dinnertime with various wonderful three-course meals. Nestled in their tent, our talented team of chefs would compile the following dishes with only an aid of a flashlight and a minimalist propane torch.

- Potato Soup
- Rice and Vegetable Soup
- Andean Corn Soup – more like a chowder
- Steamed trout in a mushroom sauce served with garden vegetables
- Lightly fried chicken with fresh cut potato chips
- Stir-fried noodles with mushrooms and steamed kale
- Apple and Cinnamon Pudding
- Chocolate Cake and Pudding
- Gelatin (yes, Jell-O in the middle of the mountain range!)

Travel Insurance

The Journey to Ausangate is an Adventure Travel Activity which takes place in remote locations and at certain times at very high altitudes. As such contain a certain level of risk. In order to ensure a safe experience for every guest, we kindly request that every guest presents valid proof of insurance coverage as a minimum for Medical Emergency Treatment and Evacuation. Please note that some insurance policies exclude Adventure Travel Activities or similar from the coverage, so please be careful when assessing and/or purchasing your insurance policy and please make sure that the insurance policy includes Adventure Travel Activities or similar coverage.

Definition of 'Valid Proof of Insurance'

Inka Trail Expeditions Peru (ITEP) requires presentation of the following information at least 60 days prior to trip start date:

- Name of Insurance Company and Name of Specific Policy (if applicable)
- Coverage registration number or code
- 24hr emergency telephone numbers provided by the insurance company

ITEP partners with an insurance company called IHI – a member of the BUPA Group to offer insurance coverage for Medical Emergency Treatment and Evacuation, including Adventure Travel Activities. Upon your request, ITEP Travel may purchase this insurance coverage ON YOUR BEHALF from the mentioned supplier at a rate of US\$8 per person per day. The full terms of coverage of the mentioned policy can be found at:

<https://global.ih.com/travel+insurance/single+trip/cover.aspx>

In the event that a guest has not presented valid proof of insurance to ITEP Eco Travel at least 60 days prior to the trip start date, ITEP Eco Travel will provide the before mentioned insurance policy (IHI) at the rate of US\$8 per person per day, for the duration of the itinerary purchased through ITEP Eco Travel. Please consult with your Travel Specialist for more details.



FAQ: Below you'll find answers to some very common questions.

Is the Ausangate Trail difficult?

Great question! The *Ausangate* trek is considered a difficult hike; there are a lot of slippery sectors with snow to climb, and the altitude can also affect the body. We recommend renting a wooden walking stick as it helps with your balance and reduces stress on the knees. If you have mobility issues, please let your CEO know during booking

How many hours will I hike a day?

Make sure you pack your comfortable hiking boots, because it is estimated you'll be walking six to nine hours for each of the fourth days.

What are the requirements to hike the Ausangate trek?

To trek the *Ausangate* with ITEP Travel you must be over the age of 12, with a moderate level of fitness, and hold a passport that is valid for up to six months.

How high is the Ausangate trail?

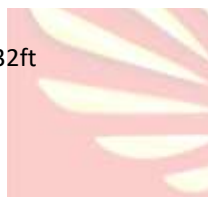
Distance: 56 km /34.79 miles

Altitude: 4050 – 5100 m. / 13287ft – 16732ft

Max. Elevation: 5,200m (17,060 ft)

Duration: 04 Days – 03 Nights

Overall Difficulty – Difficult



How cold does it get?

It can get chilly due to the altitude. During the Andean winter (May – September) the temperature can drop below zero at night. It can be cool during the summer months too, so we suggest bringing thermal underwear and a warm sleeping bag.

Is altitude sickness common?

It's impossible to predict who will be affected by the altitude as your ability to adapt can vary from person to person. (We do recommend you undertake the trek in a good state of physical fitness.) Most of our travelers have no problem, as long as they take the time to acclimatize properly. This might include spending a full day in Cuzco (3,249m [10,659 ft.] above sea level) and drinking plenty of water.

When is the high season on the AusangateTrek?

Hiking the Ausangate trail is popular all year round, however May to September is considered the high season. This means that permits can be sold out months in advance. However, if permits are not available, there are other options to walk along the Andean Mountains, which still takes you to enjoy the Ausangate sacred Mountain.

How far in advance should I book my tour?

To reserve a spot on the *Ausangate* trail, we recommend you book your tour at least six months in advance during high season (May to October) and three months in advanced during low season (November to April).

Do I need a permit to hike the Ausangate trek?

Yes. We require a copy of your passport. Please note that any attempts to modify your personal information will result in the loss of the permit. A refund will not be possible so make sure you double-check your information. As well, there are limited numbers of permits in effort to preserve the trail.

When do we reach Ausangate and how much time will we spend at the ruins?

Reaching *Ausangate* depends on the campsite assigned to your group. However, there are many options and possibilities to enjoy the *Ausangate* Mountain.

How do we get back to Cuzco?

After you've taken in all the beauty of the town of *Tinki*, we catch a van for a transfer back to Cusco.

What type of accommodation can I expect on the Ausangate Trek?

We use three-man tents to accommodate two same-sex travelers. There are a few places on the trail where permanent (but very rustic) toilet facilities exist, and when they're not available, your crew will set up portable toilet tents.

Do horses carry our luggage on the Ausangate Trail?

Yes! We'll provide you with a large stuff sac where you can place 5kg of your personal items (including your tent and sleeping bag). Our skilled porters will carry these bags while you hike the *Ausangate* Trail. Your other personal items will be stored safely at your hotel in Cuzco. All you need to carry is a daypack containing the things you'll need

during the day like water, camera, sunscreen.

Will I be given a sleeping bag and mat?

Great question! Sleeping bags are not provided, so we recommend bringing a compact three-season sleeping bag. You can also rent a sleeping bag in Cuzco; just let us know when you book. We provide our travelers with foam mats, but please feel free to bring your own-self inflating mat if you'd like.

What type of food will be served on the Ausangate Trail?

Our cooks prepare excellent high-quality meals that are perfect for a day of trekking. The menu usually includes: pasta, rice, chicken, fresh fruit and vegetables, oatmeal, and eggs. If you're a vegetarian, no problem! We're able to cater to your needs. If you have any dietary restrictions or allergies, please let your CEO know.

Is purified water available on the Ausangate trail?

Bottled water can be purchased on day one, No along the trek. However, we discourage trekkers from purchasing bottles as it increases the amount of waste. Instead, we strongly recommend bringing a refillable water bottle, as boiled water will be provided with every meal.

Can I bring my own walking stick?

Yes, as long as it is not a metal-tipped walking stick, as they are not permitted on the trail. You can rent a wooden walking stick from us as well along with additional equipment like sleeping bags and air mattresses.

What is the suggested amount that I should tip the guides and porters?

Tipping is at your discretion, but is always appreciated. If you enjoyed the service you enjoyed from your guides and porters, we suggest tipping between 6-8 dollars a day.

Terms & Conditions

- A non-refundable deposit of 50% per person is required at time of booking.
- A reservation will not be confirmed until the deposit is made. Space may be allocated to the next request on the waiting list, if applicable.
- INKA TRAIL EXPEDITIONS PERU (ITEP) will issue a 48-hour HOLD on a reservation and will contact the party concerned before releasing space.
- ITEP will honor and guarantee any reservations with status of Payment in Process.
- Full payment is required 60 days before departure date.
- ITEP Travel requires full guest information to be handed in 60 days prior to departure.
- For a single willing to share, ITEP will request payment of the 10% single supplement 60 days prior to departure, together with full payment, in the case that a roommate has not been found. If a roommate is found for that guest between 59 to 0 days prior to departure, ITEP will fully refund the single supplement paid by that guest. In the event that the roommate of a guest who is willing to share cancels within 59 to 0 days prior to departure, the remaining roommate will not be subject to the 10% supplement.

Cancellations

In the event of a guest's cancellation ITEP requires notification of cancellations in writing, by email or fax and the following cancellation fees apply:

- Until 60 days prior to trip start date: Deposit of 50% per person
- 59 - 30 days prior to trip start date: 80% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

Transfer Fees

If a guest wants to change tour dates, the following fees apply:

- Until 60 days prior to trip start date: 20% per person
- 59 to 30 days prior to trip start date: 30% of the total trip cost
- 29 days or less prior to trip start date: 50% of the total trip cost

Additional notes on Transfers:

- Guests do not have to decide when requesting a transfer which future departure date they would like to join. The transfer fee is due when confirming the future departure date.
- Transfers are only valid until the end of the following year depending on availability (for example: if a guest cancels in 2019, the guest must travel on a departure date by December 2020).
- If there is an increase in the rates from one year to the next, the guest is responsible for assuming the difference, in addition to the transfer fee.

Cancellation & Transfers of Additional Services

In the event of a guest's cancellation or transfer of additional services (extensions, additional hotel nights, tours, etc.), the following fees apply:

- Until 60 days prior to trip start date: No charge
- 59 - 30 days prior to trip start date: 50% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

Note: Special terms and conditions apply to our Travel experience. Your Travel Specialist will advise of specific reservations and cancellation terms.

Peruvian Citizens(18% IGV):

As a way of promoting tourism, the Peruvian Government exempts foreign tourists from 18% general sales tax (locally known as Impuesto General a las Ventas, or "IGV") on hotel lodging only. The rates provided by INKA TRAIL EXPEDITIONS PERÚ and/or any other hotel exclude this sales tax for hotel lodging. If you are a Peruvian citizen, resident, or have been traveling in Peru for more than 60 consecutive days please note that you will be charged 18% sales tax on top of the rate you paid for your hotel nights. All hotels require "proof of non-residency" by asking you to present your foreign passport upon check-in. If you cannot produce your foreign passport with the Peruvian immigration entry stamps and your tourist card, you will be asked to pay the applicable additional sales tax. **A copy of your passport is not permitted.** Please carry your passport with you when checking into any hotel.



Travelers' Quotes



Finessovarius
Phoenix, Arizona

★★★★★ Escribió una opinión el 9 de octubre de 2018

Best time ever!!

We booked a 5 day salkantay trek. It was an unbelievable time. Our tour guide, Alvina was the best. She was funny and very knowledgeable in Peruvian history.

The meals that were made by our chef, Sebastian were outstanding. We always ate something new and it felt like we were on a food tour instead of actually being in the Andes.

Pick up and drop off were as explained in the meeting before the trip. Anyone who is interested in doing the trek, bring poles! I am fairly young and in good shape and never would have thought my knees would hurt as much as they did.

Overall, an amazing time. I would book again!



ArtoP7

★★★★★ Escribió una opinión el 7 de octubre de 2018

Excellent hike - Must see!

Opinión sobre: [Salkantay Trek en 5 días](#)

Great tour, an absolute must for travellers and outdoor nerds. Great tour company and easy to deal with. Reasonable prices, nice variety of tours, friendly staff, great way to meet new friends. Would definitely recommend and use again when I'm back in S.A!!



Jade N

★★★★★ Escribió una opinión el 12 de agosto de 2018

Teacher (NYC)

ITEP tour company was amazing to work with! There were 4 people total in our group and we booked Sacred Valley as well as the 2 Day Inka Trail. We felt safe and cared for throughout our entire trip. While the trail was difficult for some of us, our tour guide was with us every step of the way. This company was highly professional and punctual. Communication was great with everyone in this company. Would highly recommend!

[Mostrar menos](#)

[Pregunta a Jade N sobre ITEP Eco Travel](#)



Wili S

★★★★★

Great Experience in Choquequirao

We booked the 4d3n trip to Choquequirao at ITEP and we can really recommend it. The service you get for your money is really really good - we didn't expect such a good service. Our tour guide Santiago and his team was really helpful and careful! We hadn't to care about anything, neither to build up our tent nor if we have enough snacks during hiking... They really took care about every little thing. We also booked a extra horse to carry our things and sleeping bags. The horses seemed to be healthy and the equipment was also good quality. The meals were absolutely amazing! I have no clue how our chef Nazario could do that but it was always delicious! I am vegetarian and it was no problem. We would definitely book it again at ITEP!



Aun Yeong C
Ottawa, Canada

★★★★★

Henry Chauca, Inca trail and Machu Picchu

Fantastic guide in terms of knowledge and experience. Extremely helpful, never too much to ask. Strained my knee and he ended up carrying my backpack for half the trail. Took time to allow us to take in the scenery and catch up! Knew the good spots for photos along the trail and at Machu Picchu.

Took me back to the hotel at the end of day and then went to buy some anti inflammatories for my knee.

I would most definitely recommend.



RochelleK44

★★★★★ Escribió una opinión el 8 de agosto de 2018

Maribel - Machu Picchu Tour Guide

Spent 3 days touring Aguas Calientes and Machu Picchu with Maribel from ITEP tour agency. Her wealth of knowledge of the history, flora and fauna of Peru, her command of English, her patience with questions, and keeping up the morale of the group were very well appreciated.

[Mostrar menos](#)



Caleb J

★★★★★ Escribió una opinión el 26 de octubre de 2018

Trip of a lifetime

Percy was our guide and he was knowledgeable, helpful and patient. We had the best chef and ate the best food! I was a bit nervous because I have never hike before or been in high altitude but I had no problems completing the trek, 10/10 would recommend.

Wonderful has an address
PERU & LATIN AMERICAN

ITEP Eco Travel Honors



ITEP ECO TRAVEL RECIBIÓ PREMIO EMPRESA PERUANA DEL AÑO

Por su liderazgo como la mejor Agencia de Viajes de Cusco, Itep Eco Travel recibió el Premio Empresa Peruana del Año 2016. William Escalante Taype, Gerente General; Karelyn Lucero Zárate Paucarmayta, Gerente de Operaciones Premium; Liz Katherine Enriquez Lozano, Mineiva Tarapaquí Sipaucar e Isaud Otto Josué Vela Santana, Gerente Ventas Corporativas.



Visit Our Blog

Comment about your adventure!

<https://www.iteptravel.com/blog/>

DOING THE RIGHT THINGS!!!

<http://www.inka-foundation.org>



Choosing **ITEP Eco travel**, you help to make our world a little bit better!!!

Don't just see our world, enjoy it and make it better.

"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river." - Ross Perot

We know our **Planet Earth** is an amazing place, but it's far from perfect, **ITEP Eco Travel** is trying to do the right things to keep our World better for all of us and those that are not considerate.

When you travel with us, you help our **Inka Foundation** and you're giving back as much – if not more – but important for all of us!!!

ITEP Eco Travel is a social enterprise, which means the social value of what we do is going back to the destiny that you are visiting.

Our **sustainability** program "**Fundación Inka**" **Code of Ethics for Tourism** to promote responsible and sustainable tourism in those destinations where we operate, minimizing actions that may generate a climatic change, aiming for the welfare of our employees, clients, partners, providers and the community.

With our **Fundación Inka** you are supporting the local entrepreneurs, small businesses strengthen communities, raises the overall quality of life, and ensures that the places you love will continue to be loved, teaching students to be environmental stewards.

Together with your support, we transform local orphanages into homes, provide clean water and quality healthcare, and fund scholarships for education.

We try to help some children experience difficulties in school, ranging from problems with concentration, learning, language, and perception to problems with behavior and/or making and keeping friends.

ITEP Travel is investing in the future by directing a strong focus on sustainable tourism projects and practices. Our objectives are to set in place responsible practices that will have a minimal impact on the environments and communities in which we work while at the same time ensuring our clients enjoy a memorable trip.

There are many reasons to choose **ITEP Eco Travel**, but the most important reason is that you can engage in a better world

Please visit our web site:

<http://www.inka-foundation.org>

If your institution or Community needs our support:

Contact us to info@iteptravel.com

HIKING, TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS



The Hiking Difficulty Scale and Wheatear conditions were developed for two reasons:

- To help passengers determine which one of the hikes could match their skill-set and fitness level
- To increase the quality and safety of our tours

Guests who have realistic expectations about the difficulty of their upcoming adventure are more likely to have an enjoyable experience.

Please review the information below:

Avoid booking tours that exceed your hiking skills/physical abilities. During our group hikes, guests who are unable to maintain the group's hiking pace and/or do not have the required skills to hike safely, may be required by the guide to turn back. Guests who would like to hike with a guide, but believe that the difficulty-level of our group hikes exceed their skills/abilities; have the options of booking private tours that can be tailored specifically to their needs. In such cases, we would like to suggest to make your inquires via email.

IMPORTANT: *The minimum age to participate is specific to each hike. Please click on individual hikes for more information.



Suitable for: people of all ages, including children and seniors, who are in fair physical condition.

Trail conditions: facilitated access, wide with perched and smooth surfaces. Excellent/extensive signage and trail markings.

Type of terrain: flat/hilly.

Distance, duration and elevation: 2-3 km, 2-3 hours per day, with little/some increases in elevation.

Guide role: facilitator, logistics, interpretation, technical skills and safety.



Suitable for: people of most ages – excluding young* children – who are in general good physical condition, and have previous hiking experience.

Trail conditions: At times facilitated (i.e. wooden/stone staircases, bridges, railings). Narrower and more technical, although mostly firm and stable surfaces. Rocks and other obstacles are present. Some signage, good trail-markings.

Type of terrain: hilly, with some steeper, rocky sections where good eye/hand/feet coordination is required.

Distance, duration and elevation: 3-8 km, 3-5 hours per day, with quite elevation.

Guide role: facilitator, logistics, interpretation, technical skills and safety.



Suitable for: people of most ages – excluding young* children – who are in very good physical condition, and have previous hiking experience.

Trail conditions: at times facilitated with simple technical equipment (i.e. chains, ropes). Narrow/nonexistent trails mostly

marked with simple signs. At times more technical “off-the-beaten-track” hiking.

Type of terrain: mountainous. Steeper sections with rocky surfaces requiring good eye/hand/feet coordination. Unsteady Surfaces and a variety of obstacles (i.e. creeks, swamps, bushes and boulders) occur.

Distance, duration and elevation: 8-12 km, 5-7 hours this day, with significant elevation.

Guide role: the guide behaves mostly as a mentor, focusing on the trail, technical skills and safety. Logistics are planned well in advance. Interpretation and host man are executed whenever possible.

Suitable for: People in their best physical prime – excluding people under 18 years old. – Who are in really good condition, and have lot of hiking experience.

Trail conditions: Rarely facilitated with very simple technical equipment (i.e. chains, ropes). Mostly non-existent, unmarked trails. Mainly technical “off-the-beaten-track” hiking and scrambling.

Type of terrain: Mountainous. Mainly unsteady surfaces and a wide variety of obstacles (ie creeks, rivers, swamps, bushes, boulders, and steep rocky surfaces).

Distance, duration and elevation: At least 12 km, and more than 7 hours, with at least 1500 meters increase in elevation per day.

Guide role: expedition leader with great focus on the trail, technical skills and safety. Logistics are highly tailored and planned well in advanced. Interpretation and host man are executed when possible.

This symbol indicates that the organized tour might include snow/ice conditions. In such cases, your guide during your pre departure briefing will provide you, with all the necessary information about the weather on the trip you have to bring good wind/water-proof hiking clothes and shoes, suitable for winter conditions, is necessary.

Probable required equipment: typically hiking poles, spikes and/or snowshoes – which are not included in the tour’s price. Snow activities can include all levels of difficulty.



PERU & LATIN AMERICAN

MAY / AUGUST :
Day time: Cold / Dry / Warm
Night time : Very Cold / most probably is not going to be rainy

SEPTEMBER | ABRIL:
Day time: Cold | Rainy sometimes
Night time : Very Cold | Rainy most of the time

Disclaimer

This scale, symbols and descriptions as shown above are under constant development, based on our guides’ experiences and guests’ feedback. Although we do our very best in providing our guests with the best information possible, the hiking difficulty scale has a

purely indicative function. ITEP Travel Group will not accept any liability for using our hiking difficulty scale. For all our tours, our general conditions of contract apply.



WE ARE PROUD TO BE MEMBERS IN:



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