



8 DAY AVENUE OF VOLCANOES

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Trip Duration: 8 days

Trip Difficulty:

Destination: Ecuador

Begins in: Quito

Activities: 



INCLUDED

- Airport transfers
- Accommodations
- Ground transportation
- Meals, as mentioned in itinerary
- Hiking/trekking poles
- Expert guides

EXCLUDED

- International airfare
- Meals not described in itinerary
- Tips

Ultimate Expeditions®

500 N. Michigan Ave., Suite #600

Chicago, IL 60611

PH: (312) 809-7007

FAX: (312) 348-7223

Info@UltimateExpeditions.com

www.UltimateExpeditions.com

Ultimate Expeditions®

The Best Adventures on Earth.

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

8 DAY AVENUE OF VOLCANOES

Itinerary

DAY 1 Arrival in Quito

Our guide will meet you at the airport and transfer you to your hotel. Quito is a high elevation city, at 9,350 feet that is located on a long and narrow Andean valley surrounded by volcanoes. Once at your hotel there will be time available to tour the city, where you will immerse yourself in the culture of Ecuador. A welcome dinner is held in the evening, as well as a briefing of the tour. Overnight in Quito. (Dinner)

DAY 2 Trekking in Isinlivi

The morning begins with a scenic drive to the Avenue of Volcanoes; panoramic views showcase Cotopaxi, Pasochoa, Rumiñahui, Illinizas and others. In the afternoon, lunch will be served and we will embark on our first trekking exploration through the Andean fields. Trekking time is roughly 3 hours. Overnight (Breakfast, Lunch & Dinner)

DAY 2 Cotopaxi National Park

Today we will explore Cotopaxi National Park and will set out on our first acclimation hike which will take us around Limpiopungo Lake that rests at an elevation of 12,467 feet. Along our 2 hour hike we may encounter llamas, wild horses, bulls and a variety of birdlife. The lake offers magnificent photographic panorama of surrounding peaks, such as Cotopaxi, Sincholagua and Ruminahui. Concluding our day, we will drive to Isinlivi for the night. Overnight (Breakfast, Lunch & Dinner)

DAY 3 Trekking Toachi Canyon to Chugchilan

On the 3rd day, we will enjoy an 8.4 mile hike; following the Toachi canyon which offers stunning views of small villages and farmlands. The mountainous landscape is inspiring as we hike to the small town of Chugchilan, located in the middle of the Quiltoa loop. Here we will find an Eco-house accommodation and in the afternoon will explore the village. Total hiking time today is roughly 4 hours. Overnight (Breakfast, Lunch & Dinner)

DAY 4 Chugchilan to Quiltoa

After an early morning breakfast, we will begin our 6.9 hiking adventure from Chugchilan to Quiltoa on a small trail established by the local mountain people. This trail is primarily used for transportation of products and traveling to neighboring communities. The trail takes us down and across canyons that we will later ascend to reach the crater rim; views of Quiltoa Lake from here are stunning. Our trekking time today will be approximately 4.5 hours. Overnight (Breakfast, Lunch & Dinner)

DAY 5 Trekking into the Quiltoa Crater Lake

After breakfast, you will be transferred to Illinizas Ecological Reserve, a beautiful drive through the Andes. Here you will begin your hike to the base of Quiltoa (just under a mile). The steep trail features unbeatable views of the turquoise water-filled caldera. Once at the bottom, you are free to explore the banks of this mythical, active volcano. You can enjoy a swim in the volcanic waters or kayak (optional approximately 1 hour). The hike back, takes roughly an hour and a half to complete. Alternately, you can rent a mule and ride your way up the crater wall. In the afternoon we will be transferred to the Riobamba region, centrally located in the Ecuadorian highlands. Overnight (Breakfast)



DAY 6 Chimborazo Volcano and Baños Hot Springs

An early morning drive takes us through scenic valleys and farming villages as we approach the highest mountain peak in Ecuador, with an elevation of 20,549 feet above sea level. Chimborazo Volcano is located along the equatorial bulge making its summit the farthest point on the Earth's surface from the Earth's center. Under clear conditions, the summit of Chimborazo dominates the horizon over 80 miles away. Here we will hike a short distance to reach an altitude of 16,404 feet, where the glacier begins. Along our hike we may encounter wildlife that inhabits this volcanic wonderland and a picnic lunch will be organized at the base camp before heading to the tropical town of Baños, here we will enjoy the hot springs and explore the nightlife of Baños, discovering the flow of salsa dancing. Overnight (Breakfast & Lunch)

DAY 7 Highway of the Waterfalls - Return to Quito

From Baños we drive the "Highway of the waterfalls," and hike through the cloud forest to reach Bride's Veil waterfall, where we will board a cable car to cross the Pastaza River, then hike to Pailon del Diablo waterfall, the second highest in Ecuador. Baños is situated at the foothills of the Tungurahua (an active volcano) the landscape offers lush unspoiled mountain views and exciting outdoor activities, making it a popular destination for Ecuadorian families to vacation. A scenic transfer will take us back to Quito City. Hiking time today will be approximately 1.5 hours. Overnight (Breakfast)

DAY 8 Depart

After breakfast you are transferred to Quito Airport for departures. (Breakfast)

ECUADOR

Best Time to Visit

The climate of Ecuador varies by region, due to differences in altitude and proximity to the equator. The coastal lowlands to the west of Ecuador are typically warm. Coastal areas are affected by ocean currents and between January and April are hot and rainy. The weather in Quito is consistent to that of a subtropical highland climate. The city has a fairly constant cool climate due to its elevation and proximity to the equator. There are only really two obvious seasons in the city: dry and wet. The dry season (summer) runs from June to September and the wet season (winter) is from October to May.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	64	65	65	65	65	65
Average Low (F)	49	49	49	50	49	48

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	66	67	67	67	66	65
Average Low (F)	48	48	48	49	48	49

Entry Requirements

No visas required for Argentina. A passport valid for six months after date of entry is required.

Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into South America. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of



emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is the US dollar (USD). Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Ecuador is a presidential republic.

Religion

Religion in Ecuador is an expression of the different cultural heritages in the Ecuadorian culture including the Spanish colonization, the Native Amerindian and the Afro-Ecuadorian. There are majority Catholic and Protestant. There are also small communities of Jewish and Baha'i faith.