

Ecuador Yoga Wellness Itinerary



Trip Style

Wellness

Duration

7 Days



Active 2-3



Walking



Nature



Yoga



Biking

Quito to Quito

Ecuador gives a stunning backdrop to recharge your batteries with time spent in nature, breathing fresh air, having mindful experiences in the rainforest, and stretching your body and soul with yoga sessions in stunning scenery. Your mind will have a break from the stresses of modern day life and big city noises, slowing down time on this journey to reconnect with nature and yourself. We'll do this through gentle hiking, yoga, biking, horse riding and exploring stunning scenery that will leave you humbled by the power of mother earth.

Highlights

- Stay in an Ecuadorian Ranch
- Be humbled by the immense Cotopaxi volcano on a bike ride at its base
- Reconnect to nature with horse riding
- Yoga and meditation in Banos
- Feel the impressive power of thundering waterfalls
- Be surrounded by lush green on a rainforest hike
- Visit an indigenous family
- Sunrise yoga

Day 1: Arrive in Quito, meet group, gentle bike around the base of Cotopaxi Volcano. Stay in Ecuadorian family owned ranch.

After arriving in Quito and meeting the group, we'll ease into the stunning scenery and head towards Cotopaxi volcano. The Chaquinan is a wonderful trail for biking and walking, it is a well maintained track on a disused railway through the Chiche River valley and other countryside features. We'll gently cycle part of the trail, from Puembo to Cumbaya, where you can ride at your own pace through the tranquil landscape inhabited by native birds. On a clear day you may catch a glimpse of the perfect cone-like, snow-capped peak of Cotopaxi at 5,897 metres (19,347 feet). The scenery is magical! Afterwards, we'll make ourselves at home at Hacienda Porvenir, a typical, family-run Ecuadorian ranch, where we'll share our first wholesome meal together, to begin our wellness journey.

Stay: Hacienda Porvenir, Cotopaxi (L, D)

Biking: up to 20 kilometres (12 miles), 1.5-2 hours



Day 2: Get back to nature with some horse riding – Ruminahui Heights

Nothing is more humbling than being among the steady calm of animals, and today we get to absorb that sense of tranquility by riding these beautiful horses surrounded by stunning scenery. The first portion of the ride we'll walk, until we get acquainted with the horses and they can learn our personalities. Then we'll horseback ride up on the Andean plateau with a backdrop of lush green dormant volcanoes. When we reach the base of the central summit of Rumiñahui, we'll stop for a hot drink. Around this area there's a high chance of spotting Andean birds, herds of wild horses and wild bravo cattle. Horse riding is still a mode of transport important to the local people, and you'll feel immersed in the local Chagra culture, all the while enjoying panoramic views of at least a dozen volcanoes. Afterwards, we'll drive through the 'Valley of the Volcanoes' to Baños, a beautiful mountain village in the Rio Pastaza Valley.

Stay: Hotel Volcano, Baños (B, L, D)

Horse-riding - 3-4 hours

Day 3: Yoga and meditation in Banos

Today is a chance to really unwind as we begin our Yoga practice with local experience teachers. We'll begin the morning with a Yin yoga session before some meditation and setting our intentions for the day. After a whole food based lunch, we'll move on to a faster Hatha flow practice before having time in the afternoon to explore the wonderful town of Banos. The magnificent, subtropical cloud forest here offers incredible hikes and the town is charming too. There are hot springs, great cafés, a beautiful town square and rows of little stores along the sidewalk where the locals weave melocha (toffee).

Stay: Hotel Volcano, Baños (B, L, D)



Day 4: Amazon jungle hike, visit an indigenous family

Today we'll head out of Baños and down the Rio Pastaza Valley. The high cloud forest gives way to lush rainforest, sweeping all the way down the canyon walls into the river below as we descend into Ecuador's Amazon jungle lowlands. After lunch we'll journey by motorised canoe to visit the Amazonico Animal Rescue Centre where we can see volunteers helping threatened species, such as capybara, anaconda, ocelots and tucan, to readapt to their natural habitat ready for release back into the wild. Afterwards we'll take the time to visit a local Napo River family. This is a special memory you'll always remember - you'll learn how these small indigenous communities maintain their traditional ways of life and get some sense of the important role the rainforest plays in their lives.

Stay: Sacha Sisa Lodge, Arajuno River (B, L, D)

Hiking: 1 kilometre (0.6 mile), 1-2 hours

Day 5: waterfall hike, soak in hot springs



We'll travel deeper into the rainforest today and hike along a stream to a series of waterfalls. With local specialist guides by your side, we'll safely pick our way up through the cascading water. Being in the rejuvenating waters of the waterfalls, you'll feel invigorated, refreshed and humbled by their power. Once we're above the waterfalls, we traverse a rainforest ridge to the trailhead for a picnic lunch, taking in the cloud forest and mountain views along the way. Tonight, we'll head to Papallacta to soak in glorious hot springs that sit right outside our rooms.

Stay: Termas Papallacta, Ecuadorian Cloud Forest (B, L, D)

Hikes: 4 kilometres (2.5 miles), 3-5 hours

Day 6: Sunrise yoga, morning hike, transfer to Quito

This morning we'll start the day early with sunrise yin yoga session, to stretch out our limbs for the days walk. After breakfast we'll take a hike in the Andean grasslands, beginning at the South American continental divide at around 3,000 metres (10,000 feet) before making your way back down to the lodge. This reserve, full of grasslands and little lakes, is the natural habitat of the spectacled bear, so we'll keep our eyes open for the chance to spot one of these endangered and special creatures. Afterwards we'll finish off our time with one last relax in the surrounding hot springs to let the healing waters sooth your muscles. Then we'll travel back to Quito where we'll have the afternoon free to explore the city. We'll meet again this evening for our final wholesome meal together in Ecuador.

Stay: Hotel EB, Quito (B, L, D)

Hiking: 5 kilometres (3.1 miles), 3-5 hours



Day 7: depart for home

Today is the last day of your Ecuadorian wellness journey, and we hope that you've taken time to relax and unwind and feel invigorated after your week of being immersed in nature.

(B)



Useful Info

Group Size

This trip has a maximum of 14 guests, plus two experienced guides. Let us know if you're wanting your own trip leader, as this may affect our trail permit numbers.

Trip Start

Today, you'll meet your trip leader and the rest of your group in the lobby of Hotel EB at 12 noon

Trip End

You can fly out at any time on the last day of the trip

Fitness

This is an active wellness trip, suitable to a wide range of fitness levels, outdoor and yoga experience. It is recommended that guests have done some yoga practice and hiking before, though it is not essential. They must be able to hike for a few hours.

Recommended Flights

You can fly into Quito first thing in the morning on the first day of the trip, though we recommend you arrive anytime the day before. On the last day of the trip you can fly out any time. If you need to fly out earlier, you can fly out of Quito anytime after 7pm on Day 6.

Accommodation

This wellness journey takes you to some wild and remote areas of Ecuador. We've chosen accommodations for their comfort, cleanliness and charm. Even the remote jungle lodges have private rooms with mosquito nets, a hammock outside and great views!

Included:

- All guiding and yoga teaching services.
- All accommodations
- All meals as noted, and we can cater for any dietary requirements such as vegetarian, vegan, gluten and dairy free.
- All activities as described above - hiking, biking, horse-riding, yoga and boats.
- All transportation from trip start to trip end.