



ECUADOR MULTISPORT & YASUNI EXPLORER

12 DAYS

OVERVIEW

Ecuador is home to a treasure of unique climates with some of the most biodiversity and spectacular geography on the planet. Witness the spectacular Avenue of Volcanoes while hiking and biking on the slopes of the Andes. Explore the waterfall canyons and raft along the Jatunyacu River whose waters flow into the mighty Amazon River. Trek the rim of the Cuicocha Crater Lake and spend an evening relaxing in the volcanic hot springs of Papallacta.

With the Amazon camping expedition, you will have the Amazon Basin at your fingertips. It is the perfect adventure for nature lovers, jungle explorers and wildlife watchers who would like to experience the untouched Amazon. You will discover Ecuador's Amazon in the Yasuni National Park, world famous for its tremendous biodiversity and its authentic indigenous cultures which are still very much alive. On this trip, while kayaking down rivers and lagoons, you will feel as if the animals are following you. You will see displays of parrots, toucans, macaws, king fishers, herons flying across the river, as well as curious giant otters who will approach the canoe to have a look.

HIGHLIGHTS

- > Cotopaxi Volcano trek
- > Cloud Forest biking
- > Amazon white water rafting
- > Amazon rain forest canyoning
- > Cloud Forest hiking
- > Otavalo indigenous market
- > Papallacta hot springs
- > Cuicocha crater lake trek
- > Deep amazon exploration
- > Wildlife at your finger tips
- > Kayaking rivers and lagoons in Yasuni national park
- > Enjoy kayaking with giant otters and pink dolphins
- > Parrots clay lick
- > Encounter with local Shamans
- > Amazon local living

INCLUDED

Transportation: Private and comfortable land transportation, motorized canoe, dugout canoe.

Accommodations based in double occupancy: Luxury class hotel in Quito, 4-star hotel in Baños, home stay in the Amazon, 5-star Spa Resort in Papallacta, Colonial Hacienda in Imbabura, 3 nights in Amazon Explorer Campsite - comfortable safari stile tent camping inside of Yasuni National Park.

Meals Included: 10 breakfasts, 7 lunches and 5 dinner

Trip Leader: Certified AJ expert English-speaking naturalist trip leader and local guides.

NOT INCLUDED

- > International flights
- > Airfare Quito-Coca round trip (optional travel by bus)
- > My Own Room & Tent supplement USD \$675
- > Airport transfers (international flights)
- > Travel insurance (mandatory)
- > Required immunizations (mandatory) (yellow fever vaccination)
- > Tips for guides, drivers and hotels. - estimated budget USD \$150.
- > Donations to the community – Contact our info@adventurejourneys.com for guide lines

FULL ITINERARY

DAY 1

QUITO ARRIVAL DAY

Meet your AJ trip leader and group at 18:00pm.

Welcome to Quito! The largest, best-preserved colonial city of America - declared a UNESCO World Heritage Site in 1978. The city is considered the Cultural Capital of South America and is located on the equator in a valley at the foothills of the Pichincha volcano. Depending on arrival time, you can spend your day exploring the old town of Quito and the surrounding area.

ADVENTURE JOURNEYS can help you to organize a day trip (please request in advance). In the evening, one of our trip leaders will meet you at the hotel's lobby for a welcome briefing at 18:00 hours. At this time, we will discuss the details and questions you may have regarding the adventure.

Our first day is an acclimation and information day.

Accommodation: Swissotel Quito

Meals: In flight



DAY 2

TREK IN COTOPAXI NATIONAL PARK

After breakfast, we leave Quito driving southwards along the gorgeous Avenue of Volcanoes, getting the chance to see the colorful Andean fields. On our way, we will reach 12,000 feet. (3657 meters). After arriving at the Cotopaxi National Park, we will go hiking around Limpiopungo lagoon of the foot hills of the Rumiñahui volcano. From here, we have the best views of Cotopaxi, the highest active volcano in the world. If the weather conditions permit, we will attempt to trek to the basecamp at 16000 ft. (4876 m). In the afternoon we continue our drive towards the Llanganates National Park, known as the sacred mountain, until we reach the town of Baños, located at the entrance of the Amazon. Here we can enjoy the best night life by drinking cocktails and dancing salsa.

Accommodation: Casa de Luis or similar

Meals: Breakfast, Lunch.



DAY 3

BIKING IN THE CLOUD FOREST

This morning we cross country mountain bike from the Llanganates National Park down to the Pastaza River Canyon, enjoying the beauty of the special cloud rain forest climate. The road brings us through some Andean farms and a great canyon with many waterfalls, while descending into the jungle, we will have a breath-taking view of Baños, a town well known for its spectacular location right at the foothills of the Tungurahua volcano, which has been active since 1999. The volcano is the main attraction of this region. In the afternoon we will have some time to explore the town and also go to The Swing of the End of the World, where the winner of the 2014 National Geographic photo contest took his photo.

Accommodation: Casa de Luis or similar

Meals: Breakfast.



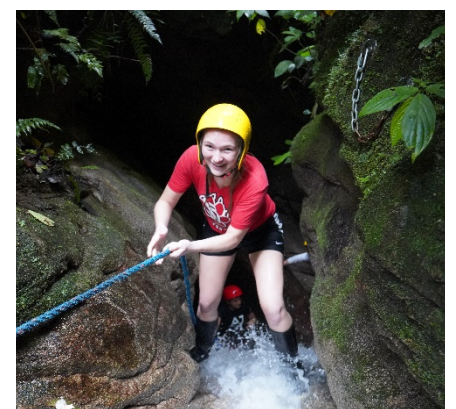
DAY 4

CANYONING IN THE AMAZON

The first stop will be at the Bride's Veil waterfall, where we will take the Tarabita (cable car) to get across the Pastaza River. Then we will hike down to the Pailon del Diablo waterfall, the second highest in Ecuador, later, we will go deeper into the jungle inside the Llanganates National Park. During a hike through the tropical rain forest, we will climb through several waterfall canyons. Our local native guide will teach about the incredible flora and fauna that thrive in this unequalled habitat, we will spend the night at the Local Basic Jungle Lodge run by a kichwa indigenous family.

Accommodation: Amazon Homestay.

Meals: Breakfast, Lunch, Dinner.



DAY 5

RAFTING

We greet the day by preparing our gear to paddle the wild waves of the Jatunyacu River, located just a 5 minute drive from the homestead. The beauty of this river will inspire you and reveal the magic of the Amazon rain forest, after a very important safety briefing from our rafting guides, we will start our class III rafting expedition down the Jatunyacu River, well known for its clear waters and awesome rapids. We will have a lot of fun playing some games and also exploring one of the canyons. The end of the journey offers us a stop for a picnic, prepared by our guides, we conclude our day with a drive back up to the Andes, stopping to visit the paradise of hummingbirds at the Guango Reserve. Finally, we will continue up to Papallacta, where we will stay the night and recharge in the volcanic hot springs high in the midst of the cool Andes.

Accommodation: Papallacta Spa Resort.

Meals: Breakfast, Lunch.



DAY 6

OTAVALO MARKET

In the morning we will do a hiking exploration in the nearby Cayambe Coca Ecological Reserve in the cloud forest, here there are beautiful flora that include colorful orchids, and if walking slowly and quiet, you may see some beautiful birds too. Later we will travel across the Andes to stop by the equatorial line to witness this great attraction and for standing on both hemispheres at the same time. Your guide will suggest a place to eat before going to the Otavalo Indigeneous Market and spend some time shopping and learning about this ancient culture that is still lively here today, in the late afternoon we will be transferred to the hacienda and enjoy a welcome cocktail and a delicious dinner.

Accommodation: Hacienda Pinsaquí.

Meals: Dinner.



DAY 7

CUICOCHA CRATER LAKE

Today after a very healthy breakfast we have a very short drive to the Cotacachi Cayapas Ecological Reserve, the main attraction here is the Cuicocha Crater Lake. Our adventure will take us on a trek around this still active volcano, your guide will present many beautiful flowers to you along the trail, at the end of our hike, we will take a boat ride to the center of the crater to observe the activity of this volcano, witness bubbles coming up from the center of the caldera. In the afternoon we will drive back to Quito to take part of the farewell dinner with the guides and members of the group.

Accommodation: Swissôtel Quito.

Meals: Breakfast, Lunch.



DAY 8

DAY AT LEISURE

Today is a day on your own to explore the beautiful surroundings of Quito, ADVENTURE JOURNEYS can help you to organize a day trip.

- Colonial City Tour & the Equador Line
- Discover Quito UNESCO city on two wheels!
- Mindo cloud forest

Accommodation: Swissôtel Quito.

Meals: Breakfast.



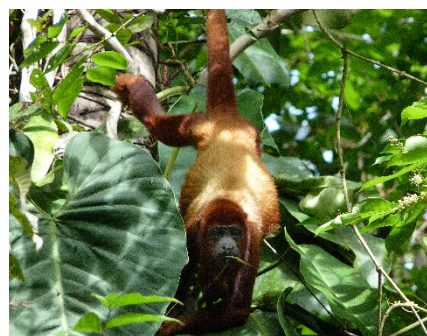
DAY 9

QUITO TO COCA – MANDARI PANGA

Upon arrival in the city of Coca, you will be picked up by the staff of Mandari Panga to begin your tour. They will have the option to have breakfast before starting the journey to the camp, which is located within the Yasuni National Park, immersed in the enormous biodiversity of the area that is considered worldwide as one of the largest in the world. The trip will take 2 hours in land transport, an hour and a half in motorized canoe traveling along the Tiputini River with the whole extension of the park adorning the landscape. They will arrive to Mandari Panga where they can be accommodated in the first-class camping tents (located in typical constructions of high platforms with roof safe of mosquitoes), they will enjoy a delicious lunch; They will have a traditional welcome drink along with a small introductory talk by a guide. In the afternoon you will make a walk in the jungle with a duration of one hour and a half or two hours where you will observe some species of animals that live in the area, and then enjoy a delicious dinner served in the common dining room, where you can also share a pleasant moment with the rest of the passengers and staff of Mandari Panga.

Accommodation: Mandari Panga.

Meals: Breakfast, Lunch, Dinner.



HUANGANA TRAIL WALK - VISIT GRAN MOTHER NATIVE HOUSE

After a delicious breakfast in the morning, you will cross the Tiputini river by canoe to the other shore to begin your hike in Huangana Trail that crosses the virgin forest where you will be partakers of the wild life in its maximum splendor, surrounded by the surrounding sounds of the nature and the screams of howler monkeys. The duration of the walk in a circle, is approximately 5 to 6 hours and at the end will be the canoe to go back to the camp; lunch delicious local cuisine in a place full of history and tradition, an old family home, which was rebuilt and now is the dining room of visitors, then you can rest to continue with the next walk in the Lamedero Sahino (wild pig clay lick), named for the species of mountain pig which is called pecari existing in the area with an approximate duration of one hour. In the afternoon, they will take a short canoe ride that will take them to visit the Abuela House (grandmother house), a traditional native construction of the Amazon allowing them to share a valuable time with members of the community, on this site they will participate in the elaboration of artisan chocolate traditional drink Chicha of yuca and many other amazon on skills. They will return to the camp and enjoy a delicious dinner, and then go on a night walk of about 1 hour where they can see all kinds of amphibians, fireflies, insects and arachnids.

Accommodation: Mandari Panga.

Meals: Breakfast, Lunch, Dinner.



DAY 10

DAY 11

VISIT TO PARROTS CLAY LICK - LOMA TUCÁN BIRDS WATCHING - TUCAN TRAIL

After breakfast, you will take a canoe trip of approximately 40 minutes against the current of Tiputini River, in this way you will be able to observe some species of animals, until you reach a small branch of a stream called Rumiyacu (stone river) that will guide you to the Parrot Lick: the place most representative of animal life and especially in variety of birds among them are: toucans, parrots, macaws, pigeons and other species of animals such as small tamarin monkeys, pigmy marmoset monkeys, in addition the place has sometimes predators such as: snakes, boas and raptors. At noon, they will return to the camp where lunch will be served to rest a little later. At around 3:30 p.m., the trek will begin along a new trail near the camp known as the Tucan Trail, which lasts approximately one hour; Back in the camp, you will go fishing for piranhas and other fish along the Tiputini River that can be served at the dinner that will be prepared upon arrival at the camp.

Accommodation: Mandari Panga.

Meals: Breakfast, Lunch, Dinner.



DAY 12

RETURN TO QUITO- DEPARTURE & END OF THE SERVICES

Breakfast will be served early in the morning depending on the time your transport returns to Quito. They will leave the camp in a motorized canoe for an hour and a half and then take a 2 hours land transport to the city of Coca, then continue with their return trip. If the group has a flight in the afternoon or departure from the group by land, you could have an activity in the morning, an early lunch from Mandari Panga.

Meals: Breakfast.



LODGING IN THIS TRIP

LOCATION	ACCOMMODATION (BASED IN DOUBLE OCCUPANCY)
QUITO	Swissôtel Quito
OTAVALO	Pinsaquí Hacienda
BAÑOS	Hotel La Casa de Luis
PAPALLACTA	Termas Papallacta



X-CALIBER 9

GEAR DETAILS

FRAMESET

Frame	Alpha Gold Aluminum w/semi-integrated head tube, mechanically formed & butted tubing, race geometry, internal front derailleur routing, rack & fender mounts, G2 Geometry on 29ers
Sizes	13.5, 15.5" (27.5" wheels); 17.5, 18.5, 19.5, 21.5, 23" (29" wheels)

WHEELS

Wheels	Bontrager sealed bearing hubs; Bontrager Mustang Elite Tubeless Ready 28-hole rims
Tyres	Bontrager XR2, 29x2.20" front, 29x2.00" rear (13.5 & 15.5: 27.5x2.20")

DRIVETRAIN

Shifters	Shimano Deore, 10 speed
Front derailleur	SRAM X7
Rear derailleur	Shimano Deore XT, Shadow
Crank	Race Face Ride, 36/22
Cassette	Shimano HG50, 11-36, 10 speed
Pedals	Wellgo nylon platform

COMPONENTS

Saddle	Bontrager Evoke 1.5
Seatpost	Bontrager SSR, 2-bolt head, 27.2mm, 12mm offset
Handlebar	Bontrager alloy, 31.8mm, 15mm rise
Stem	Bontrager Elite, 31.8mm, 7 degree, Blendr compatible
Headset	1-1/8" threadless, semi-integrated, semi-cartridge bearings
Brakeset	Shimano M365 hydraulic disc