Humantay Lake Full Day

turquoise water beneath the glacier

DURATION	DIFFICULTY	MAX. ALTITUDE	BEST SEASON
Full day	Moderate	4,200 m	Apr — Nov

Humantay Lake is one of the most loved day hikes from Cusco, and it is our home turf: it sits on the very route of the Salkantay trek. Its turquoise water is fed by the glacier of Mount Humantay, which drops almost vertically into the lake at 4,200 m (13,780 ft). We leave before dawn for Mollepata, where we have breakfast, then drive up to Soraypampa (3,900 m), at the foot of Salkantay. From there, a zigzag trail of about 3 km climbs to the lakeshore in roughly two hours. At the top you will have time to rest, take photos from the viewpoint and learn why local communities regard the lake as sacred. We hike back down to Soraypampa, enjoy a buffet lunch in Mollepata and return to Cusco in the late afternoon. The climb is short but steep: with one or two days of acclimatization you will enjoy it, and it is excellent training before the Salkantay trek or Rainbow Mountain.

01 Cusco — Mollepata — Soraypampa — Humantay Lake — Cusco

Breakfast in Mollepata, drive up to Soraypampa (3,900 m) and a guided hike of about two hours to Humantay Lake (4,200 m). Buffet lunch and return to Cusco in the late afternoon.

7 km · 3–4 h · 4,200 m

WHAT IS INCLUDED

- Hotel pickup and drop-off (central Cusco)
- Round-trip tourist transportation
- Professional bilingual guide (English/Spanish)
- Breakfast in Mollepata
- Buffet lunch in Mollepata (vegetarian option)
- Coca tea
- First-aid kit
- Emergency oxygen
- Guide support throughout the hike

NOT INCLUDED

- Humantay community entrance fee (approx. S/ 20 for foreigners)
- Horse rental (paid directly to the handlers)
- Trekking pole rental
- Extra drinks and snacks
- Tips
- Travel insurance

https://salkantaygo.com/en/tour/humantay-lake-full-day/