

Let's travel to the

HUMANTAY

LAKE



1 DAY TOUR

ONLY \$35

**BOOK
NOW**

Come with us to Humantay Lake to see the most famous blue water in the Andes. It is the perfect mountain escape to get some fresh air

ITINERARY

CUSCO - MOLLEPATA - SORAYPAMPA - CUSCO

- **Pickup & Breakfast:** We start with a pickup in Cusco around 4:00 a.m. from your accommodation. The drive takes about three hours, passing through the mountains on the way to the town of Mollepata. Here we stop for a local breakfast to fuel up before we continue the drive to the trailhead at Soraypampa.
- **The Hike:** From Soraypampa, we begin the walk toward the lake. The trail starts flat but soon becomes a steady uphill climb that takes about 1.5 to 2 hours. As you walk, you will have views of the massive Salkantay and Humantay glaciers. Once you reach the top, you will see the turquoise lake and have time to walk around the shore or take photos from the viewpoints.
- **Lunch & Return:** After enjoying the lake, we walk back down the same path to Soraypampa to meet our transport. We then drive back to Mollepata for a buffet lunch to recover your energy and rest after the hike.
- **Back to Cusco:** In the afternoon, we begin the drive back to the city. We will arrive in Cusco around 6:00 p.m., dropping you off near the main square.

TOUR DETAILS

- **Duration:** Full day (10 to 12 hours approx.)
- **Difficulty:** Moderate
- **Initial Altitude (Soraypampa):** 3,900 meters (12,795 ft)
- **Highest Altitude:** 4,200 meters (13,780 ft)
- **Hiking Time:** 3 hours total (approx. 2 hours up / 1 hour down).
- **Driving Time:** 6 hours total (3 hours each way).
- **Group Size:** 12 to 18 people

WHAT'S INCLUDED

- Round-Trip Transportation
- Pick-up
- Meals: breakfast and lunch
- Guide
- Safety Equipment: A first-aid kit and oxygen bottle.
- Entrance fee to the lake
- Hiking poles

WHAT'S NOT INCLUDED

- Horse Rental: Optional (approx. 70–90 Soles).
- Extras: Water and snacks.



WHAT TO PACK

- **Clothing & Footwear:** Dressing in layers is essential. Wear a base layer, a fleece or sweater, a waterproof jacket, and a swimsuit (optional) for the hot springs. Sturdy hiking boots with good grip are crucial.
- **Accessories:** Don't forget a hat, sunglasses, sunscreen, and gloves. The sun is strong at high altitudes, and mornings can be cold.
- **Food & Water:** There are no vendors on the trail, so bring plenty of water and high-energy snacks.
- **Medical Tip:** If you get motion sick on curvy roads, we recommend motion sickness medicine (like Gravol) before the trip. One pill is enough: take half 30 minutes before the tour and the other half before the return trip.

FREQUENTLY ASKED QUESTIONS (FAQS)

● Can I do this tour if I'm not an experienced hiker?

Yes. While it's important to be in good health, you don't need to be a professional. The guides are there to assist and support everyone in making it through the circuit at a manageable pace.

● How high is the elevation?

Approximately 4,200 meters (13,780 ft). We recommend spending a few days in Cusco beforehand to acclimatize.

● Is it safe to hike at this altitude?

Yes. Guides carry a first-aid kit and an oxygen bottle for your safety.

● What kind of food is served?

Meals are served buffet-style, featuring various options including vegetarian dishes.

● Can I do this tour if I'm not an experienced hiker?

Yes. You don't need to be a professional. The small group size allows you to go at your own pace.

● Are there bathrooms on the trail?

Basic bathrooms are available at the start and end of the hike, there are no toilet facilities along the mountain trail itself.

● What if the weather is bad?

The tour runs rain or shine. Weather in the Andes changes quickly, so please dress in layers.

● Is this tour suitable for everyone?

Due to the altitude, this tour is not recommended for travelers with serious heart or respiratory conditions. If you have any medical concerns, please consult your doctor before booking.



FREQUENTLY ASKED QUESTIONS (FAQS)

● Can I swim in the lake?

No, swimming is strictly prohibited to protect the ecosystem and because the water comes directly from the glacier, making it dangerously cold.

● Are there any shops at the trailhead?

Yes, there are small stalls in Soraypampa where you can buy water, snacks, and coca tea before you start the hike.

● Do I need to carry a heavy backpack?

No, just a small daypack with your essentials (water, sunscreen, jacket). You can leave anything you don't need on the hike inside the van.

● What if I can't finish the hike?

Our guide will stay with you. If you feel you cannot continue, you can rest at a safe point or wait for the group to return. The trail is easy to follow.

● Do I need special hiking shoes?

While hiking boots are best for the rocky parts, a good pair of sneakers with grip will work just fine. Avoid flat sandals or dress shoes.

● Is there drinking water provided?

Water is provided during lunch, but you should bring your own bottle (at least 1.5 liters) for the hike itself.



BOOK NOW

Limited Spots Available!



FOR MORE INFO:



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