

Ecuador The Best Biking Adventure (8 days)

Trip Overview

Join the best biking adventure in Ecuador, running through Andean mountains to the tropical forest of the lush jungles; including stunning landscapes of active volcanoes, craters, lakes, waterfalls, wildlife, undiscovered villages populated with original local cultures in the heart of one of the most diverse countries in the world, Ecuador.

Don't miss this fantastic opportunity to discover your adventurer spirit and meet your guides from Ecuador Pure Life to be part of a lifetime experience.

Detailed Itinerary

DAY 1: ARRIVAL IN QUITO CITY

Our first day is an informational and acclimation day. We have no scheduled activities. 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. Depending on arrival time, you can spend your day relaxing or exploring Quito and the surrounding area.

About Quito: Quito is a UNESCO World Heritage Site and Ecuador's capital. The city is considered The Cultural Capital of South America and the second most important city of the old Inca Empire. Due to its strategic location cradled in the middle of the Andes, fantastic day trip can be organized such as: Quito City tour, including a trip to the equator line, Mindo Cloud forest, Cotopaxi national park, Quilotoa crater lake, Otavalo indian market, Papallacta hot springs, Pululahua inhabitant crater and many more.

ECUADOR PURE LIFE offers many options for all types of travelers while in Quito and has incorporated outdoor activities into each experience. A sampling of our experiences for the adventurous traveler include: Cotopaxi biking, Pululahua crater horseback riding, Mindo canopy zip lines and tubing, Papallacta trekking and Jatunyacu river rafting.

Please see the menu of adventures we have to offer and contact us if you are interested in further exploration in and around Quito.

Accommodation: [Hotel Casa Joaquin](#)

DAY 2: BIKING ON THE TROPICS OF MINDO CLOUD FOREST

Our adventure begins driving down to the west part of Pichincha volcano to the old road that connects the highlands with the coast. We will take our bikes starting at 11000ft biking mostly downhill to the valley of Tandayapa, with amazing tropical forest packed with birdlife involving toucans, hummingbirds, many varieties of butterflies and lots of equids; and one magical change of temperature along the way. On this day, we will descend approximately about 30 miles to reach Mindo Nambillo protected forest where we will explore the chocolate factory, waterfalls, cable cars, etc.

Accommodation: [Dragonfly Inn](#)

Meals included: Breakfast and lunch

DAY 3: BIKING FROM THE EQUATOR TO SAN CLEMENTE COMMUNITY IN THE MIDDLE OF THE ANDES.

In the morning, transfer to the middle of the world, "the Equator line" for 3 hours approximately. We will mountain bike from the equator to the ancestral community of San Clemente, place where the last Inca emperor was born. This magical biking path will transport you back in time, discovering little villages that have been untouched through the years, full of local indigenous people from the Andes, happy to show you the many types of handicrafts they manufacture over here. On the way, we will pass Olmedo, Zuleta, la Esperanza, etc., to finally arrive to San Clemente.

This day, we will enjoy some amazing time with the local people from the community, learning about their traditions and customs that are still alive in their daily life style. We will see the iconic animals from the Andes such as: llamas, alpacas, guinea pigs, etc.

The time of biking will be in between 4 to 5 hours, full of beautiful landscapes, 35 miles flat and downhill mostly.

Accommodation: [San Clemente Homestile](#)

Meals included: Breakfast

DAY 4: BIKING THE SKIRTS OF IMBABURA VOLCANO

After a very healthy breakfast, we will start our day driving along the slopes of Imbabura volcano taking our bikes up in the mountains with stunning views of the inter-andean valleys and lakes such as: San

Pablo Lake, considered one of the largest in the highlands of Ecuador.

Our biking will run on one small path going across the Imbabura and Cubilche volcanoes, to reach the San Pablo Lake for 35 miles of flat, up, and downhill trails, to finally arrive to Otavalo city where we will explore the largest handicraft market we have in south America..

Accommodation: [Palmeras de Quichinche](#)

Meals included: Breakfast, lunch and dinner

DAY 5: BIKING THE HEART OF COTOPAXI VOLCANO

We will begin the day with a drive down the Pan-American Highway for 3 hours approximately. On the way, we will see the potato and corn fields, two of the Ecuadorian food staples. We will reach the entrance of Cotopaxi National Park which is 3900 meters in altitude. This is where we will start our ride, on the Altiplano. 600 years ago, a small village, Tambo, existed here. It was a place for messengers to rest after long days of transmitting important information from different spots in the Incan empire.

The National Park surrounds Cotopaxi, which is the highest active volcano on earth. It is 8970 meters high and is perfectly cone-shaped, topped with an icy white glacier. This reserve is approximately 33,000 hectares and spans from the Andes to the Amazon. On Limpiopungo, one of the plains inside the park, we will find rivers and a lake with crystal clear waters.

Fauna includes deer, rabbit, fox, bulls, wild horses and several bird species such as coot, teal, gull, and caracara. With some luck we may spot the majestic Condor.

Time of biking in the national park will take in between 4 to 5 hours, of flat and uphill mostly. Distance of 25 miles..

Accommodation: [Chuquiragua Lodge](#)

Meals included: Breakfast and lunch

DAY 6: BIKING IN THE LLANGANATES NATIONAL PARK

This morning, we will mountain bike from the Llanganates National Park down to the Pastaza River Canyon, enjoying the beautiful sceneries of the cloud forest. We will keep biking through some Andean farms, where they cultivate tree tomato and passion fruit. While descending into the jungle, we will have

a very cool view of Baños town, very well known for its 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 around and then we will enjoy the best night life.

Accommodation: [La Floresta](#)

Meals included: Breakfast and dinner

DAY 7: CANYONING THE SANCTUARY OF WATERFALLS

This morning, we will have a bit of change, exploring the famous sanctuary of waterfalls in Banos, from the inside of the canyons that feed the mayor canyon of Pastaza. We will drive for 30 minutes to take the beginning of the best canyon for rappelling in the area.

We will enjoy 2 hours of full adventure and adrenaline rappelling down 5 waterfalls along Rio Blanco canyon.

Afternoon, transfer to Quito city to celebrate the last night with the group and share the best highlights of our trip with the amazing people we have met in this trip.

Accommodation: [Hotel Casa Joaquin](#)

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 8 - 15
- September 12 - 19
- October 10 - 17

- November 21-28

- 2016 -

- Mar 13 – 20

- Jun 05 - 12

- Jun 19 - 26

- Jul 03 - 10

- Nov 20 - 27

- Dec 18 - 25

INCLUDED

Activities: Exploring Otavalo market, Biking the cloud forest of Mindo, Visit the chocolate factory, Biking Cotopaxi active volcano, Banos hot springs, Biking the slopes of Imbabura volcano, Biking Llanganates national park, San Clemente local community, Visit the equator, 2 hours canyoning in Rio Blanco.

Accommodations based in double occupancy: 2 nights in first class hotel in Quito, 1 night in luxury hacienda in Otavalo, 1 night in andean home stay, 1 night in 3 star hotel in Mindo, 1 night in 3 star hotel in Cotopaxi in 3, 1 night in 4 star hotel in Banos.

Transportation: Private and comfortable transport

Meals Included: 7 breakfasts and 5 lunches

Out-door gear: good quality giant bikes, gloves, helmets.

Trip Leader: Certified expert leaders and local guides.

Group size: Small groups, 2 to 12 people

NOT INCLUDED

- My Own Room supplement cost \$ 652 USD
- Travel insurance mandatory
- Meals not describe in the itinerary
- Personal expenses
- Budget for not included meals 180 USD
- Tips

IMPORTANT DETAILS

NOTE	Weather conditions may lead to change the itinerary.
DRIVING TIME	2 – 3 hours driving a day.
SEASON	All year
PROVINCE	Pichincha, Cotopaxi, Pastaza, Tungurahua, Chimborazo.
TERRITORY	Highlands and tropical rainforest in Ecuador.
ALTITUDE	From 1600 meters (5000 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 tropical rain forest. It is the best o for nature and adventure lovers, includes biking flat, up and mostly downhill through the best highlighl of Ecuador diversity, such as: Otavalo, Mindo, Banos, Cotopaxi, etc..
ADVENTURE GEAR	Cross country mountain bikes, helmets, gloves.
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 Ecuadorian andeans mountains and tropical cloud forest, and the factors that threaten it. We aim to promote long-term conservation support responsible ecotourism as a sustainable alternative to surrendering to the oil industry's destructive appetites. We transport out and recycle all non-organic garbage.

PACKING LIST

- Passport,
- Travel insurance,
- Airline tickets,
- Credit or debit card (see personal spending money),
- 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,

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- Quick dry clothing,
 - Rain coat,
 - Rain pants,
 - Waterproof binoculars,
 - Bug spray,
 - 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