

ANDES AND AMAZON MULTISPORT 4 DAYS

Overview

Made for adventurers seeking a human-powered holiday this is the perfect combo for friends or families who want to experience the best of Ecuador, traversing from Andes while trekking to Glaciers at high elevation to Amazon paddling and canyoning your way down winding rivers; to immersing yourself in the culture while spending time with the local indigenous people. More than an expedition, this is an once-in-a-lifetime journey!

Accommodation is provided at charming eco-lodges and hotels.



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Highlights

Activities

Activity level


Season

Minimum age

- Share time with the local people
- Canyoning in the tropical rain forest
- Make organic chocolate fondue with your hands
- Learn how to use a blowgun
- Share time with the local indigenous people
- Paddle the rapids of the Jatunyacu
- Hike in the Amazon Jungle and search for medicinal plants
- Explore Baños city
- Road biking in Llanganates National Park
- The Swing of the end of the World
- Hike to Pailon del Diablo Waterfall
- Hike to the Glaciers of Cotopaxi Volcano
- Stay at unique places in every location
- Be led by top experienced guides at every step you take
- Support sustainable travel to preserve culture and nature

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Highlights	Activities	Activity level	Season	Minimum age
	<ul style="list-style-type: none">→ Biking→ Hiking→ Paddling→ Swimming→ Culture→ Wildlife→ Canyoning			

Highlights	Activities	Activity level	Season	Minimum age
		 <p>Moderate</p>		

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Highlights	Activities	Activity level	Season	Minimum age
→ Year around				

Highlights	Activities	Activity level	Season	Minimum age
→ 8 years old				

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● Full Itinerary

Day 1

Canyoning In The Amazon

We start our day with a scenery drive from the Andes to the Amazon, this road journey will give us beautiful landscapes from volcanos to a mega diverse ecosystem full of different species of plants and animals. Once we arrive to the homestay, we will have a traditional lunch and afterwards go explore on foot one of multiple spectacular canyons in the area while climbing some refreshing waterfalls. Later after our jungle exploration, we have a treat in store! We will head to the bonfire to teach you how to make chocolate fondue. Cacao is an important commodity export for the country, which produces some of the finest chocolate in the world, the sweetest way to end the day!

Overnight: Basic Lodge

Meals included: Breakfast, lunch and dinner



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Day 2

Rafting Jatunyacu

This day brings us to one of the most action-packed days of our expedition as paddle down the Jatunyacu River. This river is a class III sourcing from the Llanganates Mountains. Legend says there is a hidden Incan treasure in this area and although many explorers venture in trying to find it, it has yet to have been found. A yummy picnic will be served on the river's bank and then we will drive to the Sangay reserve to see the Pailon del Diablo, a raging cascade tucked between canyon walls, we will also take a cable car ride across the Pastaza river canyon, at night we will take you out for some delicious cuisine and optional salsa dancing.

Overnight: La Floresta Hotel or similar

Meals included: Breakfast and lunch



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Day 3

Biking Llanganates

Today we will start our day by driving up high into the Llanganates National Park for a day of biking. Our first hour will be a nice gradual uphill followed by two hours mostly downhill giving you the chance to catch the breeze and enjoy the fresh Andean mountain air. The total descent is five thousand feet and has spectacular views of the Tungurahua Volcano, which has been active since 1999. In the afternoon, we will go to the famous Casa de Arbol "swing at the end of the world". Dare yourself to take ride and fly high over the trees and into the clouds. Time permitting; there may be the option of zip lining.

Overnight: La Floresta Hotel or similar

Meals included: Breakfast



Day 4

Trek Cotopaxi

Our seventh day of exploring takes us back north to Cotopaxi. Cotopaxi is one of the highest active Volcanoes on earth. Perfectly conical and surrounded by views of other volcanoes it is a sight to behold. The park is also home to horses and bulls, which can sometime be seen trotting about. Once reaching the National Park we will trek upwards to the base of the glacier, nearing 17,000 feet! In the afternoon we will return to Quito.

Meals included: Breakfast and lunch



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Included

Not Included

Important Information

Packing list

Terms & Conditions

- Top Experienced Certified English-Speaking Guide
- Private Transport
- Accommodation for three nights
- Meals according to the Itinerary
- Water and snacks at all time
- Water bottle
- - Biking gear: Quality bikes with front suspension and hydraulic brakes, certified helmets and gloves
- Paddling gear: 8 – 10 people rafts.
- Trekking gear: Black diamond poles
- Canyoning gear: Harnesses, helmets and robber boots
- All fees to reserves and museums

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Included

Not Included

Important Information

Packing list

Terms & Conditions

- International or domestic flights
- Airport transfers for international flights
- Meals not mentioned in the itinerary
- Tips for guides and drivers
- Travel insurance (mandatory)
- Optional activities