



## 8 DAY ECUADOR MULTISPORT

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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
- trekking/hiking poles, high-quality mountain bikes, helmets, gloves, rubber boots, ropes, white-water raft, life jackets & paddles
- Expert guides

### EXCLUDED

- International airfare
- Private room supplement
- Tips

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## 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 ECUADOR MULTISPORT

### 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. In the evening, the guide will have a briefing of the tour. Overnight in Quito.

#### DAY 2 Horseback Riding Adventure

The day begins with a scenic drive along the Avenue of Volcanoes; panoramic views showcase Cotopaxi, Pasochoa, Rumiñahui and Illinizas. We will reach an ancient colonial hacienda where we will explore the farm and surroundings on horseback. In the afternoon, our drive continues to the exciting town of Baños, which is located at the entrance of the Amazon. Here we will enjoy a lively evening with cocktails and salsa dancing. Overnight (Breakfast and Lunch)

#### DAY 3 Mountain Biking in the Llanganates National Park

This morning brings an invigorating mountain bike ride from Llanganates National Park to Pastaza River Canyon. The cloud forest is stunning, dotted with breathtaking waterfalls, Andean farmlands, and a beautiful canyon. The bike ride descends into the lush jungle offering great views of Baños, nestled in the foothills of Tungurahua volcano which has been active since 1999. In the afternoon we will have time to explore Baños and enjoy another evening of fun. Overnight. (Breakfast)

#### DAY 4 Highway of the Waterfalls and Canyoning in the Amazon

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. Later we delve deeper into the jungle on a 3-hour hike climbing along several waterfalls. The evening will be spent at the local basic jungle lodge. Overnight (Breakfast, lunch & dinner)

#### DAY 5 Jatunyacu River Rafting and Volcanic Hot Springs

After an hour drive to the Jatunyacu River, rafting guides will conduct a safety briefing as you prepare to embark on this class III whitewater rafting expedition. The gorgeous scenery is sure to inspire, revealing the magic of the Amazon rainforest. After the rafting adventure you head to the paradise of hummingbirds in Guango Reserve then continue to the volcanic Hot Springs resort. Overnight. (Breakfast & Lunch)

#### DAY 6 Hiking the Cloud Forest, Hummingbirds Paradise & Otavalo Market

This morning we will enjoy a 2-hour bird-watching tour through the beautiful cloud forest, and then travel across the Andes to visit Otavalo and its indigenous market to explore and shop. In the afternoon, we will transfer to the slopes of Imbabura volcano to enjoy a cultural encounter with the local people to learn of traditions and way of life. In the evening we will enjoy a cooking class preparing food with local, organic products. Our accommodation for the night will be at a family home-stay of the San Clemente community. Overnight (Dinner)



**DAY 7 Trekking the Loop of Cuicocha Crater Lake**

Today we embark on a 9-mile hike that tracks around the Cuicocha Crater Lake while enjoying breathtaking views of the active volcano and valleys of the Cotacachi-Cayapas ecological reserve. We will reach an altitude of 11,880 feet and will be hiking for approximately 5 hours. After our trek we will enjoy a boat ride to the center of the crater and observe the activity and jump in for a refreshing swim in the volcanic waters. In the afternoon we will drive back to Quito. Overnight (Breakfast & Lunch)

**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.