



Extreme Adventure



EXTREME ECUADOR ADVENTURE: DAY BY DAY ITINERARY

Day	Description	Meals	Spanish Speaking Driver or English Speaking Guide
1	<p>Arrival to Quito - Our driver will meet you at the airport and transfer you to your hotel. Free time to relax and acclimatize to your new surroundings</p>	-	SSD

2	<p>Cayambe , Guagua Pichincha and Nono When the trip begins, passing a northern neighborhood of Quito, you'll never dream what lies ahead! We'll drive for a while on the old road Quito-Nono, before riding our bike on a road void of traffic. You'll ascend on the jeep with Cayambe and Guagua Pichincha Volcanoes in clear view. We drive 20 Km until the highest point of the trip (3200 m of altitude). Then we switch to human power. You'll descent on bike, surrounded by Andino flora experiencing the sudden changes to exotic, verdant tropical forest. The exuberant cloud forest is full of bromeliads, palm trees and orchids. At your right there is a mountain stream which soothing sound mingles with the birds' singing. We'll pass Nono (located at 2900 m) and ride all the way down to Tandayapa (located at 1800 m) where the picnic lunch will be served! After lunch we bike uphill back to Nono. Keep one eye on the road and the other peeled on the sky: there's a good chance to see parrots, hummingbirds, toucans and caciques. Fanatics can ride 12 extra Kilometers up-hill. After that uphill we ride down to Mindo cloudforest were we will spend the night.</p>	B/BL	ESG
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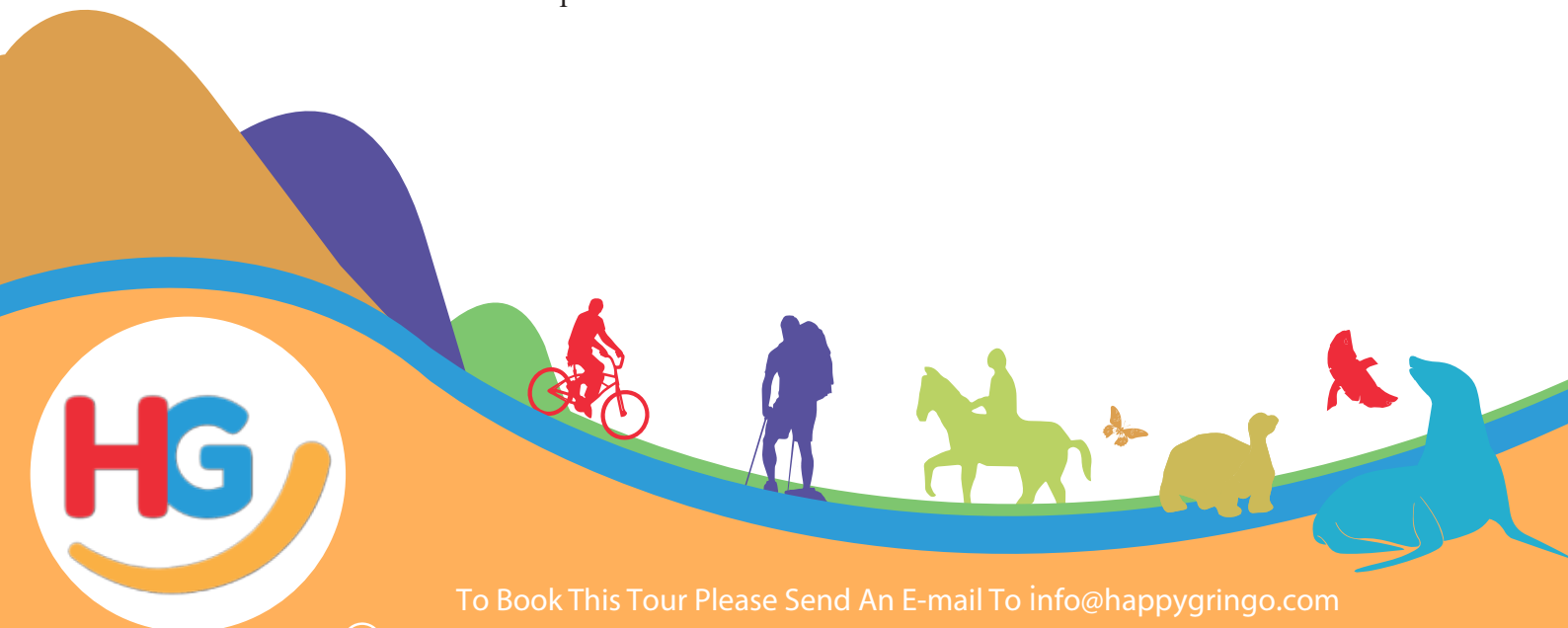
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3	<p>Mindo - We spend the night in a cozy little hostel in Mindo. The next morning we wake up early and hop on the truck to the beautiful Waterfalls of Mindo, we hike down for approximately 45 minutes, and then we stay in the waterfalls, swimming, relaxing and having lunch. After that we hike up, get our bikes and descend to the other side of the mountain. The road is beautiful and you can expect to see many hummingbirds, variation of flora and beautiful birds. We finish at about midday and then you have a free afternoon in Mindo, which is one of the best town in Ecuador for all types of adventure sports. You can go do canopy, canyioning, tubing, ATV and motorcycle ride. This is all optional but highly recommended. It is not included in the price of the trip though, so if you also just wish to walk around Mindo and do some relaxing that is fine as well. At 4 pm we meet again and we drive back to Quito!</p>	B/BL	ESG
4	<p>Quilotoa day tour - After breakfast we drive to the famous Quilotoa Crater Lake which will literally take your breath away! An emerald green laguna inside the crater of an extinct volcano with steep jagged cliffs and views straight down the entire Avenue of the Volcanoes! It is possible to trek into the crater to the lake shore (with optional mule ride out for those with tired limbs) and you could also kayak on the lake if you wish (optional extra). Quilotoa is at 3800m so this is a good acclimatization day for your Cotopaxi climb! Overnight at a traditional hacienda close to the Cotopaxi National Park.</p>	B	ESG

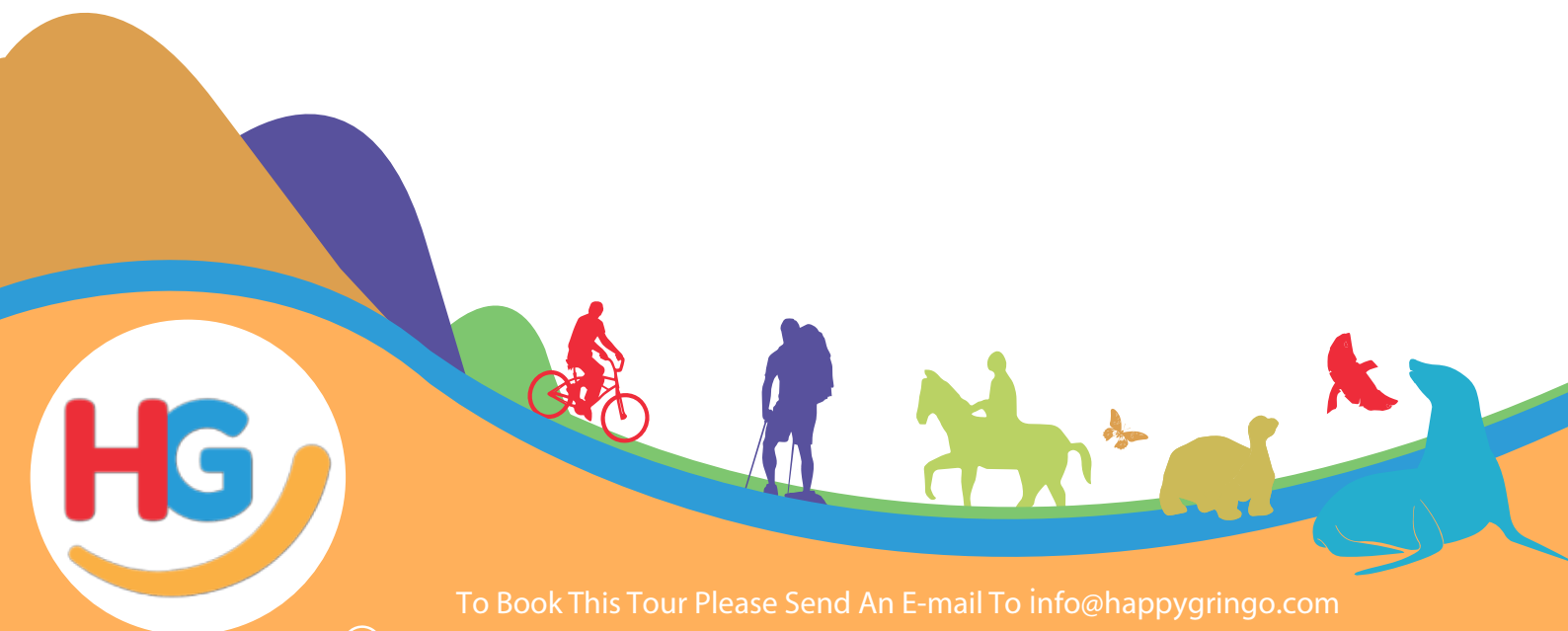


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5	<p>Cotopaxi climb private guide per two climbers - your day begins with a transfer into the Cotopaxi National Park and as you get closer to the spectacular volcano you will get more of a sense of the challenge that awaits! Heading up to the refuge you will have lunch before your guide can explain the technique to walk with crampons and climb - you can also visit the glacier if you wish. Then it is time to rest up and try to sleep through the evening because your climb starts at midnight - the refuge is basic dorm accommodation. Note: this climb is non-technical so is suitable for beginners and experienced climbers alike.</p>	BLD	ESG
6	<p>Cotopaxi climb - All going well you will reach the Cotopaxi summit at daybreak for spectacular views before heading back down to the refuge. Even if you do not reach the summit this is an enjoyable experience with great views! Leaving the national park behind we head further south to the town of Baños where you have a free afternoon to rest and recover from the exertions of the climb.</p>	S	ESG SSD

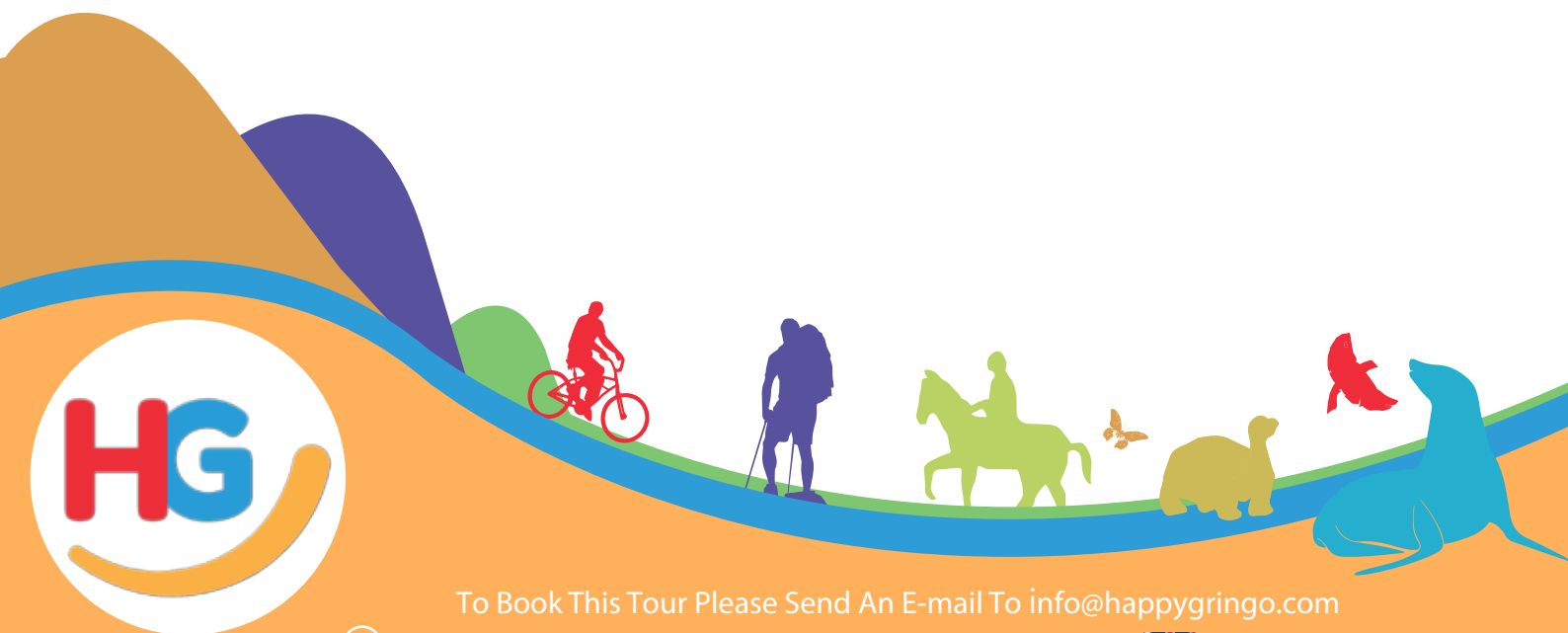


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7	<p>Canyoning tour - In the morning an exhilarating canyoning tour - the perfect way to explore some of Ecuador's most fantastic waterfalls! With trained bilingual guides on hand, you will rappel down the centre of several gushing falls - you'll get wet, but it's an experience you will never forget! In the afternoon more free time for hiking or exploring this small town. You could also take a tour (optional & extra) across the valley for the chance to see lava explosions from nearby Tungurahua Volcano on a clear night.</p>	B/BL	ESG
8	<p>Tena - Early in the morning we head into the Amazon basin. After a picnic on the river shore we board the kayaks and explore the upper Arajuno River, paddling downstream for 2 hours, on the lookout for wildlife such as otter, caiman, toucan, parrot, monkeys, etc. After settling into the lodge there is an optional night hike.</p>	B/BL/D	ESG
9	<p>Kayaking - Tena -After breakfast we paddle down the river for 2 hours on the lookout for wildlife that inhabit the river, and enjoying class 1 rapids that are super easy and fun to kayak. Arriving at the animal shelter, we take a guided walk to learn about all the animals that live here. After a box lunch on the side of the river we go back to the Lodge by canoe, with free time to relax.</p>	B/BL/D	ESG

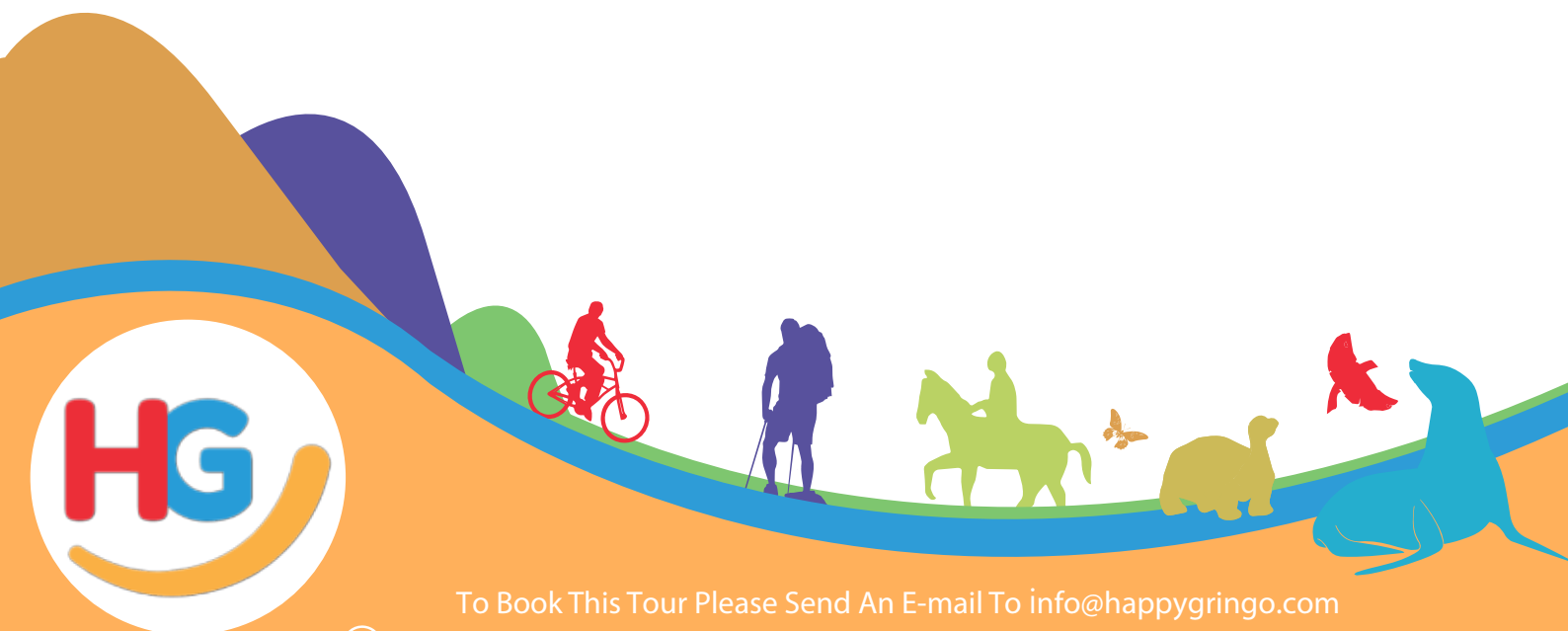


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10	<p>Tena - An early canoe ride takes you to the parrot clay lick, where colorful birds come to lick the minerals from the clay to detoxify and digest. Breakfast is at the lodge, and then a hiking exploration for 2 hours in the forest. After lunch we head by canoe to the Kichwa Community, to learn about their culture, drink sacred “chicha”, and make chocolate straight from the bean.</p>	BLD	ESG
11	<p>Return to Quito - After breakfast we canoe and drive back to the Andes, stopping on route at a hummingbird reserve. Then is our final stop at Papallacta hot springs to soak in the pools and relax; these volcanic waters are very healthy for your body, and are perfect after the amazon adventure. Drive to Quito.</p>	B	ESG
12	<p>Tour End - after breakfast our driver will transfer you to the airport for your flight out.</p>	B	



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EXTREME ECUADOR ADVENTURE / INCLUSIONS - EXCLUSIONS

Inclusions:

- ✓ Accommodation in double or twin rooms or triple for odd-numbered groups who do not wish to pay any single supplement.
- ✓ Transfers to and from the airport in Quito
- ✓ Transport with local driver throughout tour
- ✓ All meals as listed in itinerary
- ✓ Activities as listed in itinerary
- ✓ Guides / Drivers as per itinerary
- ✓ Kayak equipment

Exclusions:

- ✗ Personal Expenses
- ✗ Tips
- ✗ Meals not listed as part of itinerary
- ✗ Local entry fees
- ✗ Alcoholic Beverages
- ✗ Single supplement (applies for a single room for somebody travelling within a group). If you are travelling alone then please ask our staff for a solo traveler price quote.

This program can be adapted to your personal needs - just let us know if you would like to make any changes, we'll be happy to help.

NOTE: Licensed English-speaking guides are more expensive per day than Spanish-speaking drivers. For that reason this tour has a mix of both include in order to balance trip cost. The mix is flexible so if you would like to make changes then just let us know.



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