

Ausangate Trek w/ Yoga and Bodywork

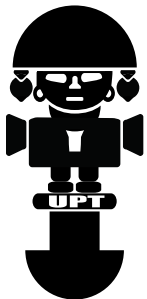
Peru is one of the most gorgeous places on earth to trek, and this journey to Ausangate, one of the most sacred mountains in the Cusco region, is no exception. Less traveled than the Inca Trail or Salkantay Trek, on this trail you will hike along pastures of alpacas and llamas, past numerous mountain lagoons and high passes, as well as visit some communities.

We'll incorporate yoga to get ourselves going and keep our muscles from getting stiff and sore. You'll also receive some bodywork and stretching each day so you can get the most out of your experience. And we'll get to enjoy some hot springs at the start and stop of our trip. For those of you who are interested, we can also discuss Andean cosmology and the significance that the Apus, the mountain spirits, had for the people here.

The trek begins and ends in the city of Cusco, and we can add other tours, hotels, and services, including a trip to Machu Picchu, if you like.

The package includes transport to and from the trail start, professional bilingual trekking guide, mules to carry your belongings, cooks, awesome meals, tents, entrance to hot springs, certified yoga instructor and certified massage therapist. We will have one emergency horse but if you're concerned about your ability to hike, we can add one just for you for an additional \$100. The trek can be done completely on horseback.

For more information and a detailed itinerary,
please email info@uniqueperutours.com



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