

Biking Ecuador

Volcanoes

8 days



Embark on an exhilarating biking expedition through the Central Ecuadorian Andes, known as The Avenue of the Volcanoes, renowned for its stunning views and diverse landscapes. This adventure promises a variety of terrains, including both double and single tracks that weave through dramatic volcanic peaks and lush valleys, challenging you while rewarding you with breathtaking vistas.

Biking

Fooding

Hiking

Culture

Wildlife

Wellness



Biking Ecuador Volcanoes

Led by experienced local guides, you'll gain insights into the region's culture, wildlife, and environment, enhancing your overall experience. Along the journey, explore vibrant local markets to interact with artisans and vendors, immersing yourself in the community's culture.

Food lovers will appreciate the chance to enjoy delicious organic cuisine sourced from the region's agricultural heritage, with opportunities to participate in cooking classes to learn traditional Ecuadorian recipes. Additionally, indulge in beer and wine tastings that highlight Ecuador's emerging craft beverage scene.

Activity level : Moderated

Season: Year Around

Minumum age: 12 years old

8 days



Biking Ecuador Volcanoes

Accommodation will be at charming family-run properties, providing genuine hospitality and a deeper connection to the local culture. After a day of biking, relax in soothing hot springs that offer a perfect way to unwind amidst the beautiful Andes.

This expedition not only focuses on adventure but also supports ecotourism, ensuring a positive impact on the environment and local communities.

Join us for an action-packed experience where adventure, culture, and nature come together for an unforgettable journey!

8 days



Highlights

- **Location:** Experience the stunning landscapes of the Central Ecuadorian Andes, known as The Avenue of the Volcanoes.
- **Variety of Trails:** Ride through diverse terrains, including double and single tracks that offer breathtaking scenery and challenging experiences.
- **Guided Experience:** Benefit from the expertise of experienced local guides who provide insights into the trails, wildlife, and cultural traditions.
- **Local Markets:** Explore vibrant local markets, interacting with artisans and vendors while supporting the community.
- **Organic Cuisine:** Enjoy delicious local organic food sourced from the region's agricultural heritage, including opportunities for cooking classes.
- **Beverage Tastings:** Participate in beer and wine tastings featuring Ecuador's emerging craft beverage scene.
- **Charming Accommodations:** Stay in welcoming family-run properties that foster a genuine connection with local culture.
- **Relaxation in Hot Springs:** Unwind in soothing hot springs after biking, surrounded by the natural beauty of the Andes, offering a perfect way to relax and reflect.



Arrival day

Day 1

Today, we will warmly welcome you upon your arrival at Quito Airport and assist you with your transfer to the hotel. This day is dedicated to your acclimatization and personal exploration of the city. Feel free to wander at your own pace, soaking in the rich culture, stunning architecture, and local cuisine that Quito has to offer.

In the evening, at 6 PM, we invite you to join us for an important briefing session. This will be an opportunity to meet your guide and fellow adventurers, as well as to gather essential information and tips for the exciting days ahead.

Overnight: Wyndham Garden or similar

Meals: None





Mountain to Mist – Biking the Trail from Pichincha to the Cloud Forest

Day 2

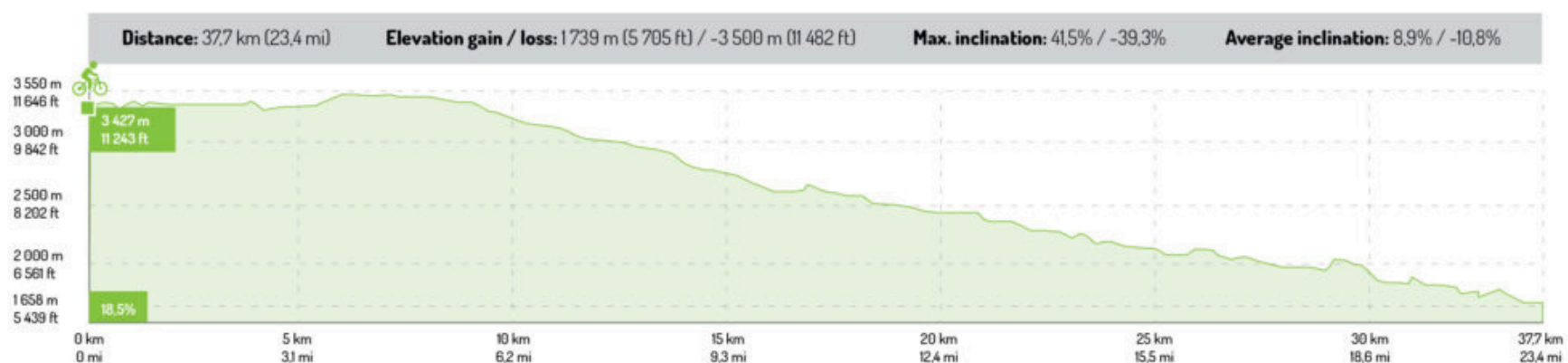
On this day we will embark on an exhilarating journey from Quito to the foothills of the Pichincha Volcano, an active volcano just outside the city. Our adventure begins with a scenic drive that showcases the stunning landscapes of the region. Upon arrival, we will mount our bikes and ride along a mix of dirt and gravel paths through the paramo ecosystem, where you can enjoy panoramic views of Pichincha and other surrounding volcanoes.

As we continue our ride, we will descend into the lush cloud forest ecosystem next to the Tandayapa River, known for its rich biodiversity. This area is a birdwatching hotspot, so be on the lookout for a variety of bird species, including hummingbirds, toucans and other colorful birds. Midway through our adventure, we will enjoy a homemade lunch at a local family reserve, where our visit supports conservation efforts in the area. This meal is an opportunity to connect with the community and savor delicious, authentic cuisine amidst the sights and sounds of nature. Following lunch, we will travel by car to Casa Agave to explore the fascinating world of agave and its diverse products, complete with tasting experiences that highlight its significance in local culture.

By late afternoon, we will return to Quito, wrapping up a day filled with biking, cultural immersion, and a deeper appreciation for Ecuador's natural beauty.

Overnight: Wyndham Garden or similar

Meals included: Breakfast, Lunch





Journeying from Imbabura's Heights to Otavalo's Artisan Market

Day 3

We will continue our adventure as we drive north from Quito City to explore one of Ecuador's most beautiful regions. Our first stop will be at the Equator Line, where you'll learn about the significance of this geographic landmark, known as Parallel 0, and its cultural importance to the local people. To enhance the experience, we'll enjoy traditional local bizcochos paired with cheese and caramel.

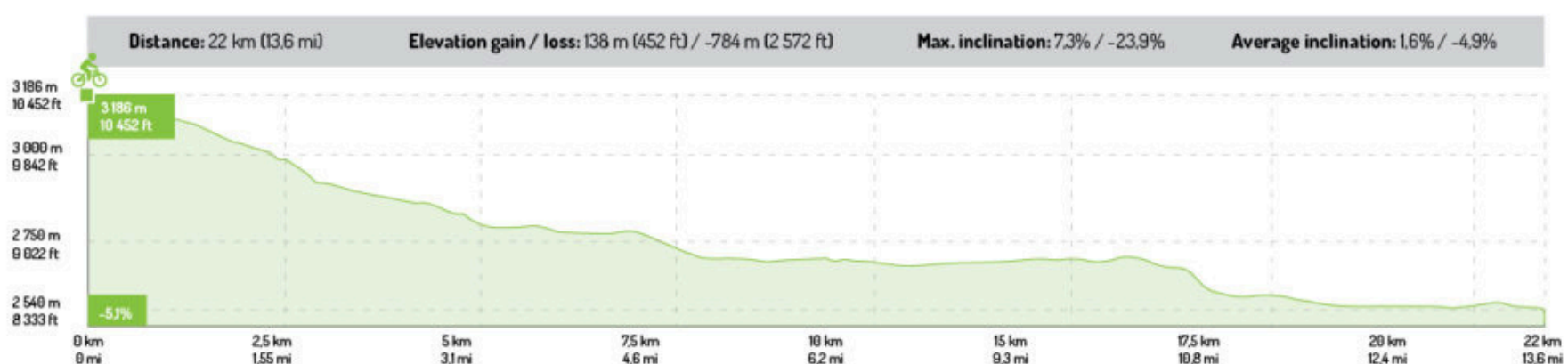
Continuing our journey, we will reach the foothills of the Imbabura Volcano, a sacred site for indigenous communities. Here, we'll set off on a thrilling bike ride along gravel, grass, and dirt roads, offering breathtaking views of Imbabura Volcano and the picturesque San Pablo Lake. Along the way, you'll observe local farms that cultivate crops such as quinoa, potatoes, lupin beans, and corn, providing insight into the region's agricultural practices.

We'll then descend to San Pablo Lake, where we will take a break for a delicious picnic featuring local products, all while enjoying the beautiful scenery. After lunch, we'll ride along paved and cobblestone roads toward the famous Otavalo Market, a vibrant hub of indigenous culture. This is your chance to interact with local artisans and vendors, learn about their traditions, and shop for unique handmade items.

In the afternoon, we will return to Quito by car.

Overnight: Wyndham Garden or similar

Meals included: Breakfast, Lunch





Cotopaxi Volcano Biking and Cooking Class Adventure

Day 4

Today we will journey south from Quito to the heart of the Avenue of the Volcanoes, specifically to Cotopaxi National Park, home to the iconic Cotopaxi Volcano with its perfect conical shape and snow-capped peak.

Upon arriving at the park, we will set off on a thrilling bike ride along dirt and grass tracks, navigating diverse terrains surrounded by volcanic material from Cotopaxi's last eruption. This ride offers opportunities to spot local fauna, including bulls, horses, foxes, and the majestic Andean condor. The mostly flat route is accessible for various skill levels and takes us past ancient ruins, where your guide will share insightful stories about the region's history.

After our ride, we will enjoy a traditional Ecuadorian lunch at a local restaurant before heading to a nearby hacienda for some relaxation. In the afternoon, we'll participate in a cooking class focused on local farm products, learning traditional cooking techniques. Finally, we'll gather for a delicious dinner featuring the dishes we prepared, and to conclude the day, we'll relax by the fireplace, enjoying drinks and sharing stories from our adventure.

Overnight: Family-run Farm Hacienda

Meals included: Breakfast, Lunch



www.activexpedition.com



Biking the Quilotoa Loop and Discovering Indigenous Markets

Day 5

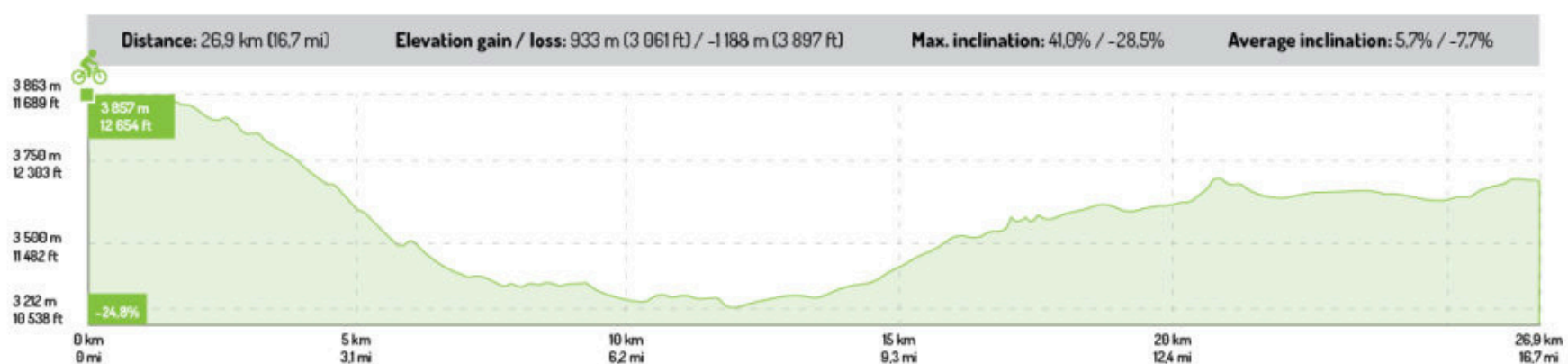
Today's expedition begins early with a visit to an authentic indigenous market that operates exclusively on Thursdays. This vibrant market features various sections filled with local produce, including colorful vegetables and fruits sourced from nearby areas and other regions of Ecuador. It also retains ancestral trading traditions, with stalls offering animals such as guinea pigs, rabbits, chickens, turkeys, cows, llamas, and alpacas, providing insight into local culture and agriculture.

After exploring the market, we will drive to the stunning Quilotoa Volcano, famous for its breathtaking turquoise waters and incredible landscape views. Upon arrival, we'll embark on a challenging bike ride along the crater's rim, navigating steep sections that may require us to carry or push our bikes. This adventurous ride will transition to dirt and sand trails used by local residents, offering a glimpse into their daily lives and interactions with the land.

Following our bike ride, we'll enjoy a well-deserved lunch at a local restaurant, savoring traditional Ecuadorian dishes that reflect the region's flavors. In the afternoon, we will relax at the hacienda known for its unique spa services, providing an opportunity to rejuvenate after a day of exploration.

Overnight: Historical Spa-Hacienda

Meals included: Breakfast, Lunch





Epic Biking at Chimborazo and Relaxation in Thermal Waters **Day 6**

We continue our journey to the impressive Chimborazo Volcano, known as the highest point on Earth when measured from the center of the planet. We will drive into the Chimborazo Reserve, reaching the highest altitude of our trip.

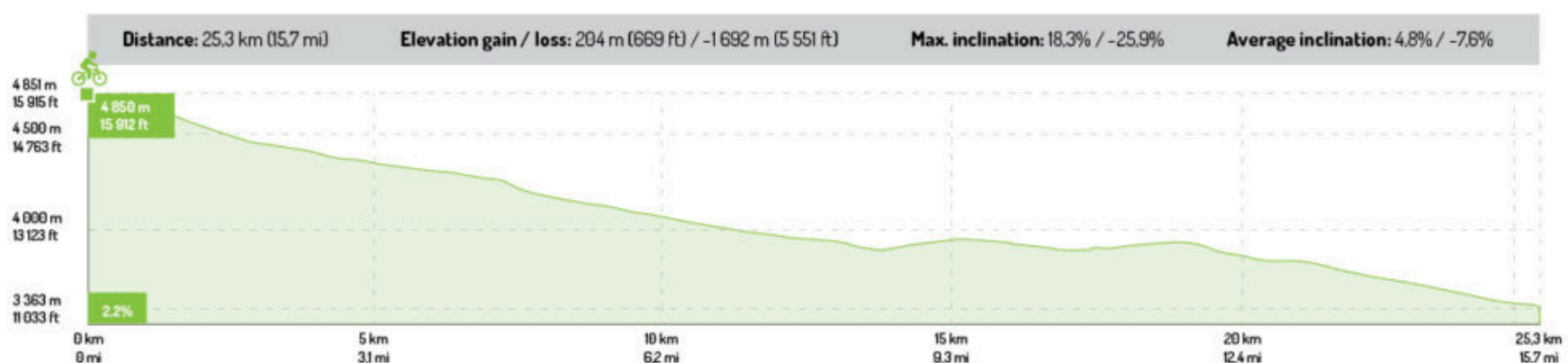
Upon arrival, we'll prepare for an exhilarating bike ride down rugged, sandy single tracks. Depending on the season, we may encounter patches of snow during our descent, showcasing the diverse environments of Chimborazo. Our biking adventure will take us through grassy fields and dirt paths before briefly transitioning to a paved road, followed by gravel and dirt trails that offer stunning views of the volcano.

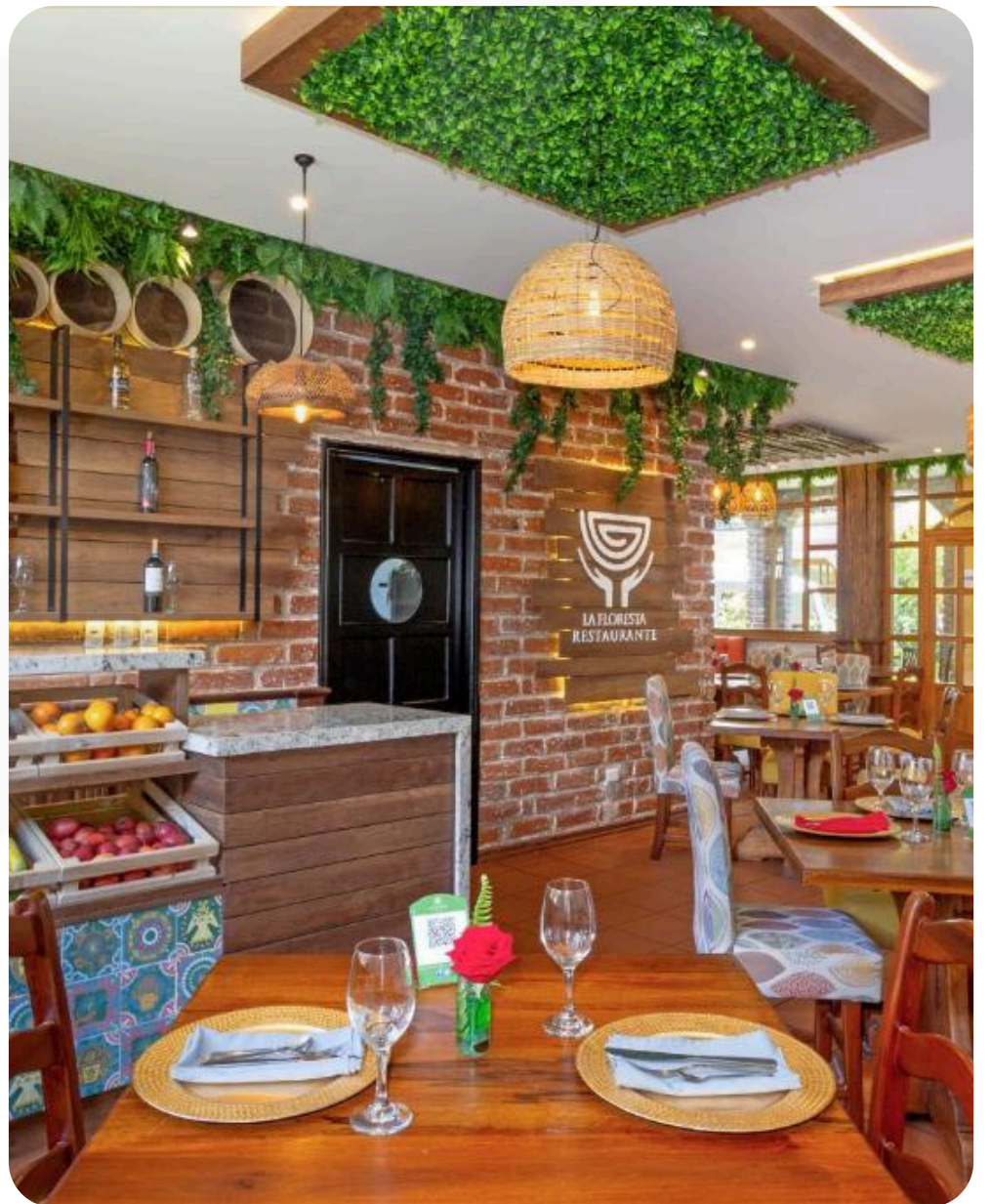
After our ride, we will enjoy a meal at a local restaurant, sampling traditional Ecuadorian cuisine, including guinea pig, with alternative options available for those who prefer something different. In the afternoon, we will head to the charming town of Baños, famous for its natural hot springs. Here, you can relax in the therapeutic waters to soothe tired muscles after our biking adventure.

Following our time at the hot springs, we will check into our hotel for a short rest before embarking on a beer tasting tour of local breweries in Baños. This tour will allow us to sample a variety of craft beers and learn about the brewing process and the unique ingredients used.

Overnight: La Floresta Hotel or similar

Meals included: Breakfast, Lunch





Baños Adventure Ride

Day 7

Today marks our final day of activities as we journey from Baños to the captivating Llanganates Forest, an area rich in local legend and believed to be the hiding place of an Inca treasure from the Spanish conquistadors. Our adventure begins with a scenic drive through the high elevations of the cloud forest.

As we head toward the gateway of the Amazon region, we'll be treated to stunning views of the Mama Tungurahua Volcano. The ride consists mostly of paved roads, with a few gravel sections, allowing for an enjoyable descent through the beautiful terrain.

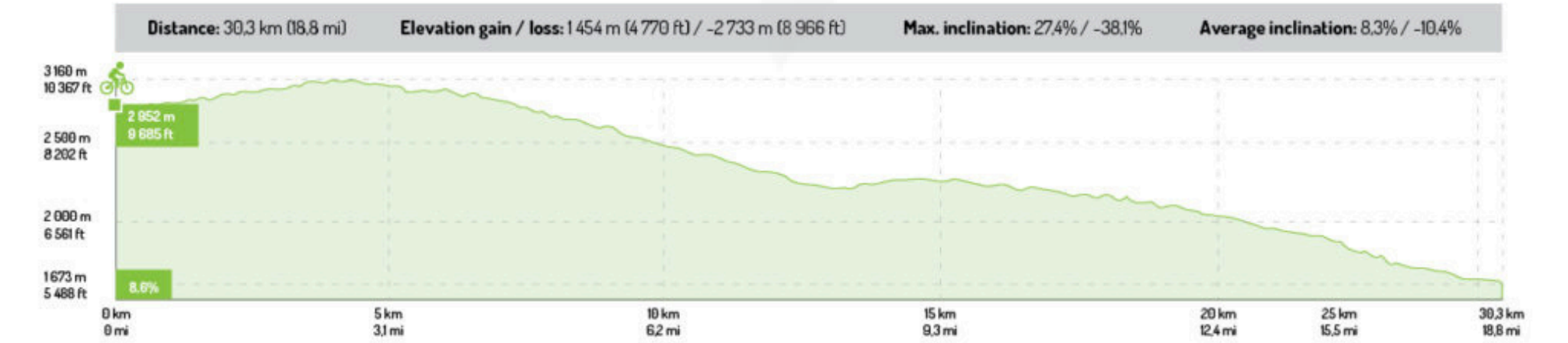
After our bike ride, we'll visit the famous Pailón del Diablo waterfall, known for its powerful cascades and picturesque setting, where you can take photos and enjoy the refreshing mist.

Following this, we'll have lunch at a nearby restaurant, savoring local cuisine with a view of the waterfall. After lunch, we'll prepare for the journey back to Quito City, enjoying one last chance to appreciate the stunning landscapes of Ecuador.

Overnight: Wyndham Garden or similar

Meals included: Breakfast, Lunch





Departure

Day 8

As our incredible journey comes to an end, we will prepare for your departure. Transfers to the airport will be arranged based on your individual flight schedule. To ensure a smooth departure process, we recommend scheduling your pick-up at least three hours prior to your flight.

Meals included: Breakfast



Included

- Experienced & Certified English-Speaking Guide
- Airport transfers
- Private Transport
- Accommodation for seven nights
- Meals as listed in the Itinerary
- Wine and beer tasting
- Cooking class
- Water and snacks available whenever
- Biking gear: (Trek quality bikes, front Rockshox suspension with hydraulic brakes, 1 x 10 speeds), certified helmets and gloves.
- All fees to reserves, museums, spa



Exclusions

- International or domestic flights
- Meals not mentioned in the itinerary
- Upgraded biking gear (Trek Fuel EX5 full suspension with Hydraulic brakes, 1 x 10 speed / 200usd for the whole trip)
- Tips for guides and drivers
- Travel insurance (mandatory)



Packing list

General Packing Strategy: Prioritize quick-drying fabrics, protection from sun and insects, and sturdy footwear. Pack light and use packing cubes for organization. Remember that the weather can change, and versatility is key.

Clothing

- Outerwear: Waterproof & windproof jacket and pants (rain gear), warm fleece or down jacket, 2 buffs.
- Tops: Moisture-wicking long and short-sleeved shirts.
- Bottoms: Comfortable hiking pants (convertible ideal), light pants/shorts, swimsuit.
- Warmth: Warm hat, gloves, socks.
- Casual Wear: For evenings and travel days (1-2 outfits).
- Casual: Comfortable walking shoes/sneakers, sandals/flip-flops.

Cycling Gear & Equipment

- 3 to 4 biking jerseys.
- 3 pairs of biking shorts or pants.
- Optional (If preferred): Personal cleats and shoes. Pads and helmet for extra protection.
- Daypack (20-30L): For daily excursions.
- Hydration: Water bottle or hydration bladder.
- Light: Headlamp/flashlight.
- Sun Protection: Sunglasses, sun hat/cap.
- Protection: Dry bags/waterproof sacks for electronics.
- Binoculars (Optional): Recommended for spotting wildlife from a distance.



Packing list

Health & Safety

- Medications: Personal prescriptions, basic first-aid kit.
- Protection: Insect repellent (with DEET/picaridin), high-SPF sunscreen, lip balm with SPF.
- Hygiene: Hand sanitizer.
- Consult Doctor: For altitude sickness medication and vaccinations.
- Toiletries & Personal Items: Standard toiletries, small quick-drying towel, wet wipes.

Documents & Money

Essentials: Passport (6+ months validity) & copies, travel insurance info (mandatory), flight details.

Financial: Credit/debit cards (notify bank), USD cash (small denominations), money belt.

Electronics

Camera, power bank, phone & charger.

Miscellaneous: Small souvenir bag, book/e-reader, energy snacks, reusable shopping bag, Ziploc bags.

By packing smart and light, you'll be well-prepared to fully enjoy this incredible adventure without the hassle of extra baggage fees.

NOTE: Laundry is available almost at every location, this helps traveling light too.



Important Information

- **Itinerary Disclaimer:** Even though we have a detailed itinerary, changes can be made by your guides, due to weather or safety reasons. Please also note that none of the wildlife sightings mentioned on the itinerary are guaranteed.
- **Visas and Passports:** Make sure you check your visa and passport validity and requirements per country. It is important your passport is valid for at least 6 months before your travel.
- **Accommodation:** We strive to use small and charming places that are unique and provide stellar service.
- **Single Supplement Costs:** Generally this fee is not incurred as we match you with another person of the same gender in a twin room, but if you prefer not to share and have your own room, then there will be an associated fee.
- **Transportation:** Driving time can take more than expected in Ecuador, as it is a small country with roads meandering through the Andes mountains. We assure your comfort during transit no matter the size of the group.
- **Gear:** We always make sure our guests have top of the line gear from well-known and reputable international brands as we understand that the best gear gives extra confidence to our riders. For biking we use Trek Xcaliber, Trek Fuel EX5, and for protection we use Bontrager and Fox.
- **Level of Activity:** This trip is considered as 3 out of 5, meaning you need to have a bit of experience, however your guides will teach you every day how to ride on the varying terrain. The whole trip involves a mix of trails and roads, some on dirt, grass and gravel. Every ride is about 20 miles, and the elevation gain can be 1000 feet a day, if people want to do more elevation gain, our guides will be happy to do longer rides. There will always be transport support in the case that someone wants to take a break or just wants to avoid the uphill. Our drivers will be happy to show you the landscapes from the car.



Important Information

- **Weather and Elevation:** In Ecuador the weather can be very variable depending on which side of the Andes you are traveling to, so it is highly recommended to come ready for all kinds of weather. When they say “Ecuador, All in One Place” they mean it! The altitude determines the temperature and the higher you go the colder it gets. Don’t let the geographic location of the country fool you. Even at a mere 15,000 feet the temperatures can feel like those of a winter in the northern United States. The coastal lowlands in the western part of Ecuador are typically warm with temperatures in the region of 25 °C (77 °F). Coastal areas are affected by ocean currents and between January and April are hot and rainy. The weather in Quito is consistent with that of a subtropical highland climate. The average temperature during the day is 70 °F (21 °C), which generally falls to an average of 50 °F (10 °C) at night. The average temperature annually is 64 °F (17.8 °C). There are only really two seasons in the city: dry and wet. The dry season runs from June to September and the wet season is from October to May.
- **Sustainability:** We do our best to not produce any trash; we believe that recycling is not enough so we try to avoid using any plastic or materials that pollute our environment. Every day we work towards being a zero waste tour operator and our staff is well trained to leave the least impact possible in our service areas. We also work with local indigenous communities in the different regions. By doing so we are able to teach our guests about the rich culture Ecuador, all the while helping the people preserve their traditions and lands. By working directly with local peoples we are able to create a sustainable touristic income for the community.



Important Information

- **Guides:** Guides: All our guides have a professional background from the Tourism University, this means they have a degree in guiding, so their knowledge and skills when leading a group are top-notch. Each guide has many years of experience and they all have taken additional courses for other outdoor activities as well as have International First-Aid certifications. On top of all of this they are all extremely personable and strive to deliver travel experiences of a lifetime.
- **Heath Advisory:** No vaccinations needed for this trip.

