

**LA SELVA ECO LODGE & SPA**  
**4 DAYS/3 NIGHTS**

We are pleased to present our special FAM TRIP for this TMLA 2017 at our high-end ecolodge.

**LA SELVA AMAZON ECOLODGE & SPA**  
**for 4 Days / 3 Nights**

Enjoy your adventure to the Ecuadorian Amazon in South America at our high-end ecolodge located on a private lake on the border of Yasuni National Park, also known as the most bio-diverse area in the world!

**Terms and Conditions:**

- Booking must be done at least 45 days prior to departure. For booking information contact our Representatives: Fernanda [reservations@laselvajunglelodge.com](mailto:reservations@laselvajunglelodge.com) or Betsabe [reservas@laselvajunglelodge.com](mailto:reservas@laselvajunglelodge.com)
- Accommodation (double, single or share) will be confirmed at the moment of the reservation.
- Bookings are subject to availability.

**Included:**

- Assistance at the airports of Quito and Coca
- Transportation in the Amazon on Scheduled Days (from Coca airport to the dock, canoe ride down the Napo River towards the lodge and back, among other transportation involved in the excursions)
- Rain Poncho and Rubber Boots will be provided during your stay at the Lodge (Boot size available up to size 10 ½ men)
- Accommodation and meals in the Amazon according to itinerary
- Excursions and Bilingual English/Spanish-speaking naturalist guide (also native guide in the Amazon)

**Not Included:**

- Local flights. GUAYAQUIL-COCA-GUAYAQUIL US\$ 250 per person (subject to change). Contact us for flight information and reservation.
- Bar tab (alcoholic and soft drinks)
- Souvenirs
- Massages
- Tips, entrance fees, taxes.
- Personal expenses, travel insurance
- Others not specified

**DATES:**

Sep 08-11

Sep 16-19

**PRICE:**

- US\$ 100 per night/per person (double occupancy)

\*\* Single supplement apply please check with us

**Prices apply for buyers and suppliers. Maximum 2 guests per company.**

## ITINERARY DAY BY DAY

### **DAY ONE: JOURNEY TO LA SELVA**

To begin your tour to La Selva Amazon Eco-lodge & Spa you'll first be met by one of our representatives when you arrive to the National Departure area at Quito Airport. They'll give you all the information you need regarding your flight plan and arrival to San Francisco de Coca.

Once you arrive in Coca and retrieve your luggage, you'll be met by another representative of La Selva and your guide as you leave the baggage claim.

Here begins the adventure to the lodge. You'll be transported to the Napo River boat landing where our La Selva staff and will from now on take care of your luggage and help you aboard our motorized canoes. You need not worry about your luggage as they will be water proofed and taken directly to your rooms upon arrival to La Selva. If you like, you can keep a small carry on or small backpack with you for the ride down river.

Once aboard the motorized canoe, the 2 ½ journey down the Napo River begins. On the ride you'll be provided beverages and a small lunch prepared for each person in a reusable La Selva drawstring bag that is yours to keep. In case of rain, the canoe has a roof and the sides of the canoe will be brought down to keep you from becoming wet. Hats are not recommended as the wind from traveling down river may blow them away, sweatshirts or light jackets with a hood are a better option for the boat ride.

When you arrive to La Selva's boat landing your guide and staff will help you out of the canoe and onto the boat landing. Here you can put away your life jackets and use the restrooms if needed. Afterwards, your guide will lead the way through a short path in the forest where native guides will be waiting in dugout canoes. They will skillfully paddle everyone through the Amazonian creeks and tributaries until La Selva is reached on Garzacochoa Lagoon, about a 25 minute ride.

Upon arrival to La Selva you will be greeted by the lodge supervisor and some refreshing drinks and snacks. In the reception area you'll be led through a small presentation on all necessary info you'll need during your stay. Your guide will also give a small presentation about the different activities you'll be participating in. After this you will be brought to your rooms where you can rest and relax or unpack your belongings.

### **MATAPALO TRAIL**

In the late afternoon there is great light to be taken advantage of. Your guides will take you on one of La Selva's many trails and begin to share their incredible knowledge of the rainforests flora and fauna. During this time of day the diurnal and nocturnal animals can be found in transition, a great opportunity to spot wildlife. There is no telling what kind of animals you will see, but since both your Native and Naturalist Guide will be acting as your eyes and ears you won't miss a thing!

### **DINNER**

When it is dinner time you'll hear a bamboo call meaning you may now make your way to the main lodge and the dining area. Seats are not assigned, you may sit wherever you like. Have a seat and your meal will be served by our waiters.

### **DAY TWO: EXCURSIONS**

The wake up call will be at 6 am and breakfast will be at 6:30 am. Afterwards you'll begin the day's activities with your Naturalist and Native Guide.

### **Morning Activities: Observation Tower / Tucaneta Trail or Mandi Forest**

### **Observation Tower**

A 20 minute walk with your guides into the forest brings you to our new and sustainable observation tower. The tower allows you to climb 120 ft (36 m) high with a platform that offers 360 degree views of the rainforest canopy. With our telescopes for bird watching you can see as far as up to 9 miles (15km).

### **Tucaneta**

After visiting the observation tower there is the option to return to the lodge on a different trail. Here you'll see the Native Guide really shine when he can point out all the different types of medicinal plants still in use today while your Naturalist Guide explains more about the ecology and natural history of the Amazon.

### **Mandi Cocha**

Mandi Cocha lagoon is a temporarily flooded forest with black water about 45 minutes to an hour from La Selva where many different birds can be seen due to its different ecosystem. Occasionally even giant otters can be seen.

After these activities you'll return to the lodge for some down time and lunch.

\*\*\*During this free time you can reserve one of La Selva's Spa treatments or schedule a time to do yoga. You may also relax in your rooms until it is time for the next activity. The bar schedule is found in your room manuals. The lounge and observation deck up above the bar and restaurant is always open. Coffee, tea, water and snacks are always available in the lounge area.

### **Afternoon Activities: Charapa Trail & Water Excursion by Canoe at Night**

#### **Charapa Trail**

This is a trail that goes around in a loop where different mammals and birds can be seen that come closer to the shores of the lagoon looking for food during this time of day.

#### **Canoe Excursion**

Your guides will be leading the excursion by canoe looking for night-time wildlife with the help of a spotlight to better see. It is also a great opportunity for star gazing.

Dinner will be announced by the bamboo call after you have returned from your activity.

### **DAY THREE: PARROT CLAY LICKS / CULTURAL ACTIVITY**

The wake up call will be at 6 am and breakfast will be at 6:30 am. Afterwards you'll begin the day's activities with your Naturalist and Native Guide.

**Morning Activities: Parrot Clay Licks on Napo River or Yasuni National Park** (Park Entrance Fee Not Included)

#### **Parrot Clay Licks**

Returning to the Napo River the same way you arrived to La Selva, you'll once more board the motorized canoes on the river and make your way to the Parrot Clay licks located just outside the Yasuni National Park. You also have the option to enter the park but must request this option before hand with the guides so they are prepared. Also required is the entrance fee.

### **Cultural Activity**

Traveling a little further upriver is the Pilchi Community center where native Kichwa's gather for important events, where the children go to school, and where the Kichwa present their project Mandi Wasa. Mandi Wasa means "forest" and "home" in the Kichwa language. The project was created by the Kichwa so that La Selva guests can learn more about how these native people live, creating an importance in the conservation of the area and awareness about their nationality.

Once the cultural activity is over you will return to the lodge via motor canoe and paddle canoe just like how you originally arrived. Lunch will be called when ready and there will be down time in order to enjoy our spa or a yoga session.

\*\*\*During this free time you can reserve one of La Selva's Spa treatments or schedule a time to do yoga. You may also relax in your rooms until it is time for the next activity. The bar schedule is found in your room manuals. The lounge and observation deck up above the bar and restaurant is always open. Coffee, tea, water and snacks are always available in the lounge area.

### **Afternoon Activities: Garzacochoa Lagoon & Ceiba Trail / Nocturnal Walk**

#### **Garzacochoa Lagoon & Ceiba Trail**

Garzacochoa is one of the most beautiful lagoons in the entire Ecuadorian Amazon. There is plenty of wildlife thriving here to be seen. Since this excursion is on both land and water you'll be able to see two different types ecosystems and how they work together

#### **Nocturnal Walk**

Take your headlamps or flashlights with you for this activity. Of all active animals in the Amazon Rainforest, 70% are nocturnal! Be ready to discover all kinds of exciting things.

#### **Departure Briefing**

When the day's activities are done your guide will give you all the necessary information regarding your departure the following day. After this will be dinner time.

### **DAY FOUR: DEPARTURE**

Wake up calls and breakfast will be at the same time. At 7:00 am you will begin your departure for Coca and make the 2 ½ trip upriver.

Upon arrival to Coca our staff will assist with your luggage, transport to San Francisco de Coca Airport, boarding passes and check-in.

#### **Flight Info**

Flights needed: Quito - Coca - Quito

We suggest reserving your flights with La Selva as we can book your tickets directly from our Operations Office and so that your flight times coincide with our operational timeline.