



Cordillera Huayhuash Trek



Hello team!

Epic Expeditions is back in South America with a new adventure in a far-flung region!

This time, we're heading deep into the Peruvian Andes to one of the most thrilling and gorgeous alpine areas you'll find anywhere in the world.

This is the Cordillera Huayhuash: home to some of Peru's most rugged mountains and stunning landscapes. We're going to trek deep into this region following the steps of famous climbers in search of remote peaks, isolated communities, and hot springs.

This itinerary has become an instant classic, and Epic Expeditions is proud to take you there.

Buckle up and get ready for the adventure of your life.

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Getting ready to experience Peru

A few months prior to the trip, we will be sending you a number of Google Forms and documents to return in order to collect the necessary information from you.

Please do your best to fill in and return these in a timely manner.

Visa arrangements - general information

Peru offers visa-free entry to citizens of numerous countries for tourism purposes. Travelers from the United States, Canada, the European Union, Australia, New Zealand, and most South American nations can enter Peru without a visa and stay for up to 90 days at a time.

To enter Peru, travelers must present a passport valid for at least six months beyond the date of entry. In some cases, immigration authorities may ask for proof of onward or return travel to ensure that you don't overstay your welcome. Though not always enforced, it's wise to have a copy of a flight confirmation or travel itinerary ready when you arrive.

For nationals of countries not granted visa-free access, obtaining a tourist visa prior to arrival is necessary. The process may involve providing documentation such as hotel reservations, financial proof, and a round-trip ticket. Since visa rules and procedures can change, it's strongly recommended to check with the nearest Peruvian embassy or consulate for the most current information. Always allow plenty of time before your departure in case additional paperwork or appointments are needed.

DOCUMENTS TO SUBMIT TO EPIC ASAP

- Please submit a copy of your passport to us upon booking

Flights to Peru

Lima, the capital of Peru, is well-connected to many major cities in the region and beyond, including Bogotá, Quito, Santiago, Buenos Aires, Panama City, and Miami. Start researching flight options early to get a feel for pricing, availability, and potential layovers. Watch for promotional fares, especially with regional or low-cost carriers.

Also, please be sure to check the visa requirements of any countries you may be transiting through—some, such as the United States, may require a transit visa even if you're only connecting.

There are frequent flights to Lima via the following airlines:

- | | |
|---------------------|--------------------------|
| • LATAM Airlines | • United Airlines |
| • Avianca | • Delta Airlines |
| • Copa Airlines | • JetSMART (low-cost) |
| • American Airlines | • SKY Airline (low-cost) |

If you arrive in Peru in the days before the trip starts, you will need to pay for your own accommodation. We can help make hotel suggestions for you if you'd like, or we can book you into the same hotel as our guides.

- Please note that this program does NOT start in Lima - it officially begins in Huaraz, which is about 400 km (250 miles) northwest of Lima. Trip participants will be responsible for transferring to Huaraz on their own, although Epic can provide additional consultation upon request.

Traveling to Huaraz

Once you're in Lima, there are a couple of ways of transferring to Huaraz:

By plane: LATAM is the only airline that flies to Huaraz, and it offers only one flight per day:

Lima – Huaraz: Departs at 7h20 and arrives at 8h25

Huaraz – Lima: Departs at 9h05 and arrives at 10h

By bus: We recommend using Cruz del Sur. The ride takes around 8 hours, and there are options available in the morning and at night. We recommend the ride at night (the 9 pm or 10 pm option) so you can arrive in Huaraz first thing in the morning.

Notes for early arrival: We strongly advise all trip participants to arrive in Peru 1-2 days before the start of the trip so you can shake off jet lag and get some rest before the start of this fast-paced itinerary. The majority of this trip takes place above 4,000 meters - and we want you to give yourself the best chance to feel good by arriving early and getting your body enough rest.

Participants may spend their time before the trek in Lima, although we recommend traveling to Huaraz ASAP to start acclimating. Should participants choose to stay elsewhere, they **must** be in Huaraz on Day 1 in the morning. We will confirm the exact time and meeting place just prior to the start of the trip.

The tour ends on day 12, and with the exception of breakfast and airport transfers, no services are included on this day, so it makes sense to try and leave by the evening.

Checkout from the hotel is around 11 am.

Accommodation in Peru

For this trip, we stay in a mix of 3-star hotels and established campgrounds. One of the campgrounds also features natural thermal pools, so bring a swimsuit!

The tents we use are robust, 4-season tents built to battle the high-altitude elements.

Prices are based on same gender room sharing (two people to a room and tent).

Note: prices are based on twin-sharing rooms and tents.

The single supplement charge for both a single hotel room and a tent during the trek is \$500 USD.

Food in Peru

Food in Peru is a big part of this trip. Along our trek, we do our very best to provide freshly cooked meals, prepared by our talented chef team. Here is what to expect:

DAILY MEALS - EXAMPLES

- Breakfast: fried eggs, cereal, jam, sweets, bread, cheese, milk, tea, coffee, fruit
- Trekking Lunch: we serve a proper packed lunch. Example: noodles, rice dishes, sandwich, grilled veggies, empanadas.
- Dinner: soup course, rice, meat, salad, local pastry dishes, pasta, chicken, etc

Please let us know early on if you have any diet restrictions/preferences. If you are vegetarian/vegan/gluten-free we can accommodate you, no worries!

In Huaraz, **some meals will not be covered by Epic:**

- Breakfast, lunch, and dinner on Day 1
- Dinner on Day 2,
- Lunch and dinner on Day 12

That being said, we will have a glorious feast after the trek commemorating our success. This will be covered by Epic minus beverages and additional snacks.

PERSONAL SNACKS

If you have done some hiking or group travel before, then you know how important snacks are! While Epic does provide some snacks and hearty meals, it is always a great idea to bring some of your favorite trekking/travel snacks from your home country.

It is possible to find snacks in Lima that are similar to those one might find at home. We suggest bringing your favorite assortment of snacks and chow down during trail breaks. Gummies, nuts, jerky, energy gels, Cliff bars, granola bars, dark chocolate, superfood powder, bliss balls, etc.

Expedition safety

STAYING SAFE ON THIS TOUR

You may have guessed, this adventure tour carries a certain amount of risk since we are traveling and trekking DEEP into the mountains in a developing country. This is not your average holiday per se. There will be no cocktails on the beach.

Guest Safety is Epic's #1 priority and our experienced ground team does everything within their power to set our group up for a safe adventure.

The name of the game is security and safety first and being mindful of injury prevention.

In case of emergency, your Epic trip leader is equipped with a satellite communication device, which can contact outside emergency first responders from any place in Peru.

ALTITUDE IN THE CORDILLERA HUAYHUASH

During this trip, you are going to get high - and no - not from any famous South American powder.

Pretty much the entirety of this itinerary is at higher altitudes - even Huaraz is above 3000 meters. Altitude sickness is a common issue, so it's important to:

- Allow time for acclimatization by resting upon arrival for 2-3 days.
- Stay hydrated and avoid strenuous activity for the first few days.
- Consider medication for altitude sickness if you have a history of related problems.

Please consult our resource on [curbing altitude sickness and acclimating](#) for more information.

Travel insurance for Peru

We recommend that you use [Rise and Shield](#) or [Safety Wing](#) or [Global Rescue](#). Make sure the insurance company chosen provides coverage for activities like trekking up to 6,000 meters.

MEDICAL CONSIDERATION

Vaccination can be a contentious issue, and ultimately down to the decision of an individual. There are some vaccinations that are recommended for travel to Peru, so please consult with a travel clinic for further advice. [General Information on health considerations](#) while traveling in Peru.

Money In Peru

Peru uses the Peruvian Sol (PEN) as its official currency. U.S. dollars are accepted in some tourist-focused businesses, but it's best to use soles for everyday transactions. Currency exchange is easy in airports, banks, and authorized exchange offices (casas de cambio), especially in major cities like Lima and Huaraz

ATMs are widely available in cities and tourist hubs, and they typically offer good exchange rates. However, once you head into remote areas, ATM access becomes limited—so it's smart to withdraw enough cash before leaving urban centers.

As for how much money to bring, here are some estimated costs to keep in mind for Peru:

- Meals in cities: You can expect to spend around \$200 total on food and drinks for meals that aren't included.
- Soft drinks, bottled water, and other basic beverages typically cost between \$1–2 USD.
- A standard meal at a mid-range restaurant will generally cost between \$10–15 USD.

Of course, prices can vary depending on the city and the type of establishment, but these figures should give you a solid baseline for budgeting.

When we return to Huaraz at the end of the trip, you will have a chance to get out more cash should you need it (for shopping, tipping staff, last-minute purchases, etc).

TIPPING STAFF

Epic staff, including our ground team in Peru, go above and beyond for guests before, during, and after the trip to make sure that everyone has the best possible trekking experience imaginable. So how do you show your guides some love? Well, besides bringing coffee, tipping is the next best option.

Note: Tipping is 100% optional and should reflect your overall experience with our staff. No guest is required to tip, however we have received many questions regarding tipping in the past, which is why we include this info in this information pack. Below we have included the industry standard recommendation to offer our staff some additional compensation based on your overall experience and keeping in mind the length of the trip. Show your staff some love!

Tipping recommendations (in USD)

For all staff and trip leaders: \$250 USD is recommended.

SIM cards & internet access in Peru

The main mobile operators in Peru are Movistar, Claro, and Entel. Movistar and Entel are generally believed to be better in the more rural areas.

You can purchase a local SIM card at various shopping points in the major cities or at the airport if you would like to have local data on your phone for the trip duration.

You can also use a e-sim, we recommend using [Saily](#).

Note that in the mountain areas, you are unlikely to have any cell reception outside of the rare signal at the top of a pass or viewpoint. In case of emergencies, your guide also carries a satellite communication device so that we are never out of contact.

Meeting the people & being culturally sensitive

Peru is a country with a rich cultural heritage, shaped by a blend of Indigenous traditions, Spanish colonial history, and modern influences. While major cities like Lima are cosmopolitan and fast-paced, remote mountain regions—such as those near Cordillera Huayhuash—are home to small communities with deep cultural ties to the land.

The region is mostly home to Quechua-speaking communities who have preserved their ancestral traditions for generations. Their deep connection to the land is evident in their practices of traditional agriculture and pastoralism, which have been passed down through the centuries.

Residents rely on subsistence farming, herding, and artisanal crafts for their livelihoods. The preservation of Quechua language and customs in these communities serves as a testament to their resilience and dedication to cultural heritage. Visitors may encounter locals engaged in traditional ways of life, offering a glimpse into a way of life that remains closely tied to the rhythms of nature.

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That being said, locals are accustomed to foreigners by now and are generally hospitable. Travelers to the Huayhuash region often remark on their warmth and hospitality – please do not hesitate to ask questions and be curious, while still remaining respectful.

Feel free to read our [blog post on respecting local cultures](#) for more information on the subject.

ABOUT THE GUIDES

Each trip group is accompanied by one Epic trip leader as well as a team of Peruvian ground staff. For more information on our guides and trip leaders, check out our [Meet the Team page](#).

Weather conditions in Peru

We will be undertaking the Huayhuash Circuit during the Andean dry season, which runs from April to September. During this time, the weather is typically stable, with clear skies, minimal rainfall, and sunny days. Daytime temperatures at high altitudes can range from 10°C to 20°C (50°F to 68°F), though it can feel much warmer under direct sun due to the thinner atmosphere.

Nights, however, can get quite cold, often dropping below freezing, especially at higher campsites above 4,000 meters (13,000 feet). Snow is unlikely but always possible, especially at high passes.

Wind can also pick up in exposed areas. Be prepared with proper layers for warmth, sun protection, and sudden shifts in weather. Like most mountainous areas, afternoon thunderstorms are quite common and start developing in the late afternoon.

What to pack for the Cordillera Huayhuash

It should go without saying, but bridging the right gear is imperative in the backcountry. In case you forget something, there are outdoor shops in Huaraz or Lima. Lima will have a greater selection than Huaraz, but prices there are no less than those in Europe or the USA.

The weather will be cold at times, and, especially when we are above 4,000 meters, it will be below freezing at night. You will want to be comfortable, so it's worth spending money on good-quality warm gear. It is always best to be prepared for a variety of climates and temperature fluctuations.

TEST ALL OF YOUR PERSONAL GEAR BEFORE COMING TO PERU.

Please take the time to go out on an overnight backpacking/camping trip at least once before coming on this trip so that you know how your gear performs in the mountains.



PACKS & BAGGAGE

- ☐ Expedition Duffel Bag
- ☐ Day Trekking Backpack w/ rain cover

ESSENTIAL PERSONAL GEAR

- ☐ 0F\ -17C Sleeping Bag
- ☐ Inflating Sleeping Pad
- ☐ Inflatable Camp Pillow *
- ☐ Foam mattress **

SPECIALTY EQUIPMENT

- ☐ Trekking Poles
- ☐ Headlamp
- ☐ Grayl Filter Bottle
- ☐ 2 Nalgene Bottles

BOOTS & FOOTWEAR

- ☐ Trekking Boots
- ☐ Flip Flops/Crocs/Tevas

OTHER PERSONAL GEAR

- ☐ Dry Bags
- ☐ Polarized Sunglasses
- ☐ Personal First Aid Kit
- ☐ Power Bank
- ☐ Chargers/Phone Cable
- ☐ Personal snacks

TOILETRIES

- ☐ Toothbrush, Toothpaste
- ☐ Sun Cream (50 spf+)
- ☐ Spf Lip Balm
- ☐ Biodegradable Soap
- ☐ Deodorant
- ☐ Wet wipes
- ☐ Travel Towel

CLOTHING LAYER SYSTEMS

- ☐ 1 Rain Shell Pants
- ☐ 1 Synthetic Multisport Pants
- ☐ 1 Trekking Pants
- ☐ 1 Pair of Shorts
- ☐ 1 Fleece
- ☐ 3 Trekking Shirts
- ☐ 1 Base Layer Top
- ☐ 1 Base Layer Bottoms
- ☐ 1 Warm Down Jacket
- ☐ 1 Hard Shell/Rain Jacket
- ☐ 1 Gloves Light Weight
- ☐ 1 Gloves Mid Weight
- ☐ 1 Sun Hat and Beanie
- ☐ 1 Buff and Bandana
- ☐ 5 Merino Trekking Socks
- ☐ 5 Underwear / Bras
- ☐ 1 Swimsuit

* Optional

** Can be rented

PERU | CORDILLERA HUAYHUASH TREK

Extra activities in Peru

If you have extra time in Peru, there are incredible extensions that can enhance your adventure. Here are some must-see destinations to consider:

- **Cordillera Blanca:** The Huayhuash's more famous, more approachable neighbor. Most people opt to visit here instead because the trekking is typically shorter, although no less impressive. Popular routes like the Santa Cruz Trek allow you to explore the dramatic landscapes, with views of famous mountains like Huascarán and Alpamayo.
- **Machu Picchu via Ausangate:** For those wanting to visit the legendary site, this is our recommended approach. This remote route takes you through spectacular high-altitude terrain, past snow-capped mountains, turquoise lagoons, and remote Andean villages, with far fewer people to deal with.
- **Inca Ruins:** Beyond Machu Picchu, Peru is home to many fascinating Inca sites, including Sacsayhuamán, Caral, Choquequirao, and Qenqo. These ruins are just as significant and receive a fraction of the visitors that Machu Picchu does.
- **Colca Canyon:** Known for being one of the deepest canyons in the world, Colca Canyon offers breathtaking views, condor sightings, and hiking opportunities. The region is rich in natural beauty, with terraced fields, hot springs, and remote villages.

Early client departure protocol

In the event that a trip participant needs to leave the planned trip itinerary early due to illness, injury, family emergency, personal reasons, or simply because they want to, etc, then there are a few things to note:

Should a trip participant choose to leave the planned itinerary early for any reason, from the moment they leave the tour, all expenses from that point onwards are the responsibility of the trip participant. This includes, but is not limited to, hotels/accommodation, transportation, emergency helicopter evacuation, internal flights (even if we have purchased you a flight for the trip you are attending), meals, airport transfer, guide services - everything that is normally covered by Epic Expeditions during your tour is no longer covered once a trip participant decides to leave.

Once the decision has been made to leave the tour, the trip participant must sign an "Early Departure Waiver Form" - formally releasing Epic Expeditions of any further obligations to fulfill our tour/guide/transport/logistics services.

That said, in an emergency situation or in case of severe illness, Epic Expeditions staff will do everything within our means to aid the trip participant until they are in a safe/stable condition. When possible, Epic staff can also help you book new accommodation, flights, transport, etc when possible - but all of these expenses are for the trip participant to pay.

Point being, our staff will always be available to the best of our ability to facilitate the logistics of your departure, should you choose to leave the trip early.

Liability waiver

All tour participants will be required to sign an industry-standard waiver releasing Epic Expeditions from liability related to certain aspects of this trip. Waivers are usually issued on day 1 of the tour at our first team briefing. If you would like to request a copy of the waiver in advance, please email us.

Paying the balance

Final balance payments will be due approximately 3-4 months before the tour begins. If you have a balance owing, we will advise you of how and when to pay this.

Please remember that deposits are non-refundable.

If you would like to pay the balance sooner, please email us!

Again, we are very excited to get to meet you in person in Peru soon!
The Epic Team

