

HUMANTAY LAKE

Full Day Tour



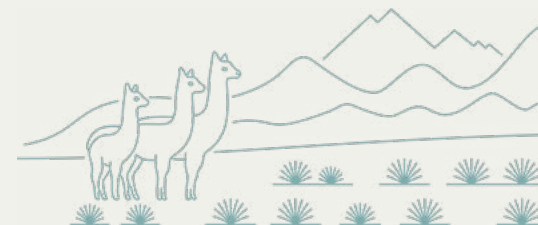
TreXperience
INSPIRING TRAVELS

GROUP
TOUR





A short hike with a big reward waiting for you



The Humantay Lake Tour from Cusco is a full-day hike to one of the Andes' most stunning natural attractions. Near the Salkantay region, this turquoise glacial lake lies at about 4,200 meters / 13,780 feet, surrounded by snow-capped peaks and dramatic highland scenery.

Ideal for travelers seeking nature, a moderate challenge, and unforgettable views in one day, the hike is short but demanding due to the altitude and uphill trail.

TreXperience operates the tour in small groups with comfortable transport, bilingual guides, entrance ticket, trekking poles, breakfast and lunch in Mollepata, oxygen, first aid, satellite phone, and responsible travel practices throughout the journey. For a more exclusive experience, choose a private service with picnic meals prepared by our trekking chefs.

Why visit the Humantay Lake?

- Hike to the turquoise waters of Humantay Lake beneath towering Andean peaks.
- Enjoy a rewarding uphill walk with spectacular mountain views.
- Travel in a small group with personal attention from your guide.
- Have breakfast and lunch in Mollepata with fresh local ingredients.
- Hike safely with trekking poles, oxygen, first aid, and satellite support.
- Discover the spiritual meaning of Humantay Lake and the surrounding Apus.





TreXperience

Humantay Lake

Full Day

Legend

Transportation

- Van Route
- Hiking Route
- Van Transportation
- Hiking

Meals

- Lunch

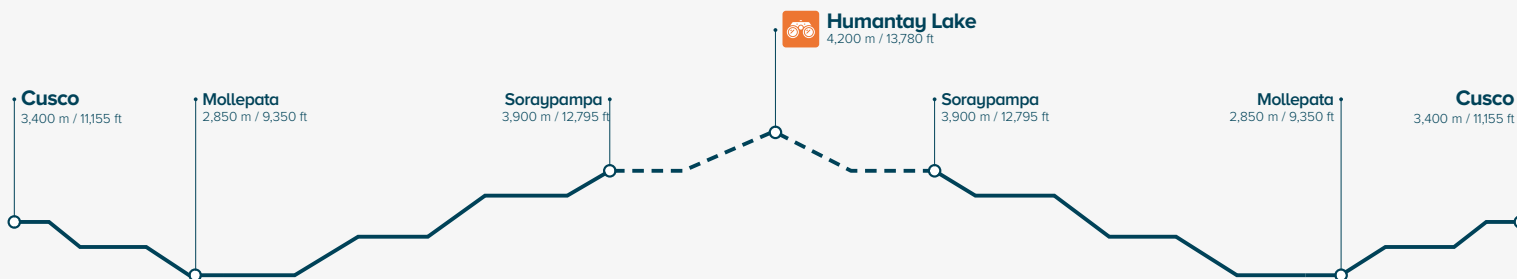
Experiences

- Viewpoint



One Day Itinerary

- Cusco - Mollepata - Soraypampa (3 hrs. aprox.)
- Soraypampa - Humantay Lake 6 km / 3 mi - 2 hours
- Return to Cusco





Tour Details

Starts / Ends	Cusco / Cusco
Duration	Full day
Distance	6 km / 3.5 miles
Difficulty	Moderate
Group size	Around 12 persons
Activities	Hiking
Languages	English, Spanish



Full Itinerary

**Cusco – Mollepata – Soraypampa –
Humantay Lake – Return to Cusco**

This unforgettable day begins very early. We will pick you up from your hotel in Cusco at 4:30 a.m.. Pickup is available from hotels located inside or near the historic center. Then, settle in for a scenic two-hour drive toward Mollepata.

In Mollepata, you will enjoy an energizing breakfast made with fresh local ingredients at a local restaurant. This is the perfect moment to warm up, drink coffee or coca tea, and prepare for the mountain day ahead.

After breakfast, we continue for about one more hour by van to Soraypampa, the trailhead





for the hike to Humantay Lake. Here, your guide will give you time to get ready, use the restrooms, and receive the final safety briefing.

The route begins gently and becomes steeper as we approach the lake. Your guide will lead the group at a steady pace, offering support, local context, and time for short breaks when needed.

After about two hours of hiking through powerful mountain scenery, we will reach the brilliant turquoise waters of Humantay Lake at 4,200 meters / 13,779 feet, tucked below the glacier and the peak of the same name. Take time to rest, take photos, breathe the crisp mountain air, and enjoy one of the most beautiful views near Cusco.

Once you have enjoyed the calm of the lake, we will begin the two-hour descent back to Soraypampa. The downhill section is easier than the ascent, but the trail can still be rocky, so comfortable shoes and trekking poles make a difference.

From Soraypampa, we return by van to Mollepata for

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a satisfying lunch at a local restaurant. Enjoy a final moment to relax, recover, and take in the mountain-town views.

Then, settle in for the drive back to Cusco. We will drop you off at your hotel around 6:00 p.m., ending this full-day adventure in the best possible way.

Throughout the day, TreXperience provides trekking poles and high-altitude safety support to help make your hike smoother and more comfortable.





Humantay Lake

Humantay Lake

Included

- Round-trip transportation from Cusco.
- Pickup from your hotel in Cusco, around 04:30 a.m.
- Drop-off back at your hotel, around 06:00 p.m.
- Professional bilingual tour guide: English and Spanish.
- Entry ticket to Humantay Lake.
- Oxygen tank, first-aid kit, and satellite phone.
- Energizing breakfast at a local restaurant.
- Delicious lunch at a local restaurant.
- Trekking poles.
- Small-group tour, usually around 10 people and maximum 16 travelers.



Not Included

- Horse riding, optional.
- Travel insurance, highly recommended.
- Tips, optional.

Extra Upgrades

- **Rent a horse:** Available at the trailhead. Only possible on part of the trail, and the final section still requires walking. Payment is made directly to the mule driver.
- **Private Upgrade:** Private experience with picnic meals served in comfortable picnic tents.
- **For larger groups:** Send us a request to receive a special price.
- **Vegetarian options:** Vegetarian, vegan, and gluten-free meals are available on request in advance.

Travel Essentials

This section covers the basics you'll want for a smooth start. Think documentation, personal needs, and simple preparation for the trail. Pack only what truly supports comfort and safety, and avoid adding weight you won't use.



Original Passport



Peruvian
soles cash



Good-quality daypack



Water bottle



Personal
Medication



Sunscreen



Hand sanitizer

What to wear

Trekking days can bring sun, wind, rain, and noticeable temperature shifts. That's why dressing in layers and choosing comfortable hiking clothing matters. The goal is to adjust easily as conditions change, staying dry and warm when needed.



High-top
hiking boots



Hiking crew sock



Moisture-wicking shirts



Hiking pants/
trousers



Fleece



Waterproof and
windproof jacket

What to put in the Daypack?

Your daypack should hold only what you'll use while hiking. Focus on hydration, weather protection, and personal items you want within reach. Keep it light and easy to access, so you can walk comfortably without stopping to dig for things.



Sun hat or cap with neck cover



Sunglasses



Beanie or chullo



Gloves



Buff or bandana



Snacks



Camera + extra batteries



Power bank



Gaiters (optional)

Our Awards

Our agency has been honored with prestigious international awards that highlight the quality of our service, our commitment to sustainability, and our dedication to providing authentic experiences.



El Inka Dorado Award
2023 to 2026



Best of the Best
Tripadvisor
2022 to 2026



Peru Quality Award
2023 to 2026



Empresa Peruana del año
2026



Premios LuxLife
2025



LTG Global Awards
2025



Travel & Hospitality Awards
2025



Internacional Travel Awards
2025





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*"Your journey is more than a trek
it's a cultural connection that
stays with you forever"*

Information

- ✉ info@trexperienceperu.com
- ✉ booking@trexperienceperu.com
- ✉ partners@trexperienceperu.com

Travel agents

- ✉ agents@trexperienceperu.com

Website

- 🌐 www.trexperienceperu.com

Phone

- ☎ +51 955 261 889
- 📞 +51 951 927 488



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