



Ecuador: From Quito to the Heart of the Amazon Rainforest

DURATION | 9 Days

TRIP LEVEL | Active

Trip Overview

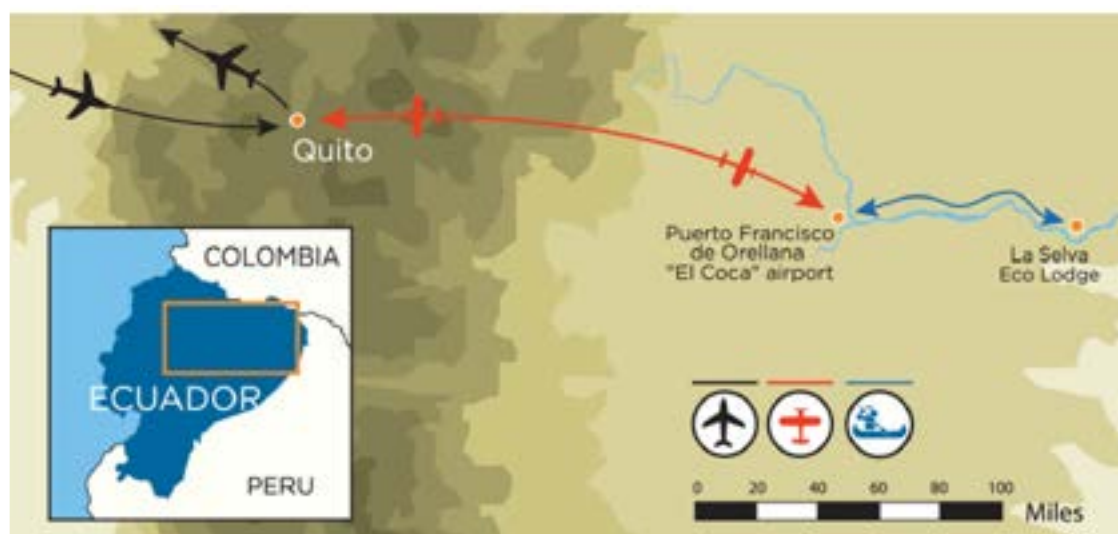
From the cobblestone heart of an ancient capital to a worlds-away adventure in the Amazon rainforest, experience the multi-faceted wonders of Ecuador. Discover Quito's fabled colonial charms and its old-world traditions that hold fast. Spend time with the women who carry them forward through unique and time-honored crafts.

Head east of the Andes into the Ecuadorian Amazon, its breathtaking biodiversity unmatched anywhere else in the world. Guided wildlife hikes, nocturnal forays, lagoon paddles, and motorized canoe adventures—interwoven with inspiring visits to remote indigenous communities—invite all of your senses to surrender to this unexpected wonderland.

Trip Highlights

- Discover Quito's cultural urban charms; explore the wild wonders of Ecuador's Amazon rainforest.
- Meet Quito's uniquely talented craftswomen; engage with remarkable Amazonian indigenous communities.
- Enjoy the comforts of Quito's national landmark hotel; wake to birdsong in a rainforest eco-lodge.

Map View



Trip Itinerary



Day 1

Welcome to Quito!

Welcome to Ecuador's exquisitely preserved and ultimately charming capital city. Settle into your gracious 16th-century hotel, a designated national monument in Quito's historic center. Your adventure begins on a sweet note, with a chocolate tasting in the company of the entrepreneurial women who turned their cacao-bean dreams into the production of the city's finest confections.

Meals: dinner | Overnight: Patio Andaluz Hotel



Patio Andaluz Hotel

Hotel Patio Andaluz is an elegant boutique hotel showcasing a colonial and classic style from the late 16th century. As a national monument, its walls are steeped in centuries of history and art, adorned with grand arches and luminous inner courtyards filled with vibrant gardens. Hotel Patio Andaluz boasts a prime location in the heart of Quito, just 490 feet from Independence Square, the city's main square.

AMENITIES: complimentary toiletries, hair dryer, safe, satellite / cable TV, tea / coffee, air conditioning, free Wi-Fi



Trip Itinerary



Day 2

Quito's Colonial Heart / Equator Monument

Take in stunning city and volcano views from El Panecillo hill, crowned by a towering aluminum Virgin Mary statue. Follow ancient cobblestone lanes to Quito's vibrant epicenter, Independence Square, its opulent Baroque church a stunning standout. Enjoy an engaging visit with women whose life's work—and a generations-old tradition—is designing and embroidering clothing for cherished Baby Jesus figurines. Straddle the Equator at the Middle of the World monument, one foot in each hemisphere. A local community of artisans welcomes you to their mazapán workshops—a fanciful world of colorful, hand-sculpted folk figures.

Meals: breakfast, lunch | Overnight: Patio Andaluz Hotel



Trip Itinerary



Day 3

Quito to the Amazon Rainforest

Your adventure continues with an eastbound flight to the port town of El Coca on the banks of the Napo River. Spend the next week exploring this major Amazon tributary, the source of all life—and extraordinary biodiversity—enshrined in the pristine Ecuadorian rainforest. Travel by motorized canoe to your jungle lodge, an airy lagoon-side retreat a world away from everything familiar. As darkness approaches, a canoe foray introduces you to resident caiman, owls, bats, and boas.

Meals: breakfast, lunch, dinner | Overnight: La Selva Lodge



La Selva Lodge

Nestled in the heart of the Amazon rainforest, just outside the boundaries of Yasuní National Park and within the pristine Yasuní Biosphere Reserve, La Selva Eco-Lodge offers an authentic Amazonian experience. This property focus on delivering premium hospitality, immersive wildlife encounters, deep rainforest tours, and a retreat for mind, body, and soul in an extraordinary setting. La Selva Eco-Lodge features a unique spa with specialized treatments to enhance your relaxation and connection with the forest's wonders.

Amenities: complimentary toiletries, robes, hair dryer, safe, fan, private balcony/deck, free Wi-Fi



Trip Itinerary



Day 4

Towers, trails, and canoeing

Climb a treetop observation tower 124 feet above the forest floor for an astonishing eye-level view of colorful birds. Follow a loop trail deep into the forest in search of rare botanicals, frogs, and fascinating local insects. Take a leisurely canoe ride through a serene flooded forest, watching for branch-hopping monkeys and the elusive slow-motion sloth. A nocturnal walk—serenaded by a high-decibel chorus—spotlights the reptiles, birds, and mammals working the forest night shift.

Meals: breakfast, lunch, dinner | Overnight: La Selva Lodge



Trip Itinerary



Day 5

Amazon Wildlife and Indigenous Traditions

Experience one of the Amazon's most unique wildlife spectacles—numerous colorful parrots and parakeets vying for space at a mineral-rich clay lick. Learn about indigenous tribal traditions from the welcoming Pilche community. Embark on a scenic one-hour walk to the beautiful Mandi Cocha Lagoon featuring a flooded forest with a distinct landscape and vegetation and watch for endangered giant otters. Reconnect your body and soul with nature during an immersive Cacao Ceremony—a sacred rewilding experience. Conclude your day with a group dinner, reflecting on the day's adventures amidst the enchanting backdrop of the Amazon rainforest.

Meals: breakfast, lunch, dinner | Overnight: La Selva Lodge



Trip Itinerary



Day 6

Coco Trail Walk and Moretal Paddle

The Coco Trail offers a fantastic walk from the lodge to the edge of the Garza Cocha Lagoon. Your naturalist guide will provide insights into the creatures you encounter along the way, while our native guide shares knowledge about the medicinal plants used for centuries. A canoe ride back to the lodge adds the perfect finishing touch to this activity. Wrap up your morning adventure with a group lunch at the lodge. The main creek that feeds the lagoon of Garza Cocha is a beautiful place to paddle through. Observe the difference between the Terra Firme Forest and the swamp forest, also known as Moretal. Enjoy dinner at the lodge with your group this evening.

Meals: breakfast, lunch, dinner | Overnight: La Selva Lodge



Trip Itinerary



Day 7

Explore Yasuni National Park

Explore the distinct landscapes of Yasuni National Park by vehicle and on foot and witness its kaleidoscopic biodiversity. Proudly introduce your newfound inner naturalist as you identify an array of birds and mammals along the forest trails. The rare chance to interact with local indigenous people here reveals their deep connection with this extraordinary, life-sustaining rainforest.

Meals: breakfast, lunch, dinner | Overnight: La Selva Lodge



Trip Itinerary



Day 8

Continue Yasuni National Park Exploration and Farewell Dinner

Continue your exploration of the vast wonders of Yasuní National Park this morning, immersing yourself further in its natural beauty and biodiversity. After a captivating adventure, return to the lodge for a group lunch. Indulge in a leisurely afternoon at La Selva Lodge, where you can unwind and rejuvenate amidst the tranquil surroundings. Treat yourself to optional yoga sessions or pamper yourself with spa treatments available at an additional cost. Enjoy a farewell dinner with your new AdventureWomen friends. Reflect on the cherished memories you've created and celebrate the conclusion of an amazing journey.

Meals: breakfast, lunch, dinner | Overnight: La Selva Lodge



Trip Itinerary



Day 9

Depart the Amazon

Your departure will begin with an early wake-up call followed by breakfast before leaving the lodge where staff will assist with luggage. Embark on a motorized canoe ride upstream back to Coca. Upon arrival, representatives will escort you to the airport, where you will be assisted to ensure a seamless departure process.

What's Included

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- Accommodations as per itinerary based on double occupancy
- Activities as indicated in the itinerary
- All meals as listed in the itinerary
- Airport transfers on arrival and departure
- All transportation throughout the trip
- Domestic airfare
- English-speaking guide(s) throughout the trip
- Supplied expedition gear: water container and small backpack during your stay at La Selva Lodge
- Yoga sessions and use of kayaks during your stay at La Selva Lodge
- Raincoat and rubber boots during your stay at La Selva Lodge
- Access to the coffee station providing water, American coffee and herbal tea during your stay at La Selva Lodge

Not Included

- International airfare to and from Ecuador
- Optional activities
- Meals not specified in the itinerary
- Soft beverages: juices, sodas, sparkling water, other types of coffee beverages that are not American coffee.
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

