EXPEDITION TO ECUADOR’S CLOUD FORESTS AND PÁRAMO GRASSLANDS
Experience Ecuador like never before
WITH NATURE AND CULTURE INTERNATIONAL

Nature and Culture began in southern Ecuador in 1996 with the establishment of a scientific field station located on 1,600 acres of cloud forest, which now houses the largest tropical mountain forest research program in the world. Our initial work resulted in the creation of a 2.6 million-acre UNESCO Podocarpus-El Condor Biosphere Reserve, as well as a number of private and municipal reserves and watershed conservation programs.

Join us on our annual journey to Ecuador - and see where it all began! This week-long trip will immerse you in the tropical forests of the Andes Mountains, where you will visit our programs and engage with our local conservationists. This region is a global hotspot for biodiversity, and has been deemed a top conservation priority. It is also home to the indigenous Shuar and Saraguro people, who are deeply connected to these forests, and are our partners in conservation.

JULY 13 - 19, 2019
WITH OPTION OF 2-DAY EXTENSION

What’s Included?

- Accommodations, food and beverages, including alcohol
- In-country flights and ground transportation
- Park entry fees and guides
- Tips for all hotels and meals

*Add $700 for two-day extension

Trip Cost: $3,000*

Suggested Additional Donation: $1,000

The donation will go towards protecting tropical forests.

Payment due by June 1, 2019

To secure a spot, please provide a $1,000 deposit by April 30, 2019.
Day 1 - July 13 | Arrive in Quito

Saturday morning we will depart the U.S. for Quito, Ecuador, typically arriving around 11 p.m. Upon arrival we will proceed through immigration and customs (Note: you must have six months remaining on your passport to board the international flight to Quito). We will be met by a driver and taken to a charming hotel in the historic part of the city for a good night’s rest. We will be staying here: www.cafecultura.com

Day 2 - July 14 | Tour of Quito and Loja

Sunday morning we will take an informal walking tour of historic Quito where, among other things, you will see the presidential palace, the Basílica, and the magnificent gold leaf covered La Iglesia de la Compañía de Jesús. In the afternoon we will fly to Loja in southern Ecuador. From the plane, if the sky is clear, you can see the glaciated volcanoes rising to almost 20,000 feet. We will stay the night in Loja, enjoying a traditional dinner of cuy, cecina, and mote at Mama Lola. We will be staying here: www.grandvictoriabh.com/

Day 3 - July 15 | San Francisco Science Station

Monday morning we will drive over the Continental Divide and then descend from the páramos though the elfin forests and into the cloud forest, stopping at Nature and Culture’s San Francisco Science Station to meet researchers, hike in the cloud forest and swim in the San Francisco River. These forests are mega-diverse. If you look carefully, you can see a fantastic number of Ecuador’s 4,000 plant species. Monday afternoon we will travel to Copalinga, a beautiful lodge nestled in the cloud forest on the edge of Podocarpus National Park, where we will enjoy wine, beer and cocktails while watching magnificent hummingbirds at the feeders in the open air dining room. We will be staying here: www.copalinga.com/stats

Day 4 - July 16 | Jamboé Reserve

Tuesday there will be an optional early morning walk on the Copalinga grounds to see Gray Tinamou and many other colorful birds. Then we will venture to our Jamboé Reserve to visit Nature and Culture’s achiote cultivation project. The afternoon can be spent enjoying the hummingbirds at the Lodge, or taking a short drive to the Podocarpus National Park for an easy afternoon hike and swim in La Poderosa waterfall. We will stay a second night at Copalinga Lodge.

Itinerary subject to change due to weather conditions.
**Day 5 - July 17 | Waterfall of the Gods**

On Wednesday morning we will drive (2.5 hours) to Nangaritza to stay at the rustic Yankuam Hotel. In the afternoon there will be a river tour with Shuar guide, Amable Tukupia, where we will visit the Waterfall of the Gods, learn about Shuar traditions, and have the option to bathe in the waterfall. There will be an optional short night hike along the road near Yankuam to see insects and amphibians. We will be staying here: www.lindoeucudortours.com/lodge.html

**Day 6 - July 18 | Maycú Reserve**

Thursday we will have breakfast at Yankuam and have an optional early morning walk to look for recently discovered orange-throated tanagers, toucans, antbirds and other tropical species. In the afternoon, we will walk in the Maycú Reserve and visit a traditional Shuar garden with Doña Rosa Tiwi. Ambitious hikers can do a five-hour hike to the top of a tepui. In the evening, we will enjoy traditional dancing and storytelling in the Shuar community of Shaime. We will stay a second night at Yankuam.

**Day 7 - July 19 | Homestay with Saraguro Families**

On Friday we leave early from Nangaritza to travel to Loja. Travelers wishing to leave at this point can take the afternoon flight to Quito. For those wishing to extend their trip, we will travel to Saraguro where we will eat a late lunch at the gourmet Shamuco Restaurant and people watch on the historic plaza. The evening can be spent at homestays with Saraguro families (includes dinner, and requires some Spanish language skills or accompaniment by Nature and Culture staff members). For those not interested with a homestay, we will stay in Achik Wasi hostel: www.turismosaraguro.com/.

**Day 8 - July 20 | Exploring Cuenca**

On Saturday morning, we will visit a traditional weaving workshop and learn about Saraguro rituals, then travel to Cuenca, Ecuador’s third largest city. Saturday afternoon offers several options, depending on your mood: 1. A high-elevation hike in the páramo ecosystem of Cajas National Park, 2. Ambling around colonial Cuenca, or 3. A visit to the Piedra de Agua spa in nearby Baños. We will stay the night in Cuenca at the Hotel Victoria: hotelvictoriaecuador.com/en. For spa information, visit: piedradeagua.com.ec

**Day 9 - July 21 | Travel Home**

Sunday morning is free to enjoy Cuenca. At mid-day, we will fly back to Quito and fly back to the US from Quito that late evening.

For more information on our trips and programs, please contact us at +1-858-259-0374 or dogood@natureandculture.org.