



# MRACX

## Ecuador Multisport Adventure

9 Days - Aug 10 to 18th



## Dear Traveller,

When you travel in Ecuador, the Andes, the Jungle and the Coast are all next to each other, allowing travellers the opportunity to experience it all, even in just a one week adventure.

This MRACX multisport tour brings together all of the activities you love, hiking, biking, rafting and more - along with exploring new cultures and seeing new things.

# Ecuador Multisport Adventure

**9 Days - Aug 10-18**

Day 1: Arrive Quito

Day 2-3: Banos

Day 4-5: Tena

Day 6: Papallacta

Day 7-8: Puerto Lopez

Day 9: Depart Guayaquil

## Itinerary

Quito → Banos → Tena → Puerto Lopez →  
Guayaquil

### DAY 1

#### Arrive Quito

Welcome to Quito! The largest, best-preserved colonial city of America - declared a UNESCO World Heritage Site in 1978. The city is considered the Cultural Capital of South America and is located on the equator in a valley at the foothills of the Pichincha volcano. You will enjoy a welcome dinner at 8:00 pm, depending on your arrival time.

Meals Included: Welcome Dinner



#### Overnight

Sheraton Hotel or similar –

<https://www.marriott.com/es/hotels/uiosi-sheraton-quito-hotel/overview/>



### DAY 2

#### Cotopaxi National Park / Banos

After breakfast, we leave Quito driving southwards along the gorgeous Avenue of Volcanoes, getting the chance to see the colorful Andean fields. On our way, we will reach 12,000 feet. (3657 meters). After arriving at the Cotopaxi National Park, we will go hiking around Limpiopungo lagoon of the foot hills of the Rumiñahui volcano. From here, we have the best views of Cotopaxi, the highest active volcano in the world. In the afternoon we continue our drive towards the Llanganates National Park, known as the sacred mountain, until we reach the town of Baños, located at the entrance of the Amazon.

Meals Included: Breakfast, Lunch



#### Overnight

Selina Banos or similar - <https://www.selina.com/ecuador/banos/>

# Itinerary

## DAY 3

### Mountain Biking in the Cloud Forest

This morning we cross country mountain bike from the Llanganates National Park down to the Pastaza River Canyon, enjoying the beauty of the special cloud rain forest climate. The road brings us through some Andean farms and a great canyon with many waterfalls, while descending into the jungle, we will have a breath-taking view of Baños, a town well known for its spectacular location right at the foothills of the Tungurahua volcano, which has been active since 1999. The volcano is the main attraction of this region. In the afternoon we will have some time to explore the town and also go to the Swing of the End of the World or soak in the hot springs.



**Meals Included:** Breakfast



#### Overnight

Selina Banos or similar - <https://www.selina.com/ecuador/banos/>



## DAY 4

### The Road of the Waterfalls

This morning we will hit the road of the waterfalls. The first stop will be at the bridal Veil waterfall, where we will take the Tarabita (cable car) to get across the Pastaza River. Then we will hike down to the Pailon del Diablo waterfall, the second highest in Ecuador, later, we will go deeper into the jungle inside the Llanganates National Park. The name "Llanganates" comes from "beautiful mountain" in the

local native language. During a hike through the tropical rain forest, we will climb through several waterfall canyons. Our local native guide will teach about the incredible flora and fauna that thrive in this unequalled habitat.

**Meals Included:** Breakfast, Dinner



#### Overnight

Amazon Jungle Homestay

# Itinerary

## DAY 5

### Tena - White Water Rafting

We greet the day by preparing our gear to paddle the wild waves of the Jatunyacu River, located just a 5-minute drive from the homestead. The beauty of this river will inspire you and reveal the magic of the Amazon rainforest, after a very important safety briefing from our rafting guides, we will start our class III rafting expedition down the Jatunyacu River, well known for its clear waters and awesome rapids. We will have a lot of fun playing some games and also exploring one of the canyons.

The end of the journey offers us a stop for a picnic, prepared by our guides, we conclude our day at Selina Tena along the river.



**Meals Included:** Breakfast, Lunch, Dinner



### Overnight

Selena Tena or similar – <https://www.selina.com/ecuador/amazon-tena/>



## DAY 6

### Papallacta

The hot springs of Papallacta is an amazing place where short hikes can be done, where your guide will explain the richness of this ecosystem called the Cloud Forest, along the trail you can find orchids and colorful birds, later you will have some time so you can soak into the volcanic pools and take some optional treatments at the Spa. Your guide will recommend a place to have lunch and later you will get back to Quito. This is the perfect anti-stress therapy recommended for your health!

**Meals included:** Breakfast



### Overnight

Termas de Papallacta or similar – <https://www.termaspapallacta.com/>

# Itinerary

## DAY 7

### Quito to Guayaquil and Puerto Lopez

Today we will depart early in the morning to the magic coast of Ecuador, we will take a flight from Quito to Guayaquil (50 minutes) and then land transportation to Puerto Lopez to reach the beach (4 hours).

Meals Included: Breakfast



#### Overnight

Hotel Mandala or similar –  
<https://hosteriamandala.info/>



## DAY 8

### Puerto Lopez / Isla de la Plata

Today we will enjoy some free time for sunbathing, relax on the beach, additionally we will go in a trip to Isla de la Plata, know as the “little Galapagos” where we will admire turtles, gannets and frigate birds.

Meals included: Breakfast



#### Overnight

Hotel Mandala or similar –  
<https://hosteriamandala.info/>

## DAY 9

### Transfer to Guayaquil and Depart

Today we will take a transfer from Puerto Lopez to Guayaquil. International departures, end of services. Take with you memories and photos and leave a piece of your heart, as you will want to return to Ecuador soon to experience more of this enchanted land. We wish you a “buen viaje”!

Meals Included: Breakfast



## Additional Notes

### **Travel Insurance**

Travel insurance is compulsory for all travelers and it's the responsibility of the customer to ensure that adequate coverage is purchased. Travel insurance must cover against personal accident, death, medical expenses and emergency repatriation with a recommended minimum coverage of US\$200,000 for each of the categories of cover. We strongly recommend it also covers cancellation, curtailment, personal liability, loss of luggage and personal effects. If customers do not have travel insurance, they may be prevented from joining the Trip. AdventureDesk can assist in providing travel insurance or you may purchase on your own.

## Hotels

Destination	Hotel
Quito	Sheraton Quito
Banos	Selina Banos
Tena	Homestay
Tena	Selina Tena
Papallacta	Termas de Papallacta
Puerto Lopez	Hotel Mandala

Hotels are mid range, small, locally owned, and chosen based on their central location. If you would like to upgrade your hotel accommodations, please let us know.

## Included

- Accommodation: 7 hotel nights, 1 Night Jungle homestay
- Local Trip Leader
- Group Arrival and Departure Transfer
- Transportation throughout
- Activities as listed above

## NOT Included

- International airfare
- Lunches and dinners (unless specified otherwise)
- Tips and Gratuities





## Pricing

Group Size	Double Occupancy Rooms
10-11 Travellers	CAD \$3179
12-15 Travellers + Host	CAD \$3079
16+ Travellers + Host	CAD \$2939

Rates are based on twin share accommodation.

Prices are exclusively for the MRACX Organization for private scheduled group departures.

Prices subject to change based on availability of hotels and time of year.

## Reservation

We require a \$400 CAD deposit per traveller with final payment due 90 days prior to departure.

Minimum of 10 full paying travellers for trip to be guaranteed.

Trip Guarantee date and Final Price will be 90 days prior to departure.

Cancellations made within 89-60 days will incur a loss of 50% of the booking value.

Cancellations made within 59-0 days will incur a 100% loss.