



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Ecuador – Andes and Amazon Multisport Adventure Tour 2017
Guided
6 days/5 nights



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 the rivers of the rainforest, sooth in 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.

Highlights:

- Mountain bike on the slopes of the world's highest active volcano
- Explore an Andean hacienda on horseback
- Exhilarating Amazon jungle rafting on the best one-day river run (class III+)
- Relax in the rejuvenating natural hot springs
- Learn the ancient meaning of the equator
- Learn the secrets of textile weaving
- Hike around the Cuicocha Crater and Lake
- Top-notch bilingual adventure guides lead every step of your journey

OK Cycle & Adventure Tours Inc. -- 1337B Wellington Ave – Ottawa, Ontario K1Y 3B8 www.okcycletours.com
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Itinerary Day to Day

Day 1: Hike in the Pasocha Wildlife Reserve (Santa Rita) and Mountain Bike at 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 Pasocha Volcano. We will visit the private reserve of Santa Rita; 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 driving 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, ancient Inca ruins and fauna with stunning volcano scenery as a backdrop. We visit Limpiopungo Glacier Lake and exiting the park through the south entrance. We spend a relaxing evening at a famous local hacienda.



Day 2: Horseback Riding At Tilipulo Hacienda & Explore Andean Forest

After breakfast, we drive to the ancient farmlands of Hacienda Tilipulo, located in an inter-Andean valley surrounded by interesting native vegetation and astounding views of the nearby volcanoes. After a safety briefing will be given before our departure towards the western cordillera bound to the highlands of Atapulco where we will be able to observe small farmlands called chacras, adobe houses, livestock such as llamas, sheep and others. The indigenous way of life, the occasional view of volcanoes Cotopaxi, Tungurahua, Illiniza, Chimborazo and Altar will accompany us throughout this journey in the spectacular trails that go over hills, ravines and dirt roadways.

We continue our journey driving through the Avenue of the Volcanoes up to the Leito Valley. We enjoy spectacular views of the Tungurahua Volcano and the Patate River. In the afternoon we reach a cozy Andean Hacienda and if time allowed we will hike in to the Andean forest and beautiful waterfalls. Return to the farm house to relax and dinner

Day 3: Biking To the Amazon & Visit the Famous Waterfall Route

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 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, if time allowed we will visit a Kichwa indigenous community. Here, we learn about their 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



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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 500 to 3,000 meters in altitude and passing through a national park and nature reserve until we reach the Papallacta Hot springs 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.

Day 5: Paramo Hike, Quitsato 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. Lunch on route and then 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, and 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.

Day 6: Hiking Around Cuicocha Crater Lake

After breakfast, we drive up to Cuicocha Crater Lake, located 3,068 meters above sea level within the Cayapas-Cotacachi National Park. Cuicocha Lake is the 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 center and keeping an eye out for birds and other interesting wildlife. We enjoy a picnic lunch on the lake 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.

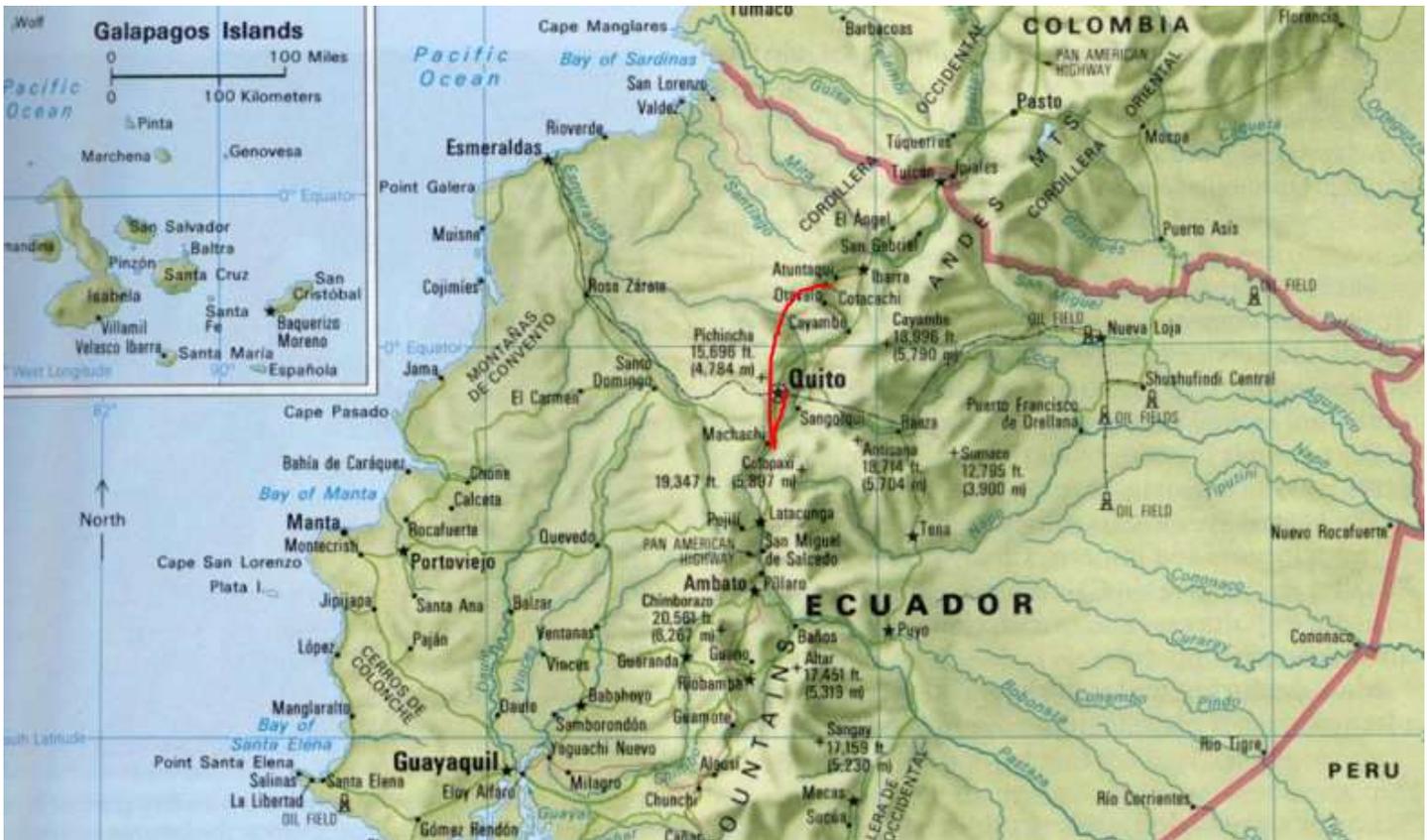
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Route



Technical Characteristics:

Route Profile: Moderate. No experience necessary. Activities include Mountain Biking, Whitewater Rafting, Hiking, Horseback Riding, and Wildlife Seeking.

Travel Dates: Daily arrival between January 2 and December 31, 2017



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Price per Person:

Double Occupancy	\$2329.00 USD
Surcharge Single Room	\$332.00 USD

Accommodation:

Quality hotels, historic haciendas, and eco lodges.

Included:

- Accommodations in quality hotels, historic haciendas, and eco lodges
- Private land transportation
- All meals (breakfast, lunch/ box lunch and dinner daily)
- 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:

- Hotel and restaurant beverages
- Personal expenses
- Tips
- Galapagos local taxes

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
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