



HUAYHUASH TREK PERU

ITINERARY



This 18-day journey begins in Lima before travelling inland to Huaraz, the gateway to the Cordillera Blanca. Acclimatisation hikes to Lake Churup and Laguna Llaca prepare you for the trek ahead, with nights spent at the Lazy Dog Inn. From Cuartelhuain, the Huayhuash Circuit unfolds, crossing high passes and linking remote valleys. Camps at Mitucocha and Carhuacocha sit beside alpine lakes beneath peaks like Rondoy, Jirishanca, and Yerupajá.

Each day brings new highlights: panoramic views from Cuyoc and San Antonio passes, natural hot springs at Viconga, and an optional hike to Siula Grande base camp, known from Touching the Void. Villages such as Huayllapa offer glimpses of rural Andean life, while nights under star-filled skies provide time to rest and recover. The final stretch passes glacial lakes like Jahuacocha before descending to Llamac, then returning to Huaraz and Lima, completing an epic circuit through Peru's high Andes.

Juanita Miln, guide for Hiking New Zealand / Active Earth Adventures, will be joining this trek.

LENGTH	18 days
GRADE	D: Average 6 hours trekking per day, up to 8-9 hours on longer days. Some days spent at altitudes above 4000 metres. This trek is suitable for fit and healthy people
START	Lima, International Airport Jorge Chávez, Peru
FINISH	Lima, International Airport Jorge Chávez, Peru
DEPARTURES	Start: 01 August 2026 Finish: 18 August 2026
PRICE	US\$ 3,500.00 per person

"I WILL NEVER FORGET IT!"

"The Huayhuash was truly the trek of a lifetime. It was tough at times but the rewards were huge. Those huge mountains just made me feel so small as a human being and I will never forget it!"

~ Kresten from Denmark

ITINERARY

DAY 1 ARRIVE LIMA

Welcome to Peru! On arrival at Lima's Jorge Chávez International Airport, you'll be greeted and taken on a private transfer to your hotel in the lively Miraflores district. Most flights land in the evening, so no activities are scheduled today. Instead, settle in, stretch your legs with a stroll if you wish, and get a first taste of Peru's vibrant atmosphere. Relax, your guided adventure is about to begin. Accommodation: Hotel Miramar

DAY 2 JOURNEY TO HUARAZ

Leave behind the sprawling coastal metropolis of Lima and begin the dramatic journey inland. The route takes you through Peru's arid coastal desert before ascending steeply into the heart of the Andes. Travelling by bus, rather than flying, allows you to gain altitude gradually—an important step in acclimatising for the trek ahead. By late afternoon you'll arrive in Huaraz (3052m), a lively town at the gateway to the Cordillera Blanca. Check into your hotel and begin adjusting to the thinner air. *Breakfast included.* Accommodation: Hotel Suiza Peruana

DAY 3 ACCLIMATISATION HIKE TO LAKE CHURUP

10 km (6.2 miles), 5–6 hours hiking, elevation +800 m (2,625 ft) -800 m (2,625 ft)

Today is dedicated to acclimatisation. A rewarding hike leads to Lake Churup (4450m), an alpine jewel tucked beneath the cliffs of Nevado Churup (5493m). The trail winds through rocky terrain and alpine grassland, steadily climbing to the lake's turquoise waters. After returning, you'll transfer to the cosy Lazy Dog Inn, your eco-lodge retreat for the next two nights. Set high above the valley with sweeping views, it's the perfect spot to relax by the fire and enjoy home-cooked meals while your body adapts to altitude. *All meals included.* Accommodation: Lazy Dog Inn

DAY 4 ACCLIMATISATION HIKE TO LAGUNA LLACA

23 km (14.3 miles), 6–7 hours hiking, elevation +950 m (3,117 ft) -950 m (3,117 ft)

From the inn, set out on a spectacular day hike to Laguna Llaca (4474m). The trail begins gently across open hillsides before climbing into a raw, glacial landscape. Snow-capped summits loom above as you reach the lake, its waters shimmering beneath the ice-clad bulk of Ranrapalca. Return to the inn in the afternoon for another hearty dinner and a relaxing evening. *All meals included.* Accommodation: Lazy Dog Inn

DAY 5 DRIVE TO CUARTELHUAIN CAMP

Approx 5 hours driving

Settle in for a scenic drive through the heart of the Andes. The road winds past rustic villages like Chiquián and Llamac, where traditional adobe homes and terraced hillsides give a glimpse into rural life. Eventually, the journey brings you to Cuartelhuain (4100m), your first campsite. Here you'll meet the trekking team and pack animals that will carry gear along the trail. After setting up camp, stretch your legs with a short acclimatisation walk before enjoying a hearty dinner beneath a sky crowded with stars. *All meals included.* Accommodation: Camping

DAY 6 TREK TO MITUCOCHA VIA CACANAN PASS

12 km (7.5 miles), 6–7 hours hiking, elevation +600 m (1,969 ft) -550 m (1,804 ft)

Climb steadily to Punta Cacanán Pass (4700m). From the pass, you'll get your first clear view of the Huayhuash peaks, their ice-carved summits rising above the valley. Descend to Mitucocha (4150m), where camp is set beside a quiet alpine lake beneath the peaks of Rondoy and Jirishanca. *All meals included.* Accommodation: Camping



DAY 7 TREK TO CARHUACOCOA VIA CARHUAC PASS

11 km (6.8 miles), 5-6 hours hiking, elevation +500 m (1,640 ft) -400 m (1,312 ft)

Today's climb takes you up and over Carhuac Pass (4650m), where the horizon opens to reveal more jagged peaks. A gentle descent leads to Carhuacocha (4250m), one of the most iconic campsites of the circuit. The lake here reflects Yerupajá, Peru's second-highest mountain, and its snow corniced ridges, creating a photographer's dream. *All meals included.* Accommodation: Camping



DAY 8 TREK TO HUAYHUASH VIA SIULA OR CARNICERO PASS

14 km (8.7 miles), 6-8 hours hiking, elevation +650 m (2,133 ft) -550 m (1,804 ft)

Depending on conditions today's hike will cross one of two passes. Siula Pass (4800m), with views of glacial lakes below, or Carnicero Pass (4600m), the gentler option. Both routes lead to Huayhuash (4250m), where camp is set in a wide meadow with mountain walls rising on all sides. *All meals included.* Accommodation: Camping



DAY 9 TREK TO VICONGA VIA PORTACHUELO PASS

11 km (6.8 miles), 5-6 hours hiking, elevation +400 m (1,312 ft) -400 m (1,312 ft)

A day of contrasts, traverse stark, rocky landscapes to crest Portachuelo Pass (4650m), then descend towards the tranquil shores of Viconga Lake. Here, natural hot springs await, the perfect place to ease tired muscles while gazing at the surrounding peaks. *All meals included.* Accommodation: Camping



DAY 10 CROSS CUYOC PASS TO SAN ANTONIO - ELEPHANT CAMP

10 km (6.2 miles), 5-7 hours hiking, elevation +550 m (1,804 ft) -600 m (1,969 ft)

The trek reaches its highest point today as you climb to Cuyoc Pass (5000m). From this lofty saddle, the panorama takes in the Cordillera Huayhuash and neighbouring Cordillera Raura, a vast expanse of icy summits and glaciers. Descend to camp at San Antonio, a remote site nicknamed "Elephant Camp" for the distinctive rock formation nearby. *All meals included.* Accommodation: Camping



DAY 11 TREK TO CUTATAMBO VIA SAN ANTONIO PASS

9 km (5.6 miles), 5-6 hours hiking, elevation +400 m (1,312 ft) -1,000 m (3,281 ft)

Another climb, this time to San Antonio Pass (4990m), reveals an unforgettable view over the dramatic peaks of Siula Grande and Sarapo. From here, descend through the remote and wild Sarapo Valley, dotted with wildflowers and glacial streams, before camping at Cutatambo. *All meals included.* Accommodation: Camping



DAY 12 REST DAY OR OPTIONAL HIKE TO SIULA GRANDE BASE CAMP

After days of demanding trekking, you may simply want to rest and soak in the wilderness. For those with energy to spare, a side hike leads to Lake Sarapococha and the base camp of Siula Grande-the scene of Joe Simpson's and Simon Yates's harrowing survival tale, *Touching the Void*. Standing here, the scale of the mountain and story alike comes to life. *All meals included.* Accommodation: Camping

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DAY 13 TREK TO HUATIAAC VIA HUAYLLAPA VILLAGE

14 km (8.7 miles), 7-8 hours hiking, elevation +840 m (2,756 ft) -770 m (2,526 ft)

Descend into lush valleys to the village of Huayllapa (3700m), where a slower pace of Andean life prevails. Spend time wandering the narrow streets and chatting with locals. A small shop sells basic provisions and soft drinks, a welcome change of pace before tackling a steep climb to Huatiac (4300m). This blend of cultural encounter and physical challenge makes the day especially rewarding. *All meals included.* Accommodation: Camping



DAY 14 CROSS TAPUSH AND YAUCHA PASSES TO JAHUACOCOA

15 km (9.3 miles), 7-8 hours hiking, elevation +700 m (2,297 ft) -1,000 m (3,281 ft)

A demanding day crossing two passes, Punta Tapush (4750m) and Punta Yaucha (4800m). The effort is rewarded with arrival at Jahuacocha (4000m), a large glacial lake framed by towering peaks. *All meals included.* Accommodation: Camping



DAY 15 FINAL TREK, JAHUACOCOA TO LLAMAC VIA PAMPA LLAMAC PASS

12 km (7.5 miles), 5-6 hours hiking, elevation +300 m (984 ft) -900 m (2,953 ft)

Climb steadily to Pampa Llamac Pass (4300m), taking in one last stunning view of the Huayhuash peaks stretched along the horizon. From the pass, descend through open hillsides to the village of Llamac. Here, we meet our vehicle for the drive back to Huaraz. Awaiting us are the comforts of one of Huaraz's best hotels, a well-earned reward after a truly unforgettable adventure. *Breakfast and lunch included.* Accommodation: Hotel Andino



DAY 16 FREE DAY IN HUARAZ

Spend a leisurely day enjoying Huaraz. Browse markets, explore town, or treat yourself to a massage. *Breakfast and dinner included.* Accommodation: Hotel Andino



DAY 17 RETURN TO LIMA

After breakfast, you'll be collected from your hotel and transferred to the airport for your flight back to Lima. On arrival, a transfer will take you to your hotel for the night. If you prefer to remain at Lima Airport today, please let us know in advance. *Breakfast included.* Accommodation: Hotel Miramar.

DAY 18 DEPARTURE DAY

If time allows, we recommend exploring Lima's vibrant food scene, historic centre, and excellent museums before your flight. We can arrange a private transfer to the airport for your departure.

"ONE OF THE MOST BEAUTIFUL PARTS OF SOUTH AMERICA"

"This trip was a great balance of stunning scenery, great hiking and interesting travel/sightseeing. The local guiding staff were very professional, supportive and friendly, and it was great to arrive at our campsite every day to find everything set up and superb meals being prepared. If you can walk for 4-5 hours with a 900m climb and a light day pack then you can do this trip, and will see one of the most beautiful parts of South America that relatively few others get to."

~ John, from New Zealand

LIFE ON THE TRAIL

GRADE D

- Average 6-8 hours of trekking per day, up to 9 hours on longer days.
- Altitude - most of the trek is at above 4000 meters in altitude. The highest pass we cross is 5000 meters.
- If you are an active, healthy person who exercises on a regular basis and have a love for mountains and trekking then this is the trek for you!
- As all the nights on the trek are spent in a tent it also helps if you like camping!

A TYPICAL DAY

The day usually starts with a “wake up tea” brought to your tent around 6am followed by a bowl of hot water and flannel for wash. Then it is breakfast time in the communal dining tent, followed by packing up and hitting the trail around 8am. Most days we will arrive into camp between 3 and 4pm. Time to relax and rest before dinner, usually around 6.30pm. A team of hard working donkeys (Burros) carry the bulk of the gear. In your day pack each day you need to carry a drink bottle, snacks, camera, raincoat and fleece (what you need for the day). As well as the donkeys there will also be the ‘rescue horse’, which would be used to transport someone if they were sick or injured.



EQUIPMENT AND CLOTHING

See the list below for what you need to take and discuss with our team if you have any questions. Sleeping bags and air mattresses can be hired in Huaraz if you prefer not to bring them with you.

LANGUAGE

Having a few words of Spanish in your vocabulary will make life a lot easier in Peru - and the Peruvians will really appreciate you making the effort too!



THE CREW

Juanita Miln - trek leader

Juanita, a Hiking New Zealand Guide, will be joining the trek to assist our local team and ensure everyone has the “trek of a lifetime”. She began guiding in 2008 after a career with the NZ Army that took her to Antarctica. Her love of the outdoors led her to a Masters in Biological Sciences and a Teaching Diploma.



Juanita

Her adventures include Peru, Nepal, and Southeast Asia, as well as Iceland and Norway, where she combined sea kayaking with hiking. She has also completed a solo long-distance hike through the European Alps, further deepening her connection with the mountains and wilderness.

Rodolfo Reyes Oropeza - Chief guide

Rodolfo is a fully certified professional Mountain Trekking Guide. He studied at CEAM, (House of Guides Center for High Mountain studies) dedicated to the training of Mountain Guides in Peru. As well as guiding the Huayhuash trek (over 100 times), Rodolfo has also guided climbing and trekking trips in Bolivia and Ecuador. Rodolfo is born and bred in Huaraz and also studied law here for 3 years before finding the lure of the mountains too strong! Rodolfo holds a mountain rescue qualification from the Peruvian Mountain Guides Association.

Pelayo Milla Morales - Porter and assistant guide

Pelayo has worked for many years as a porter and assistant guide. An accomplished mountaineer who has climbed many of the 6000 meter peaks in the Cordillera Blanca and Huayhuash.



Frael Milla, the Chef

Frael Milla - Chef

Frael is a master cook with more than 15 years of experience plying his trade in the mountains of Peru. A two ring burner in the corner of a tent is all Frael needs to produce first class meals, vegetarian meals are one of his specialties. He is also a skilled mountaineer and works as an assistant guide as well.

Joining our team will be drivers, porters, arrieros and donkeys who are all experienced, professional and well trained (including the donkeys).

LIFE ON THE TRAIL

SAFETY

While Peru is a relatively safe country to travel in, you need to take care in Lima and be discreet with valuables, such as cash, cameras, jewellery etc. Things are a lot more laid back once we get to Huaraz and the mountains, but it always pays to use your common sense and not become a victim of petty crime.

HEALTH AND HYGIENE

It pays to be vigilant around food and personal hygiene to avoid illness or upset stomachs leading up to the trek. On the trek we drink only boiled or treated water. While in towns and cities drink only bottled or filtered water and carry your own water purification tabs just in case. While it's fun and cheaper to eat from the street food vendors you may want to avoid this (at least before the trek anyway) to minimise the risk of eating any contaminated fruit or vegetables. Keep some hand sanitiser and wipes in your day pack. Consult with a travel health clinic at least a month before travelling to see if you require any vaccinations.



ALTITUDE

Most of the trek is above 4000 meters in altitude. The highest pass we cross is 5000 meters. Once above 3000 meters the air is noticeably thinner, and you are likely to experience some side effects. If you are fortunate, this may be as minor as a mild headache, feeling a bit lethargic and shortness of breath after physical exertion. However, it is very important to acclimatise slowly to give the body a chance to adapt to the change of conditions. We have designed the itinerary with this in mind, and have two days of acclimatisation hikes before heading to the Huayhuash. We strongly recommend the use of 'Diamox' to medicate against the side effects of altitude. Feel free to discuss this with our team or consult with your doctor/GP. Adequate hydration is also very important and you need to be drinking at least 4 litres a day on the trek.



CLIMATE

We have chosen the optimum time of year to trek in the Andes. Between May and September, the weather in the mountains is generally more stable, although it can still change rapidly; rain or snow is not uncommon. However, a typical day on the trail will be clear blue skies, sometimes a little cloud in the afternoon. The nights can be very cold and the temperature can fall as low as -10°C at the higher camps. During the day it can get quite hot, up to 25-30°C but more often around 15-20°C. Lightweight shirts with long sleeves and a collar is very important to protect you from the sun which can feel harsh at this altitude.



ACCOMMODATION

In Lima we stay in Hotel Miramar in the Mira Flores area. For our nights in Huaraz we stay at the Hotel Suiza Peruna before the trek and Hotel Andino after the trek. Rooms are on a twin share basis. The trek includes two nights at the eco lodge "Lazy Dog Inn" in the Cordillera Blanca. Here we stay in beautifully appointed adobe-style houses and dine with the hosts. During the trek, we camp in spacious two-person tents (if you'd prefer your own tent, this can be arranged for an extra US\$110). There is a communal tent for dining and relaxing.



Room at the Lazy Dog Inn

FOOD

While on the trek all meals are provided, when in Huaraz and Lima breakfast will be provided at the hotel. There is a great selection of restaurants in Lima and Huaraz and we will most probably dine together but you are free to choose. Let us know if you are a vegetarian, choices can be a little limited at restaurants but we can cater for you on the trek - no problem. Dinner and breakfast is included at the Lazy Dog Inn, it's delicious!

TRANSPORT

We travel in a public bus for the Lima - Huaraz journey. The buses are very comfortable and we travel first class with the 'Cruz Del Sur' company. The roads have a lot of switch backs as they climb the Andes - take travel sickness pills if you are not a good traveller! From Huaraz we travel in private minibuses. For the return journey from Huaraz to Lima, we travel by plane, the morning flight takes approximately one hour.

LIFE ON THE TRAIL

ADDITIONAL COSTS

Meals in Lima and Huaraz (except breakfast which is provided by the hotel).

BOOKING CONDITIONS

You will be asked to fill out a disclaimer before you begin the trek. You must follow the instructions of your guide at all times.

Payment

For bookings made four or more months prior to the departure date, a US\$400 deposit is required, with the remainder due 95 days before your trip. For bookings made within four months of the departure date, full payment is required at the time of booking.

Cancellations

95 days or more prior to departure date:
US\$400 deposit is forfeited.

94 to 35 days: 50% of the tour price forfeited.

34 days or less: 100% of the tour price forfeited.

The tour price is all-inclusive. There will be no partial refunds or credits for unused services within a tour. Any unpaid, forfeited amount may be pursued as a debt.

Travel insurance

We strongly recommend that you have travel insurance.



PACKING LIST

ESSENTIAL ITEMS

- Sleeping bag (rated 3 season minimum) *
- Air mattress (compact and lightweight)*
- Day pack - a minimum of 35 liters
- Large pack or duffel bag – this will be carried on the donkeys
- Trekking boots / or shoes - broken in
- Long trousers - lightweight/quick drying
- Long sleeve shirts - lightweight/quick drying/sun protection
- Trainers or sandals (for around camp)
- Thermal tops and leggings (poly propylene or wool)
- Down jacket
- Fleece or woolen jacket/jersey
- Waterproof raincoat, Gore-Tex or similar
- Light water-proof over-trousers
- Socks & underwear
- Swim wear

- Sun hat
- Warm hat
- Warm gloves
- Towel (quick-drying)
- Insect repellent
- Sun-cream
- Toiletries
- Head torch
- Camera (and power bank/spare batteries)
- Solar charger for other small electronic items
- Sunglasses
- Water bottle
- Walking pole
- Spare boot laces & sewing kit

*These can be hired in Huaraz if you want to travel light, talk to us if unsure or you want us to arrange for you.