



## Ecuador

Sacred Waterfalls Rafting Expedition



# PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

## ITINERARY

Ecuador • Sacred Waterfalls Rafting

**5 DAYS • 4 NIGHTS**

Quito – Macas – Quito

*This itinerary can be tailored to suit your requirements*

## HIGHLIGHTS

- Beautiful scenery and towering canyon walls in “The Gorge of Sacred Waterfalls”
- Remote indigenous area with exhilarating Class IV and IV+ rapids
- Learn about warrior culture and head shrinking rituals from Shuar Indians
- Enjoy bird watching, hiking and wildlife encounters in the depths of the Amazon

## TOUR ESSENTIALS

Tour Style	Active Expedition
Tour Start	Quito
Tour End	Quito
Accommodation	Camping & Riverside Hotel
Included Meals	4 Breakfasts, 3 Lunches, 4 Dinners
Difficulty Level	Medium/Difficult

## SACRED WATERFALLS RAFTING



For experienced rafting enthusiasts, this is the best multi-day rafting expedition in Ecuador. Combining jungle hikes, indigenous cultural encounters, riverside camping and plenty of Class IV and IV+ rapids on the Upano River you will be sure to enjoy every moment. Over the 5 days you will discover Ecuador like no one else, from rafting to self exploring you will soon uncover the unspoiled landscapes and its flora and fauna.



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# ECUADOR, *an overview*

Located on the west coast of South America lays Ecuador, a truly remarkable destination. Surrounded by the Pacific Ocean to the West, Colombia to the North and Peru to the East and South its landscapes, animals and plants are simply incredible. Near the equator with an astonishing array of habitats, it encompasses the Amazon, Andean highlands and the wildlife rich Galapagos Islands. The tropical climate is a perfect host to the process of nature and is further accompanied by its vast range of geographical regions; La Costa (the coast), La Sierra (the highlands), La Amazonia (the east) and La Region Insular (the Galapagos Islands). It is recommended that expedition members need some previous rafting experience and a moderate fitness level is required as daily activities range between 5-7 hours and can include white-water rafting and trekking.

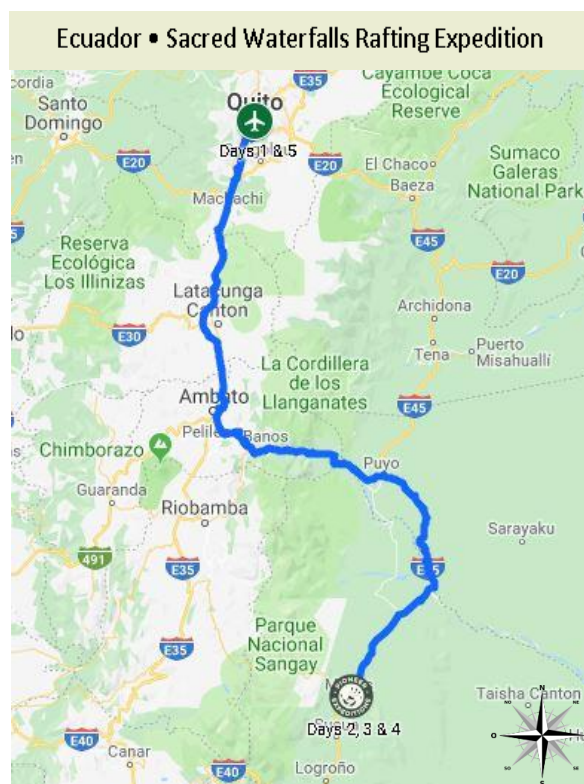
## WHY PIONEER EXPEDITIONS?

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



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## DAY 1 : TRANSFER FROM QUITO TO MACAS

We start our adventure in Ecuador with a scenic jungle drive from Quito to Macas (approx. 6 hours). Spend the afternoon strolling through the town whilst we explore on our own. In the evening, we will enjoy a welcome dinner and a short trip briefing to prepare us for our epic rafting journey that begins tomorrow.

*It is now the best known archeological site on the planet. Ecuador's capital, Quito, located in the Sierra region at 2850m above sea level, making it the highest capital city, was originally constructed on the foundations of an ancient Incan town. Today, it is known as its well preserved colonial city which harmonises with the 16<sup>th</sup> and 17<sup>th</sup> century European influenced churches and structures. Around every corner is something new to discover and is full of culture, history and traditional foods.*



Overnight:  
**Riverside Hotel**



Meals:  
**D**



Approx. Distance:  
**376km**



Activity:  
**Personal Preference**

## DAY 2: RAFT THE UPPER UPANO & SHUAR COMMUNITY VISIT

After an early start and a hearty breakfast, we drive to our put-in on the Upano River and begin our whitewater adventure. The upper part of the Upano is wide and relatively tranquil, with mostly Class III rapids and the occasional Class IV section where we navigate steep boulder passages. This reasonably laid-back start to our expedition helps us get used to paddling as a team and gives us the chance to appreciate the stunning rainforest scenery and wildlife around us.

The thatched-roof huts of the Shuar are visible along the riverbanks and local Shuar families can often be seen washing clothes or fishing from the shores of the upper Upano. After setting up camp on the riverbank near the town of Sucua, we head out to visit the nearby Shuar community where we will learn about their culture and ancient rituals including the practice of shrinking the heads of their fallen enemies. After our visit with the Shuar we will head back to our campsite where we will enjoy a tasty dinner and a peaceful night's sleep on a sandy beach by the river.



Overnight:  
**Camping**



Meals:  
**B/L/D**



Approx. Distance:  
**N/A**



Activity:  
**Rafting & Culture**

## DAY 3: FIRST DAY OF RAFTING THE GORGE OF SACRED WATERFALLS



Breaking camp early we continue down the Upano River and pass under the Patuca Bridge where we will enter the beautiful Namangosa Canyon where the Upano quickly changes her mood. As the canyon deepens and narrows, the riverbanks rise into towering walls and the water is channeled into a boulder-choked gorge. Water volume and speed increases and the Upano becomes a power river that propels us through almost constant IV and IV+ rapids.

The Shuar call the Namangosa "The Gorge of Sacred Waterfalls" for



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good reason: tall white waterfalls are the only thing that interrupts the lush green of the canyon walls. The Namangosa is covered with pristine primary forest which creates the perfect opportunity for us to see numerous species of jungle plants, tropical birds and colourful butterflies as we paddle down the river. The breathtaking setting and sustained rapids make this long run truly unforgettable. We stop around halfway through the canyon to camp at a pleasant site called Mina.



Overnight:  
**Riverside Hotel**



Meals:  
**B/L/D**



Approx. Distance:  
**N/A**



Activity:  
**Rafting & Wildlife**

#### DAY 4: FINA DAY OF RAFTING THE GORGE OF SACRED WATERFALLS

The pace during our last day is a little more laid back as we stop a few times to explore hiking trails and hidden caves along the banks. We will also swim in many of the tributaries that flow into the Upano, each with a different temperature, water volume and speed. In the afternoon we reach our take-out site where our vehicle is waiting for us to drive us back to Macas. We enjoy our last evening in the jungle at our riverside hotel.



Overnight:  
**Riverside Hotel**



Meals:  
**B/L/D**



Approx. Distance:  
**N/A**



Activity:  
**Rafting, Trekking & Exploring**

#### DAY 5: TRANSFER FROM MACAS TO QUITO

After breakfast, we have the rest of the morning free to explore Macas and its surroundings on our own before heading back to Quito (approx. 6 hours).

*Macas, a small town located in the southern Amazon is home to the Shuar indigenous community, famous for their fierce resistance to colonisers and their ritual of head shrinking. The area, known as 'The Emerald of the East', due to its scenery of the Andes Mountains and Upano River is an important agricultural and livestock centre, as well as a transportation hub for smaller surrounding jungle communities. Agricultural products found here include yucca, sugarcane, papaya, coffee and bananas.*



Overnight:  
**N/A**



Meals:  
**B**



Approx. Distance:  
**376km**



Activity:  
**Personal Preference**

**NB:** This itinerary is subject to change – arrangements, routes and facilities are subject to variation depending on local conditions and discretion of the guide. Please note times given are approximate driving times and do not include stops, the journey times are therefore longer. When driving times are given, this is only an indication. It aims to reflect the actual driving time (and doesn't include stops, lunch, and traffic). The road journeys, while often long, are one of the great ways to experience Ecuador. There is so much life on the road and many photographic opportunities along the way from a natural and people perspective. Campsites may vary based on weather conditions. We recycle and transport out all our non-organic garbage. Although we attempt to stick to the itinerary, changes do sometimes occur. Alternative river runs are available and may be substituted for those on the itinerary. Being flexible will allow you to get the most from your experience.

If this trip isn't quite what you are looking for, we can **tailor itineraries** to suit your exact requirements.



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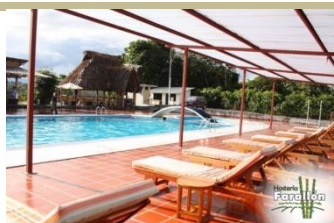
# WHAT OUR CLIENTS HAVE SAID

*"I had an amazing time on this once in a lifetime trip,  
please could you send my thanks to all the people  
who made my trip so incredible"*

-M. Walter

## ACCOMMODATION *at a glance*

	Location	Accommodation	Example
Night 1	Macas	Riverside Hotel	Hosteria Farallon
Night 2	Macas	Deluxe Camping	Sandy Beach
Night 3 & 4	Macas	Riverside Hotel	Hosteria Farallon



## IMPORTANT INFORMATION

### INCLUDED

- Accommodations in Macas hotel
- Bilingual adventure guide
- Private ground transportation
- Quality camping gear including Eureka and The North Face tents, sleeping bags, kitchen, social tent, portable toilet, high quality rafting and safety equipment
- All meals as described (B=Breakfast, L=Lunch, D=Dinner)

### NOT INCLUDED

- International Flights (these can be arranged through us if needed)
- Meals other than mentioned
- Alcoholic and soft drinks
- Tips
- Personal expenses

**IMPORTANT:** This itinerary is subject to change without notice due to seasonal changes, last minute weather conditions and discretion of the guide.



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# ADDITIONAL INFORMATION

RAFTING DURATION	5 to 7 hours per day, depending on water level
SEASON	November to March
ALTITUDE	1,600 - 7,500 ft. (487 meters – 2286 meters) above sea level
AVERAGE TEMPERATURES	In the Amazon rainforest, day time temperatures range between 68°F to 95°F / 20°C to 35°C whilst night time temperatures average 64°F to 71°F / 18°C to 22°C.
SUGGESTED ITEMS TO PACK	River trunks, thermal layer, water sandals, sun hat, flashlight, waterproof sunblock and mosquito 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 medium to difficult (5-7 hours of activities per day). This means that you will need a moderate level of fitness.
EXPEDITION SCHEDULE	We have a monthly group departures, please see our website or contact us for a list of dates and availability. We are also able to arrange tailor-made or private departure to suit as well as extensions within Ecuador.

## THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at [info@pioneerexpeditions.com](mailto: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](http://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.

