

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arr Quito, trip orientation, dinner on own

If you're just joining us, your trip starts in Quito, a UNESCO World Heritage Site and Ecuador's Capital City. At over 9,000 feet, Quito is the highest capital city in the world and it is likely you'll experience some symptoms of breathlessness as you walk around. The hotel is conveniently located near the airport and the front desk can help you organize transport into the city center if you arrive early and want to explore. You'll meet in the afternoon with the group coming from the Galapagos and a representative from our local partner for a trip orientation. We recommend eating at the hotel restaurant as you have an early start tomorrow. Dinner for this night is on your own. Overnight Wyndham Quito Airport Hotel or similar.

DAY 2

Fly to Coca City, motorized canoe to lodge, walk on Socali Path

Your adventure starts with an early morning transfer to the airport for our short 30 minute flight to Coca City. You'll be greeted by our hosts from Yarina Eco Lodge (<http://www.yarinalodge.com>), an ecolodge situated on the Napo River in the Amazon RainForest. Started 10 years ago as a program to teach the importance of conserving wildlife and the environment and located in an area of great diversity of micro-habitats, the lodge has steadily expanded its services and is part of one of best rescue centers of wildlife in the Ecuadorian Amazon.

After an hour long ride in a motorized canoe, you'll arrive in time to settle in before lunch and an introductory briefing. Your exploration of the Amazon starts this afternoon with a walk on the Socali Path, a perfect introduction to learning about the different flora and fauna that is found in different types of forest. You'll return in time for a little downtime before dinner and then be lulled to sleep by the sounds of the jungle. Overnight Yarina Lodge. B, L, D

DAY 3

AM hike on Capibara path, learn to use a blowpipe, pirhana fishing

Today and each of the following days, you'll be offered a morning and afternoon activity, with return to the lodge for lunch. You might choose to do both, just one, or neither if you'd rather relax and soak up the ambience - the choice is completely yours.

After breakfast the morning activity is a hike on the Capibara Path. Named after the small guinea pig like rodent that we are likely to see, the path traverses several swamps and you'll see palm trees that aren't possible to see any place else. After lunch and some downtime back at the lodge, in late afternoon the guides will teach you how to use a blowpipe (don't worry, you aren't allowed to shoot poisoned darts at each other). Following that you'll take a small canoe upriver to try your hand at pirhana fishing. Even if successful, however, they won't be on your menu when you return to the lodge for dinner. Overnight Yarina Lodge. B, L, D

DAY 4

Learn about medicinal plants, birdwatch from on top of a tower

There are two different hikes today that showcase different aspects of the jungle. After breakfast you don rubber boots for a canoe trip up river. On our way the guide will point out birds, butterflies, orchids, and amphibians. You then have a short hike on the trail 'Dos Ramas' as the guide teaches you about medicinal plants, birds, and animals. After lunch at the lodge you'll set out on the Tucan trail. This trail leads to one of the tallest birdwatching towers in the Ecuadorian jungle. At the top of the

tower you'll be in the jungle canopy, where you can see birds that are hard to see from the jungle floor - really an amazing experience! You'll return to the lodge for dinner and some down time. Overnight Yarina Lodge. B, L, D

DAY 5

Learn about the indigenous people of the Quichuas del Oriente community

Today you'll learn more about the indigenous people of the Quichuas del Oriente community who have long inhabited the Amazon lowlands. You'll take the motor boat to visit one of the families who live there and, with the guide interpreting, you'll learn about the traditions and dress of the tribe. The afternoon's activity is a walk on the Guastos trail, learning more about how some plants, animals, and birds are traditionally used. This is the last night at the lodge and it is hard not to feel some regret at leaving the jungle, after all you've seen and done. Overnight Yarina Lodge. B, L, D

DAY 6

Return by canoe and plane to Quito, fly out after 3pm

After a final delicious breakfast, packing up, and a short hike this morning, we'll return by canoe to Coca City for the return flight to Quito. We'll be back mid-afternoon so if you don't have time to explore this lovely city, you can plan flights home after 3 pm B