

Post tours for TMLA 2017



***For registered
Participants
Prepared by:***



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The amazing southern wonders

TMLA - POST TOUR

During: 4 days / 3 nights

Departure: 16 – 19 September

16 SEP. Day 1: Guayaquil – Cajas national park – hot springs – Cuenca.



Traveling to or from Guayaquil to Cuenca takes you through Cajas National Park famed for its spectacular scenery, flora and fauna. Why not make the most of the trip by visiting the main sites and stretching your legs with a short hike en route? It's the perfect way to say hello or goodbye to the Andes.

Normally the hike level will depend on the fitness of participants and can last up to 3 hours. However for the purpose of this trip we will do a shorter hike visiting the main sites, combined with panoramic view stops along the way. A delicious traditional lunch can be included.

After an active morning, we'll drive to Baños de Cuenca, known for its natural hot springs, where you'll be able to soak in warm water in Piedra de Agua, a luxury spa complex. Piedra de Agua offers additional services such as volcanic mud baths, steam baths and massages for an additional fee. Overnight in Cuenca.

Meal Plan: L

17 SEP. Day 2: Rural hiking and the handcraft villages



This fascinating rural hike passes through several important historic sites, including the Chobshi Cave and the ruins of Cacique Duma Castle. You'll also get the opportunity to visit El Pailón Canyon as you hike along the trail which follows the Santa Barbara River, exposing you to the traditional countryside life of the Andean people. We will then drive down to visit the villages of Chordeleg and Gualaceo, well known for their crafts made by

local artisans.

In San Bartolomé, your first stop, craftsmen have been creating exquisite custom guitars for generations. When visiting Chordeleg (from *chorro de oro* meaning waterfall of gold) you'll learn about the production of fine filigree jewelry as well as handmade ceramic pottery.

While in Gualaceo you'll have the opportunity to wander through local fruit and vegetable markets brimming with fresh produce as well as learn about (and taste!) delicious fruit grown only in Ecuador. Next is a visit to Bulcay to the home of a family to observe Ikat weaving, an ancient tie-dye process dating to pre-Columbian cultures used to make shawls and ponchos on antique looms using natural dyes extracted on site.

Another highlight of this trip is a visit to Ecuagenera, the most important orchid growing laboratory in Ecuador. Take the time to marvel at hundreds of exotic species, from the exquisitely tiny to the outrageously colorful, as you tour the facilities and learn about the propagation and preservation of these amazing and beautiful plants.

The tour will conclude with a leisurely lunch in a local restaurant. Overnight in Cuenca

Meal Plan: B / L

18 SEP. Day 3: Cuenca city tour and gastronomic experience



The beauty and colonial ambience of Cuenca is best experienced on foot. Our city tour weaves its way through the old town center, designated a World Heritage Site by UNESCO, to give you a short introduction to the city to discover some of the main sights of the city including the Museum of Modern Art, New Cathedral, the famed local flower market and the Barranco with its historic houses perched on cliffs high above the rushing

Tomebamba River.

Our visit of the Old Town will be combined with an amazing gastronomic experience, which begins in a local public food market and followed by a cooking class run by a professional chef to teach you to cook a traditional Ecuadorian meal.

At the market we will buy some of the ingredients for our dishes, providing a great opportunity to experience local culture and local's everyday life. You'll learn about Andean products and the way to order products from the market. You'll then take a short along other areas of the old town to our chef's kitchen where you'll learn how to cook your selected menu. After the class you will then get to sit back and enjoy the food you've prepared.

After a short drive to Turi to take in incredible panoramic views of the city, our group tour will conclude with a visit to a Panama hat factory, or a visit to a ceramic art gallery or an artist's workshop. Overnight in Cuenca

Meal Plan: B / L / D

19 SEP. Day 4: The Inca's in Ecuador: Cojitambo – Ingapirca – Guayaquil.



This is a fabulous day out for archaeology and history enthusiasts. You'll start the day with a visit to Cojitambo, an important Cañari ruin, later occupied by Incas. You'll then head north to Ingapirca, the most important and well-preserved Inca ruins in Ecuador, before heading to the Cañari - Incan ruins of Coyoctor.

After this we enjoy a delicious lunch before continuing to

Guayaquil.

Meal Plan: B / L

The tour includes:

- Private transportation
- Accommodation
- Meal plan according to the detailed program
- Entrance fee to the complex and thermas
- Entrance fee to Ecuagenera Orchids Farm
- Certified bilingual guide during the tours
- Cajas National Park
- Bottle of water during the activities

This tour does not include

- Travel insurance
- Tips
- Any other service not listed on itinerary

Normal price: \$ 450.00

Registered TMLA participants Buyer and Supplier special price \$ 278

Single supplement \$ 65

Confirmation deadline August / 20 / 2017