PROYECTOPERU

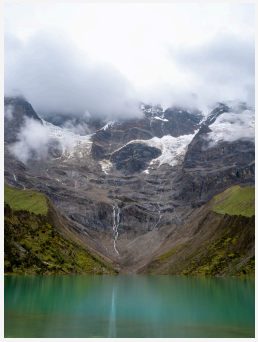
LAKE HUMANTAY

DIFFICULTY	DURATION	MAX. ALTITUDE
MODERATE / HARD	FULL DAY	4,200 M / 13,780 FT

4.30-5.00AM
DEPARTURE FROM CUSCO
Meet at Plaza Regocijo and travel to Mollepata (2,900 m / 9,514 ft) for breakfast



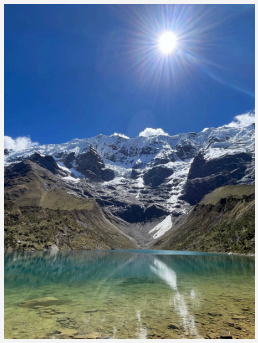
EARLY MORNING JOURNEY TO SORAYPAMPA
Continue to Soraypampa (3,900 m / 12,795 ft), the starting point of your trek



MORNING HIKE TO HUMANTAY LAKE
Enjoy a 1-hour uphill hike, ascending 300 m (984 ft) to Humantay Lake (4,200 m / 13,780 ft)



MIDDAY EXPLORE HUMANTAY LAKE
Admire the turquoise waters and Humantay Glacier (5,450 m / 17,881 ft) before descending to Soraypampa



AFTERNOON SALKANTAY MOUNTAIN & LUNCH
Enjoy views of Salkantay Mountain (6,251 m / 20,509 ft) before stopping for a buffet lunch

AROUND 5.00PM RETURN TO CUSCO
Travel back to Cusco, arriving at Plaza Regocijo

INCLUDED

- Round trip transportation from Cusco
- English/Spanish-speaking guide
- Breakfast and buffet lunch (vegetarian options on request)
- First aid equipment

NOT INCLUDED

- Trekking poles
- Personal expenses and tips

GOOD TO KNOW

ALTITUDE
Humantay Lake sits at approximately 4,200 m (13,780 ft) above sea level. Acclimatisation is recommended

DIFFICULTY
Moderate to challenging, with a steep uphill hike of approximately 300 m (984 ft) in elevation gain

WHAT TO BRING
Trekking shoes, warm and waterproof clothing, sunscreen, sunglasses, a hat, water, and personal snacks

WEATHER
Mountain conditions can change quickly, so bring layers and a rain poncho

EMERGENCY CONTACT
Proyecto Peru Tours
+51 950 301 311

TIMES MAY VARY!

