

5 days / 4 nights

Cultural and community experience in the Northern highlands

This itinerary is operated in the Northern part of Ecuador where you encounter authentic rural areas and typical Andean villages. It is an ideal excursion for people who want to experience authentic country life, for families, and those who want to escape the hustle and bustle for a couple of days. Stay one night with a local family, experience their hospitality and lifestyle. Walk in an Andean forest and along a crater lake and enjoy a relax day in the comfortable and unique country hotel MuseArt Pantavi.

Highlights:

- **Company of a certified & English speaking guide**
- **Private tour and transportation**
- **Discover rural villages and meet local people**
- **Relax in a unique eco country hotel**
- **Walk along the crater lake of Cuicocha**
- **Experience a community based pottery project**
- **Learn about local families and rural lifestyle**

Price: upon request

INCLUDES

- Private transportation
- Licensed English speaking tour guide
- Accommodation based on double rooms
- Meals according to the itinerary (B = breakfast, L = lunch or box lunch, D = dinner)
- Permits and entrance fees
- Costs guide and driver
- Walking poles if required
- Re-fill water bottle
- All measures for bio security
- First aid kit

NOT INCLUDED

- Beverages
- Single supplement
- Personal equipment
- Not mentioned meals
- Eventually tips
- Travel insurance

Overview

Day 1) Hike in a primary Andean forest and enjoy the hospitality of an indigenous family

Day 2) Learn about the lifestyle of local people and transfer to Hosteria MuseArt Pantavi

Day 3) Walk through sugar cane fields, visit a communal project in La Victoria and enjoy thermal hot springs, overnight in Pantavi

Day 4) Relax in your accommodation, enjoy the beautiful garden and have a massage

Day 5) Visit the colorful Otavalo Market, walk at the Cuicocha cater lake (3500m) and return to Quito

BEST TIME TO VISIT: all the year

ACTIVITY LEVEL: Walking

- Follows roads or good paths
- Maximum 3 hours of activity
- Mostly flat with little uphill/downhill sections
- No previous training or special equipment is necessary
- Ability to carry a small pack

Itinerary

Day 1) Hike in a primary Andean forest and enjoy the hospitality of an indigenous family

By private transport you get to the rural village of Paquiestancia where you hike in a typical andean forest. Your guide will point out the diversity of the plants and perhaps some birds can be spotted. After returning to the village through agricultural fields your transport brings you to La Magdalena where you stay with locals. Some families in La Magdalena have prepared their homes to welcome tourists. Staying together is an enriching experience for both, tourists and local families. Overnight in a family homestay

Travel time: 3 hours

Walking time: 3 hours

Meals: L-D

Day 2) Learn about the lifestyle of local people and transfer to Hosteria MuseArt Pantavi

Get up early and join the locals milking their cows! After a hearty breakfast you visit a communal based bakery where you can make your own bread. Visit a view point from where you overlook the whole valley. After a typical lunch you will be transported to the

special country style hotel Pantavi. You will love this place – a beautiful garden, nice rooms and lots of art gives an inspiring ambience.

Travel time: 3.5 hours

Walking time 1 hour

Meals: B-L-D

Day 3) Walk through sugar cane fields, visit a communal project in La Victoria and enjoy thermal hot springs, overnight in Pantavi

Pantavi is located in a green sugar cane valley. You follow a gentle path along water canals and will reach an Afro Ecuadorian village. The local women elaborate pottery and care of their origin. To interact with the community women is a nice experience! Try a freshly squeezed sugar juice – a typical drink in this region. After this walk through the sugar cane fields you have the opportunity to visit hot springs near the Hosteria.

Overnight in Pantavi

Travel time: 1 hour

Walking time: 3 hours

Meals: B-L-D

Day 4) Relax in your accommodation, enjoy the beautiful garden and have a massage

Enjoy a free day after all these activities. In the garden you can observe many species of humming birds and local flowers and plants. Use the swimming pool and a relaxing massage can be scheduled. Overnight in Pantavi

Meals: B-L-D

Day 5) Visit the colorful Otavalo Market, walk at the Cuicocha cater lake (3500m) and return to Quito

After a last breakfast at Pantavi, you travel through local villages to the next area. You walk a beautiful trail along the crater rim of the Cuicocha Lake where wildflowers, orchids and other typical highland vegetation adore the environment. Excellent moments will allow you to photograph both the flora and the beautiful nature views. On the way to Quito you pass Otavalo where you will visit the famous textile market. This is the best opportunity to buy souvenirs. From here you will be transported back to Quito.

Travel time: 4 hours

Walking time: 1 – 2 hours

Meals: B-L