



Onaya Wellness PERÚ

Journey Beyond
Destinations



DAY 1

ITINERARY

RAINBOW MOUNTAIN
ONAYA GETAWAYS

EMBARK ON AN AWE-INSPIRING JOURNEY TO VINICUNCA, ALSO KNOWN AS RAINBOW MOUNTAIN, ONE OF PERU'S MOST ICONIC NATURAL WONDERS. THIS TOUR COMBINES BREATHTAKING LANDSCAPES WITH MINDFULNESS PRACTICES, CULTURAL IMMERSION, AND WELLNESS ACTIVITIES INSPIRED BY ONAYA'S PHILOSOPHY.

04:00 AM

HOTEL PICKUP

- EARLY MORNING DEPARTURE FROM CUSCO.
- BEGIN THE JOURNEY IN A PRIVATE VEHICLE, PASSING THROUGH PICTURESQUE ANDEAN VILLAGES AND SCENIC VALLEYS.

06:30 AM

BREAKFAST IN A LOCAL COMMUNITY

- ENJOY A NUTRITIOUS, LOCALLY-SOURCED BREAKFAST IN A SMALL ANDEAN VILLAGE.
- OPPORTUNITY TO LEARN ABOUT THE LOCAL COMMUNITY'S WAY OF LIFE.

07:30 AM

CONTINUE TO THE TRAILHEAD

ARRIVE AT THE TRAILHEAD (QUESIUNO OR ALTERNATIVE STARTING POINT, DEPENDING ON WEATHER).

08:00 AM

GUIDED TREK TO RAINBOW MOUNTAIN

- BEGIN THE 1.5 TO 2-HOUR ASCENT TO RAINBOW MOUNTAIN.
- ALONG THE WAY, ENJOY STOPS FOR MINDFULNESS EXERCISES, SUCH AS BREATHING TECHNIQUES AND MEDITATION, GUIDED BY ONAYA FACILITATORS.
- EXPERIENCE THE VIBRANT LANDSCAPES OF THE ANDES, INCLUDING SNOW-CAPPED PEAKS, RED VALLEYS, AND ROAMING ALPACAS.

**10:00 AM
APPROX**

ARRIVAL AT RAINBOW MOUNTAIN

- CELEBRATE REACHING VINICUNCA, THE RAINBOW MOUNTAIN (5,200 METERS/17,060 FEET ABOVE SEA LEVEL).
- TAKE IN THE STUNNING COLORS OF THE MOUNTAIN AND SURROUNDING LANDSCAPES.
- PARTICIPATE IN A GRATITUDE CEREMONY LED BY YOUR GUIDE, HONORING THE LAND AND PACHAMAMA (MOTHER EARTH).

11:30 AM

OPTIONAL HIKE TO RED VALLEY

FOR THOSE INTERESTED, CONTINUE ON A SHORT HIKE TO THE NEARBY RED VALLEY FOR EVEN MORE INCREDIBLE VIEWS.

1:00 PM

DESCENT AND LUNCH

- RETURN TO THE TRAILHEAD (APPROXIMATELY 1-1.5 HOURS).
- ENJOY A HEARTY, ORGANIC LUNCH.

3:30 PM

RETURN TO CUSCO

BEGIN THE SCENIC DRIVE BACK TO CUSCO, WITH STOPS FOR PHOTO OPPORTUNITIES AND SHORT CULTURAL INTERACTIONS ALONG THE WAY.

05:30 PM

ARRIVAL IN CUSCO

DROP-OFF AT YOUR HOTEL OR A CENTRAL LOCATION IN CUSCO.

WHAT'S INCLUDED

- ROUND-TRIP TRANSPORTATION FROM CUSCO.
- PROFESSIONAL BILINGUAL GUIDE.
- LOCAL COMMUNITY BREAKFAST AND LUNCH. (VEGETARIAN/VEGAN OPTIONS AVAILABLE).
- ENTRY FEES TO RAINBOW MOUNTAIN AND RED VALLEY.
- OXYGEN BOTTLES FOR HIGH-ALTITUDE COMFORT.
- HOT MUÑA TEA DURING THE DRIVE AND WALK.
- ONAYA GIFT BAG WITH UNIQUE LOCAL ITEMS.
- BREAKFAST, LUNCH, SNACK

WHAT TO BRING

- COMFORTABLE HIKING SHOES.
- WARM LAYERS AND WATERPROOF CLOTHING.
- SUNSCREEN, SUNGLASSES, AND A HAT.
- SMALL DAYPACK WITH EXTRA WATER AND SNACKS.
- PERSONAL MEDICATION (IF NEEDED).