



Sample Itinerary for Ecuador

Day 1

Arrivals and check-in at Casa Yoses hostel. Arrive in Quito and transfer to Hotel. Relax, Call home.

Day 2

8:00am Breakfast at restaurant run by a cooperative of Amazonian artists that sell fair trade crafts and organic chocolate beans in their restaurant and abroad in order to promote sustainable development, rainforest conservation, and preservation of indigenous cultures. Presentation by a compañero or compañera about the cooperative.

Orientation: Review of itinerary and discussion regarding sociallyconscious travel. The group will also discuss the socio-political, cultural and historical aspects of Ecuadorian reality.

10:00am Visit a community that works to protect the cloud forest. This community is an hour and a half away from Quito, half an hour from the monument of the “Mitad del Mundo” (Middle of the World). Presentation by a community leader about their current projects.

Lunch prepared by the tourist community enterprise.

Short walk and visit to town.

5:00pm Back to Quito

6:30pm City tour of old colonial town

8:00pm Free night to rest or just to relax

Day 3

7:00am Breakfast at the hotel or café

8:00am Leave for the town of Salinas in the Province of Bolívar

1:00pm Arrive in Salinas. Salinas is the best example in Ecuador (and probably in a good portion of the planet) of sustainable development. This community is made up of several small communities and has a population of about 10,000 people.

3:00pm Visit the community enterprises and learn how they have improved the quality of life for the local population, slowed the migration of youth to the cities, created jobs, reforested the area, and improved eating and nutritional habits.

7:00pm Dinner

Stay at a hotel run by the youth group in the community or in a hotel across the street, depending on availability.

Day 4

8:00am Breakfast

9:00am Continue visits with the different community enterprises

12:30pm Lunch

1:30pm Leave for Quito

8:00pm Dinner in Quito.

Day 5

8:00am Breakfast at the hotel

9:00am Meet with an ecological direct action group. Watch presentation about the ITT project, a government-sponsored initiative that is trying to collect national and international support to keep the oil underground to preserve the amazing biodiversity of the Yasuni National Park.

1:00pm Lunch

2:00pm Afternoon meetings with environmental speakers

Night time free

Day 6

7:00am Breakfast at the hotel, briefing about the itinerary of the day

7:30am Leave for Intag via Otavalo

9:30am Visit to the Otavalo market, a world famous indigenous market

12:00pm Lunch in Otavalo

1:00pm Leave for Apuela

3:30pm Arrive at Apuela. Rest, enjoy the cabins, relax, explore the cloud forest, swim in the pools, rest before the evening presentation.

Listen to a talk presented by Intag community leaders currently struggling against the Ascendant Mining Company from Canada.

Night time a Cultural Activity organized by a local youth group.

Overnight stays at cabins run by a community tourist project.

Day 7

8:00am Breakfast in Apuela

9:00am Leave for Cotacachi

11:30am Arrive at Cuicocha

12:30pm Lunch by the sacred lake of Cuicocha at a restaurant that features traditional food from the region.

3:00pm Visit the Municipality of Cotacachi, an example of participatory government. This particular municipality has been internationally recognized for its ecological sustainability, as well as its lack of illiteracy.

4:30pm Leave for Quito

6:30pm Arrive at Quito

7:30pm Talk with an organizer in charge of the case against Texaco by Northern Amazon communities

Dinner at a Middle Eastern restaurant

Overnight at a local hotel

Day 8

6:00am Leave for the airport, breakfast

6:30am Check-in at airport

7:30am Flight to Coca

8:00am Arrive at Coca

8:30am Breakfast at Hotel La Mision

9:30am Leave for the toxic tour organized and lead by an organization that works to make Chevron-Texaco accountable to the communities that have suffered years of contamination.

3:30pm Lunch in town

4:30pm Check-in at airport

5:30pm Leave for Quito

6:30pm Arrive in Quito

7:30pm Dinner in Quito

Overnight at Hotel Jardín del Sol

Day 9

7:00am Breakfast at the hotel

8:00am Leave for Puyo by bus. It is a five-hour trip, but we will probably stop at the nice little town of Baños to have lunch and relax.

Arrive at Puyo. Talk with the leader of a confederation of indigenous people about the extraction industry and the different indigenous positions around this issue.

Dinner and rest at Hotel Las Florés

Day 10

All the events in Sarayacu depend on the availability of leaders an the socio-cultural-political events that are happening at the time in the community. Sarayacu is new to tourism and they do not want Sarayacu to become a

tourist spot. They want to share their struggle and offer their hospitality for you to enjoy the rain forest, so keep this in mind.

7:00am Breakfast at Hotel Las Florés

8:00am Leave the hotel to go to the Aeropuerto Río Amazonas in Shell.
Depart for Sarayaku by plane. (20-minute flight)

9:00am Sarayacu Program: After breakfast, take part in a round table with indigenous leaders of different communities. Learn the history of the Sarayacu resistance, watch a video presentation, and watch presentations of alternative proposals for Sarayacu.

12:00pm Lunch

Visit different educational centers for grade school, high school, and university.

Return to lodging.

Day 11

7:00am Breakfast

8:00am Reflection meeting

9:00am Sarayacu Program: Experience what it is like to work in a minga, or work brigade. Plenty of time will be provided to spend time with our guides, host families at the lodge, and the local community.

Tour evaluation, feedback for future delegations

Day 12

7:00am Breakfast

8:00am Walk to the airfield 50-60 minutes.

9:00am Leave for Puyo.

11:00am Return to Quito

1:00pm Lunch in Baños or Tena

8:00pm Goodbye dinner at a nice restaurant in Quito

Day 13

Departure

****** This is sample itinerary. Activities are subject to change. ******