



## ECUADOR

### ANDES TO THE AMAZON BY BIKE, FOOT, RAFT & HORSEBACK 10-DAYS

Hike the misty highlands of the rugged Andes. Mountain bike into the jungle depths of ancient forests. Paddle rafts through the currents of exhilarating white-water. Canter horses through deep and lush valleys. If you like adventure, this one's for you. From the high and dry altiplano to the lush rainforests of the Amazon Basin, this 10-day bike, hike, raft, and horseback journey, is a self-propelled exploration through the amazingly diverse ecosystems of Ecuador.

## Day 1

### QUITO

#### ARRIVAL

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A BikeHike Adventures representative will greet you at the airport and transfer you to a comfortable hotel in the city. The remainder of the evening is at leisure to explore Quito, a UNESCO World Heritage Site.

Accommodation: Hotel

Meals: none



## Day 2

### QUITO - SAN PABLO - OTAVALO

#### BIKING

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Please be ready in the lobby at 8am after eating breakfast. We start with a drive northbound to the beautiful lake of San Pablo before reaching the town of Otavalo, world famous for its handicraft market. We'll spend 1-2 hours shopping for souvenirs. After lunch, our physical adventure begins. We get into our biking gear and set off on fat tire mountain bikes, pedaling on paved, cobblestone and dirt roads around the lakeshore of San Pablo through indigenous villages and past fertile corn fields. In the late afternoon we reach our cozy countryside inn for dinner and overnight accommodation.

Biking Distance: 28 km / 14 mi

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)





### Day 3

#### CUICOCHA - CAYAMBE

##### HIKING AND BIKING

After a wholesome and hearty breakfast we drive to a beautiful lake that is located inside the volcanic cauldron of Mojanda. We ascend today from 2,500 m / 8,250 ft up to 3,900 m / 14,000 ft where we start our hike to the summit of Fuya Fuya at 4,300 m / 14,190 ft. The views of the collapsed crater of Mojanda are stunning. The total distance of the hike, up and down, is 3 km / 2 mi. Afterwards we return to our vehicle and drive to the nearby crater lake of Cotacachi for a typical lunch in a restaurant that is located on the rim of the volcano. After lunch we get on our mountain bikes and glide downhill through small indigenous villages for 11 km / 6 mi, all the way to the town of Cotacachi, famous for leather handicrafts. We'll visit the shops and then shuttle back to our hacienda in the countryside for a big dinner and a relaxing evening in front of the fireplace.

Hiking Distance: 4 km / 3 mi

Biking Distance: 11 km / 6 mi

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

### Day 4

#### CAYAMBE - PAPALLACTA

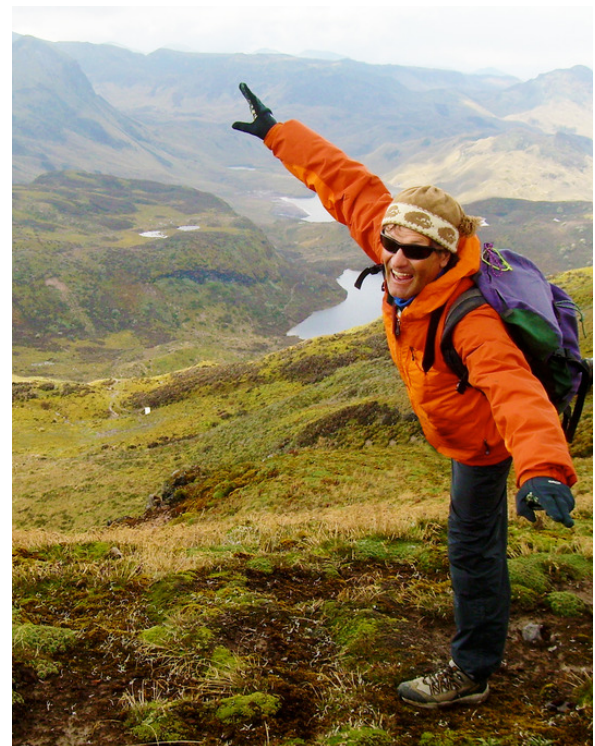
##### HIKING AND HOTSPRINGS

After breakfast we drive southeast to Papallacta, ascending to an altitude of 4,300 m / 14,300 ft. From here we'll hike four to five hours through a pristine high mountain landscape, full of lakes and surrounded by volcanoes. With some luck we'll see deer, condors and potentially even spectacled bears! The conditions can be challenging with slippery, muddy terrain and quickly changing weather. We'll overnight at the Papallacta Hot Springs, famous for their steamy pools. In the afternoon, we will enjoy the resort with leisure time to relax any sore muscles in the therapeutic hot springs.

Hiking Distance: 10 km / 6 miles

Accommodation: Hotel

Meals: Breakfast, Lunch



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## Day 5

### PAPALLACTA - TENA

#### BIKING AND MOTORIZED CANOE

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This morning we bike from the high mountain to the cloud forest! We start from our hotel and follow the scenic Quijos and Cosanga River gorges to the town of Baeza. The change of temperature and scenery is dramatic! After lunch, we drive to the town of Misahualli where we embark on a 1.5 hour motorized canoe ride down the Napo River, deep into the Amazon where we will check into a basic jungle hotel run by the indigenous Quechua people. Once settled in, we have the option to do a one hour night hike. This is a great time to see some of the nocturnal animals that inhabit the jungle.

Biking Distance: 63 km / 39 mi

Motorized Canoe duration: 1.5 hours

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner



## Day 6

### AMAZON

#### JUNGLE HIKING

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We'll rise early, have breakfast then gear up for our jungle adventure. A native Quechua guide will lead us on a 2.5 hour hike through primary and secondary rainforest, teaching us about the plants, insects, birds, animals, etc that we may encounter. We then get onto a long wooden raft built by the locals, for a float down the Napo River. We'll return to our jungle hotel for lunch and then head back out to visit an indigenous family to see how people live in this part of the country and learn about their customs and culture. Dinner and overnight at the same basic jungle hotel.

Hiking Distance: 3 km / 2 mi

Hiking Duration: 2.5 hours

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

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## Day 7

### JATUNYACU RIVER - BAÑOS

#### WHITEWATER RAFTING

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We switch gears today and set off for a day of whitewater adventure on the mighty Jatunyacu River, which means “big water” in Quechua. Donned in helmets and lifejackets, we cast off the riverbank and blast through big and bouncy standing waves. Being one of the main rivers that form the mighty Amazon River, this wide river has the perfect combination of exciting rapids, calm pools, and dense jungle. Depending on the water level, there will be some opportunities to jump out of the raft and refresh in the cool water. Late afternoon we drive to the town of Baños, a village in the bottom of a fertile valley surrounded by lush and tropical mountains. Baños is famous because of the Tungurahua Volcano, which last erupted in the summer of 2006.

Rafting Distance: 28 km / 17 mi  
Accommodation: Hotel  
Meals: Breakfast, Lunch, Dinner

## Day 8

### BAÑOS

#### BIKING AND HIKING

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Early this morning we'll head to the Pastaza River Gorge to visit some of the region's thundering waterfalls. After a hike to the Pailon del Diablo Waterfall (the Devil's pot) we'll have some lunch then change to our biking gear. The rest of the day is on two wheels, riding 20 km / 13 mi on scenic dirt, paved and cobblestone roads with rolling hills and views of the active volcano Tungurahua. Overnight at the same hotel, located just outside the city of Baños.

Biking Distance: 20 km / 13 mi  
Hiking Distance: 2 km / 1 mi  
Accommodation: Hotel  
Meals: Breakfast, Lunch



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## Day 9

### BAÑOS - COTOPAXI NATIONAL PARK - QUITO

#### HORSEBACK RIDING

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We drive 2.5 hours in the morning to a beautiful hacienda on the slopes of Cotopaxi, often considered the highest active volcano in the world! Here we'll saddle up on horses and spend a few hours cantering along dirt paths and open fields amongst a barren and bold volcanic landscape. If we have a clear day, over a dozen volcanoes will be visible, many of them active. In the afternoon we shuttle by vehicle 2 hours back to our hotel in Quito.

Horseback Riding Distance: 8 km / 5 mi

Accommodation: Hotel

Meals: Breakfast, Lunch

## Day 10

### QUITO DEPARTURE

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You'll be transferred to the international airport for connecting flights home.

Meals: Breakfast

## TRIP INCLUSIONS

### **Trip Includes**

All accommodation (twin shared), meals as indicated, 24-speed mountain bikes, internal transportation, airport transfers and English-speaking guides.

### **Not Included**

International airfare, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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