

TENTATIVE UW-WHITewater ITINERARY

TRIP TO ECUADOR MAY 20- JUNE 06, 2015

Day 1: May 20th, 2013: Arrive Quito

- Arrive in Quito
- Transfer from the Airport to the Hostel
- Introduction to the program by Katherine McConnell
- Accommodation at Posada del Maple Hostel in Quito

Day 2: May 21st, City Tour of Quito

- Breakfast at hostel from 7:00am
- Visit to the Equator line (Inti Nan museum)
- Visit to the Quito Old town
- Lunch on your own
- Early evening lecture with Ecuadorian professor Guadalupe Uquillas (Lecture about Ecuador diversity, history and indigenous community) at Posada del Maple Hostel.
- Welcome dinner Included**
- Accommodation at Posada del Maple Hostel in Quito

Day 3: May 22nd, Quito- Otavalo

- 7:00 am Breakfast at the hostel in Quito
- 8:00 am Bus departs from the hostel for a day trip to Otavalo and surrounding areas
- Visit to Jambi Huasi indigenous clinic (Otavalo) where they students can learn about traditional medicine (the visit will take at least one hour)
- Visit to Otavalo Market
- Lunch in Otavalo on your own
- Cuicocha lake (trip on boat around the lake)
- Drive back to Quito around 4:30pm
- Dinner on your own
- Accommodation at Posada del Maple Hostel in Quito

Day 4: May 23rd, Quito - Tena (Jungle trip)

- 7:00 am Breakfast at the hostel in Quito
- 8:00 am Start driving to Tena
- 11:30 am Arrive in Tena
- For those who are interested in a rafting trip, we can organize it after we arrive in Tena city.
- **Price per person \$65 (includes equipment, rafting guides, box lunch, safety talk before the trip)
- Please let the guide know in advance how many people will be interested in the rafting trip in order to make the reservation. The price should be paid in advance while in Quito. After the rafting trip the bus will take the group to the Jungle Lodge or similar lodge
- The services at the lodge will start with dinner, included in the program
- Accommodation at Suchipakari lodge

Day 5: May 24th, Jungle trip

- Breakfast, lunch, dinner, bilingual guide and activities included

- Accommodation in Shiripuno Quichua community (activities with the community included)
- Activities and accommodation arranged by Suchipakari lodge

Day 6: May 25th, Jungle trip

- Breakfast, lunch, dinner, bilingual guide and activities included
- Activities and accommodation arranged by Suchipakari lodge

Day 7: May 26th, Jungle lodge – Baños

- Breakfast at the Jungle lodge
- 8:30 am our bus will pick up the group at the lodge and start driving towards Baños. On the way we will make a stop at the Pailon del Diablo and Manto de la Novia waterfalls, where the group will have the chance to walk, take the cable car and enjoy the marvelous landscape.
- Lunch in Baños on your own
- In the afternoon people can relax and walk around the town or Hike to the Luna Runtun (approx. 1:30 minutes hike)
- Dinner in Baños on your own
- Accommodation at Hostel Marquez in Baños

Day 8: May 27th, Baños to Cuenca (7 hours, with stop in Ingapirca)

- Breakfast at the hostel in Baños included
- 8:00 am Depart from Baños to Ingapirca
- Visit Ingapirca Inca ruins
- Boxed lunches in Ingapirca
- Depart from Ingapirca to Cuenca
- Dinner in Cuenca on your own
- Accommodation at Posada del Angel Hostel in Cuenca or similar

Day 9: May 28th, Cuenca

- 8:00 am Breakfast at the hostel in Cuenca included
- 9:00 am Day trip to the Cajas National Park (box lunch included)
- 5:00 pm back to Cuenca city
- Dinner in Cuenca on your own
- Night activity (optional cultural activity TBD)
- Accommodation at Posada del Angel Hostel in Cuenca or similar

Day 10: May 29th, Cuenca

- 8:00 am Breakfast at the hostel in Cuenca
- 9:00 am Cuenca city tour (historical city, El Turi)
- Visit to a Panama hat factory
- Lunch in Cuenca on your own
- Free afternoon / possible lecture with a local professor (to be coordinated by UWW)
- Dinner in Cuenca on your own
- Accommodation at Posada del Angel Hostel in Cuenca or similar

Day 11: May 30th, Cuenca - Guayaquil

- 7:00 am Breakfast at the hostel in Cuenca
- 8:00 am Depart to Guayaquil
- Lunch on your own
- Visit the center of the city, the Malecon and Barrio las Penas in Guayaquil
- Dinner in Guayaquil on your own
- Accommodation at Iguanazu Hostel

Day 12: May 31st, Guayaquil – Galápagos

- Breakfast at the hostel in Guayaquil
- Transfer from the hostel to the airport
- Flight to Galápagos (Guayaquil - Baltra airport)
- Island hopping program
- Accommodation at Hotel Red Boobie or similar

Day 13: June 1st, Galápagos Islands

- Island hopping program. Breakfast, lunch, dinner, bilingual guide and activities included
- Accommodation at Hotel Red Boobie or similar

Day 14: June 2nd, Galápagos Islands

- Island hopping program. Breakfast, lunch, dinner, bilingual guide and activities included
- Accommodation at Hotel Red Boobie or similar

Day 15: June 3rd, Galápagos Islands

- Island hopping program. Breakfast, lunch, dinner, bilingual guide and activities included
- Accommodation at Hotel Red Boobie or similar

Day 16: June 4th, Galápagos – Quito

- Breakfast at accommodations
- Flight from Baltra to the new Airport in Quito
- 3:30 pm Transfer from the airport in Quito to the hostel
- Dinner on your own
- Accommodation at Posada del Maple Hostel in Quito

Day 17: June 5th, Quito

- Breakfast at the hostel in Quito
- 9:00 am day trip to Papallacta Spa.
- They group will have the opportunity to do a little hike in the area and learn about the ecosystem there and later relax in the swimming pools of the Spa.
- Lunch on your own
- Farewell dinner included
- Accommodation at Posada del Maple Hostel in Quito

Day 18: June 6th, Quito - Airport

- Breakfast at the hostel in Quito
- Free day to explore the city.
- Lunch on your own
- 7:00 pm Transfer from the hotel to the airport. End of service

Jungle Trip Itinerary Please note that this itinerary is subject to change.

Day 1: Bird Watching – Medicinal plants - Ceibo Tree –Ecuadorian Cacao Converted in Chocolate

After a short drive from Tena the group will check in at the lodge. After getting comfortable, we will enjoy a delicious lunch. After a short rest, the tour guide will distribute the rubber boots and along with our native guide will start an excursion around the reserve. During the excursion we will enjoy the swinging vines (like Tarzan) and we will learn about the medicinal plants like the blood of drago ginger, guayusa, among others. We will have the opportunity to see a lot of birds from the jungle area, take pictures next to the “Great Ceibo” a gigantic tree of the Amazon. Back at the lodge we will learn how to make artisanal chocolate. The recipe for home made chocolate is simple, and the ingredients such as the Cocoa Fruit we can harvest in our own reserve. Also we will be able to savor the delicious Cacao fruit. After a delicious welcome dinner, we will complete our first day with your tour guide briefing about the activities for the next day.

Day 2: Discovery Napo River - Canoe Trip – Indigenous Museum of Amazon Tramps & Fauna – Visit Sarayacu indigenous community – Amazon Dawn Watching

After the breakfast at the lodge we will prepare our gear: Rain boots, life vests, and rain ponchos for our trip on a canoe on the Napo River. We will travel up the river where our first adventure awaits. The Community Ecotourism Center **Kamak Maki** is a community project with the goal to preserve the ancestral knowledge of the region and educate people about the native Ecuadorian Kichwa community and their culture and other communities of the Ecuadorian Amazon Basin region. Kamak Maki is a name in the local language of Kichwa, which means hands working together. We will learn the ingenious tramps utilized to capture animals, form of survival of the Amazonian groups. We will also have the chance to observe animals like boas, toucans, parrots, monkeys, jaguars, turtles, anacondas and much more.

After the visit we will continue our navigation to the indigenous community of Shiripuno and visit the sustainable project managed by the Kichwa women of the community“. One of the native Quichua families will show us their ancestral costumes like gold washing, pottery techniques, the making of the typical drink “chicha” made of yuca and blowpipe hunting. After this fascinating cultural exchange with the Quichuas, we’ll enjoy a delicious box lunch. Afterwards we will visit the Sacred Rock with a local guide from the community who will tell us about beliefs of the communities. We will stay overnight at the community. We will learn from the people from the community how to make handicrafts & typical dress for dancing with the children’s community. On the night, after dinner, the group can share the experiences during the day’s activities and listen to the tour guide briefing for the next day.

Day 3: Option 1: Explore Canyoning / Rappelling / Hiking / Beautiful Landscapes /

After a well balanced breakfast, the group will go to the entrance of the “Great Canyon”. We will then descend towards the cascades, via rappelling ropes. This route requires energy, adrenaline and team work. We will be going through the exotic rain forest, enjoying the crystal clear pools, while descending on ropes to the Cascade. On the rivers shores you will enjoy a delicious snacks. The tour can take half or up to a full day. The next visit will be the Jumandy’s caves where next to the pool you will enjoy a boxed lunch. Afterwards, we will prepare ourselves with flashlights, to enter the caves, we will learn about the representation and significance of Jumandy. We will also witness the stalagmites and stalactites, and medicinal clay, excellent for rejuvenating skin. We will continue the excursion, diving into the river,

discovering small waterfalls. Use of the Touristic complex (pool and water slide). We will go back to the lodge for dinner.

Day 3: Option 2: Jungle Bike Thrill / Waterfalls / Expedite Live Rain Forest / Kichwa Survivor / Swimming Amazon Rivers

After breakfast, we will prepare the bicycles and helmets. Shortly after, our native guide will thoroughly explain the use of the equipment, terrain, and safety talk. We will ride towards the Biosphere Reserve of Sumaco. Then, we will descend through the canyon towards the cascade; we will enjoy a swim in its natural pools, accompanied by a nutritious boxed lunch. On the return trip to the lodge, we will cross the river on canoes, or "quilla" in the Indigenous language. Dinner and "Amazonic Night" next to a bonfire, where we will share the experiences we had through the day.

Day 4: Breakfast and travel back to Quito

After breakfast we will prepare ourselves to continue our trip to Banos.

Galapagos Islands Itinerary. Please note that this itinerary is subject to change.

Day 1: Baltra Airport – Tortuga Bay

Our staff will pick up the group from the Baltra airport and drive south until you arrive at Puerto Ayora where we will enjoy a boxed lunch. Tortuga Bay is one of the most extensive white sand beaches of the islands. It's a great place to swim, kayak or just stroll along the beach. On our 45-minute hike through an ecologically diverse forest, you will observe a unique variety of animal and plant species. After hiking, we'll hop into our kayaks and watch for marine iguanas, sharks and marine turtles that live in the area as well as several species of marine birds.

Day 2: Bay tour – Garrapatero beach

The group will depart from the port of Santa Cruz Island, few blocks from the Hotel. First site to visit will be the islet called "The Loberia" named because of the large colony of sea lions that were located there. Here you can do snorkeling and play with the friendly sea lions, observe colorful fishes and sea turtles, continuing with the tour we will visit the "Love Canal" in which you can see from its vantage point at the white fin shark with the possibility of swim and do snorkeling with them, then visit Punta Estrada where you will take a short walk where you can observe marine iguanas in the "Playa de los Perros" afterwards you will ride the boat back to the port.

Garrapatero Beach

It is a beautiful beach of white sand where probably see flamingos and you can snorkel to see a big variety of colorful fish or just enjoy the beach all this accompanied by a beautiful landscape

Day 3: Floreana Island– Pirate Caves – Birdwatching – Snorkeling Enderby Is. – Champion Is.

We'll leave from the pier at 8 am after breakfast and head to Floreana, the richest of the islands in history and legends (perhaps because it was the first of the Galapagos Islands to be populated by humans). We will take a Chiva ride to the Highlands where we can find caves used by pirates and other visitors throughout the history of the islands. After learning about the history of the caves and searching for traces left behind by earlier inhabitants of the island, we will enjoy a picnic lunch just outside one of the caves. In the afternoon, we'll visit one of the most exquisite marine areas of Galapagos, the bay located between the islets of Champion and Enderby. The calm waters and fertile shores here attract a

variety of species to swim and feed in the area. As we snorkel for about an hour, we'll be able to spot marine turtles, tropical fish and starfish.

Day 4: Plazas Island

This tour include: transport hotel-Itabaca channel-hotel, naturalist guide, lunch and all the facilities of the boat. Picking up at the selected hotel at 8:00 in the morning, transfer to Itabaca Channel to board the yacht. The trip to South Plaza will take one hour fifteen minutes approximately, South plaza is located at the east of Santa Cruz and is the partner of north plaza, they are two islets separate by a small channel of turquoise water that contrast with the a red natural carpet (sesuvium) and cactus. The islet has only 426 ft. wide. When you arrive to South plaza you will be greeted by a Galapagos sea lions court, during the visit you are going to see a variety of sea birds fishing and flying really close to the cliff that is part of the trail. Also you are going to be available to find two species of iguana the land iguana with their yellow-brown color eating cactus and the marine iguana having a sunbath. In this particular islet is the only place where hybrid iguanas have been found.

For the trips on the **day 3 and day 4** we have boats for up to 18 people so we will have to divide the group in two groups of 16 passengers to go to Floreana and Plazas Islands. Each group will have their own bilingual tour guide.

Day 5: Charles Darwin Station

The visitor center here offers excellent insight into the work of the Station as well as the history of the islands and the challenges they face today. After this visit we will take our bus toward the Baltra Airport. Flight to Quito