

Ausangate Circuit and Machu Picchu

Trip Code: AUS

Version: AUS Ausangate Circuit Trek and Machu Picchu



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- A classic trekking holiday in Peru's rugged and remote Cordillera Vilcanota
- Escape the crowds on this challenging Inca Trail alternative crossing several high passes
- Turquoise glacial lakes, Andean wildlife, hot springs and inspiring mountain views
- Acclimatise pre-trek whilst exploring Cusco, Sacsayhuaman and the Inca's Sacred Valley
- Celebrate post-trek with a guided tour of the Inca fortress of Machu Picchu

AT A GLANCE

- 8 days trekking
- Max altitude - 5050m
- Join at Cusco

ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 9 Lunches
- 8 Dinners
- 5 nights Hotel
- 8 nights Camping

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

South of Cusco, the Vilcanota is one of the most impressive of Peru's mountain ranges, with several 6000 metre peaks, including sacred Ausangate (6372m), the highest snowy mountain South Peru. This high and wild trekking circuit winds its way through this rarely-visited range, on quiet trails, following lovely alpine valleys that are home to traditional Quechua Indian herdsman and some of Peru's most rare and spectacular wildlife, including herds of grazing vicunas and the majestic Andean condor. Traversing this pristine and beautiful region, we enjoy a series of unbelievably beautiful lakeside camps and cross several 5000 metre passes, each providing far-reaching mountain views. Descending to the blissful hot springs at Pacchanta, we trek out via remote Laguna Singrenacocha, which provides a final 3 days of simply superlative walking. As part of a pre-trek acclimatisation programme we will also visit all the top Inca sites in the Sacred Valley of the Incas and spend time exploring colourful Cusco and Sacsayhuaman. Post-trek we will celebrate the end of our holiday with a visit to the the breathtaking lost city of the Incas, Machu Picchu! If you are looking for a remote and challenging alternative to the Inca Trail, with outstanding mountain views, then this 2 week trekking holiday is for you!

Is this holiday for you?

On this trek we will enjoy an interesting variety of trails and pathways, from the open meadows of the puna, to some sections of boulders and scree. In general the walking is on well-defined tracks. This is a fully supported trek, and you will only be required to carry your day pack each day. Our friendly camp crew will take care of all the camp chores, so when in camp you can relax, rest and enjoy the views. To help you acclimatise and enjoy your trekking holiday, we have allowed 1 night at 2800 metres, 2 nights at 3200 metres and a night at 3800 metres before we start trekking. Not only does this help us acclimatise, it also allows us the chance to enjoy exploring all the sites in Cusco and around the Sacred Valley! This is high, remote and wild trekking, with several high passes to cross, and as such is a rewarding and achievable challenge for fit and regular hillwalkers.

Itinerary

Version: AUS Ausangate Circuit Trek and Machu Picchu

DAY 1

Meet at the airport in Cusco. A single-timed transfer from the Airport to the Sacred Valley is provided

Upon arrival in Cusco (3326m), KE Land Only package services begin with a group transfer to the Sacred Valley of the Incas. Here we overnight in the picturesque traditional town of Ollantaytambo (2800m). Spending our first night at the lower elevation of Ollantaytambo will also ease the acclimatisation process as we prepare for our trek up to 5000 metres



Accommodation
Hotel

DAY 2

Visit Ollantaytambo and explore the Sacred Valley. Drive to Cusco via Pisac.

We start the day with an exploration of the village and the Inca Citadel of Ollantaytambo before we take the spectacular drive via Pisac to Cusco. En route we have stunning views of the Vilcabamba peaks, including Salkantay Este and Huayanay. At Pisac we make a stop to look round the artisan's market. Arriving in Cusco we check into a colonial style hotel in the city.

Meals: **B**



Accommodation
Hotel

DAY 3

A full day for sightseeing in the Inca capital, Cusco, including a visit to Sacsayhuaman.

A day for acclimatisation in Cusco. We begin with a relaxing walking tour of the city. Every small street or alley-way that we enter and every corner that we turn, brings another surprise, in the form of superbly constructed Inca walls or the rather more architecturally extravagant Spanish Colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Pizarro took control of the city (with apparent ease) in 1535. The highlight of this tour is our visit to the impressive

fortress citadel of Sacsayhuaman, which is set high above Cusco. The remaining stones here (some of the larger ones were used to build modern day Cusco) are 8.5m highest and weigh over 360 tonnes. Returning to Cusco town, the afternoon is free for further independent exploration.

Meals: **B**



Accommodation
Hotel

DAY 4

Drive to Tinkui (3800m) in the Cordillera Vilcanota, the start point of the Ausangate Circuit Trek.

Today we will make the 3-hour drive to the start of our trek into the Cordillera Vilcanota. From Cusco, we drive first towards Puno, past the Wari site of Pikillacta and the old colonial towns of Andahualillas and Huaru. The road climbs steadily to a viewpoint where the Cordillera Vilcanota appears in the distance, with Ausangate and Colque Cruz the dominant peaks. The drive takes us through a picturesque landscape and by way of several traditional villages including Urcos, Cattca and Ocangate. The small village of Tinkui is at an altitude of 3800 metres. Here, we meet our arrieros, the local Quechua Indian herdsmen and their mules and llamas which will be carrying our bags and equipment. From Tinkui we will take a short walk of around 15 minutes to our campsite at Rodeana. Following lunch here we will make an afternoon hike to help with our acclimatisation.

Meals: **B L D**



Accommodation
Camping

DAY 5

Trek across the open puna gradually gaining altitude to Upi (4400m), where there are hot springs.

We wake to the sounds of breakfast being prepared and the arrieros rounding up their animals. This is our introduction to camp life. After breakfast, we begin our trek around Ausangate, heading across the open puna or highland meadows and gradually gaining altitude. We may be lucky enough to see viscachas (the long tailed highland rabbit-like creature), condors and Andean foxes during today's walk to Upi which will take approximately 5 hours. We set up camp close to the hot springs of Upi, where we can relax and take in the magnificent view of Ausangate at the end of the valley. After dinner the muleteers ask us to join a 'Jaiway' where we can all make an offering to the mountain God the 'Apu' for a safe passage around the mountain. Altitude at camp is 4400 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 450M		Descent 150M		Time 5 - 6 hrs trekking		Distance 14KM
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DAY 6

Cross the Arapa Pass (4850m) and descend past 2 glacial lakes to Laguna Ausangatecocha (4630m).

Continuing up the valley towards Ausangate, we begin a steady climb of approximately 3 hours to the Arapa Pass (4850m). Beyond the pass, we descend to Laguna Uchuy Pucacocha, with its cascading waterfall and onwards past the turquoise Laguna Jatun Pucacocha, which lies at the foot of the western icefall of Ausangate. Trekking under some red cliffs we will cross a small pass before descending steeply to our campsite at Laguna Ausangatecocha where there is a lovely campsite. Altitude: 4630m.

Meals: **B L D**

	Accommodation Camping		Ascent 500M		Descent 350M		Time 9 hrs trekking		Distance 10KM
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DAY 7

Two high passes today - Apuchata (4900m) and Palomani (5200m). Camp at Sorapampa(4510m).

Leaving the beautiful azure Laguna Ausangatecocha behind we climb to our third and highest pass of the circuit, the Palomani, at 5200 metres. From this pass, we descend steeply to the valley floor and to a small meadow locally called Pampacancha, which is set amongst glacial moraines at an altitude of 4510 metres. Here, we are close to the basecamp for expeditions to Mount Ausangate (6372m). From here we continue on to the quiet campsite at Sorapampa.

Meals: **B L D**

	Accommodation Camping		Ascent 750M		Descent 750M		Time 9 hrs trekking		Distance 12KM
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DAY 8

Cross the Campa Pass (5050m). Traverse the south-west slopes of Ausangate to a meadow area.

Today we follow the valley down to a junction with the main Pitumarca Valley and then climb steadily to

the small Laguna Ticllacocha. This is one of the best places to see vicunas, the rarest member of the llama family and also viscachas. The lake area is also rich in birdlife. We climb out of the broad green valley on slopes of red scree to the Campa Pass (5050m), the last on our circuit of Ausangate. The summit of the pass is adorned with small cairns which guard against evil intruders from the spirit world. We traverse the south-west slopes of the pass and begin a descent toward the valley, bejewelled with different coloured lakes. At a meadow area one hour below the pass we will set up our camp at an altitude of 4850 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 325M		Descent 325M		Time 6 hours trekking		Distance 10KM
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DAY 9

Exploratory walk in the morning then trek downhill to the hot springs at Pachanta (4360m).

We will have an exploratory walk below Campa Peak in the morning. Group members who want some down time can relax in this beautiful spot or do some independent exploring in the environs of the camp. After an early lunch the continuation of our trekking route involves walking downhill for around 4 hours to our camp beside the welcome hot springs at Pachanta. (4360m).

Meals: **B L D**

	Accommodation Camping		Ascent 500M		Descent 780M		Time 5 hrs trekking		Distance 18KM
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DAY 10

Trek over the remote highlands to stunning Laguna Armacocha (4665m).

After an early morning soak in the hot pool, we leave the village of Pachanta. It is a steady climb from camp heading eastwards over remote highlands to the picturesque Laguna Armacocha. This beautiful mountain lake is situated at an altitude of 4665 metres beneath the snow-capped Nevado Collque Cruz Range. A simply stunning place to spend the night.

Meals: **B L D**

	Accommodation Camping		Ascent 600M		Descent 300M		Time 5 - 6 hrs trekking		Distance 9KM
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DAY 11**Trek via a high viewpoint at 4940m to Laguna Singrenaccocha (4560m).**

After breakfast, we continue our trek towards the north-east, climbing a steep shoulder and crossing a pass to reach a fabulous lookout point at a height of 4940 metres. From this high point, we get commanding 360-degree views of the surrounding valleys and mountains, surrounded by stunning 6000-metre peaks, before continuing down to shores of lake Singrenacchocha (4560m).



Meals: **B L D**

	Accommodation Camping		Ascent 50M		Descent 650M		Time 6 hrs trekking		Distance 11KM
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DAY 12**Trek out to the roadhead and transfer to Cusco.**

This final short day of trekking will take us along the lakeshore to the river flowing out of the lake. We follow this river gently downhill to the trailhead at Mallma at an altitude of 4230 metres where our bus will be waiting for us. Here we will say goodbye to our pack animals and some of the trek staff, before setting off on the drive back to Cusco. We'll arrive in Cusco in the late afternoon for a bite to eat, before checking into our hotel. The remainder of the day is free to explore Cusco at our own steam or to relax at the hotel and enjoy a nice shower!

Meals: **B L**

	Accommodation Hotel		Time 3 - 4 hrs trekking
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DAY 13**A guided tour to Machu Picchu, taking the train from Ollantaytambo.**

Today we visit Machu Picchu, the site that was lost to the jungle but rediscovered in 1911 by the Yale academic, Hiram Bingham. Declared a UNESCO world heritage site in 1983, Machu Picchu exceeds all expectations. Perched high on an inaccessible hilltop the citadel is protected by huge cliffs and the raging Urubamba River. An early morning train takes us to Ollantaytambo where we continue by bus to Aguas Calientes. Here a 20 minute bus transfer takes us up to the site, saving us from the relentlessly steep climb. A local guide will give us an interpretive tour of Machu Picchu and we will have ample time to soak up the mystical atmosphere of this incredible site. After the tour of the main buildings and structures with our expert guide, we can walk to the Inca Bridge, discover hidden corners of the ruins, or just soak up the atmosphere of one of the most famous places on earth. We return back down to Aguas Calientes for the train back to Ollantaytambo and drive back to Cusco. On this final night of the trip, most people will want go out into the city to find a pleasant restaurant for a celebratory dinner. The local

guide will assist with the choice of restaurants and with group reservations if that is required.

Meals: **B**



Accommodation
Hotel

DAY 14

Departure day. Cusco Airport transfers are provided.

Your holiday ends after breakfast. A single group transfer to the airport is provided. If you wish to extend your stay in Cusco, it is possible to arrange extra night(s) at the group hotel. Please see the extensions section of the trip page on our website for details and prices of all options including visits to Lake Titicaca and the Amazon Rainforest.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

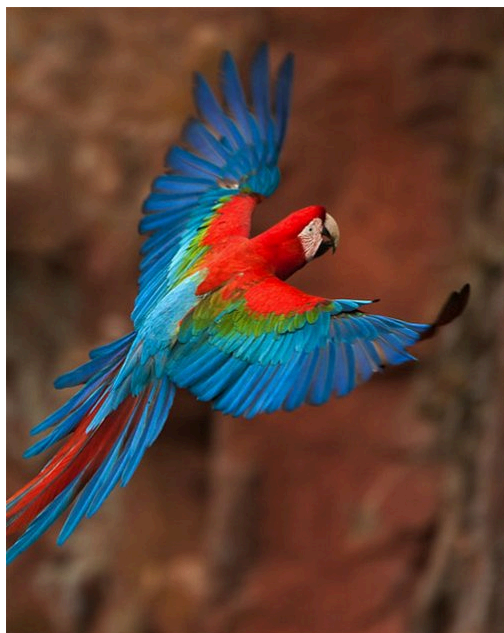


Lake Titicaca by Train

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by luxury train across the altiplano from Cusco to Puno, on the shores of Lake Titicaca. Note: Train operates on Wednesdays, Fridays and Sundays only.

4 days from

✕9,223,372,036,854,776,000 per person



Peru Rainforest Extension

Visit Tambopata National Reserve, a haven of pristine Amazon wilderness where the river provides access to an uninhabited and vast 2.5 million acre area, home to the Amazon's five top predators - Jaguar, Giant Otter, Black Caiman, Harpy Eagle and Anaconda. It is a short flight to Puerto Maldonado, and then a ride in a motorised canoe to our jungle lodge. Highlights are the macaw clay-lick, otters, monkeys and an array of colourful birds.

4 days from
US\$910 per person



Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, on five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from
US\$5,105 per person



Lake Titicaca by Bus

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by comfortable tour bus across the altiplano from Cusco to Puno, on the shores of Lake Titicaca.

4 days from

£9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional and qualified Tour Leader
- Cusco Airport transfers on Day 1 and Day 14
- Accommodation as described
- Meals as described in the meal plan
- All land transport involved in the itinerary
- When camping a full service including food and all equipment (excluding personal equipment)
- Inflatable sleeping mat while camping
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

What's not Included

- Travel insurance
- Some meals as described in the meal plan
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

There will be a single-timed transfer from the airport in Cusco to the group hotel in Ollantaytambo on day 1.

Hotel contact details and an emergency number will be provided with your booking confirmation.

At the end of the trip a single timed group transfer to the airport in the afternoon is provided.

Meal Plan

All breakfasts, 9 lunches and 8 dinners are included in the holiday price. Where there are a wide range of dining options to suit all tastes and budgets it is sensible to leave this choice to you and therefore we have not included meals (other than breakfasts) while staying in Cusco, Ollantaytambo and when visiting Machu Picchu Pueblo (Aguas Calientes). You will need to pay for a total of 5 lunches and 5 dinners. While trekking a full trek service including all meals is provided.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

On trek the food provided will be a mixture of local and worldwide favourites, with all ingredients purchased in Peru and cooked for us by highly trained staff cooks. The food our cooks are able to produce on trek will be a taste sensation! Lunch is usually a picnic - fresh fruit, salad and bread, cheeses, cold meats, avocado and plenty to drink. Dinners will be three courses and the menus will be flavoursome and varied. There will be no problem catering for vegetarians.

In Cusco and in Aguas Calientes there is a wide range of restaurants cafes and bars serving excellent and varied cuisine! Meals, apart from breakfast, are not included here so you are free to make your own choice of restaurant and menu. If you are looking to sample some traditional Peruvian fare we can recommend trying Ceviche, a dish of raw fished marinated in citrus juice (the acid in the citrus juice effectively 'cooks' the fish), which is the unofficial national dish of Peru! The name Ceviche actually comes from the Quechua word 'siwichi', meaning fresh fish. Guinea Pig or 'Cuy' is also a common delicacy in the Andes and has been eaten at special occasions since the time of the Incas! Usually served roasted or barbequed, Guinea Pig meat has a gamey taste. It is very high in protein and low in cholesterol.

When it comes to drinks, before and during your trek we can recommend drinking Mate de Coca. It takes a little time to acclimatise to Cusco's 3400m elevation and one of the things that is said to help acclimatisation is supping this mildly stimulating, greenish and unusual tasting 'tea' made by steeping fresh coca leaves in boiling water. Those looking to celebrate the end of their holiday with an alcoholic beverage (best saved till post trek when you are fully acclimatised!) should seek out a 'Pisco Sour'. This classic South American cocktail, made by mixing the Peruvian liquor Pisco with lime juice, egg white and bitters, is incredibly moreish!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During the holiday there are a total of 2 nights in a comfortable and well located 3* hotel in Cusco, which is a beautifully converted old colonial house and just a short walk from the Plaza de Armas. We will also spend 1 night in a comfortable and well located hotel in Ollantaytambo in the Sacred Valley.

Whilst trekking there will be a total of 8 nights camping where you will receive a full service from our friendly camp crew. You will sleep in roomy 2 man dome tents, with a porch, and inflatable camping mattresses are provided. All the camp equipment and luggage will be transported between camps by mules, so you need only carry your day pack each day. Our camp crew will erect and dismantle the tents for you, cook, and take care of all the camp chores.

During walking days, having stayed behind to collapse camp, it is usual for the crew and the pack animals to overtake the group during the day and you will usually arrive into camp to find it already established and the kettle on!

In camp, as well as the tents used for sleeping, there will also be a mess tent, with chairs and tables, where the group will dine (and socialise into the evening) and a toilet tent. Hot water for washing will also be provided to you in the mornings and when you arrive at the camp each day.

All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. This must be arranged ahead of departure and is subject to availability (please note that single tent hire does not include single rooms in hotels). Depending on availability, it may also be possible to pre-book single hotel rooms. For additional hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. Whilst on trek the group will be supported by a full trek crew including camp assistants, cook, baggage animals and their handlers.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.
www.keadventure.com/page/altitude.html

Park Fees & Permits

New regulations for visiting Machu Picchu came into force in 2022.

Daily visitor numbers are limited and visitors must be accompanied by a guide on one of five designated 'circuits' that are walked in a one-way direction, with a maximum of 4 hours allowed within the site.

A ticket, issued by the Peru Ministry of Culture, and included in your trip cost, needs to be purchased in advance of your visit. The ticket will stipulate an entry time and one of the 5 circuits. KE will aim to book the most comprehensive Machu Picchu tour available.

Tickets are linked to your name and passport number and usually sell out 2-3 months in advance. **It is therefore important for you to supply us with your passport details at the time of booking to allow us to secure the required tickets.**

If you are completing the Inca Trail, a set Machu Picchu circuit is included with your Inca Trail Permit.

IMPORTANT: If you change passport between booking and travelling, you must bring your old passport with you, as your ticket will be linked to the passport details you booked with.

Spending Money

We estimate that \$300 (or equivalent in €/£) will be sufficient to cover your requirements including the non-included meals and incidental expenses such as tips for drivers, trek crew and local guides. There are a total of 5 lunches and 5 dinners which you will need to pay for directly and we recommend you budget \$10 - \$25 dollars per meal. There is no need to purchase local currency (Peruvian Soles) prior to travelling. It is possible to withdraw your money in local currency from ATMs in Cusco. If you are bringing your travel money with you we recommend you bring it in the form of US dollars in cash as this provides for the easiest exchange. Credit cards can be used to purchase goods and to pay for meals in Cusco and Ollantaytambo.

Guidance on Tipping

Tipping is common in Peru, however you must remember that it is voluntary, and how much you give depends on how you feel about the service you have received. Airport baggage carriers are the only exception and tipping is compulsory. These people are unwaged and make a living by carrying your luggage. The general rule is 1 or 2 soles per bag. For hotel staff, tipping is not expected, but is welcome. For hotel porters 1 or 2 soles per bag is reasonable. Drivers of standard taxis do not usually expect a tip. As with most countries, it is usual to tip in restaurants and 10% is expected for good service. For the support crew on trek (guides, cooks, porters etc.), it is recommended that each client contributes around £60 - £80 in Peruvian Soles to a group tipping pool. Your guide will assist with the distribution of these tips to your support crew. We would advise that you get together as a group towards the end of your trip to agree on a suitable tip for your guide.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Your bag on trek will be carried by porters or pack animals and should not weigh more than 10kg (NOT including your sleeping bag and thermarest), and you will be provided with a special duffel bag at the trek briefing in Cusco in which to repack for the trek. It is possible to leave clothes and other items not required on trek at the group hotel in Cusco.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Peru

UK and USA passport holders do not require a visa for short stays. When passing through immigration you will need to request a copy of your TAM Migration form. You will need to retain this document and keep it safe, as you will be asked to produce it before you depart Peru.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking for 8 or more hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.

Climate

The climate of Peru is very varied across different regions. There are three major influences on the climate of any particular region, these being: its general geographical position as part of equatorial South America, its proximity to the cooling effect of the Humbolt current and most significantly, its altitude. The climate of the Andean valleys which corresponds to the region between 3000 and 4000 metres is characterised by hot wet summers and cool dry winters. The Southern Hemisphere winter season in the Andes runs roughly from April through to October and this is the optimum period for trekking in this part of Peru. At this time we can expect the days to be warm and generally sunny, with temperatures between 12 and 20°C. Above c. 3500m during this season, the night-time temperatures will fall below freezing. At our highest camps we might experience night-time temperatures as low as -5°C at any time and in mid-winter (July and August) temperatures may dip to minus10°C overnight.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Exploring Cusco. Peter Frost
- Inca Kola. Matthew Paris
- Inca Gold. Clive Cussler
- The last days of the Incas. Kim MacQuarrie
- Conquest of the Incas. John Hemmingway
- Into the forests of the night. John Simpson
- Realm of the Incas. Max Milligan

Maps

PERU: 100K TOPOGRAPHIC SURVEY MAPS. IGN (PERU SURVEY). 1:100,000

Peruvian Survey mapping, by the Instituto Geografico Nacional, is of a very high quality and at a reasonable scale for following the trek route on the ground. Contours are given at 50m intervals and peak altitudes and other spot heights are also shown. The legend includes all the standard information (e.g. settlements, roads, etc.), plus a great deal of terrain and vegetation detail. For the technically minded, the projection used is Transverse Mercator and a UTM grid is overlaid on the maps. The maps can be purchased outside Peru but may require tracking down.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You SHOULD bring the following items:

- Hiking boots
- Trainers or similar for travelling and camp use
- Socks & Underwear
- Trekking trousers
- Waterproof over-trousers
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Warmer gloves or mittens
- Sleeping bag (Comfort rated -15°C)
- Daypack 30 - 40 litres

- Headtorch and spare batteries
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters and blister treatment, and re-hydration salts (Dioralite), Insect repellent (DEET)
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Travel towel
- Selection of dry bags (to keep kit bag contents dry)
- Small padlock

The following items are optional:

- Gaiters
- Shorts
- Sleeping bag liner
- Travel clothes
- Trekking poles (recommended)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera, batteries

- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Camping mattress - An inflatable camping mattress is provided.

Whilst on trek you will be limited to 10kg (not including your sleeping bag or thermarest) and you will be provided with a suitable duffel bag at the trek briefing in Cusco in which to repack.

** Daypack - Perurail has a strict policy on hand baggage on the train to and from Machu Picchu. The weight of your hand baggage on the train must not exceed 5kg and the sum of its dimensions (length + width + height) must not exceed 157 cm. If your daypack exceeds these dimensions it must be placed inside your trek bag for transportation on the train.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Cusco. A single transfer is included from/to Lima Airport.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Cusco. Outbound flights will depart the UK in the evening, arriving in the early afternoon of the following day (day 1 of the itinerary). Return flights will usually depart Cusco airport in the afternoon of the last day of the itinerary, arriving in the UK in the afternoon of the following day.

Why Choose KE

Why KE

Our 8 day trek makes a full Circuit of Nevado Ausangate. Unlike other trekking operators we follow the classic route missing nothing out!

Please Note This document was downloaded on 05/05/2024 and the trip is subject to change