

Ecuador Multisport Once In a Life Time (8 days)

Trip overview

Find your challenges and join this magical adventure for 8 days in the Ecuadorian territory with the largest biodiversity on earth, and the riches geography located along the Equator line. Bike downhill the slopes of Tungurahua active volcano, explore by horse the myths of Cotopaxi Volcano, the highest active volcano on earth, discover the hidden treasures by climbing up waterfalls in the Amazon jungle near Llanganates National Park, fight large waves for 3 hours by rafting Jatun Yacu River, trek for 5 hours the rim of Cuicocha Crater Lake and soak in Papallactas' volcanic waters. Plus one fantastic cultural encounter of sharing with local Ecuadorian Indigenous Communities, by learning about their customs, their food, their knowledge, and the life-style in the Andes and Amazon regions.

Detailed itineray

DAY 1: ARRIVAL IN QUITO CITY

Welcome to Quito! The biggest, best-preserved colonial city of America was already in 1978 as a UNESCO World Heritage Site declared. The city is considered the Cultural Capital of South America and the second most important city of the old Inca Empire. Depending on arrival time, you can spend your day exploring the old town of Quito and the surrounding area. ECUADOR PURE LIFE also can help you to organize a day trip such as: • Quito City tour (including a visit to the equator line) • Mindo Cloud forest • Cotopaxi national park • Quilotoa crater lake • Otavalo indian market • Papallacta hot springs, and many more....

In the evening, one of our trip leaders will meet you at the hotel and there will be plenty of time to discuss details and to answer any questions you may have regarding the adventure. Our first day is an informational and acclimation day.

Accommodation: **Hotel Nu House**

DAY 2: COTOPAXI VOLCANO HORSEBACK RIDING ADVENTURE

Our adventure begins today with a drive down the Pan-American Highway to Cotopaxi National Park. 600 years ago, this place was inhabited by Incas and they had a small village in that area, named Tambo. It was a resting place for their messengers, who needed to rest after a long stretch of running,

always bringing important information from the southern part of the Empire.

We go on a horse ride for about 2 hours and explore the slopes of Cotopaxi and Ruminahui volcano with stunning landscapes of the "Altiplano" (High Andean Ecosystem). Also we can hopefully see some Andean wildlife, such as: deer, rabbit, fox, bulls, horses, and several bird species such as coot, teal, gull, cara-cara and with luck we might spot the majestic Andean condor. This National Park surrounds the active volcano Cotopaxi. It is considered the highest active one on earth. With its 5897 meters, its perfect cone-shaped form and its snowy-white glacier, it is the most beautiful mountain of the Andes. This reserve has 33,000 hectares, situated on a plain called Limpiopungo and is located in both the Andes and the Amazon of the country. We find rivers with crystal-clear waters nursed from the glacier, as well as the Limpiopungo Lagoon.

In the afternoon, we head to the town of Baños, famous for its various outdoor activity options. In the evening, we can explore and join the night life where you participate in a salsa lesson.

Accommodation: **La Floresta**

Meals included: Breakfast and lunch

DAY 3: BIKING IN THE LLANGANATES NATIONAL PARK

After a healthy breakfast, we take our mountain-bikes from the Llanganates National Park down to the Pastaza River Canyon, enjoying the beautiful scenery of the cloud forest. Our tour takes us through some Andean farms, where they cultivate tree tomatoes and passion fruit. While descending into the jungle, we have a very impressive view of the town of Baños, with Vulcan Tungurahua in the background. The city is very well-known for the spectacular location right on the foothills of the Tungurahua volcano, active since 1999. This is the main attraction of this region.

We will have some time to explore the town and then we will enjoy the best night life.

Accommodation: **La Floresta**

Meals included: Breakfast

DAY 4: CANYONING IN THE AMAZON RAINFOREST

This morning, after a very healthy breakfast, we will go to the road of the waterfalls. The first stop will be at the Bride's Veil waterfall, where taking the Tarabita (cable car), we will get across the Pastaza river. Later, we will hike down to the Pailon del Diablo waterfall, the second highest in Ecuador. Then, we will go deeper into the Jungle to the Llanganates National Park. The name "llanganates" supposedly comes from "beautiful mountain" in the local native language. Also here, 600 years ago, the Incas hide their gold treasure. Some explorers spent many years of their lives looking for it, but some of them have disappeared in this thick pristine jungle. Here, we will have a 3 hours hike through the Tropical Rainforest and climbing along of several white water waterfalls. Our naturalist native guide will explain

us the incredible nature and also the wildlife we can find around. This is a humid and warm area which will make our experience even more demanding, so get ready to wear your rubber boots and enjoy the magnificence of the Ecuadorian Amazon. We will spend the night at the Local Basic Jungle Lodge.

Accommodation: **Amazon Home Stay**

Meals included: Breakfast, lunch and dinner

DAY 5: AMAZON RIVER RAFTING AND VOLCANIC HOT SPRINGS

Today we will go back to the jungle. The Amazon is considered as the most mega diverse ecosystem of the planet. After a very important safety talk from our Rafting Guides, we will start our class 3 rafting expedition down the Jatunyacu river; very well known for its clean water, and awesome rapids. We will have a lot of fun, playing some games and also exploring one of the canyons. At the end of the river, we will stop for a fresh picnic, prepared by the expert guides. Later, we will drive back to the Andes and relax in Papallacata volcanic hot springs.

We will stay overnight in a beautiful Eco-lodge in the cloud forest.

Accommodation: **Termas Papallacta Spa & Resort**

Meals included: Breakfast and lunch

DAY 6: HIKING THE CLOUD FOREST, HUMMINGBIRD'S PARADISE & OTAVALO MARKET

After 2 hours bird watching tour, hiking through the cloud forest, we will come back to the lodge for a healthy breakfast. We will travel across the Andes to visit Otavalo, most beautiful handicraft market. Here, we will have 2 hours stop for shopping or exploring the market. Later in the afternoon, we'll be transferred to the slopes of Imbabura volcano, to enjoy a nice cultural encounter with the local people and learn the traditional way of living, being part of the daily activities with the families. In the evening we will take part of an organic cooking lesson using the local products.

Our accommodation will be in different local families of San Clemente Home stay.

Accommodation: **Andes Home-stay**

Meals included: Dinner

DAY 7: TREKKING THE LOOP OF CUICOCHA CRATER LAKE

After a nice breakfast, our challenge will start with a beautiful 5 hours hike around Cuicocha Crater Lake, with breathtaking views of this active volcano and amazing valleys located in Cotacachi Cayapas ecological reserve. On this trek, we will get to an altitude of 11880f and hike 9 miles around the crater. At the end of our hike, we will take a boat ride to the centre of the crater to experience the true activity of this volcano, watching bubbles coming up from the centre of the caldera. Once here, you will be able to jump in and go for a nice swim in the volcanic waters.

Afternoon transfer Back to Quito.

Accommodation: Nu House

Meals included: Breakfast

DAY 8: END OF SERVICES

International departures, end of services. Take with you memories and photos and leave a piece of your heart as you will want to return to Ecuador soon to experience more of this enchanted land. We wish you abundance and a “buen viaje”.

Meals included: Breakfast

Departure dates

- August 7 - 14
- September 4 - 11
- October 2 - 9
- October 30 - November 6
- November 6 - 13
- November 20 - 27
- December 4 – 11
- December 18 – 25
- December 25 – Jan 1

- 2016 -

- Jan 01 - 08
- Feb 19 -26
- Mar 11 - 18
- Mar 18 - 25
- Apr 01 - 08
- May 06 - 13
- Jun 03 - 10
- Jun 10 - 17
- Jun 17 - 24
- Jun 24 - Jul 01
- Jul 08 - 15
- Jul 22 - 29
- Aug 05 - 12
- Aug 12 - 19
- Sep 02 – 09
- Sep 30 - Oct 07
- Oct 28 - Nov 04
- Nov 18 - 25
- Nov 25 - Dec 02
- Dec 16 - 23
- De 23 – 30

INCLUDED

NOT INCLUDED

Activities: 3 hours horse ride Cotopaxi Volcano, 3 hours biking Ilnganates national park, 4 hours white water rafting Jatunyacu River in the Amazon rainforest, 2 hours climbing up Pimpilala waterfalls, Bird watching and hiking exploration in the cloud forest. Papallacta hot springs, 5 hours trekking around the loop of Cuicocha Active Volcano, Share time with local indigenous people, organic cooking lesson with the locals in the Andes.

Accommodations based in double occupancy: 2 nights in First Class hotel in Quito, 2 nights in 4 stars hotel in Baños, 1 night in home stay in the jungle, 1 night in 5 stars Spa Resort Papallacta, 1 night at San Clemente Home Stay.

Transportation: Private comfortable transportation, truck, public transport, bikes, boat, horses.

Meals Included: 6 Breakfasts, 3 Lunches, 2 Dinners, snacks and water.

Out-door gear: trekking sticks, cross country bikes, helmets, gloves, 7 people rafts, life jackets, paddles

Trip Leader: Certified expert leaders and local guides.

Group size: from 2 to 12 clients.

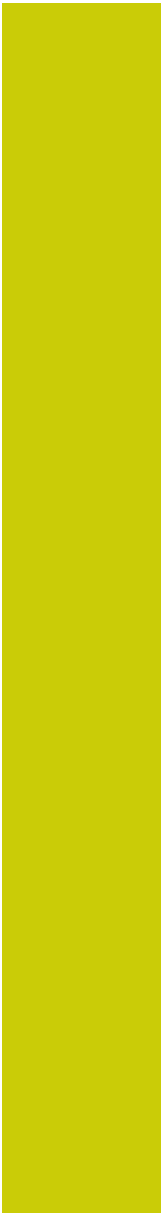
- My Own Room
supplement cost \$ 585 USD
- Travel insurance
mandatory
- Meals not describe in the
itinerary
- Personal expenses
- Extra meals – food budget
\$ 120 USD
- Tip

IMPORTANT DETAILS

NOTE	River water levels or weather conditions may lead to change the itinerary.
DRIVING TIME	2 – 3 hours driving a day
SEASON	All year
PROVINCE	Pichincha, Cotopaxi, Tungurahua, Pastaza, Napo, Imbabura.
TERRITORY	Highlands and Amazon rainforest in Ecuador
ALTITUDE	From 500 meters (1600 ft.) to 4000 meters (13000 ft.)
AVG. TEMP.	Day 15-34°C / 59-93°F - Night 12-17°C / 53-62°F.
DIFFICULTY LEVEL	Moderate to Challenge. This program is located in The Andes and Amazon. It is the best one for nature and adventure lovers, includes horse riding at 4000 meters in Cotopaxi, biking mostly on flat areas and downhill, class 3 white water rafting on the Jatunyacu River, known as the best one for th

	sport in the country, very safe and fun.
ADVENTURE GEAR	Helmets for horse riding, cross country bikes, helmets, 7 people rafts, paddles, life jackets, rubber boots, trekking sticks..
SAFETY	Guides are certified as Wilderness First Aid Responders. We carry a complete first aid kit.
SUSTAINABLE ECO AND CULTURAL TOURISM	Clients receive a conservationist interpretation of the ecology of the Andes and Amazon Rainforest and the factors that threaten it. We aim to promote long-term conservation of both Local People cultural identity and their environment. Your visit will encourage them to support responsible ecotourism. We transport out and recycle all non-organic garbage.

PACKING LIST	<ul style="list-style-type: none"> • Passport, • Travel insurance, • Airline tickets, • Credit or debit card (see personal spending money), • Pocket knife, • Fleece top, • 4 shirts/t-shirts, • 1 pair of short, • 2 pairs of long trousers, • 1 pair hiking pants/track pants, • Sport sandals, • Toiletries (biodegradable), • Watch or alarm clock, • Quick dry clothing, • Rain coat, • Rain pants, • Waterproof binoculars, • Bug spray,
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- Sun cream,
 - Flashlight,
 - Sun Hat,
 - Waterproof camera if possible,
 - Swimming suit,
 - Waterproof back pack,
 - Water bottle,
 - Tennis shoes,
 - Hiking shoes,
 - Money belt,
 - Sunglasses,
 - First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking,
 - Dry bag for all your belongings,
 - SMILE