



Amazing Ecuador

Experience mountains and rainforest from the high Andes, to the Amazon rainforest, to the wonders of the Galapagos

No country in Latin America offers such diversity in such a small area. From the high Andes running the length of the mid-section of the country, the eastern slopes fall sharply into the Amazon basin. The elevation change from the Andes to the Amazon results in unsurpassed biodiversity for a country of Ecuador's size, and a wealth of hiking, rafting, and other outdoor adventures. Add in the evolutionary wonders of the Galapagos Islands and Ecuador is truly a traveler's dream.

Aventouras combines the best of Ecuador in a trip that allows us to truly experience landscapes and communities. In the highlands you'll have options to climb an extinct volcano to nearly 14,000 feet, hike around a lake in a huge natural preserve, and browse the colorful tapestries of a local market. In the Amazon you'll experience the rainforest and rivers through the eyes of indigenous guides. In both you'll also experience the hospitality of families' guesthouses and a community lodge. And with our many options for Galapagos extensions, you can choose the perfect way to see the birds, lizards, sea lions, and other creatures of these fantastic islands.

Day 1: Arrive in Quito and transfer to the Hotel Café Cultura

We meet in Ecuador's capital of Quito and transfer to our hotel, Café Cultura, in the new part of the city. Situated in a high valley in the Andes, Quito has views to hills and mountains in all directions. Because of the combination of high elevation and being close to the equator, the city is blessed with a wonderful spring-like climate most of the year. Guests arriving early may opt for a tour of the colonial part of Quito, with its plazas and colonial buildings. Our hotel is a restored mansion in the lively Mariscal district, a vibrant area full of travelers exploring Ecuador.

- Transfer from airport to Café Cultura hotel in Mariscal (half hour)
- Optional tour of colonial Quito (dependent upon arrival time)
- Overnight Café Cultura (www.cafecultura.com)

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Day 2: Andean highlands and Lake Cuicocha hike

This morning we have breakfast in our hotel before departing for our first destination, the northern highlands region. We drive northeast on the Pan-American highway for about two hours towards our first destination, the small rural villages of Morochos and Chilcapamba, our guesthouses, and our hike along scenic Lake Cuicocha. Along the way we see our first scenes of Andean life in the towns and fields that we pass. The mile and a half wide lake is on the southern slope of Volcan Cotocachi and is part of the huge ecological reserve, Cotocachi-Cayapas, which stretches down the western Andes and is home to pumas, bears, and condors. The trail is an excellent introduction to high elevation plants and birds, while providing fantastic views of the lake, volcano, and surrounding mountains. The entire hike takes four to six hours, but there are several points at which a road goes near the trail, providing plenty of options for different hiking times – which may be an important consideration given the high elevation!

After our hike we head to the tiny villages of Morochos and Chilcapamba to spend the night in small cabins that are part of the Runa Tupari project. Runa Tupari works with local families who want to host travelers in guesthouses on their land. Staying in these comfortable guesthouses, each with private bathroom and hot water shower, allows us a glimpse into the lives of local villagers. We'll see their houses, crops, and animals, and scenes of daily life in a high altitude Andean village. We'll meet for a community dinner as a group, then each go to separate guesthouses for the night where, on cool nights, our families will have prepared warming fires in the guesthouse fireplaces.

- Morning drive across the Pan-American highway to Otovalo
- Hike around Lake Cuicocha with views of the nearby Volcan Cotocachi and across the Andes in the distance (three to five hours, fairly flat with small hills)
- Dinner with the local community organization Runa Tupari, and overnight in small guesthouses in the community (www.runatupari.com)

Day 3: Otovalo market and hike Lagunas de Mojanda or an extinct volcano

Today we combine two of the best aspects of the highlands—the market in Otovalo and hiking the high elevation paramo (grassland). After breakfast with our families, we'll drive to Otovalo and head for the central plaza and the site of the main market. We'll have two hours to enjoy the market and town, with its colorful rugs, tapestries, weavings, and jewelry. We'll then enjoy an early lunch on the plaza, allowing shoppers more time to spend in the market if they choose, before driving 45 minutes south to the high elevation area of Lagunas de Mojanda.

Having acclimated for two days to the high elevation, this afternoon we offer a challenging hike up the extinct volcano Fuya Fuya, as well as an equally scenic but less strenuous hike around Laguna Grande. Both are in the high elevation Andean paramo – the grassland covering the upper flanks of the mountains. We'll drive to Laguna Grande; from here, we can peer up at the rocky summit of Fuya Fuya, about 2,000 feet above. The hike starts over the grassy paramo, heading up steeply, before reaching the final push up the summit, where it gets even steeper. The open landscape gives us incredible views all around and down to the

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lake, and as we approach the summit at nearly 14,000 feet, other mountains come into view. The open landscape also means that we are all in view of one another and each person can choose an appropriate pace, or may choose to go only part way up. Those who make it to the top are rewarded with a spectacular 360 degree view all around. The hike takes about 2.5 hours to go up and 1.5 hours down.

Those guests not wishing to hike to near 14,000 feet can view much of the same scenery from the trail along the shores of Laguna Grande. The trail stays relatively level – a welcome alternative at this oxygen-starved elevation – and the views up the sheer slopes of the hills ringing the lake are equal to the views from above Fuya Fuya.

After some stops along the way of either hike, including a light snack along the trail, we'll return to the van and drive back to our guesthouses for dinner and another peaceful night in the highlands.

- Morning visit to the Otovalo market
- Afternoon hike up the extinct Volcano Fuya Fuya (four hours; 2,000 feet up and down), or around Laguna Grande (variable length, little elevation change)
- Overnight Runa Tupari guesthouse (www.runatupari.com)

Day 4: Transfer to Quito, flight to Coca, boat upstream to Yachana

This morning we say good-bye to Runa Tupari and our host families after an early breakfast, and leave for Quito to catch our flight to Coca. Upon arriving in Coca we are met by a representative of Yachana Lodge and take a short truck ride to the banks of the Rio Napo nearby. Here we embark upriver the way that the locals travel – by motorized canoe. On the two hour ride upriver, we'll enjoy a box lunch including Yachana chocolate, while motoring past jungle and tiny communities before we arrive at the community of Mondaña and the adjacent Yachana Lodge.

Yachana has been called “the best true ecotourism project... I have found in Ecuador” by the author of the Lonely Planet guide to Ecuador, and has won numerous accolades for its community tourism. The Lodge is run by the non-profit Foundation for Integrated Education and Development (FUNEDSIN), which is also involved in funding a health clinic for over 40 local communities; purchasing, exporting, and marketing specialty chocolate; and running a high school which teaches local teenagers specific skills. The lodge is in the buffer zone of Gran Sumaco National Park. Yachana owns 3600 acres of its own land on which it has built over 20km of trails. Our time at the lodge will provide us a unique perspective, not only on the Amazon forest, but also on the indigenous communities there.

After a welcome introduction about the lodge, we'll have a couple of hours to relax, enjoy the grounds, or swim in the river before we leave for a short late afternoon walk. The hour long walk goes up to a lookout where, on a clear day, we can look across the Amazon rainforest toward the 13,090 foot high volcano Sumaco. Separate from the main chain of the Andes mountains, the elevation gradient along the volcano is one reason for the incredible biodiversity of the region. In addition to the view, the walk provides us a first glimpse at the

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jungle through the eyes of a native guide. After the hike, we will enjoy our first taste of the excellent food for which Yachana is known, as the chefs prepare a variety of foods, many of which are raised, grown, and gathered locally.

- Transfer to Quito
- Forty-five minute flight over the Andes to Coca
- Two hour motorized canoe ride upstream to Yachana Lodge
- Afternoon hike
- Overnight Yachana Lodge (www.yachana.com)

Day 5: Yachana hike and basket weaving

This morning we wake early for breakfast and a long morning hike. We'll rise at 5:30 and depart in our boat at 6:45 for a 20 minute ride downstream to where Yachana has one of its parcels of land. For the next three and a half hours we'll walk through the jungle as our native guide points out birds, medicinal plants, insects, spiders, and perhaps monkeys, otters, and other animals, tracks, or signs. The rainforest is not a place where large mammals are easily seen, as the jungle is simply too thick to see far. Instead, the fascination of the rainforest lies in the adaptations of a life to a region where abundant water and warm temperatures put plants and animals in a never ending struggle to survive with – and against – each other.

After our hike, we'll return to the lodge for lunch, and then head out this afternoon to see the community side of the region. Indigenous people use the clay of the ground and the plants of the jungle to make pottery and baskets; and this afternoon, we'll learn how to do both, instructed by a member of the local community. We'll take a short canoe ride upriver to our lesson, and then walk back to the lodge after.

This evening we'll head out for a night walk after dinner. The jungle comes alive at night, and with the sounds of the forest all around, we'll look for insects, spiders, glowing fungus, and other nocturnal life. After, we'll head for our cabins with a newfound appreciation for the sounds of the jungle all around.

- Morning hike in Yachana trail downstream of lodge (about 3 ½ hours)
- Afternoon pottery/basket weaving
- Evening night hike
- Overnight Yachana Lodge (www.yachana.com)

Day 6: Healing ceremony and float down the Rio Napo

This morning we have the option to wake early, before breakfast, for a short canoe ride and birding walk. We venture to a clearing in the forest where we are able to see up into the canopy and better spot birds, and being on the river at dawn is a delight in itself. After returning to the lodge for breakfast – joined by anyone who chooses to sleep in – we go back downriver a short stretch, then walk about 15 minutes through the jungle to the home of a native healer. The xaman will explain the role of the native healer in society, with our Yachana guide translating our questions into the native language. He will then lead us through a healing ceremony.

The healer is a connection to the traditional ways of the native people, and before leaving his home we'll try two of the natives' traditional tools – the blowgun and spear. Track and field athletes may find spear throwing similar to throwing a javelin, but it's unlikely that any of us will have experience with something like a blowgun. But we'll all get to try, aiming the blowgun dart at a papaya target. If we're lucky, we'll see our guide and the healer compete to see who can hit the papaya from farther away.

After lunch back at the lodge, we end this fun and varied day with another unique activity – floating down the Rio Napo in a native dugout canoe, or a non-native inner tube. We'll also have the option to try both, or swim downriver. Whichever way we float downstream, watching the jungle and occasional house or cultivated field drift by is a unique way to see the riverbanks and a perfect culminating activity for our time at Yachana.

- Early morning birding walk
- Visit to native healer for a healing ceremony and blowgun and spear throwing
- Afternoon dugout canoe or inner tube ride down Rio Napo (2-3 hours)
- Overnight Yachana Lodge (www.yachana.com)

Day 7: Flight back to Quito, afternoon old city tour

This morning we'll have a final breakfast in the Yachana Lodge, and then depart downriver for Coca. Along the way we'll witness our final scenes of life along the river, and then transfer from the river to the airport by bus. Upon arriving in Quito soon after noon, we'll check back into our Quito home (Café Cultura) and then have the option for a tour of the old colonial center of Quito. Other guests may prefer an afternoon on their own to walk around the colonial center or the newer part of Quito, or simply to have a quiet afternoon in the hotel. This evening we'll meet for dinner in a restaurant that's a favorite of local Ecuadorians.

- Morning boat ride down the Rio Napo (2 hours)
- Flight Coca-Quito (forty-five minutes)
- Afternoon tour of old colonial Quito
- Dinner at a local favorite restaurant
- Overnight Café Cultura (www.cafecultura.com)

Day 8: Raft Rios Toachi and Blanco

This morning we depart our hotel at 6:30 to see another side of Ecuador – the western slope of the Andes down to the coastal plain – via a new activity: whitewater rafting. From Quito we'll drive down the steep flanks of the mountains along the banks of the small Rio Pilaton, seeing occasional waterfalls cascading down the hillsides. After a brief stop near the town of Santo Domingo to change into river clothes, we'll drive to the river, arriving around 9:00 a.m. Our river guides will explain rafting techniques on the shores of the river before we launch the rafts in a calm section of river to practice our paddling. Once our guides are certain we have our paddling down, we'll turn downstream and immediately encounter our first rapids.

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The Rio Toachi is a Class III+ river, with many small (Class II) rapids and several Class III and Class III+ stretches. It starts through forest, and as we go downstream we'll see more people from small villages on the riverbanks. We also may stop at a side waterfall for a natural shower, and along a section with a small cliff for anyone who wants to jump into the river from above. Further downstream the Rio Toachi meets the Rio Blanco, and just beyond the confluence we'll stop for our picnic lunch. After lunch we'll get back in the rafts for another hour or so, pulling off the river where our van is waiting – with cold beers – to take us back to Quito. The three hour and fifteen minute drive puts us back in Quito around 6:00 p.m., in time for a farewell dinner.

- Early morning departure for a drive down the scenic western slope of the Andes
- Rafting the Rios Toachi and Blanco: five hours on the river including lunch and other stops along the way; Class III+ rapids
- Stops along the way for a waterfall and cliff jumping
- Picnic lunch along the riverbank
- Farewell dinner back in Quito
- Overnight Café Cultura (www.cafecultura.com)

Day 9: Depart for Galapagos extension or home

This morning marks the end of the main part of the trip, and some guests may fly home today. Guests also have the option to extend the trip and go to the Galapagos for four, five, or eight days, described below.

Galapagos Extension:

Aventouras offers four, five, and eight day extensions to visit the Galapagos. We offer many types of boats, ranging from small to large and simple to luxurious. All extensions include flight to and from Quito, park entrance fee, all food and lodging aboard the vessel, and landings to swim, snorkel, and hike among the Galapagos Islands' wildlife. Please contact us for a list of options based on your desired departure dates and availability.

About Amazing Ecuador activities

Aventouras trips are active, designed for people who want a lively vacation with a variety of activities. We do not expect guests to have experience in whatever activities are included, nor do they require a significant amount of learning or technical understanding. We recognize that not all guests may want to take part in all activities, or may have varying comfort levels with certain activities, and alternatives are available in almost all cases. Hidden Ecuador is an action-oriented trip intended for the average active adult who feels comfortable being active 3-6 hours a day; activities include:

- Hiking Lake Cuicocha: 3-5 hours, with the option to hike shorter or longer distances with van support at several points where the trail meets a road; relatively flat with a few ascents and descents of no more than a few hundred feet.
- Hiking Fuya Fuya or Laguna Grande: Fuya Fuya is an extinct volcano that reaches to almost 14,000 feet. We'll climb up about 2,000 feet on a very steep trail; at this

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elevation, a 2,000 foot climb is challenging. We have plenty of time and can go at our own pace. An alternative hike from the same starting point goes around Laguna Grande and is much easier; although it is at nearly 12,000 feet elevation it is relatively flat.

- Amazon rainforest hikes: The hikes near Yachana Lodge in the Amazon are relatively easy and more focused on exploring the jungle plants, birds, insects, and perhaps animals, than on covering large distances. Most hiking is relatively flat, although with the humidity of the rainforest, even a small uphill can be hot. We'll do several hikes over two days, ranging from a 45 minute night walk, to a three and half hour hike. Because it is easy to get lost in the rainforest and because there are few roads, there are no options to make a hike shorter, but guests of course may opt not to take part in any hike.
- Rio Napo canoeing and tubing: We'll canoe or tube (guests' choice) down the Rio Napo for about 2 hours; this is a fun, easy, and relaxing activity. Guests may swim in the river alongside the inner tubes and canoe, or simply float along downstream.
- Rio Toachi and Rio Blanco rafting: The Rios Toachi and Blanco are Class III+ rivers with many rapids during the three hours on the river, although many of the rapids are Class II and some are Class III-III+. Alternate activities for guests who don't wish to raft can be arranged; depending on the activity there may be an extra charge.

About Amazing Ecuador lodging

Aventouras trips use a variety of lodging options, ranging from traditional hotels (most often in cities), to small, community run lodges and homestays. All accommodations are clean and comfortable, and all have been inspected by us or by our partner companies in each country. All have private hot water bath unless otherwise noted. Within these parameters, lodging options are selected more for location and access to activities and local communities than for other amenities.

Experience Ecuador lodging includes hotels, lodges, and homestays:

- In Quito, we stay at Café Cultura, a charming restored mansion within a short walk of the restaurants, shops, and bars of the lively Mariscal area of the city. (www.cafecultura.com)
- In the highlands, we are guests of the community tourism organization Runa Tupari. We will be staying in the guesthouses that are on the property of local families—sometimes connected to the family house, sometimes separate. Each guesthouse is for one or two people, and they are grouped close together so that we will maintain the group experience while also having the opportunity to interact with the local family. The community is very small and rural, with views of the high Andes in many directions. Each guesthouse has a fireplace to heat the cabin during the cool high-elevation nights. (www.runatupari.com)
- In the Amazon rainforest we stay at the community-run Yachana Lodge. The lodge is composed of several wood buildings; rooms each have a small deck with a hammock,

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many with a view towards the Rio Napo. The rooms have lights and a fan, although electricity is only available for a few hours in the evening. (www.yachana.com)

What's included?

Almost everything, so it's easier to list what's not included:

- Personal expenses such as telephone bills, laundry, and alcoholic beverages
- Airport departure tax of \$25 USD for your return flight
- Insurance against illness, accident, and/or theft
- Standard clothes for the activities listed (e.g., hiking boots; we provide the specialty items necessary for activities such as rafting)
- Any additional costs incurred due to circumstances beyond our control, such as delayed flights.

And here is a list of what is included:

- Eight nights accommodations as listed above, double occupancy with a single supplement optional
- All meals starting with dinner on the first night and ending with breakfast on the last day
- Permanent English-speaking tour leader throughout the trip.
- All domestic transportation, including flights, motorized dugout canoe, and van
- All entrance tickets wherever applicable, for example on the Quito city tour
- All excursions and activities included above, including gear and local expert guides.
- A detailed pre-trip departure packet with packing suggestions, background reading, and other trip-specific information.

To book this trip:

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Tour Details

Trip length

8 days/7 nights plus optional Galapagos extension of four, five, or eight days

Cost

\$2198

Single supplement: \$350

Galapagos extension prices are variable, please contact us for details

Group size

Limited to a maximum of 12 participants; register early in order to ensure space is available.

Activities

Hike (3 ½ full days), whitewater rafting (½ day), canoe/tube float (½ day), cultural demonstrations and market visits (2 days)

Gateway city meeting time and place

Quito - Aeropuerto Internacional Mariscal Sucre. You will be greeted as you leave customs and immigration. Check-in for international flights to and from Ecuador is usually three hours before departure. Valuable items such as camera equipment and essentials such as prescription medications should always be hand carried on all flights to avoid loss or damage. Checked luggage should be properly labeled.

Gateway city transfer

Airport transfers on the first and last days of the tour are included in trip costs.

Trip conclusion

Quito - Aeropuerto Internacional Mariscal Sucre. You may schedule your return flight at any time on the last day. Remember you should arrive at the airport approximately three hours before your international flight's scheduled departure time.

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The Next Step...

How do I join this trip?

Call Aventouras at 800-930-2846 and a trip consultant will reserve your space(s) or register online at www.aventouras.com. Your travel agent can also book your trip at no extra cost and provide other helpful assistance.

Special requests

If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your trip consultant or travel agent upon booking.

Leave the rest to us...

Before you go, we will send you a pre-departure package, including your reservation payment receipt and confirmation, detailed information about the area, a daily trip itinerary, a packing list, suggestions for preparing for your trip, a guest questionnaire, information on pre/post trip arrangements, and a liability release agreement.

Unsurpassed value

We offer the highest quality trips at the best value period. If you find a trip of equal quality that matches our itinerary and inclusions at a lower fare within 30 days of booking with us, we'll refund the difference. A simple guarantee that assures you the best trip at the best fare!

Travel protection

To make your trip with Aventouras even more carefree, we strongly recommend the purchase of our travel insurance plan. Offering comprehensive coverage and peace of mind, our travel insurance plan is designed to protect you in case of trip cancellation for medical reasons, travel delays, medical expenses, accidental death, lost baggage and medical evacuation. We're happy to arrange travel insurance coverage for you, so contact us at 800-930-2846 with any questions.

How do I book airfare for this trip?

Book online, call your travel agent or call us at 800-930-2846 for assistance and suggestions. We are familiar with most flight options from the U.S. and can give you suggestions as well as an idea of usual fares. We can also help you with pre- and post-trip lodging ideas if you wish to arrive early or stay longer.

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General Information, Questions & Answers

What weather conditions can I expect?

In the highlands we can expect days ranging from cool to warm, and cool nights. There is a chance of rain, but it is often dry. In the Amazon conditions will be hot and humid year round, and rain is possible any month of the year. Nights are not much cooler than days. Please contact us for additional specific weather information for the departure dates you are considering.

Tour operator

Aventouras operates this adventure through partnership with the Mesoamerican Ecotourism Alliance – dedicated to protecting the natural areas visited throughout the trip.

Regarding accommodations...

While we plan to use the accommodations specified in this itinerary, changes are occasionally required due to availability of facilities, group size, etc. We recognize that most guests need detailed accommodations information to leave behind with relatives, etc. We're more than happy to provide this when it is finalized - typically at least 30 days prior to departure.

Passport and visa information

A US passport valid 90 days beyond your anticipated arrival date in Ecuador is required. Currently no visas or immunization certificates are required.

We're always improving!

This itinerary details this trip's planned activities, routes, accommodations, departure, and conclusion times. However, we're constantly seeking new opportunities to enhance this program and your experience. Our actual activities and sites may vary due to season, special events, or weather. Therefore, we reserve the right to alter the itinerary since unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.

Cancellation policy

If you must cancel your trip, you're required to notify us in writing. We will calculate your refund on the day we receive your written cancellation. For all cancellations, we will refund you the cost of your trip less the following per person charges:

- 91 or more days before trip departure: The deposit less \$150 is refundable.
- 61-90 days before trip departure: Full trip payment less the \$500 deposit is refunded.
- 31-60 days before trip departure: 50% of the trip payment is refunded.
- 0-30 days before trip departure: No refund is given.

Exceptions to these policies cannot be made for any reason, including weather or personal emergencies. We recommend that you purchase trip cancellation insurance which you will receive upon registration.

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