

# THE AUSANGATE 7 LAKES

**FULL DAY**



**BE CAPTIVATED BY THE SPARKLING CRYSTALS  
OF AUSANGATE**



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# DESCRIPTION

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The Tour of the 7 Lakes is one of the most beautiful routes in all of the Vilcanota Mountain Range; you'll stand before the imposing Ausangate, one of the 5 highest snowcaps in Peru. You'll have the opportunity to connect with the purest of nature and gaze upon a gorgeous place in the Andes of Cusco surrounding these multi-colored lakes. On top of that, you'll take a dip in the hot springs of Pacchanta to relax before enjoying a traditional lunch prepared by a local family who will cordially receive us in their home. This is a one-day excursion, within which you'll discover indigenous communities who still keep their cultures and traditions alive today. Are you ready to live this experience?

## OVERVIEW

This incredible, one-day adventure will start early, leaving Cusco in private transportation toward the community of Pacchanta. There, we'll be received by a local family who will offer a nutritious, traditional Andean breakfast so that we can start our journey to the 7 Lakes through the Andes Mountain Range. On the way, we'll enjoy incredible vistas of immense glaciers, including the imposing Ausangate at 6,384 meters (20,945 feet) above sea level. We'll start with an uphill hike to the first lake of the circuit known as Comercocha, a name originating from the Quechua language which means "green lake." Continuing the journey, we'll pass by other lakes: Patacocha, Azulcocha and China Otorongo, among others. After this hike of about 15 km, we'll return to the community of Pacchanta to have lunch. If the body asks for it, we'll take a relaxing swim in the hot springs there before returning to Cusco, finishing off this incomparable experience.

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# AUSANGATE 7 LAKES HIKE

FULL DAY TOUR



Kinsacocha  
4630 mt. / 15190 ft.

The Viewpoint of  
**Ninaparayoc**  
4800 mt. / 15748 ft.  
3:30 Hrs.

Pacchanta  
4100 mt. / 13451 ft.

TREKKING  
STARTING POINT

Tinke  
3800 mt. / 12467 ft.

Ocongate  
3500 mt. / 11842 ft.



Cusco  
3400 mt. / 11155 ft.

Urcos  
3150 mt. / 10334 ft.

AUSANGATE  
6300 mt. / 20900 ft.





# FULL ITINERARY

## Ausangate 7 Lakes - 1 Hike

### Highlights

- Live the experience of enfrenng the hidden wonders of the Andes.
- Explore one of the most beauful parts of the Ausangate glacier route in just one day.
- Immerse yourself in the daily life of the most tradional communiies in this area of the Andean heights.
- Observe the diverse flora and fauna of the region. See alpacas and llamas grazing in their natural habitat.
- Enjoy a relaxing swim in the hot springs of Pacchanta with one of the most precious views of the Ausangate glacier, the highest and most sacred in the region of Cusco.
- Traverse the 7 green and turquoise lakes; they'll make this hike a most unique experience



**1**  
**DAY**

FEATURED DESTINATION OF THE DAY

# 7 LAKES

*Ausangate*





Highlight of the Day: Walk at the foot of the imposing Ausangate glacier, and explore beautiful multi-colored lakes.



### *The crystal jewels of the Andes!*

We will pick you up from your accommodation in Cusco around 4:30 a.m to 5:00 a.m and we will then drive for about two hours to the village of Tinki. From there, we will drive for around one hour more to get to the starting point of our hike, where we will have breakfast. After breakfast, we will start our hike. We will hike for about one and a half hours gently uphill to get to the first lake. From that point, we will be really close to the other six lakes, and the way will get easier as it will go mostly downhill or flat. We will have plenty of time to take photos of the lakes and glaciers. After the hike, we will have lunch and you will have the opportunity to enjoy a relaxing moment in the thermal baths with a great view of the Ausangate. We will then make our way back to Cusco, which should take around three hours.



#### Hiking Distance

16 km / 9.94 miles



#### Walking Time

5 - 6 hours



#### Starting Altitude

4,100 m / 13,451 ft



#### Maximum Elevation

4,800 m / 15,748 ft



#### Difficulty

Moderate



#### Meals

Breakfast & Lunch





# INCLUSIONS

## Included / Not Included

At **Peru Adventure Trek**, we specify the included and non-included services under all the tour itineraries listed on our website. We take care of all the logistics, but please pay attention to the details so you don't miss anything. Some items may be different for specific programs, so please read carefully before booking with us.

# WHAT IS INCLUDED?

- ✓ Pick up from your accommodation in Cusco
- ✓ English speaking tour guide
- ✓ Tourist transportation
- ✓ Breakfast
- ✓ Lunch (vegetarian option available)
- ✓ Entrance fee to the site in Tinki (10 soles per person)
- ✓ Oxygen tank
- ✓ First aid kit

# WHAT IS NOT INCLUDED?

- Meals not described on the itinerary and snacks
- Tips for the guide and driver
- Walking poles
- Entrance fee to the hot springs (around 5 soles per person)







# BEFORE YOU GO

## Is it for me?

We want to make your trip to Peru as memorable and as carefree as possible. In this section, you'll find the answers to all the questions you have about traveling with **Peru Adventure Trek** in one place. Please read the following information carefully – it will help you with any questions about our services.

# WHAT TO BRING?

- Hiking boots
- Small backpack (approximately 20 liters)
- Comfortable, lightweight trekking or sports clothing (layers recommended)
- Waterproof, sturdy hiking boots with good support and traction at the ankles
- Waterproof jacket or rain poncho
- Coat
- Hat and gloves
- Hand sanitizer
- Sun hat or cap
- Sunscreen
- Sunglasses
- Insect repellent
- Water (at least 1L)
- Personal medication
- Muscle relaxants
- Painkillers or anti-inflammatories
- Band-aids (especially those designed for blisters)
- Toilet paper
- Camera
- Cash (in small denominations of Peruvian nuevos soles)







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