



ECUADOR

Andes & Amazon Premium Multisport Adventure

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY

Ecuador • Andes & Amazon Premium Multisport

6 DAYS • 5 NIGHTS

Quito – Cotopaxi – Patate – Cotundo – Papallacta – Otavalo – Quito

This itinerary can be tailored to suit your exact requirements

HIGHLIGHTS

- Explore an Andean hacienda on horseback, Chagra style!
- Mountain bike on the slopes of the world's highest active volcano
- Visit an Amazon indigenous community and participate in cultural activities
- Exhilarating Amazon jungle rafting on the best one-day river run (class III+)
- Hike around the Cuicocha Crater and Lake

TOUR ESSENTIALS

Tour Style	Multi Activity Adventure
Tour Start	Quito
Tour End	Quito
Accommodation	First Class and Tourist Superior Hotels & Lodges
Included Meals	5 Breakfasts, 6 Lunches, 5 Dinners
Difficulty Level	Moderate

WORLD CLASS HIKING TRAILS AT YOUR FEET



Experience the natural wonders and culture of the Andes Mountains and Amazon Jungles of Ecuador. This active multisport journey explores the best of more than 5 different ecosystems. Mountain bike through cloud forests, navigate down the rivers of the rainforests, relax in the rejuvenating natural hot springs, learn from ancient cultures and much more. Top-notch guides accompany you on an unforgettable journey; whitewater rafting, mountain biking, horseback riding and trekking through one of the world's most diverse countries.

ECUADOR *an overview*

Located on the North West coast of South America, Ecuador, is boarded by the Pacific Ocean, Colombia and Peru. The country is a patchwork of ethnic identities due to its indigenous and colonial past. With several geographical zones including the Andean peaks, Amazon rainforest and the Galapagos Islands there are many experiences to be had, especially those that are off the beaten track. Along with the beautiful scenery we will see much of the unique flora and fauna on this great tour.

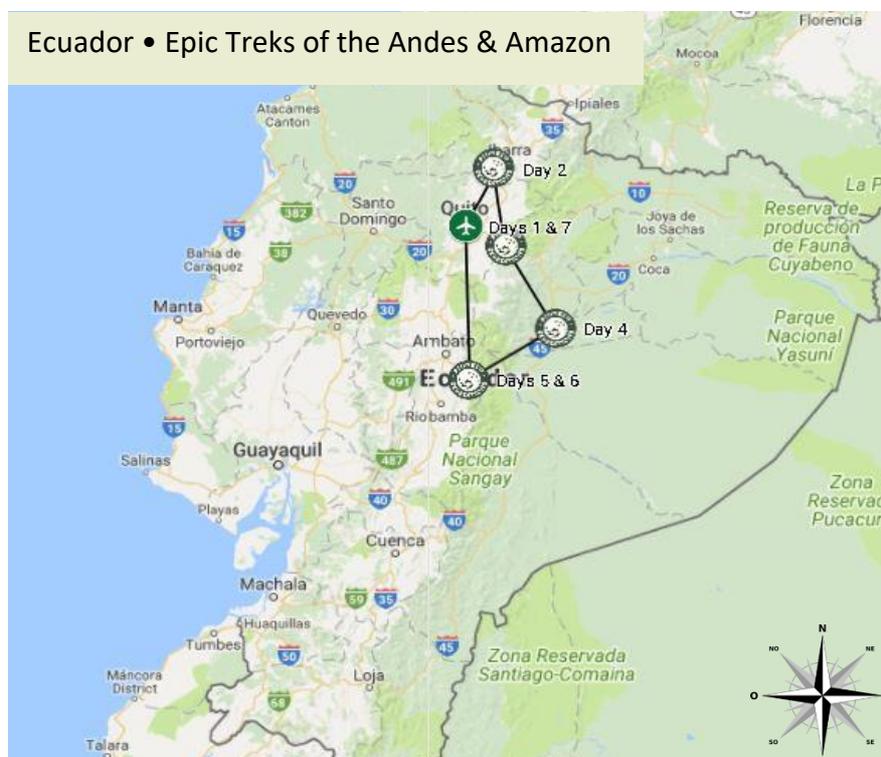
WHY PIONEER EXPEDITIONS?

Pioneer Expeditions are one of the few specialists that really *do* off the beaten track and unique adventures. The team have a real passion for wildlife and adventure travel which we love to share with our clients. We delight in searching the world for new destinations, new experiences and creating the most incredible adventures.

We like to introduce our clients to unique, the different, and the incredible. Whether it is through wildlife tracking, sea kayaking, snorkelling, trekking, rafting, cycling or observing wildlife in its natural environment, we want to give you the real Pioneer experience.

From the moment you choose to travel with Pioneer Expeditions until you return back home, you are supported by our dedicated team. We listen to what you want and can create an itinerary around your specific needs, working with your budget and with a commitment to responsible travel.

ITINERARY



DAY 1: Hike in Pasochoa Wildlife Reserve and Horseback Riding in Cotopaxi National Park

We depart in the morning from Quito due south through the famed Avenue of the Volcanoes. On the way, we enjoy spectacular views of the Pita Canyon River Gorge in the foothills of the Pasochoa Volcano. We reach the entrance of Pasochoa Forest within the collapsed crater just 30 Km south of Quito. This lively forest boasts a wide range of highland trees and shrubs, as well as orchids, bromeliads, lichens, and ferns. Prolific birdlife includes at least 11 species of hummingbirds, and many birds endemic to Ecuador are easily spotted along the trails. If the skies are clear, the hike is made even more magical by the stunning backdrop of snow-capped peaks in the distance. We continue on to Hacienda El Porvenir, a 3000-hectare, family-owned hacienda rich in history and representative of the Chagra (Ecuadorian cowboy) culture. After a traditional welcome tea, our lunch features gourmet, locally-produced Andean foods. In the afternoon we gear up Chagra style, and don ponchos, chaps, and cowboy hats to explore the expansive grounds of the hacienda on horseback (hiking is optional).

Volcan Pululahua is a volcanic crater of the extinct Pululahua. The crater lies in the 3383 hectare Reserva Geobotanica which is approximately 4km north west of La Mitad del Mundo. It is believed that the crater was formed in ancient times when the cone of the volcano collapsed leaving which stands today a 400m deep by 5km diameter crater which is used for agricultural purposes because of its fertile soils.



Overnight:
Hotel



Meals:
L, D



Distance:
8Km



Activity:
Trekking/Horseriding

Day 2: Mountain Biking at Cotopaxi Volcano & Explore Banos



Today we drive towards the base of the Cotopaxi Volcano, where we begin our mountain biking adventure. After a safety briefing, we explore the park's highland plateaus as we observe typical highland vegetation and fauna with stunning volcano scenery as a backdrop. We visit Limpiopungo Glacier Lake and exit the park through the south entrance. We continue our journey driving through the Avenue of the Volcanoes up to the town of Baños for a delicious lunch. We enjoy spectacular views of the Tungurahua Volcano and the Pastaza River Gorge. After lunch, we explore the town of Baños, a colorful colonial town at an altitude of 5,000 feet (1,500 meters) surrounded by tropical cloud forest. In the late afternoon, we reach a cozy Andean Hacienda, where we dine and relax for the evening.



Overnight:
Hotel



Meals:
B, L, D



Distance:
35Km



Activity:
Mountain Biking & Culture

DAY 3: Biking to the Amazon Indigenous Community

In the morning, we drive to the edge of Llanganates National Park, gaining altitude until we reach an area with one of the best views of the – often fuming – Tungurahua Volcano. Here, we set up our mountain bikes for a scenic ride through highland paramo, which gradually melds into mountain cloud forest, and then lowland rainforest. We pass through a dry basaltic gorge that is a great spot to look for wild orchids. We continue our ride along the Pastaza River Gorge, one of the principal waterways that feed into the Amazon Basin. This is an especially scenic route, with high rock walls giving way to deep cloud forest canyons. We stop to admire some of the spectacular waterfalls in the area, such as



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Pailón del Diablo (Devil's Cauldron) and Manto de la Novia (Bride's Veil). Switching from 2 wheels to 4, we drive until we reach Puyo, an Amazon frontier town where we learn about the manufacture of products made from Balsa wood, bamboo, ceramics, and other local materials. We enjoy lunch in Puyo before setting out along the Amazon highway to reach our Jungle Lodge. Once we settle into our lodge, we embark on a visit to an indigenous community. Here, we learn about the way of life, culture, traditions, and customs of the Amazon. At the end of the day, we settle into our jungle lodge ready for a peaceful evening surrounded by rainforest sounds.



Overnight:
Lodge



Meals:
B, L, D



Distance:
42Km



Activity:
Mountain Biking & Culture

DAY 4: Jungle Rafting on the Jatunyacu River

After enjoying breakfast in our lodge, we drive to Llanganates National Park, which extends from the high Andes down into the Amazon basin and is part of an area declared a Biosphere Zone by the United Nations. The water that collects in this area forms the Jatunyacu River, which is considered Ecuador's best one-day river run. We begin the day with a walk in the jungle to reach naturally-formed swimming pools. Upon our return and after a safety briefing, our whitewater rafting adventure begins. A trip down the Jatunyacu River offers spectacular jungle scenery, crystal-clear water, and glimpses into indigenous communities that live along the shores in small bamboo and wood houses. The Jatunyacu is also famed for its big waves, fun holes, and high volume of water (Class III - III+). We'll spend the rest of the day navigating the Jatunyacu, whose waters carry us through breathtaking landscapes with abundant bird life. In the afternoon, we drive back up into the Andes, climbing from 1,500 to 10,000 feet (500 to 3,000 meters) in altitude and passing through a national park and nature reserve until we reach the Papallacta Hotsprings Resort & Spa. In the evening, we relax in the therapeutic alkaline-rich natural thermal waters of Papallacta while nestled in fantastic cloud forest scenery. Spa services such as massages, aromatherapy, and other optional treatments can also be arranged in advance. Lodgings at Papallacta Resort.



Sumaco National Park is a natural shelter with an assortment of ecosystems and wildlife. Although the area is protected and mostly undiscovered, it is home to 280 bird species and has important geological sites.



Overnight:
Spa & Resort



Meals:
B, L, D



Distance:
27Km



Activity:
Trekking & Wildlife



DAY 5: Paramo Hike, Cateuilla Monument & Otavalo Indigenous Market



In the early morning, we visit the highland interpretation center and go for a guided nature hike in a private cloud forest and paramo reserve, where we seek out birds, highland plants, and other Andean wildlife species. Afterwards, we drive to a Middle of the World monument shaped as a star of eight points, representing pre-colonial and Incan indigenous beliefs that 0° latitude was the center of time and measurement. Here we learn about Ecuador's geographic position and how its location on the equator influences its many cultures, climates, and biological diversity. After this visit, we enjoy lunch on the waterfront of San Pablo Lake. We spend the rest of the afternoon exploring the towns of Otavalo and Peguche, where Ecuador's indigenous culture and heritage is visible in their famous markets full of

colorful textiles, traditional handicrafts, and more. We spend time one-on-one with local weavers who share the secrets of their craft that have been passed down for generations. If there is enough time we may also visit the Andean Music Museum to hear the traditional instrumental and vocal sounds of the Andes. The evening is spent at a traditional colonial hacienda.



Overnight:
Hotel



Meals:
B, L, D



Distance:
5Km



Activity:
Trekking & Culture

DAY 6: Hiking Around Cuicocha Crater Lake

After breakfast, we drive up to Cuicocha Crater Lake, located 10,000 feet (3,068 meters) above sea level within the Cayapas-Cotacachi national park. Cuicocha lake is a freshwater filled caldera of a dormant volcano, located at the foot of a volcano of the same name, and surrounded by stunning cloud forest scenery. We hike around the shore of the crater lake, admiring the lava dome islands in the centre and keeping an eye out for birds and other interesting wildlife. We enjoy lunch before departing for Quito in the afternoon. Upon our return, we have the evening free to explore the landmarks and night life of Ecuador's capital city.



Overnight:
N/A



Meals:
B, L



Distance:
12Km



Activity:
Hiking and Personal Preference



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IMPORTANT INFORMATION

Included

- All meals as described (B=breakfast, L=lunch, D=dinner)
- Accommodation as described
- Private land transportation
- All adventure and protective equipment (including front suspended Deore mountain bikes, rafting equipment, gloves, helmets, water bottles and dry bags)
- Professional English speaking guide

Not Included

- Meals other than mentioned
- International flights
- Tips
- Personal expenses
- Hotel and restaurant beverages
- National park entrance fees

ACCOMMODATION *at a glance*

	Location	Accommodation	Example
<i>Night 1</i>	Lasso, Cotpaxi	Hotel	<i>Hacienda La Cienga</i>
<i>Night 2</i>	Via Ecologica Banos, Patate	Hotel	Haciendo Leito Los Llangantes
<i>Night 3</i>	Cotundo – Napo	Lodge	<i>Huasula Amazon Lodge</i>
<i>Night 4</i>	Papallacta	Spa & Resort	<i>Termas De Papallacta Spa & Resort</i>
<i>Night 5</i>	San Pablo del Lago Otavalo	Hotel	Hucienda Cusin



ADDITIONAL INFORMATION

Activity Duration	1 – 5 hours per day
Season	All Year
Altitude	500 to 4,800 meters (1,500 to 15,500 feet)
Average Temperature: Andes	Day 46°F to 75°F / 8°C to 24°C, Night 41°F to 53°F / 5°C to 12°C
Average Temperature: Cloud Forest	Day 60°F to 86°F / 16°C to 30°C, Night 60°F to 68°F / 16°C to 20°C
Average Temperature: Amazon	Day 68°F to 95°F / 20°C to 30°C, Night 64°F to 71°F / 18°C to 22°C
Suggested Items to Pack	Sun block, bathing suit and insect repellent
Difficulty Level	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'Moderate level (1 – 5 hours of activities per day). This means that you will need an average level of fitness.

THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at info@pioneerexpeditions.com if you're interested in this trip, or any of our other expeditions from around the world. Visit our website www.pioneerexpeditions.com to unearth all of our other equally amazing trips and destinations.

1. Contact us -

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

2. Leave everything to us -

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

3. Wait for your adventure to begin -

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

If you feel like altering this itinerary to suit your personal preferences, we can arrange all of that and more – just get in contact with us and let us know your requirements and wishes. From here, we can simply tailor-make your dream holiday.

