

**ECUADOR MULTISPORT PRIVATE TOUR**  
**Quito – Cotopaxi – Quilotoa – Baños – Tena – Papallacta – Quito**  
**08 days / 07 nights**



**Itinerary:**

**Day 01:**

**Quito**

Welcome to Ecuador!

Arrival at Quito´s airport, reception, and transfer to the hotel in the Quito district, check-in (15:00 hours). Overnight.

**Day 02:**

**Paragliding in Quito – Mitad del Mundo / (B, L)**

Breakfast in the hotel. Departure in the morning to “Auqui Hill” (2390 mm). This is one of the best ways to enjoy the city, valleys, and snow-capped mountains of Quito city by paragliding. From this point, you will have a tandem flight, where you can make your dream come true and where you will take off from the ground and let yourself drift through the Ecuadorian Andes with our professional pilots, who accompany you during an unforgettable trip.!! After this activity, we go to the Middle of the World complex which is located fifty minutes from the northwest of Quito (Ecuador). You will visit the current equatorial line and straddle the two hemispheres. In addition, you’ll have the chance to participate in several experiments at the Intiñan Museum. In the afternoon, you'll go to downtown the city where you´ll have a short walk to visit the Compañía de Jesus, Sagrario´s, and San Francisco´s Churches which were built during the 17th century. Walking through the colonial streets, you will stop at the Independence Plaza to admire the Cathedral and the Government’s Palace. Overnight in Quito.

**Day 03:**

**Horseback ride in Cotopaxi National Park / (B, L)**

Breakfast in the hotel. Experience the best horseback ride in the Cotopaxi National Park and back to the Hacienda crossing a protected forest in Cotopaxi and also going through volcanic rock ravines, several Historical Haciendas, and indigenous communities. You will enjoy different landscapes, either choosing a long tour going through different mountains or a simple tour on roads going through the forest and communities. Overnight in Cotopaxi.

**Day 04:**

**Hiking in Quilotoa Lagoon / (B, L)**

Breakfast in the hotel. We go through the Avenue of the Volcanoes and pass through the Pujilí small town. You will also visit an indigenous local house from the “Paramos” to learn about their traditions and way of life. Enter their home, made of straw, and enjoy time interacting with them. After your visit, head to the town of Tigua, famous for its naive paintings. Continue up to the Quilotoa volcano, where you will be able to descend to the lake located inside the crater or just walk around the crater. You will also be able to enjoy an unforgettable experience by muleback riding or kayaking in the lake. Enjoy lunch and stand in one of the most beautiful landscapes in the highlands and traditional indigenous villages. Note: on Thursdays, Saquisilí Indigenous Market is optional. Overnight in Baños.

**Day 05:**

**Canyoning in Baños/ (B, L)**

Breakfast in the hotel. The trip starts in the morning at 8:00 am you will try the equipment, then we will drive by private car for about 30 minutes approximately toward Casahurco or Rio Blanco to practice the canyoning. After we have the safety briefing by our guide explaining the abseiling techniques and safety instructions, you will be able to practice on land before we enter the canyon. In the afternoon free time to visit the Bride’s Veil waterfall, hike down to the “Pailon del Diablo” waterfall, the second-highest in the whole of Ecuador, or Casa del árbol accompanied by our guide. Overnight in Baños.

**Day 06:**

**Trekking & Kayaking in Tena / (B, L, D)**

Breakfast in the hotel. After a 4-hour drive by car, arrive at Tena. Lunch at the lodge, then a guided hike will lead you across muddy swamps on log bridges, through the dense jungle of natural treefall gaps, and beneath the understory shade of pristine, primary rainforest. Kayaking in the river, here is our expert guide after fitting all of your equipment, we will give you a safety orientation and paddle practice before the adventure begins. Overnight in Tena.

**Day 07:**

**River rafting in Tena) / (B, L, D)**

Breakfast in the lodge. Jatunyacu River - this is one of the most fun rafting trips in Tena. It is enjoyable for all ages, and no previous experience is needed. This is big water run with constant rollercoaster waves (some reaching 5 meters in height), and each rapid ends in a calm pool. After a 40-minute drive, we arrive at Cando in the Llanganates National Park, where our adventure begins. After gearing up and listening to a safety talk, we head downriver. Halfway through the trip, we stop at a beach near a Kichwa community. Here we enjoy a delicious homemade lunch and the opportunity to exchange experiences with those living in the area. At night we have a walk with the help of a flashlight your guides will take you around the lagoon looking for nighttime wildlife. This is also a great opportunity for star gazing! Overnight in Tena.

**Day 08:**

**Termas Papallacta Spa - Quito / (B)**

Breakfast in the lodge. After 2 1/2 hours by car, we will get to Termas de Papallacta Spa, where you can enjoy the medicinal volcanic water in the thermal baths. In the afternoon arrive in Quito or the international airport Mariscal Sucre where our services finish.

**Note:** Each participant must be aware of the fact that the tour chosen may include activities (rafting, hiking, canyoning, paragliding,) that may be risky. The service providers selected for those services were chosen for their professionalism and the quality of supervision and equipment. Each activity will begin with a reminder of the safety instructions.

Itineraries are subject to change without notice due to seasonal changes, last-minute weather conditions and adjustment national reserves policies.

**Include:**

- 07 nights of lodging at selected hotels
- Transportation: airport pick up at your arrival, private vehicle, kayaking, rafting, paragliding, horseback riding, trekking, canyoning
- Meals mentioned in the itinerary (7 breakfast, 6 menu lunch, 2 dinner)
- Certified English / Spanish-speaking guides
- Canyoning Gear: Black diamond harnesses, helmets, ropes, and rubber boots.
- Rafting Gear: NRS rafts, paddles, and helmets
- Horseback ride: wellington/rubber boots, helmets, hats, chaps, and other equipment
- Paragliding: all necessary equipment
- Personal assistance.
- Guided activities
- Admission tickets for all the activities and national reserves

**Not Include:**

- Travel insurance.
- Meals & drinks not described in the itinerary.
- Alcoholic drinks
- Tips for drivers and guides
- Personal charges
- Optional activities