

Ecuador MTB

Enduro

9 days

Prepare for an unforgettable mountain biking expedition through Ecuador's stunning landscapes, where adventure, rich culture, and diverse ecosystems converge.

Mountain Biking

Fooding

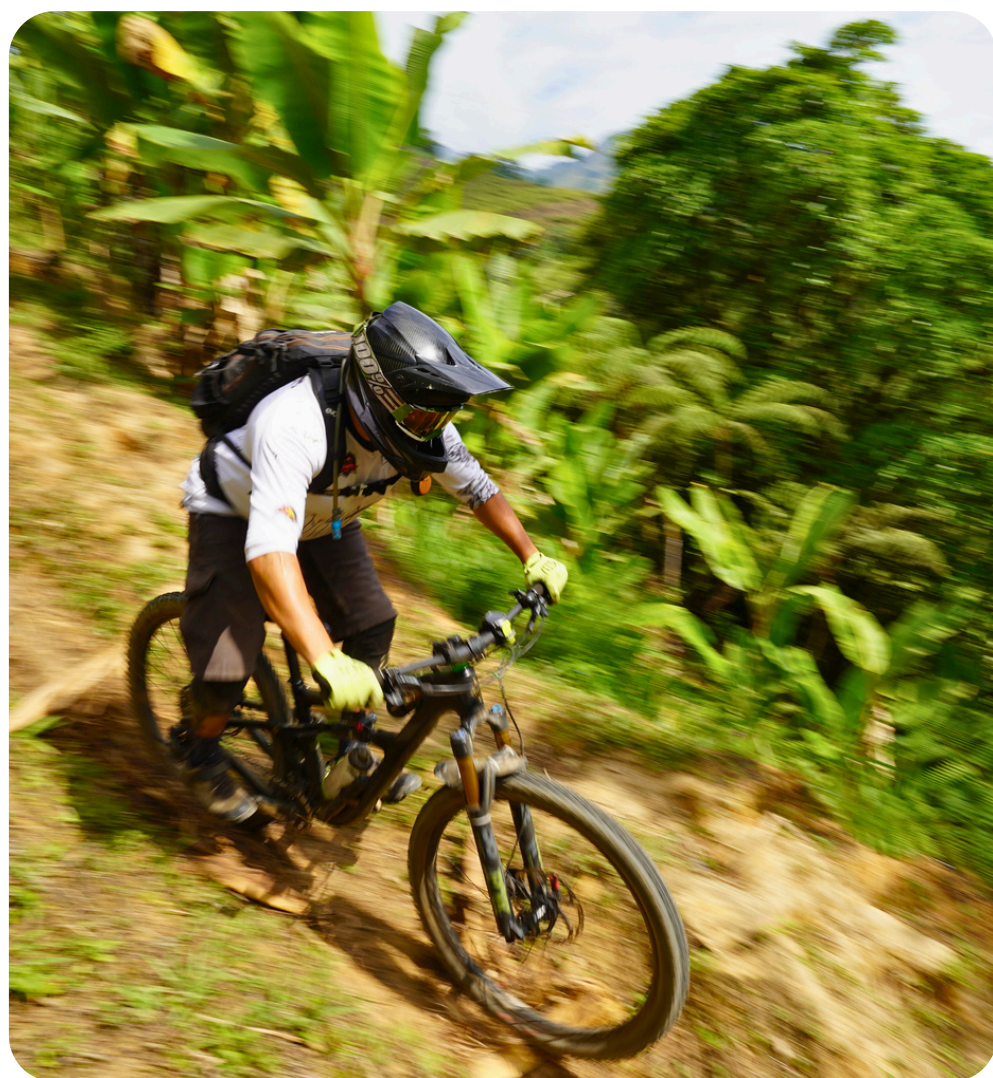
Culture

Wildlife

Wellness



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ADVENTURE IN NATURE



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Ecuador MTB Enduro

Guided by experienced local riders, you'll tackle thrilling trails, from challenging single-track routes in lush cloud forests to steep climbs with breathtaking views of the Andes and iconic volcanoes like Cotopaxi and Chimborazo.

As you journey through this remarkable terrain, immerse yourself in vibrant ecosystems, transitioning from high-altitude paramo to cloud forest and dry valleys. Beyond biking, unwind in soothing volcanic hot springs and rejuvenate in local spas, ensuring you're refreshed for each day's adventures.

Experience authentic hospitality at charming family-run properties and savor delicious farm-to-table meals featuring local dishes. Explore the burgeoning craft beer and wine scene, sampling exquisite local brews and wines.

Engage with local culture by visiting colorful indigenous markets, where you can discover vibrant textiles and handcrafted goods. Your knowledgeable guides will enrich your experience by sharing insights into local customs and traditions.

This expedition not only promises thrilling rides and breathtaking scenery but also promotes sustainable travel through ecotourism, positively impacting the environment and local communities. Join us for the ride of your life, filled with unforgettable memories, cultural immersion, and natural wonders!

Activity level : Challenging

Season: All year (Best time: from October to April)

Minumum age: 12 years old

9 days



Highlights

- **Thrilling Mountain Biking Trails:** Explore challenging single-track routes through lush cloud forests and heart-pounding climbs with stunning views.
- **Majestic Volcanoes:** Enjoy breathtaking scenery featuring iconic volcanoes like Cotopaxi and Chimborazo.
- **Diverse Ecosystems:** Experience the transition from high-altitude paramo in the Andes to Cloud Forest and Dry Valleys.
- **Relaxing Volcanic Hot Springs:** Unwind in soothing volcanic hot springs, soaking in therapeutic waters surrounded by stunning landscapes.
- **Rejuvenating Spa Sessions:** Recharge with relaxing sessions at local spas after a day of biking.
- **Farm-to-Table Culinary Delights:** Savor delicious Ecuadorian dishes made from fresh, local ingredients at charming family-run properties.
- **Craft Beer and Wine Tasting:** Discover and sample the burgeoning craft beer and wine scene, featuring exquisite local brews and wines.
- **Cultural Engagement at Indigenous Markets:** Visit colorful indigenous markets to explore vibrant textiles, handcrafted goods, and learn about local customs from knowledgeable guides.

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: Swissôtel Quito or similar

Meals: None





Mountain Biking Adventure in Quito / Green and Blue Trails

Day 2

Welcome to the first day of our mountain biking adventure! We will begin by exploring the vibrant trails near Quito, starting with a visit to the Metropolitan Forest Park. This park features a network of trails with dirt paths, roots, and thrilling drops, providing an exciting opportunity to acclimatize to the altitude and assess your biking skills.

Following our morning ride, we'll drive to a local organic farm just outside Quito. Here, you'll learn about sustainable farming practices and enjoy a delicious farm-to-table lunch made from fresh, locally-sourced ingredients.

In the afternoon, we'll head to Lumbici Bike Park, located in a beautiful eucalyptus forest. The park offers a variety of trails for different skill levels, with shuttles available to take you back to the top after each ride, maximizing your time on the trails. After a full day of biking and exploration, we'll return to our hotel in Quito to relax and prepare for the next adventure.

Overnight: Swissôtel Quito or similar

Meals included: Breakfast, Lunch





Teleférico Downhill and Equator Line Exploration / Blue and Black Trails

Day 3

Today is filled with adventure as we start with a short drive to the foothills of Pichincha volcano. We'll board the Teleférico "Cable Car", designed for both passengers and bikes, to ascend close to the volcano's crater. This ride offers stunning panoramic views of Quito and the surrounding volcanoes.

At the top, we'll embark on a thrilling descent along high-elevation single tracks, featuring grassy landscapes, small jumps, and steeper sections that lead into a native Andean forest. The trails transition into flowy paths through forests of towering pine and eucalyptus trees. Although the ride is short, it's packed with excitement, allowing us the chance to repeat the course a few times based on the group's enthusiasm.

In the afternoon, we will head north into the Ecuadorian highlands, stopping for a traditional lunch to experience local cuisine. Our next stop will be at the equator line, where we'll learn about its historical significance to ancient civilizations.

By late afternoon, we'll reach our guest house to relax after an adventurous day, concluding with a delicious homemade dinner that highlights regional flavors.

Overnight: Family-run Guest House

Meals included: Breakfast, lunch and dinner



Northern Andes and El Chota Valley Adventure / Blue and Black Trails

Day 4

Today, we will journey by car to the high mountains of the Northern Andes in Ecuador. Weather permitting, we'll enjoy magnificent views of the Cayambe and Imbabura volcanoes, learning about their cultural significance from our guides.

Our biking adventure begins in the unique paramo ecosystem, where we'll take in scenic vistas of the Yaguarcocha lagoon and ride along fast, flowy single tracks next to local farms.

After a brief stint on a road, we will enter the El Chota dry valley, experiencing a dramatic shift in landscape from lush greenery to arid terrain filled with cacti and agave. The trails here are more technical, featuring loose dirt and rocky sections, with steep areas that provide stunning views. Our guides will tailor the trail selection to the group's skill level to ensure an enjoyable experience for everyone.

The ride concludes in the lower part of El Chota Valley, home to the Afro-Ecuadorian community. We will visit a local artisan workshop to learn about their craftsmanship and cultural traditions.

In the afternoon, we will return to the guest house and have a cooking class using local products with our family host.

Overnight: Family-run Guest House

Meals included: Breakfast, lunch and dinner



Cultural Exploration and Relaxation Day

Day 5

Today is dedicated to cultural exploration and relaxation, starting with a visit to the famous Otavalo indigenous market, one of the largest in South America. Here, you can browse colorful handicrafts, textiles, and traditional artwork made by local artisans, all within a lively and aromatic atmosphere.

After our market experience, we will head to the Papallacta hot springs spa, where you can unwind in natural thermal waters surrounded by stunning mountain scenery. This peaceful environment offers various therapeutic pools, with optional spa treatments available for those seeking extra relaxation.

Later, we will travel by car to a charming hacienda near the impressive Cotopaxi Volcano, enjoying breathtaking landscapes along the way. As evening approaches, we'll gather for a social hour by the fireplace, where you can enjoy a selection of wine and other drinks while sharing stories and reflecting on the day's experiences, providing a perfect opportunity to connect with fellow travelers.

Overnight: Family-run Farm Hacienda

Meals included: Breakfast, Lunch





Cotopaxi Volcano Trails / Blue and Black Trails

Day 6

Today, we embark on an exciting adventure in the breathtaking Cotopaxi National Park, home to one of the highest active volcanoes in the world, Cotopaxi, which stands at an impressive 19,347 feet (5,897 meters). This protected reserve boasts a diverse range of wildlife, including bulls, horses, foxes, and condors, making it a fantastic destination for nature enthusiasts.

Our day starts with a short drive into the park, where we will ascend to the parqueadero, located at nearly 15,000 feet above sea level. Here, we will prepare for our thrilling descent along sandy and rocky trails that lead us back to the base of the volcano. Depending on the group's preferences and energy levels, we may have the opportunity to shuttle back up a couple of times to experience more exhilarating rides down these picturesque trails.

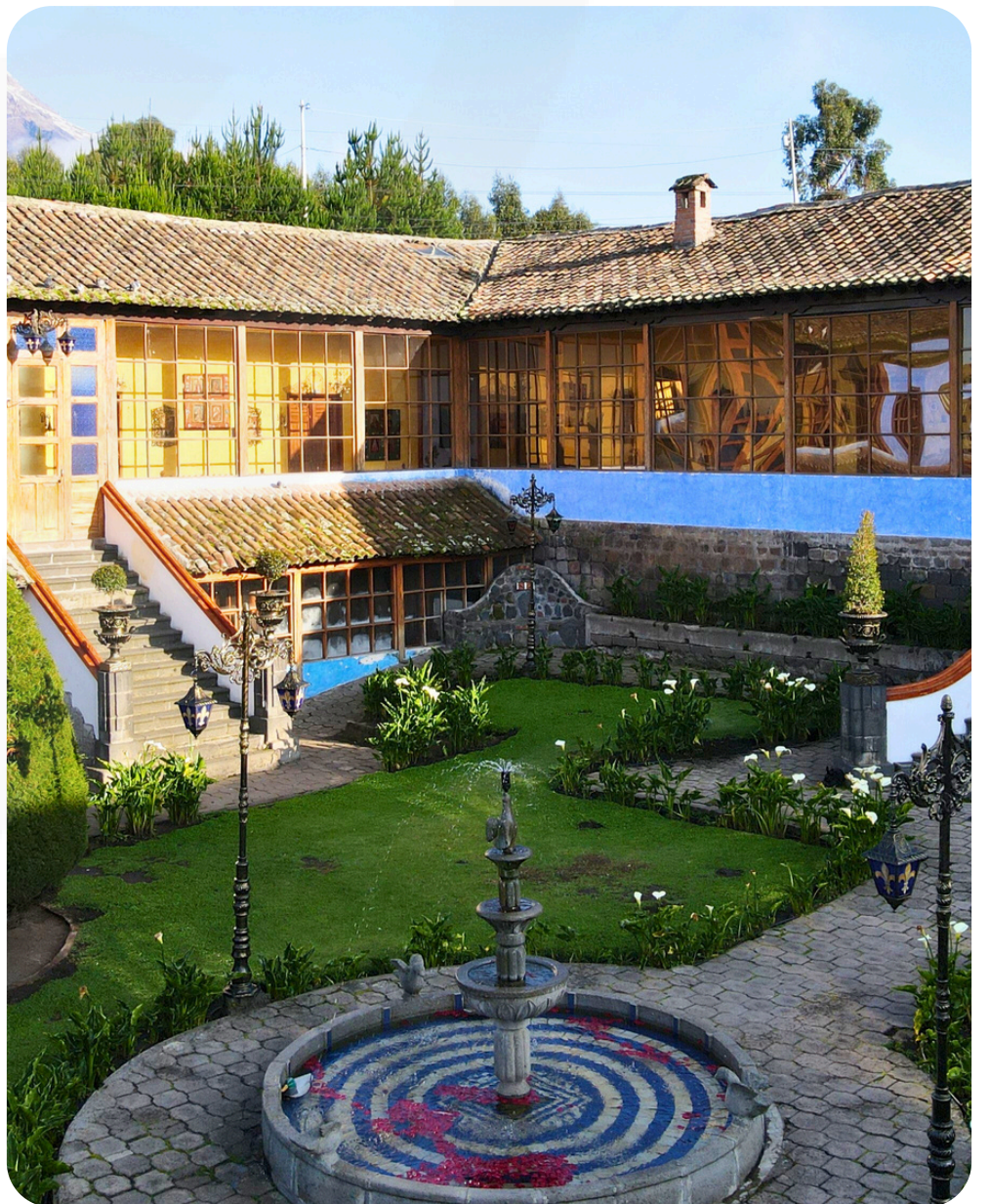
Please keep in mind that access to certain trails may vary based on seasonal conditions and decisions made by the reserve authorities. If the trails are closed during our visit, we will head to the nearby Cotopaxi Bike Park, which offers an exciting alternative with a variety of flowy trails suitable for different skill levels, ensuring everyone has a great time.

In the afternoon, we will travel to a historic hacienda, where we will spend the night.

Overnight: Historic Hacienda

Meals included: Breakfast, Lunch





Chimborazo Iceman Trail / Blue and Black Trails

Day 7

Today, we embark on an exciting journey to the Chimborazo Reserve, home to the remarkable Chimborazo Volcano, the highest point on Earth when measured from the center of the planet.

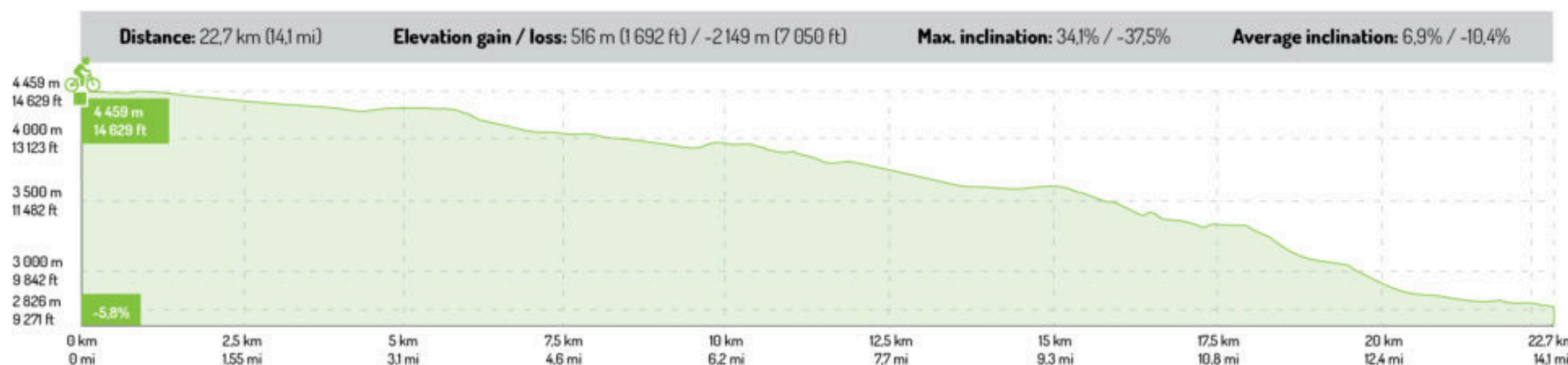
Upon reaching the reserve, we will ascend to nearly 16,000 feet, the highest elevation of our trip, where stunning views await. Our biking adventure will vary depending on the season, featuring either sandy trails or snow-covered paths for a thrilling experience.

We'll ride along the Iceman Trails, named after local communities that collect and transport ice from the volcano to sell in nearby markets using donkeys. As we descend, we'll learn about this unique cultural tradition while enjoying the exhilarating ride.

Surrounded by the stunning vistas of the Central Andes and fertile volcanic farmland—responsible for producing about 40% of Ecuador's vegetables—we'll navigate diverse terrains, including rocky sections and flowy single tracks, with incredible views of deep canyons and the volcanic landscape. As the day winds down, we will arrive at a cozy, family-run mountain lodge, where we will have the opportunity to create our own pizzas from scratch using fresh, local ingredients. This delightful culinary experience not only results in a delicious meal but also fosters a sense of community and connection with local culture, making it a perfect end to our adventurous day.

Overnight: Family-run Mountain Lodge

Meals included: Breakfast, lunch and dinner





Mamarumi Downhill Trail / Black Trails

Day 8

On the final day of our adventure, we'll embark on an exhilarating ride down the Mamarumi Downhill Trail. After a short drive to the trailhead, we'll be ready to experience one of the top downhill trails in South America, known for its thrilling descents and vibrant scenery. This trail has hosted numerous competitions, making it a favorite among downhill enthusiasts.

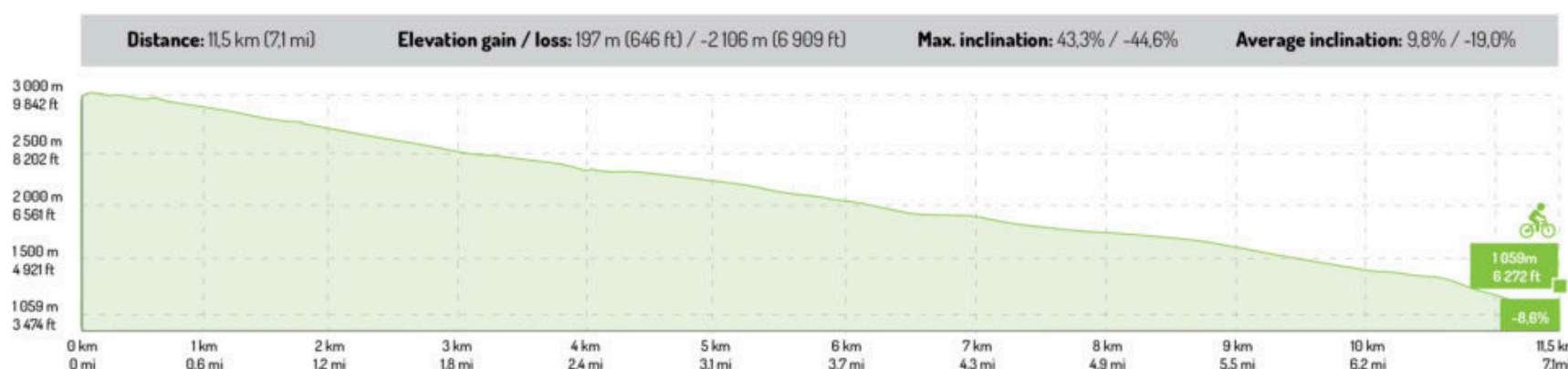
The Mamarumi Trail is steeped in history, as it follows ancient culuncos once used by the Incas and other civilizations for trade, connecting the Andean regions to the coast. As we ride, you'll navigate through tunnels formed by lush vegetation, immersing yourself in the natural beauty of the area.

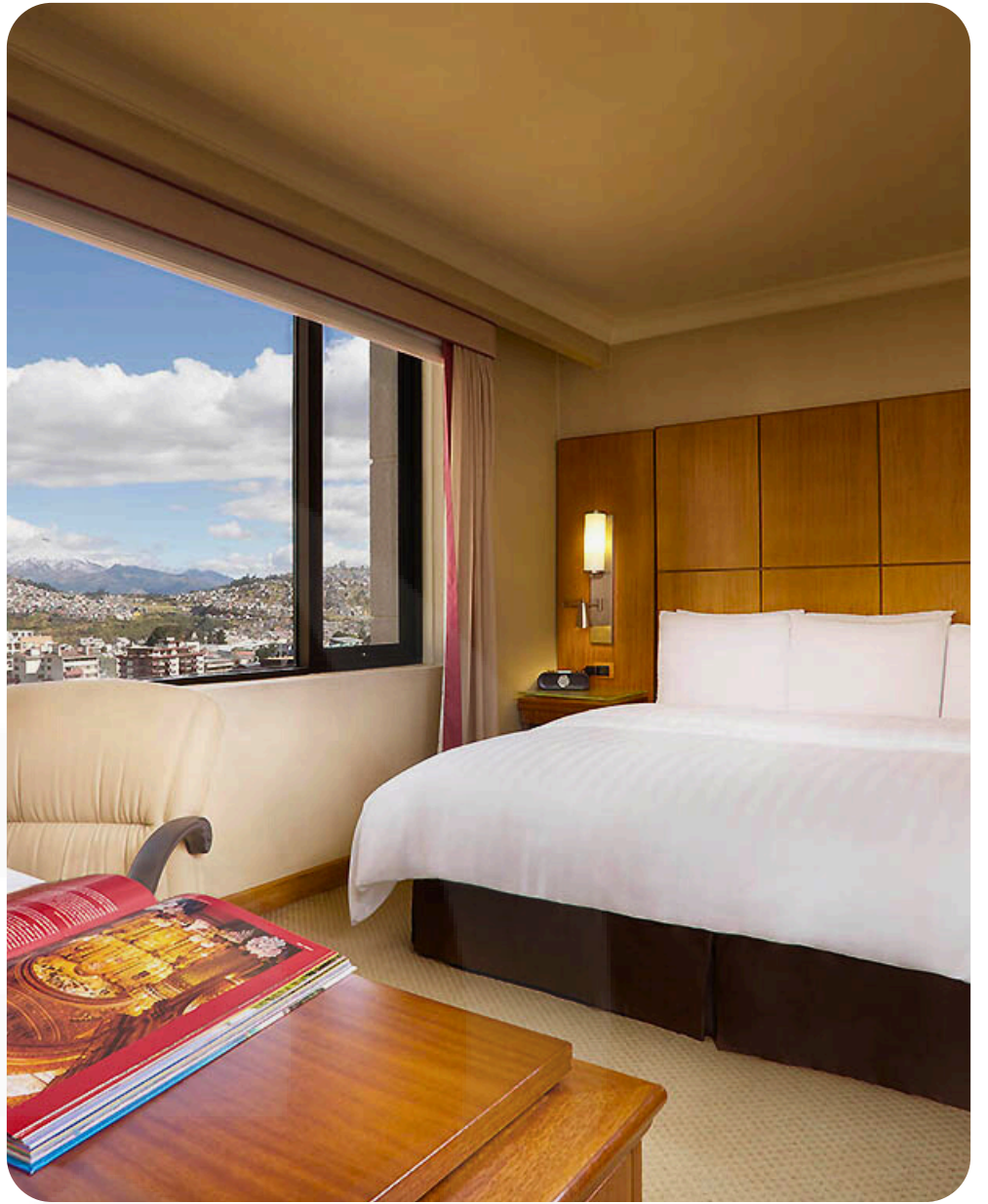
The trail features steep sections with numerous switchbacks, providing a fluid and exhilarating ride. The first part of our descent takes us through a native Andean forest, eventually leading us into the coastal region, where we'll ride through expansive banana and sugarcane plantations. We aim to complete our ride before midday to allow for our long drive back to Quito.

It's important to note that access to the Mamarumi Trail may be affected by seasonal weather conditions. If the trail is closed during your visit, we will instead explore the Quilotoa Volcano trails. These trails offer a unique experience, including stunning single tracks along the rim of the crater lake and ancient paths that lead into picturesque canyons. Regardless of the route, today promises to be an unforgettable conclusion to our adventure!

Overnight: Swissôtel Quito or similar

Meals included: Breakfast, lunch and dinner





Departure Day

Day 9

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 Guides
- Airport transfers
- Private Transport
- Accommodation 8 nights
- Meals as listed in the Itinerary
- Cooking class
- Wine and beer tasting
- Water and snacks available whenever
- Biking gear: (Trek Fuel EX5, "full suspension" with Shimano SLX brakes), helmets, pads and gloves
- All fees to reserves, museums, spa



Exclusions

- International or domestic flights
- Meals not mentioned in the itinerary
- Tips for guides and drivers
- Travel Insurance – mandatory



Packing list

General Packing Strategy:

General Strategy for Light Travel: The key in Ecuador is versatility. The weather can change drastically when moving from the Andes to the cloud forest.

Prioritize quick-drying fabrics, sun, and rain protection.

Biking Attire and Layers for Varied Climates

- Essential Layers (Andes/Cold):
 - 1 warm jacket and 1 fleece.
 - 2 buffs (neck gaiters) for sun, dust, or cold.
- Wet Protection:
 - 1 waterproof jacket and 1 pair of waterproof pants (rain gear).
- Cycling Gear:
 - 3–4 biking jerseys.
 - 3 pairs of biking shorts or pants.
 - Optional (If preferred): Personal cleats and shoes. Pads and helmet for extra protection.
- Versatility & Base:
 - 2 pairs of lightweight hiking pants.
 - 2 pairs of shorts.
 - 1 cotton T-shirt and 1 water T-shirt (quick-dry/rash guard).
- Nights & Relax:
 - 1–2 outfits for the evenings.
 - 1 swimsuit.

Footwear and Personal Cycling Gear

- Base: 1 pair of comfortable walking shoes/sneakers (tennis shoes).
- Water: 1 pair of water sandals or similar.



Packing list

Crucial Documents and Protection

- Must-Have Documents:
 - Passport.
 - Credit Card.
- Sun and Insect Protection:
 - Mosquito repellent.
 - Sunscreen.
 - Sunglasses and a cap/hat.
- Tech & Adventure:
 - Camera.
 - Headlamp (flashlight).
 - Binoculars (optional).
- Health:
 - Personal First-Aid Kit and prescribed medications.

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

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 for safety reasons. Please also note that none of the wildlife sightings mentioned in 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 date of 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, 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:** At Activexpedition 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 Fuel EX 5 with Full Rock shox suspensions, and SLX brakes, and for protection we use Oneal.
- **Level of Activity:** This trip is considered as challenging and technical, meaning you need to have experience, the trails are mostly blue and a few are black, however your guides will teach you every day how to ride on the varying terrain. The whole trip involves a mix of trails, some on dirt, rocks, grass and gravel. There will always be transport support close to the trails, and guides will be in contact with the driver by radio.



Important Information

- **Weather and Elevation:** 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:** 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.
- **Health Advisory:** No vaccinations needed for this trip

