



2 DAYS & 1 NIGHT

HUMANTAY LAKE & SALKANTAY PASS TREK - 2 DAY HIKE

SALKANTAY TREK | Difficulty



DESCRIPTION

HUMANTAY LAKE & SALKANTAY PASS TREK - 2 Day hike

The Best Night in the Andes. Under the Stars. If you are visiting Cusco and want to escape the city's bustle for a couple of days, to immerse yourself in some of the most breathtaking mountain scenery, our 2-day hike to Humantay Lake and Salkantay Pass is the ideal choice. Enjoy an experience that allows you to explore the natural beauty of the Andes and discover the unique landscapes of the Cusco region. Visit two of the region's most spectacular sites: Humantay Lake and Salkantay Mountain. Also, spend the night at our exclusive Sky Camp beneath the starry Andean sky, where you can learn about the constellations and their significance during the Inca era. Join fellow travelers and embark on this extraordinary 2-day adventure in the Andes Experience Highlights. Escape the city for two unforgettable days, immersed in the serene beauty of Mother Nature. Trek through the breathtaking Peruvian Andes, surrounded by some of the world's most awe-inspiring landscapes. Ascend to the dazzling Humantay Lake and marvel at its crystal-clear turquoise waters. Unwind at our exclusive Sky Camp, where you'll spend a magical night under a canopy of stars, learning about constellations and their Andean significance. Conquer the challenging Salkantay Pass and take in the awe-inspiring views of Salkantay Mountain. Along the way, reconnect with yourself and life.

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DURATION
2 Days & 1 Night

DIFFICULTY
Difficulty

DISTANCE
16.2 mi / 26 km

GROUP
Up to 12

FROM
US\$ 280

ROUTE MAP



EXPLORE THE ROUTE

TRIP HIGHLIGHTS

FULL ITINERARY

- Hike up to this turquoise glacial lake at about 4,200 m, set right below snowy peaks.
- Reach the highest point of the trek, around 4,600 m, and enjoy wide Andean views.
- See one of the most sacred and impressive mountains in the Cusco region, up close.
- Walk through high valleys, glacier views, and quiet mountain trails, far from the crowds.
- Learn about the Andean tradition of honoring the mountains, and enjoy the meals and hospitality along the way.

DAY 01

Cusco | Challacancha - Soraypampa - Humantay Lake - Sky Camp

Highlight of the day: Looking out over the gem, Humantay Lake and enjoying the drastic change of color against the white backdrop.

Hike to the Turquoise Jewel in the Andean Mountains

Your exciting 2-day adventure begins bright and early with a pickup from your accommodation in Cusco by your tour guide and driver. Our first stop will be in Mollepata, where you'll enjoy a nourishing breakfast to kickstart your journey. From there, we'll continue to Challacancha (3,800 m / 12,467 ft), the official starting point of our trek.

From Challacancha, we'll set off on a scenic walk toward our camp in Soraypampa. This initial section is not too strenuous, allowing you to acclimatize to the altitude gradually. Along the way, you'll follow a charming Inca canal, surrounded by stunning Andean landscapes that set the tone for the adventure ahead.

Our destination is the incredible Sky Camp (3,900 m / 12,795 ft), located beneath the towering, snow-capped peaks of Salkantay and Humantay. Upon arrival, you'll be warmly welcomed by our reception team and treated to an exquisite lunch. Afterward, you can unwind in your cozy igloo or explore the site before we gear up for an afternoon hike.

In the afternoon, we'll take a gradual ascent to the breathtaking Humantay Lake (4,200 m / 13,780 ft). The hike will be paced to accommodate the altitude, and at the top, you'll be rewarded with stunning views of the turquoise lake, cradled by the snow-dusted Andes—a true natural wonder.

As night falls, we'll return to Sky Camp for a delightful dinner under a canopy of stars. Your guide will share captivating stories about Inca astronomy, adding a touch of mysticism to the evening. When it's time to rest, you'll drift off while gazing at the constellations through the transparent roof of your igloo—a perfect end to an extraordinary day.

- Breakfast, Lunch, and Dinner Meals
- Sky Camp Accommodation

- Moderate Difficulty
- 7 km / 4.35 mi Walking Distance to Soraypampa
- 3 hours Walking Time to Soraypampa
- 3 km / 1.86 mi Walking Distance to Humantay Lake
- 2-3 hours (round-trip) Walking Time to Humantay Lake
- 3,800 m / 12,467 ft Starting Elevation
- 4,200 m / 13,780 ft Humantay Lake Elevation
- 3,900 m / 12,795 ft Campsite Elevation

DAY 02

Sky Camp | Salkantaypampa - Salkantay Pass - Soyrococha - Soraypampa - Cusco

Highlight of the day: Reaching the Salkantay Pass and taking in the amazing mountain scenery.

Today's the grand day because you'll reach the highest point of the trip; you'll come across marvelous landscapes bordered by an impressive complex of mountains. We'll enjoy a filling and nutritious breakfast before we gradually ascend to Salkantaypampa and then through a challenging path known as "The Trail of the 7 Snakes" until we get to the impressive Salkantay Pass at 4,630 m / 15,190 ft. You'll spend some time at the pass to take memorable photos and enjoy the fantastic landscape.

After taking in the breathtaking views of the snow-capped mountains and feeling the power of nature, we'll pass through a unique rocky terrain and descend to our campsite for lunch. On the way, we'll catch a glimpse of the vast forest of snow-covered stones from a distance. Your hard work will be greatly rewarded with incredible views everywhere you look.

After lunch at our Sky Camp, we'll have a break before heading out on the last stretch for 30 minutes to board the transport. Along this last part of the journey, you'll get plenty of opportunities for great photos of valleys, mountains, rivers, and farming fields. We'll finally reach Cusco and drop you off for some well-deserved rest at your accommodation.

- Breakfast and lunch Meals
- Moderate to Challenging Difficulty
- 14 km / 8.7 mi Walking Distance
- 7 hours Walking Time
- 4,630 m / 15,190 ft Salkantay Pass Elevation

SERVICES FOR YOUR JOURNEY

INCLUSIONS

Inclusions

WHAT IS INCLUDED?

At Salkantay Trekking, 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 to avoid missing anything. Some items may be different for specific programs, so please read carefully before booking with us.

Permits & Entrance Tickets

- Day 1: Entry Ticket to Humantay Lake & the Salkantay Trek

High Quality Service & Safety

- Pre-departure Briefing: You'll meet with your guide for an orientation the evening before the trek. The meeting will take place at 5:00 p.m. at our main office in Cusco.
- Experienced Tour Guide: Our official tour guides speak English and Spanish and are professionally trained and certified in safety and quality service. Chosen for their experience, responsibility, and passion for exploration, they take pride in sharing our culture and history. With their guidance, you'll stay informed, safe, and comfortable, ensuring a worry-free adventure and an unforgettable experience of a lifetime.
- One Duffel Bag: For the trek, you'll receive a duffel bag to pack your personal belongings, with a maximum weight limit of 5 kg (11 lb), which will be carried by our staff.
- Sleeping Bag: Our sleeping bags are durable and designed to keep you warm in temperatures as low as -18°C (0°F). They feature a mummy shape and include a sleeping liner for added warmth. Each bag is thoroughly cleaned and carefully maintained after every use.
- Trekking Poles: Trekking poles enhance stability on hard terrain while minimizing impact on joints.

- Medical Kit or First AID Kit: All Salkantay Trekking guides have received specialized training in first aid. We hold mandatory training sessions with our guides every February. Your guide will always carry a first aid kit to face basic emergencies (altitude sickness, travelers' diarrhea, cuts, scrapes, etc.) as well as oxygen. If necessary, we'll evacuate you from the path as quickly as possible and ensure that you arrive at a clinic for treatment.
- Backpack Cover: Our attention to detail sets us apart—enjoy a backpack cover for comfort and protection on the trail.
- Professional long-range walkie-talkies: Walkie-talkies optimize communication, ensuring quick response and coordination in key situations and locations.

Accommodation

- Accommodation in our Exclusive Sky Camp: Nestled between the majestic Humantay and Salkantay peaks, our exclusive SKY CAMP offers a unique connection to the mountains. It's not about traditional luxury, but about experiencing nature in a truly special way. Spend the night surrounded by breathtaking views and fall asleep under a sky full of stars—an unforgettable moment of peace and wonder.

Meals

- 2 Breakfasts, 2 Lunches, and 1 Dinner: We cover all diets and restrictions (vegetarian, vegan, or special menus are available at no extra cost).
- Water on the trail: We'll provide boiled, warm water after each meal. Be sure to bring an empty water bottle or camel bag, which you can refill during meals (we recommend a 2-liter capacity).
- Wake up tea: On the second day, you'll wake up to a hot cup of coca tea, delivered straight to your igloo—perfect for warming up before you start the day.

WHAT IS INCLUDED

Inclusions

WHAT IS INCLUDED?

- Tea Time or Happy Hour: Every afternoon before dinner, the cooks will provide you popcorn, biscuits/cookies, coffee, hot chocolate, teas, hot water, etc. After a long day of hiking, you won't have to wait until dinner to relax, warm-up, and enjoy a bite to eat!
- Daily snacks on the trail: Before starting your trekking, your tour guide will provide you a cloth bag with local fruits, cookies, chocolate, caramels, etc. Every morning, we'll refill it so that you can enjoy your snacks during the walk.
- One cloth snack bag per person: We'll provide you with a cloth bag for your snacks—perfect for storing wrappers and keeping the environment clean. Feel free to use it throughout your trek!

Transportation

- All transportation is included in this tour. We'll pick you up from your hotel, and after the end of the trip, we'll drop you back at the door of your hotel in Cusco.

WHAT IS NOT INCLUDED

Exclusions

WHAT IS NOT INCLUDED?

- Dinner in Cusco (Day 2)
- Optional Horseback Ride from Soraypampa to Humantay Lake (Day 1)
- Optional Horseback Ride from Soraypampa to Salkantay Pass (Day 2)
- Personal Hiking Clothes and Gear
- Travel Insurance
- Tips for our staff: While our team receives fair salaries, any additional gesture is always appreciated.
- Additional costs or delays beyond our control: This includes the occurrence of events such as landslides, adverse weather conditions, itinerary changes for safety reasons, illnesses, pandemics, changes in government policies, political instability, strikes, force majeure, and similar situations. In most cases, we guarantee your tickets and full logistics in advance—paying ahead for permits, schedules, accommodations, supplies, and even staff mobilization to ensure everything is ready. Therefore, any additional costs that arise due to such unforeseen events must be covered by you, as we must also reorganize several aspects on our side. We sincerely appreciate your understanding and cooperation in these circumstances.

Before You Go

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 Salkantay Trekking in one place. Please read the following information carefully – it will help you with any questions about our services.

How many days do I need to acclimate in Cusco before the Trek?

It's very important to be well acclimated to the altitude before exerting yourself on a trek. We recommend that you arrive in Cusco at least 2 or 3 days before the trek starts to help you adjust and avoid possible problems with altitude sickness while on the trek.

You might have already been in another area of Peru at a high altitude before arriving in Cusco. In that case, we still recommend you have a whole day in Cusco to rest, recover from your travel, and enjoy the sights and sounds of Cusco before departing for the trek.

Here some suggestions for activities to do in the Cusco vicinity before starting your adventure trek:

Briefing or Informative Meeting

All briefing meetings are held at 6:00 p.m. in our main office in Cusco (or your hotel) the day before the tour. The meeting lasts between 30 to 45 minutes. If you're unable to attend, you'll need to arrange a different time by email, phone, or by visiting the Salkantay Trekking office.

Can I store my luggage at your office?

Of course! During the trip, your main luggage can be stored at our office (you can organize it with us on the briefing day or by email) or at your hotel, both free of charge.

Any equipment that you won't need on the trek can be stored safely in your hotel. Nearly every hotel will provide this service. Don't leave items of value with your bags; put them in the hotel safe and obtain an itemized receipt (in the unlikely case of theft, many insurance companies require that you have a copy of the receipt itemizing everything). It's best to put items such as credit cards inside a sealed, signed envelope for extra peace of mind.

Pick up of guests

Please note:

?All pickups are within Cusco City, but we recommend booking a hotel in the historic center for its convenient location.

?Our guide or staff will confirm the pickup time the day before the tour.

?Due to traffic conditions, the pickup time may vary between 30 and 45 minutes.

?Cusco is an old city and has many narrow cobbled streets. Some hotels and Airbnbs are located on streets without car access or on long, steep slopes, making it difficult to transport luggage. For such reasons, we strongly advise you to book accommodation with good access.

Group Tours

Group tours are made up of different types of people, then physical conditions and ages can vary. By agreeing to be part of a group tour, you also accept that some people may be faster or slower than you. Therefore, each person can go at their own pace on the route.

It may be the case that a group wishes to modify the tour; however, the guide will be the one who decides, after consulting with all the participants, if such modifications are possible.

Strikes and demonstrations

Strikes and demonstrations are common in Peru, and this may interrupt some of our tours. Roads can be blocked, and train tracks can be taken over. However, we will try to keep your trip as originally planned, even if it means leaving the night before the scheduled date.

Under these circumstances, tours may also be canceled. In case of changes or cancellations, everything will be coordinated with you by our operations department. Your safety is our highest priority, and our decisions will be made to protect it.

Lost objects

Before You Go

Please pay attention to where you leave your belongings and remember to take everything once you leave a place or a transport. You're the only one responsible for your objects during the tour.

WHAT YOU NEED

ESSENTIAL

- Valid Passport
- Extra money (recommended soles)
- Personal medication
- Water bottle (or camel bag)
- Sunblock: factor 70 or more
- Insect repellent
- Personal Care Products

CLOTHING

- Hiking boots or shoes (preferably waterproof)
- Light footwear or sandals
- Trekking pants
- Trekking socks
- Pair of thermal pants
- Long sleeve t-shirts
- Warm jacket
- Waterproof jacket
- Raincoat or rain poncho
- Waterproof or wool gloves
- Sun hat to protect neck and face



PREPARE YOUR EQUIPMENT

Packing List - Continued

- Wool hat for the cold
- Neck gaiter or buff
- Sunglasses with UV protection

EQUIPMENT

- Medium trekking backpack (15 - 25 liter)

RECOMMENDED

- Camera and charger
- Power bank
- Snacks: Energy bars, chocolate, candies, dried fruits, etc.
- Flashlight



Plan your next adventure with Inja Expeditions

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