

PERU · APRIL 28 – MAY 9, 2027

Men's Rite of Passage

Ten days on Ausangate. Four months either side. Eight men.

A rite of passage doesn't make you someone else. It takes off what you've been carrying until the man underneath is the one walking home. The mountain gets you to the threshold. The forty-eight hours are the crossing. The months on either side are what stop it being a holiday with a view.

01

PREPARE

FEBRUARY – APRIL 2027

Bi-weekly group calls. We name what you're crossing from, because a man who isn't clear on what he's leaving doesn't actually leave it.

02

ASCEND

DAYS 1–6 IN PERU

Cusco, the Sacred Valley and the horses, then four days trekking the circuit at around 16,000 feet.

03

ALONE

DAYS 7–10

Your last meal, your intentions spoken aloud, and forty-eight hours by yourself on the mountain. Then the return, and what the other men saw.

04

RETURN

MAY – JUNE 1, 2027

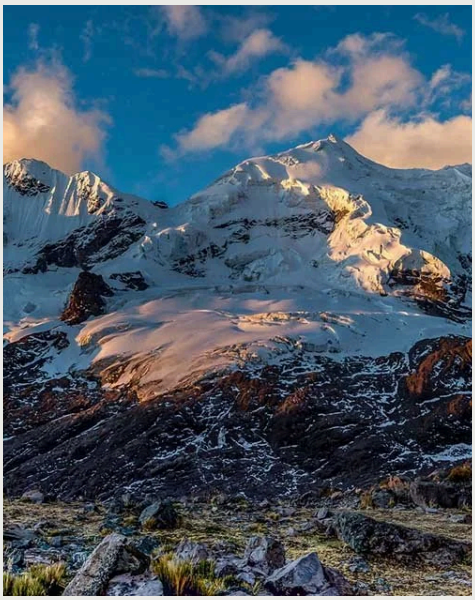
A month of integration. Weekly calls while it's still raw, and one private call with me. Then seven men who know what you did out there.

THE TEN DAYS

Day 1	Arrival in Cusco. Land. Acclimatize. Meet the other seven.
Day 2	Down into the Sacred Valley, on the ground with horses. A horse answers what your body is doing, not what you say about yourself.
Days 3–6	Ausangate Circuit. Four days trekking around the most sacred Apu in the southern Andes. 16,000 feet.
Day 7	Off the circuit, down to the springs. You wash. You eat your last meal. In front of the other men you say what you're going out there for. Then you walk out to your ground.
Days 8–9	Forty-eight hours alone on Ausangate. Your own ground, the glacier in sight. No food, no phone, no book. This is the part no one can do on your behalf.
Day 10	The Return. You walk back in and you eat. Then you tell the other seven what happened, and they tell you what they heard. You carry it home.

Physically and mentally, this trip was a crossroads between staying weak and destroying my life, and coming out stronger with more motivation and willpower to accomplish my life's purpose.

DUNCAN SMITH, YOGA INSTRUCTOR



THE FORTY-EIGHT HOURS

Forty-eight hours on your own ground.

You're placed on your own ground on the mountain's lower flank — out of sight and earshot of the other men, close enough that a guide reaches you on foot. You take water, shelter and a way to call for help. No food, no phone, no book.

A guide walks every site each day to lay eyes on you. You carry an emergency signal and a satellite device, and a ration you don't touch unless you need it. Water-only fasting is offered, not required.

You can end it at any hour. Men do, and it is still their rite.

There is no plant medicine on this expedition. None.

WHAT'S INCLUDED

- All in-country costs — accommodation, guides, facilitation
- Group calls for three months before and one month after
- One private call with Ish
- Camp, shelter and support for the solo

NOT INCLUDED

- Flights to Cusco
- Travel insurance (required, and it must cover a remote solo at altitude)
- Anything you add on after day 10

FITNESS & ALTITUDE

Four days trekking at around 16,000 feet. It asks for real preparation, and it's the part men most often underestimate. Two days in Cusco first, and coca tea throughout.

The solo sits lower than the circuit and comes after six days of acclimatizing, so by then the altitude is the part your body already knows.

WHO'S GUIDING

Ish Hasan, with local guides from the region who know this mountain better than he does. Wilderness-trained support and a vehicle stay within reach for the whole of the solo.

THIS IS NOT FOR YOU IF

- × You want a peak experience.
- × You hear "two days alone, no food, no phone" and feel bored rather than afraid.
- × You're not ready to be different when you come home.
- × Unmanaged mental health conditions — reach out first.

I feel this sense of confidence in myself and sense of clarity in terms of where I'm going in my life and with my path.

MARK MACLEAN, SOUL PURPOSE COACH

$4,000

If you're in before January 15, 2027. After that, $4,500.

A $1,500 deposit holds your seat. Payment plans discussed on the call.

HOW IT WORKS

Pay, and you get the application. Ten minutes, then a thirty-minute conversation. If it isn't a fit, your money back. No questions.

Eight men. Dates are close to final — don't book flights until they're confirmed.

ishhasan.com/ausangate