



## **Ecuador Challenge**

**Do you dare; 4 weeks of surprises,  
adventure, and lots of fun**



**Capacity:** Up to 16 participants per group.

### **Availability:**

There are several possible departure dates throughout the year, please contact us for more details.

**Age Requirement:** Must be 17 years or over

**Airport Pick Up:** Pick up at Quito International Airport on Saturday - Flexible hours throughout the day (08:00 am – 08:00 pm)

## **Conditions:**

- Minimum age: 17 years old
- Minimum English level required: Intermediate
- Police record required: upon registration
- Copy of passport required: upon registration

Participants under 18 years of age must present a letter of parental consent.

## **EQUIPMENT REQUIRED:**

We just recommend you to bring comfortable clothes adjusted to the time of the year & sturdy shoes !

## **Included**

- Welcome dinner.
- Bilingual guide day 1st to 9<sup>th</sup> and from day 21<sup>st</sup> to 30<sup>rd</sup>.
- Public bus day 2 for city tour, day 27 for volunteering day, day 28 to go to Puerto Lopez and back.
- Private transportation day 1, 3, 4, 9, 22.
- Volunteering at the beach on day 28<sup>th</sup> with lunch.
- Day tour Isla de la Plata lunch included.
- 29 nights based in dorm with breakfast included.
- 2 volunteering weeks at Yanacocha center included meals during the week.
- Wifi connexion at Yanacocha
- 2 hours yoga classes.
- 6 hours surf classes.
- Canopy.
- Bike ride in Baños.
- 1 hour salsa lesson.
- 12 hours of Spanish lesson.

- Biking Cotopaxi.
- Visit Quilotoa crater lake.
- Farewell dinner and party.

## **Excluded**

- Meals not mentioned at the program.
- Flights
- Travel Insurance

# Itinerary

## Day 1 Saturday

After landing in the city's capital, you will be driven to the exciting and fun Selina Hostel in Quito (you won't get bored here!), where you can check into your dorm and meet your fellow travelers. Later, you will enjoy your first dinner together, which will be a great opportunity to get to know one another.

Please keep in mind that you will be at a high altitude (2800 meters), so take it slow the first few days and cut back on the drinking and partying in order to avoid altitude sickness.



## Day 2 Sunday

Today you will immerse yourself in historical antique buildings and sites, replete with (some of them pretty spooky) ancient stories, aside from learning that Quito was the first city to ever be awarded a UNESCO World Heritage Site. Later, your guide will take you to La Carolina, Quito's "Central Park," where you may explore this lovely green metropolitan site and explore more about the local culture. You will then head back to Selina, where you can unwind and allow these recent memories to settle in.



## Day 3 Monday

In the upcoming two days you will experience the mesmerizing Andean scenery, including the beautiful Cotopaxi volcano, Ecuador's most active volcano.



After breakfast, you will leave Quito behind and make your way to the picturesque Lasso, where you will spend the night in a comfortable dorm at the charming Chuquiragua Lodge. Lasso is a small town in Ecuador's highlands that serves as one of the primary entrances to the Cotopaxi National Park.

Your guide will take you to discover Cotopaxi's basecamp of the second highest summit in Ecuador. Prepare yourself to experience what hiking at a high altitude feels like. Keep in mind to remain hydrated and wear warm, waterproof clothing. Eating a sugary snack while hiking can help you avoid altitude sickness.

Furthermore, be prepared for one of the most adventurous moments in Ecuador while biking back down from Cotopaxi!

Lunch and dinner will be provided to you on this thrilling day.



#### **Day 4 Tuesday**

On your second day, you will first stop at Quilotoa, a stunning crater lake of the same-named volcano, before continuing on to Baños. Your visit to the highlands will undoubtedly leave you with a lasting memory due to its captivating hues and surroundings.

Once you arrive in Baños, the portal to the jungle, you will check into Hostal Chimenea where you will once again be staying in a comfy dorm.

Lunch will be provided for you today.



### **Day 5 Wednesday**

Prepare to polish your speaking and salsa dancing skills! We think you'll be able to speak a little bit and dance like a genuine Ecuadorian after spending four hours perfecting your Spanish and participating for an hour in some intense salsa classes. You'll be prepared to explore the exciting pubs and clubs of this energetic town in the evening.



### **Day 6 Thursday**

After participating in a few more Spanish lessons in the morning, it's time to leave the classroom. Pailon del Diablo, one of Ecuador's most astonishing waterfalls, and Rio Verde will be reached after an exhilarating mountain biking ride. Prepare to get wet!



### **Day 7 Friday**

After attending some morning Spanish classes you will be able to enjoy a free afternoon in which you can keep exploring the adventurous parts of town or relax in some of Baños' lovely coffee shops.



## Day 8 Saturday

Get ready to feel your heart pump today! On a Canopy Bridge excursion after breakfast, you will discover what true adventure and excitement are all about. Since tonight is your last night in Baños, you're going to put all those hours of Spanish and dancing lessons to good use by visiting one last time the fun clubs and bars of this amazing town.

## Day 9 Sunday

Have you ever fed a parrot while inside their cage? Soon you will. Prepare to encounter magic. In the afternoon, you'll say farewell to Baños and head to Puyo. Be sure to notice how quickly you will be encircled by beautiful jungle vegetation, notice a difference in the temperature and thicker air, and then realize that you have reached Yanacocha Animal Rescue Center. Prepare to forget about the bustling outside world and lose yourself for two weeks in this crazy yet wonderful paradise packed with daily breathtaking sights and activities that you'll remember for the rest of your life.





## Day 22 Saturday

You must be eager for some downtime at the beach after these past two weeks of rigorous work. After breakfast, we will travel to yet another very different area of Ecuador, the coast, and more specifically, to Montañita, the most well-known and enjoyable surfing location in the country. Prepare yourself for a long travel day today (around 9 hours) in which you will witness a fast and astonishing change in vegetation and temperature.



Once arrived in Montañita, you will check into the fun and dynamic Hostal Casa del Sol.

## Day 23 Sunday

Enjoy your first free day in this charming seaside town and take some time to unwind.

## Day 24 Monday – Day 26 Wednesday

Two days of Yoga sessions (on the 24<sup>th</sup> and 25<sup>th</sup>, one hour a day), three days of surfing lessons (on the 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup>, 2 hours per day), and leisure time at the beach: Can you think of anything more enjoyable? Feel free to sign up for any of the optional Spanish classes that are offered to you.





## Day 27 Thursday

Time to give something back to nature: Beach cleaning, turtle nest monitoring, and a special mission are among the day's volunteer activities at the Las Tunas community. Lunch is also being provided.



## Day 28 Friday

Did you know that the tiny island known as Isla de la Plata in front of Puerto Lopez imitates a part of the Galapagos Islands?

It is well-known for its large number of marine birds, including Galapagos albatrosses and blue-footed and masked boobies. Get a taste of what the enchanted Galapagos Islands have in store for you! You'll have an extra incredible experience on this day trip to Isla de la Plata between June through October since you will most likely see humpback whales!

Humpback whales travel more than 7,000 miles from Antarctica to the coasts of Machalilla National Park in Ecuador. A humpback whale's length and weight can both reach 15 meters. It is the fifth-largest animal in the world. You will have the chance to locate the whale's active groups, where several males mate with the females since they are in a humpback whale breeding area.



### **Day 29 Saturday**

All wonderful things in life must, unfortunately, come to an end, but luckily some of them can be honored with a lavish farewell meal and celebration. Before you must leave this magnificent place, take advantage of your final free day in Montañita and take in one final sunset.

### **Day 30 Sunday**

We really hope that you had an amazing and memorable time in Ecuador and will always remember the special moments you had there. We appreciate your participation in this event and the opportunity to introduce you to the delights of this heavenly sanctuary.

We hope you had magical encounters for a lifetime and have a safe flight home or enjoy your new adventure with the Galapagos extension....