

Three Region in One Country

4 day adventure Program

MINDO - COTOPAXI – QUILOTOA – BAÑOS RAFTING

Friday - Monday

Ecuador is a country both rich in heritage and nature reserves. This tour takes you on exciting places through varied landscapes including the Avenue of the Volcanoes, the Andean Highlands and the gateway to the Amazon! You have the opportunity to discover the diversity of Ecuador's flora and fauna while learning about the cultural variety of this multifaceted country. We offer you a unique combination of indigenous community encounters, exposures to ancestral traditions, sounds, flavors and natural experiences with adventurous activities. This tour goes to a height of 4,810 m, it is important that you are prepared for this kind of altitude. We recommend acclimatizing at least two days around 3,000 m.

Day 1: Mindo (-/L/-)



Meeting point: 06h45, Restaurant Q Plaza Foch

Mindo is a charming, yet busy town nestled in the hills, at an altitude of 1250m. Beautiful waterfalls, wild rivers, and a gorgeous premontane cloud forest make a trip to Mindo totally worth it. Prepare to be amazed by the colourful attractions of Mindo, where we'll visit a stunning waterfall and then head to a butterfly farm where you will have the chance to encounter hundreds of different species of native butterflies. Complete your afternoon with a tubing trip down river, or an adrenaline-charged flight and superb sights above the trees of the thick cloud forest on the canopy ropes course.

****Night in Quito**



Day 2: Cotopaxi Biking (B/L/-)



Meeting point: 06h45, Restaurant Q Plaza Foch

Cotopaxi National Park tour is an exciting day that begins with spectacular views of the unique Andean landscape in the "Avenue of the Volcanoes". Inside the national park we hike up to the refuge which is situated at 4,810m on the Cotopaxi snowline. Depending on conditions we will then hike up to 5,000m where it can be possible to see the glacier. From there you will have spectacular views to the valley below and onto the surrounding volcanoes. After a safety briefing we commence our downhill descent on mountain bikes! There are two sections to the mountain biking, the first of which we recommend to experienced riders. The journey finishes at the beautiful lagoon at the base of Cotopaxi.

Extra: For this tour you can rent a professional high quality bike for an additional cost starting from \$45. You have the choice between a Rockhopper Comp 29", Rockhopper Pro Evo 29", and especially designed for women the Jett 29".

****Night in the Avenue of Volcanoes – Hostería PapaGayo**

Day 3: Quilotoa Lagoon (B/L/-)



Pick up: 08h00, Hostería PapaGayo

This full day cultural tour begins with a visit to a local indigenous market, Saquisilí (**Thursdays**) or Pujilí (**Sundays**). The drive to Laguna Quilotoa – an amazing emerald lagoon inside a volcano crater at the height of 3,800m - displays beautiful views of the Andean mountains, passing the ancient canyon of Zumbahua and many indigenous towns and farmlands. Before lunch we will visit a local aboriginal home where you have the opportunity to interact with the inhabitants. The tour includes a steep hike down to the lagoons shore. Back to Papagayo, a transportation will pick you up and drive you to Baños

**** Night in Baños**



Day 4: Baños Rafting (B/BL/-)



Pick up: 10h00, your hotel (To reconfirm with your agent)

Soar down the Patate or Pastaza River with a combination of Class III and IV rapids. Feel the adrenaline rush as you soak your surroundings in the ecological paradise of Llaganates and Sangay National Parks. Choose from the half and full-day whitewater rafting packages we have available to suit your itinerary and experience level. Your safety is our highest priority. You will be equipped with life jackets, helmets, paddles, shoes and wetsuits. Your licensed, professional, guide will start the day with a safety briefing, and you will practice the different commands for successful downstream navigation. Previous rafting experience is not required, all you need is your enthusiastic sense of adventure and love of the great outdoors!

****END OF SERVICES****

Price Includes: Professional bilingual guides, 3 breakfast, 3 lunches, 1 box lunch after rafting, 1 night in Quito, 1 night accommodation at Hostería PapaGayo, 1 night in Baños, Cotopaxi biking tour, mountain bike & helmet for Cotopaxi bikes, Quilotoa day tour, Mindo day tour.

Price Excludes: Quilotoa entrance fee (\$2), tips for guide, mules at Quilotoa (\$10), contribution to the community and dinner, activities in Mindo (Canopy (\$15 - \$20), waterfalls entrance (\$3), chocolate Factory entrance (\$6), El Descanso entrance (\$6), butterfly farm (\$6), tips for guide), Transportation back to Quito on the last day

Hotels:

Quito: Hostal Andino - <http://andinohotel.com/> or similar

Cotopaxi area: Hosteria Papagayo - <http://www.hosteria-papagayo.com/> or similar

Baños: Hostal Plantas y Blanco - <http://www.plantasyblanco.com/> or similar

****Please note:** The schedule of this package will vary depending on which days we are running the four included tours. The meeting point on the first and second days is “Q Restaurant”, Quito (6:45am) (unless you choose to spend an extra night at Hostería PapaGayo), on the third day, you will be met at Hostería PapaGayo after breakfast for the tours on those days.

Necessary Equipment:

Comfortable and warm clothing	Swimsuit	Sunglasses
Extra water and snacks	Comfortable shoes, hiking shoes	Camera
Waterproof jacket	Extra dry clothes	Sun cream
Insect repellent	Hat	Gloves



It is important that you have a current travel insurance including personal medical insurance, also a copy of it and a copy of your passport. Please inform us of any known medical conditions you have.

All Gulliver cars come with advanced satellite tracking devices to control position and speed, or for extra safety in an unlikely case of an accident. Every car has full insurance.

We always make sure to fulfill the highest security and safety standards for all our clients.

We put a lot of effort into organizing the tour, therefore cancellations require a minimum **24 hours'** notice. **50% refund** will be given back. Cancellations **will not be refunded** with a shorter time notice.

Please note tips for our guides are not included in the price. If you enjoyed your trip, a tip of about 10% would be greatly appreciated.

GOOD LUCK, HAVE FUN AND ENJOY YOUR ADVENTURE!

