

IN THE HEIGHTS

ECUADOR 12D/11N





#	Itinerary	Hotel	Meals
1	Arrival in Quito -Private Transfer to the Hotel Welcome Dinner Depends of the arriving time	Quito	-/-/-
2	City Tour and Middle of the Word	Quito	B/-/D
3	Cotopaxi National Park	Cotopaxi	B/L/D
4	Cotopaxi National Park	Cotopaxi	B/-/-
5	Termas Papallacta/San Ignacio Lodge	San Ignacio Lodge	B/-/D
6	San Ignacio Lodge/ Transfer to Coca City	Coca	B/-/-
7	Transfer to the port to take the canoe that will take us to the lodge in the amazon.	Amazon Lodge	B/L/D
8	Full Day Amazon Lodge	Amazon Lodge	B/L/D
9	Full Day Amazon Lodge	Amazon Lodge	B/L/D
10	Full Day Amazon Lodge	Amazon Lodge	B/L/D
11	Transfer out to the airport flight back to quito	Quito	B/-/-
12	Transfer out to the airport flight back home		B/-/-

1

Day



International Flight - Quito - Transfer in



Welcome to Quito !

The city of Quito welcomes you and marks your starting point for this fascinating tour.

Upon arrival at the Mariscal Sucre Airport, a specialized driver will be waiting for you to be transferred to the hotel. Free time in the afternoon. Accommodation



Meals: none



Accommodation: Hotel In Quito

2

Dia



Middle of the World - Historic Center



Breakfast. In the morning, transfer to the Mitad del Mundo; this is a tourist complex located approximately 40 meters from the city of Quito, as main attraction has a monument of 30 meters, which symbolizes the parallel 0. Additionally, in this place, you can learn about the history of the country through museums, gastronomy, and handicrafts. Lunch.

In the afternoon, we will return to the city and go to the Historic Center, here we will learn more about the history and culture of Ecuador, and we will visit emblematic attractions such as: Iglesia de la Compañía, San Francisco, and Panecillo. Lodging.



Meals: Breakfast/Dinner



Activities: Walk



Accommodation:: Hotel in Quito

3

Dia



Visit National Park Cotopaxi



Early in the morning after breakfast, we will head to Cotopaxi National Park. One of the highest snow-capped volcanoes in the world, the symmetrical cone of Cotopaxi rises from a vast plain that is home to llamas, condors and herds of wild horses. This incredible adventure includes hikes and scenic drives through the park's majestic landscape and a visit to a lake system such as the Limpiopungo Lagoon. In the afternoon, transfer to the parish of Chugchilán to reach the lodge and enjoy its facilities.



Meals: Breakfast/Box Luch/Dinner



Activities: Trekking



Accommodation: Lodge in Cotopaxi

4

Dia



Cotopaxi



After breakfast, we can decide if we want to do another hike or horseback ride in the area. On the walk, you can reach a deeper connection to the pure and raw natural areas of the Cotopaxi moorlands. As you walk along, your guide will give further explanations on the location and what you can see and hear while you walk and discover the magic of the land. You can choose from long or short paths, the type of adventure you wish. During your hike, you may encounter wild rabbits, Andean foxes, deer, owls, and a large diversity of birds. The flora is just as incredible as you will come upon many endemic flowers, plants, and trees that are protected in the area and play vital roles in the ecosystem. Feel free to bring your camera with you so you can take in the diverse and unique shots of the Andean paramo.

About the horseback Not only can you see the majestic Cotopaxi Volcano, but with favorable weather, you can view other nearby volcanoes such as Rumiñahui, Pasochoa, the Sincholagua in which we are located and others. As the wind blows effortlessly around you and your horse, you can feel the Andean moorlands come to life with many opportunities to see wildlife like the Andean deer, rabbits, wild horses, highland bird species, and with some luck, the Andean Condor. During your ride, you will be equipped with water and snacks like delicious cookies and nuts, as well as helmets and the required riding gear.

In the afternoon we can choose to Immerse yourself in another fascinating experience and learn about the culture by preparing a traditional Ecuadorian dish directly from the chef. This hands-on adventure into the culinary world of Ecuadorian cuisine will leave you with the skills to make the same delicious meals or dishes for friends and family long after you have returned home. The chef will decide on the specific course, which will depend on the season, but you can be sure it will be a delicious way to spend your time. If you wish, you can also choose to learn how to prepare homemade blueberry jam, or from the variety of blueberries grown on the property.



Meals: Breakfast/Lunch/Dinner



Activities: Trekking or horseback, cooking class



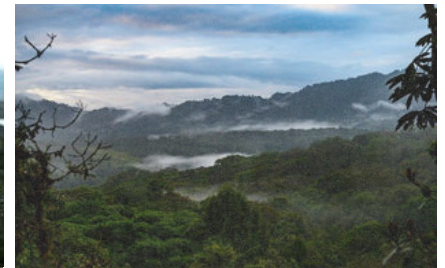
Accommodation: Lodge in Cotopaxi

5

Dia



Papallacta /San Isidro



After breakfast, we going to star our way to Papallacta que es un pequeño pueblo en el Ecuador situado a una altitud de 3.250 m en los Andes cerca de la Cordillera Oriental en el camino de Quito, que conduce a la selva amazónica. La ruta turística de Quito a Papallacta pasa por varios pueblos y aldeas pequeñas antes de ascender a un máximo de más de 4.000 metros donde las montañas y los glaciares son visibles. here we can enjoy the hot spring pools to relax after our time in cotopaxi and have a delicious lunch before continuing our journey to San Isidro which is the place where our accommodation is a place to disconnect from civilization and surround yourself with magnificent forests and incomparable landscapes, tranquility at its best. The reserve offers miles of well-marked and maintained forest trails through primary forest, all easily accessible from the lodge. We will regroup at 6:30 in the evening at the main dining room porch to embark on a short, pre-dinner night walk on the paths right around the lodge where we will be in search of owls, frogs, strange insects, nocturnal mammals – such as night monkeys – or any other critters that might grace our presence. At dinner we will be officially welcomed with an Ecuadorian hot toddy made from an infusion of native leaves and a dash of cane alcohol.

After a magnificent dinner – San Isidro’s food is widely recognized for its originality and exquisite quality – there is the option to have a swim in the heated pool with a lit fireplace. Night at San Isidro.



Meals: Breakfast/Lunch/Dinner



Activities: Relax in the pools



Accommodation: San Isidro Lodge

6

Dia



San Isidro/Transfer to Coca



For early risers, one option is birding in the lodge's gardens, where there is a lot of activity. After a buffet breakfast at 8:00 a.m., we may catch a glimpse of black Agoutis - large, native forest rodents - that come to feed on corn around the gardens. Next, we will walk or paddle across a beautiful forest stream leading to a forest trail that will take us to a shallow natural pool fed by a small waterfall where we will find pottery fragments - sometimes highly decorative - left by a group - the "Curisetas" (translated as the "Goldsmiths") - who inhabited the region pre-colonially. Afterwards we will continue with the transfer to the city of Coca.



Meals: Breakfast



Activities: Trekking



Accommodation: Hotel Coca

7

Dia



Transfer Hotel - Aeropuerto - Traslado Amazon Lodge



Upon arrival, the guide will be waiting for you to transfer you to the lodge by the Napo River (approx. 3h). Upon arrival at the lodge, a welcome drink and snacks. In the afternoon, lunch in Minga. After lunch, hike to the Mirador from where we will enjoy a privileged view of the Napo River in addition to the rewarding jungle walk, then we will have free time to refresh ourselves in the rooms and later we will have the traditional shamanic cleansing that will allow us to clean our energies for our next visits in this unspoiled land and contacts with the nearest communities, when the ceremony is over we will enjoy a delicious dinner and a refreshing sleep to continue the next day with more exciting activities.



Meals: Breakfast/Lunch/Dinner



Activities: Hike



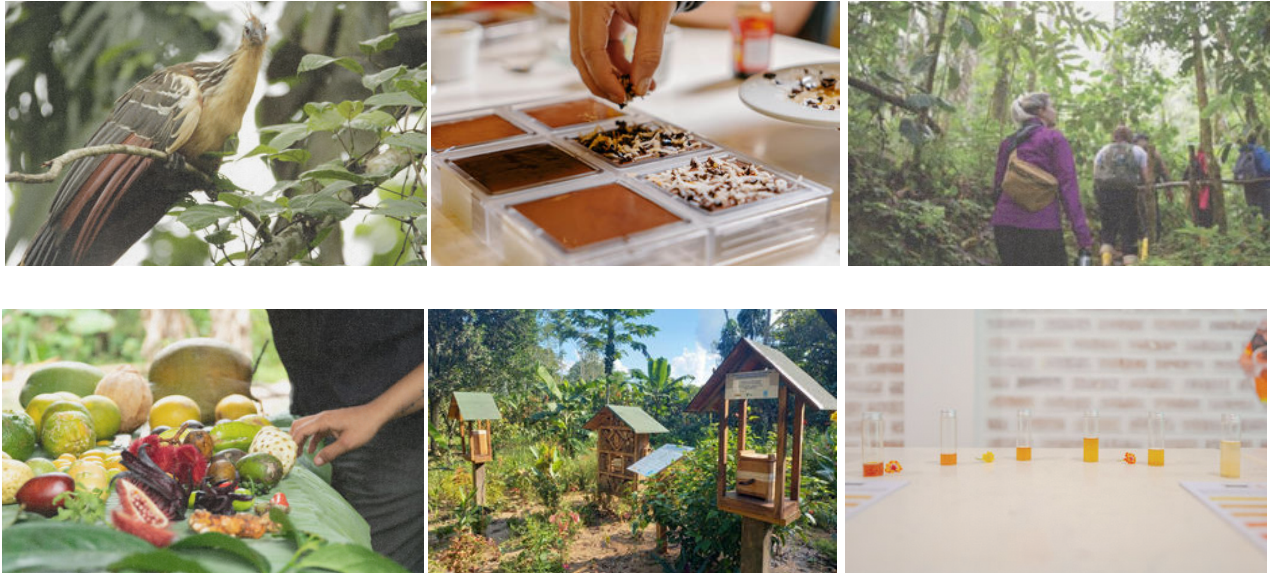
Accommodation: Amazon Lodge

8

Dia



Birdwaching – Amazon Hike – Visit ALC – Night Walk



We will wake up early in the morning, and accompanied by our guide we will start this adventure, we will navigate by canoe through a local tributary to observe incredible species of birds and butterflies, then we will return to have a delicious breakfast and then go back to our rooms to get ready for a long walk in the jungle that will take us to know more about it and go in search of more animals, flora and fauna as well as meet with some of the projects in development as the plots for carbon management where our guide can explain us about our active struggle to take care of the environment.

We will return to enjoy our lunch and freshen up a bit and then continue on our visit to ALC (Agriculture Learning Center) Situated on more than 100 acres across the Napo River, and tour the “flavor alley” where you can sample some of the fresh fruits, vegetables and superfoods grown throughout the area. grown throughout the farm, created primarily to help the community learn about the many ways to create a circular economy and the many uses of Amazonian products for their families, and in turn, becomes a perfect showcase for our visitors of all that we can do in the community. We have the opportunity to meet with farmers who supply beans to a French chocolate maker, and then learn how to make chocolate from scratch using cocoa beans. In a professional test kitchen, finish the experience with a chocolate tasting complemented by an assortment of unique and recognizable ingredients.

BEE CONSERVATION AND HONEY TASTING

Meet the stingless melipona bee and learn how it protects the biodiversity of the Amazon. Enjoy tasting the delicious honey it produces.



Meals: Breakfast/Lunch/Dinner



Activities: Hike



Accommodation: Amazon Lodge

9

Dia



Coffe Tasting - Visit the Local Woman Group - Visit Local Family - Traditional Cooking Class



We will start our day with a local coffee tasting (cupping) and expertly roasted Robusta coffee. Taste and rate the aroma, acidity, body, and flavor of the coffee prepared in various ways. Afterwards, we will continue with our breakfast which will prepare us for an exciting day that begins with a visit to the women's community where we will meet skilled artisans and learn how they generate income by making traditional jewelry and have the opportunity to learn about their incredible art. After this beautiful activity, we will return to the lodge where we will have time to freshen up and then enjoy our lunch and time to prepare for our next activity which is a visit to a local family to spend time with a farmer and his family, working with them to understand the beauty and challenges of life and livelihood. To understand the beauty and challenges of living and supporting their family in the Amazon rainforest how they came to be where they are and what challenges they have faced, while we enjoy learning more about their daily activities. This is a very rewarding activity and we will learn a lot from being with this family, we will surely take away more than one reflection, we continue with our return to the Lodge to be part of an activity that will make us lick our fingers, it is time for the cooking class, we will learn culinary techniques and taste some of the wonderful flavors of the jungle. When the activity is over, we have time to relax and then our dinner will be ready and it will be time for a good night's sleep.



Meals: Breakfast/Lunch/Dinner



Activities: Hike



Accommodation: Amazon Lodge

10

Dia



Amazon Explorer - Panning for Gold - Weapons Training



We will wake up early in the morning, and accompanied by our guide we will start this adventure, we will navigate by canoe through a local tributary to observe incredible species of birds and butterflies but in another way in this time we will take a car we call it “chiva” because it is uncovered at the top and allows us to enjoy the view, our guide will be equipped with a telescope that will allow him to identify the birds and animals along the way so that we can observe them along the road while we enjoy the trip comfortably., then we will return to have a delicious breakfast and then go back to our rooms to get ready for Panning for Gold This activity is a lot of fun and will allow us to be part of the community group since it really is a job that they do as a traditional part of their day to day gold prospecting, maybe we will be lucky. After this, we will return to the lodge to freshen up and enjoy lunch and prepare for the next activity in the afternoon.

WEAPONS TRAINING

In the afternoon we will learn how to throw a spear and shoot a We will test your accuracy and marksmanship mounted on sticks, in what will become a very fun competition, but one that will also be full of learning about how our ancestors hunted and hunted.



Meals: Breakfast/Lunch/Dinner



Activities: Bird watching, gold panning, weapon training



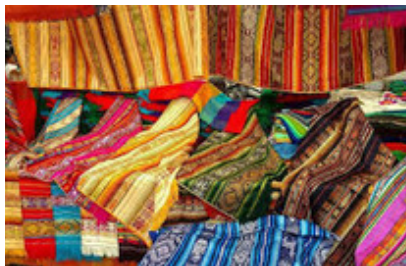
Accommodation: Amazon Lodge

11

Dia



Transfer out to the Coca Airport - Flight Back to Quito



Very early in the morning, after breakfast we will leave for Coca. Upon arrival in Quito, we will be waiting for your transfer to Otavalo, accommodation at the hotel, lunch in a traditional hacienda, then visit the Otavalo market and return to the hotel.



Meals: Breakfast/Lunch



Activities: Time to enjoy in the market



Accommodation: Amazon Lodge

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Dia



Transfer a el aeropuerto - Vuelo Internacional



Breakfast. According to your international flight itinerary. Transfer to Quito airport for your return flight to your final destination.



Meals: Breakfast

END OF SERVICES

All itineraries are approximate. All itineraries and programs are subject to change without notice due to national park regulations, weather conditions, natural phenomena, seasonal changes or for security reasons. Flexibility is the key to the success of every trip. The safety of our passengers is our top priority.

Please note:

All departure times to the different tours are approximate and can be changed in agreement with the guide and passengers. Prices are subject to change due to local tax updates. Domestic flights: Airline baggage allowance is 23 kilograms per person. Hotels, trains and other services are quoted without reservations. They are subject to change without notice unless booked. Important notice: if your tour includes traveling at altitude, we recommend that you make a prior appointment with your doctor for a general physical check-up. It is important that you have current travel insurance including personal medical insurance, as well as a copy of your passport. Please inform us of any known medical conditions you have.

RECOMMENDED HOTELS

Quito.-

Casa Gangotena.-



AN ICONIC BOUTIQUE HOTEL RIGHT IN THE HEART OF QUITO

Welcome to Casa Gangotena, Boutique Hotel in Quito

Experience unparalleled elegance and luxury at Casa Gangotena, a premier luxury Ecuador hotel, located in Quito's vibrant Old Town. Nestled beside the iconic San Francisco Plaza, this eclectically appointed mansion embodies the spirit of the capital city's rich history. As a guest, you're invited to immerse yourself in the bygone era's luxury while enjoying seamless access to the historic quarter's enchanting sights and sounds right outside our doorstep.

The Casa Gangotena mansion is steeped in its own rich history, too. Once the home of several Republican-era presidents, the residence was eventually claimed by the prominent Gangotena family. The Gangotena's took it upon themselves to renovate it lavishly and embellish it with even more intricate history, such that it would eventually become a part of the capital's—a UNESCO World Heritage Site—cultural heritage inventory!

Casa Gangotena is the only Relais & Châteaux property in Quito and holds the title of being a "Leading Boutique Hotel" by the World Travel Awards.

Cotopaxi National Park .-

Cotopaxi Sanctuary Lodge.-



The Cotopaxi Sanctuary Lodge is a unique and special place located on the slopes of the Sincholagua Volcano, found in front of the Cotopaxi Volcano, the tallest most active in the world. The lodge is located at an altitude of 3600 meters above sea level and surrounded by beautiful and wide open grasslands in the Andean paramo with a combination of forest, streams, waterfalls and rivers such as the Pita the passes by peacefully near the lodge. The property is found in the middle of a private hacienda where wildlife roam freely including red-brocket deer, Andean fox, Andean pumas, White-tailed deer, and even the rare Andean-speckled bear, along with wild horses and a huge variety of endemic birds. The most famous the bird species seen in this area is the Andean Condor, the national emblem of Ecuador.

Papallacta.-

Termas Papallacta.-



Papallacta is a small town in Ecuador located at an altitude of 3,250 m in the Andes near the Cordillera Oriental on the road from Quito, which leads to the Amazon rainforest. The tourist route from Quito to Papallacta passes through several small towns and villages before ascending to a maximum of over 4,000 meters where mountains and glaciers are visible.

Termas de Papallacta is only 45 minutes from Quito International Airport. We look forward to seeing you there!

San Isidro Lodge.-



Get to know the cloud forest the comfortable way!

The lodge is spaciouly laid out in a wild garden setting of separate cabin complexes for a more private and exclusive experience. All rooms allow convenient access to the outdoors via private, open-air porches. The completely restored and modernized dining room and common areas, that were once the main family farm house and that date back to the 1950's, are constructed of beautiful native wood, ensuring an authentic and warm feeling. The large wrap-around, covered porch here is ideal for relaxation, nature viewing, and affords amazing views of the surrounding forested mountains and valley. Our heated pool is centered right in the middle of the lodge buildings, so conveniently located between the rooms and dining room without sacrificing that spectacular view. A wide walkway ties all of this together, and makes for easy commutes between all areas of the lodge.

Ciudad del Coca.-

Gran Hotel del Lago .-



We will continue to be the innovative pioneers of sustainable Amazonian tourism, striving to excel in service and efficiency, cultivating universal values and principles of excellence with responsibility, expanding the hotel infrastructure and preserving natural resources. The intention is that the company remains in the hands of the family and make it sustainable with the contribution and presence of the new generations, fostering in them the love and dedication to the work we do.

Minga Lodge.-



Minga Lodge & Reserve: an eco-luxury retreat

Minga Lodge & Reserve is a luxe eco-lodge nestled in the heart of the Amazon rainforest in Ecuador. Our Sanctuary cabins combine luxury, adventure and nature together to create an unforgettable vacation experience for you and your loved ones. Our team at Minga Lodge take care of all the details and customize your trip to suit your interests and needs. Included in your stay, enjoy farm-to-table dining, expertly crafted coffee and cocktails, and a range of activities. Whether before or after your trip to the Galapagos, come to Minga to experience the wildlife, culture and nature of the Amazon.