

❖ Tour Name: **ECUADOR MULTISPORT** (5 Day / 4 Night)

❖ **Duration of Tour:** 5 Days

**Starts:** 14/Sep/2019      Quito, Hotel pick up 8am

**Ends:** 18/Sep/2019      Quito, drop off at hotel

❖ **Description:**

Are you looking for a challenge? 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. Spend an evening relaxing in the volcanic hot springs of Papallacta. Experience truly unique cultural encounters like spending an evening with an indigenous family in the Amazon, learning about their customs, food, knowledge and life-style. For the one with an adventurous spirit, this expedition is certain to serve your appetite.

**DAY 1 – September 14** – Pick up from your hotel at 8am

Upon arrival at the Cotopaxi National Park, we will go hiking around Limpiopungo lagoon of the foot hills of the Rumiñahui volcano. 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.

**Trekking Activity Level** - Moderate, this adventure is at high elevation, make sure you drink a lot of water or coca tea (in case of altitude sickness). The trail is on dirt surrounded by bushes and grass.

**Trekking Time:** 3 hours

**Trekking Distance:** 4 miles (6.4 km)

**Elevation Gain:** 1200 feet (366 meters)

**Minimum Elevation:** 12700 feet (3870 meters)

**Maximum Elevation:** 13850 feet (4222 meters)

**Overnight** – Casa de Luis or similar.

**Meals** – Breakfast, Lunch

**DAY 2 – September 15 - 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.

**Biking Activity Level** - Moderate, mostly downhill, the first 45 minutes up hill and then afterwards just down. You will be riding on cobblestone and dirt roads for the first two hours, and 1 hour on asphalt.

**Biking Time:** 3 hours

**Biking Distance:** 20 miles (32.18 km)

**Elevation Gain:** 500 feet (152 meters)

**Minimum Elevation while Biking:** 5500 feet (1676 meters)

**Maximum Elevation while Biking:** 10450 feet (3185 meters)

**Overnight** – Casa de Luis or similar.

**Meals** – Breakfast

### DAY 3 – September 16 - Canyoning in the Amazon

This morning we will hit the road of the waterfalls. 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.

**Canyoning Activity Level** - Moderate, the jungle exploration will be done while hiking on the canyon that has been formed by the waterfalls and the Pimpilala river, so you will be hiking on irregular terrain and water surrounded by rain forest. The weather can be hot and humid which would make this a very refreshing activity. The highest waterfall to climb is 16 feet (4.87 meters) and the rest are smaller, we will use helmets, ropes and bring optional harnesses for people that want to use them.

**Canyoning Time:** 3 hours

**Canyoning Distance:** 2 miles (3.22 km)

**Elevation Gain:** 500 feet (152.4 meters)

**Minimum Elevation while Canyoning:** 2000 feet (609.6 meters)

**Maximum Elevation while Canyoning:** 2500 feet (762 meters)

**Overnight** – Amazon homestay

**NOTE** - This is a very basic accommodation, you will have your own room but will have to share the bathroom. The rooms are very clean and all the beds have mosquito nets. There is no electricity in the room but there is a social area where you can have access to power to charge your batteries.

**Meals:** Breakfast, Lunch, Dinner

### DAY 4 – September 17 – 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 homestay. 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. 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.

**Rafting Activity Level** - Moderate, this is considered a class III river for white water rafting. There are some awesome waves and also plenty of flat water to go swimming.

**Rafting Time:** 4 hours, depending on the level of the water, it can be less time.

**Rafting Distance:** 18 miles (28.96 km)

**Overnight** – Papallacta Hot Springs or similar

**Meals:** Breakfast, Lunch

### DAY 5 - September 18 – Quito

You will have some time to enjoy the hot springs and then we will head back to Quito. Drop off at your hotel.

❖ **Price:**

**Buyers**, COMPLIMENTARY tour available on double or single occupancy

**Suppliers**, USD 450.00 in double occupancy, single supplement USD 130

❖ **Included**

**Activities:** 3 hours hiking in Cotopaxi National Park in the Andes, 3 hours biking in the Llanganates National Park, 4 hours white-water rafting on Jatunyacu River in the Amazon rainforest, 3 hours canyoning at Pimpilala waterfalls, bird watching and hiking exploration in the cloud forest, soaking in Papallacta hot springs, share time with local indigenous people in the Amazon, making chocolate, salsa lesson.

**Accommodation based in double occupancy:** 4-star hotel in Baños, home stay in the Amazon, 5-star Spa Resort in Papallacta, Colonial Hacienda in Imbabura

**Transportation:** Private and comfortable land transportation

**Gear:**

**Trekking or Hiking:** Black Diamond trekking sticks

**Biking:** Trek X Caliber MTB (hydraulic disc brakes, front Rock Shock suspension), Bontrager helmets, full finger gloves

**Canyoning:** rubber boots, ropes, harnesses

**Rafting:** Aire and NRS 7-people- rafts, NRS life jackets, NRS paddles, splash jackets

**Trip Leader:** Certified AJ expert English-speaking adventure trip leader and local guides

❖ **Not included**

Travel insurance

Meals not described in the itinerary - estimated budget \$120 usd

Tips: 95.00 usd (*needs to be paid at confirmation*)

**Please contact us for more information:**

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