

# **11 Day Ecuador SUP Packages**

with Abby Dent and Kelsey Baldwin

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## **DATE OPTIONS:**

**Nov.24 to Dec.4: Women On The Water Package!** : \$1340.50CAD deposit required by Aug.24

**Dec.8 to 18** : \$1340.50CAD deposit required by Sept.8

**Jan 12 to 22** : \$1340.50CAD deposit required by Oct.12

**Jan 26 to Feb 5** : \$1340.50CAD deposit required by Oct.26

## **TOTAL PRICING:**

4 people: \$1989USD (**approx \$2681 CAD**) per person

6 people: \$1889USD (**approx \$2546 CAD**) per person

8 people: \$1789USD (**approx \$2411 CAD**) per person

\*If more guests would like to join it will on average go down by \$150 to \$200 per person.

## **PACKAGE DETAILS**

Welcome To Quito!

When you land, Abby and Kelsey will be there to greet you and take you to your hotel for a well-deserved rest! They will give a quick briefing on the next day's plan for you to dream about.

### **DAY ONE**

After breakfast we will begin our journey to the jungle and our home for the next four days. Have your cameras ready for the 60-minute drive, the incredible landscapes we wind through as we drop 1000 meters down to the Amazon gateway will leave you speechless.

Arriving at Orquids Paradise aka Monkey Island our lodgings are set overlooking a gorgeous jungle view and pool area. It is also home to many rescued monkeys.

We will enjoy some welcoming drinks, a tour of the area and some relaxing time to prepare for the following day.

## DAY TWO

After a scrumptious jungle breakfast we will get ready for our first jungle experience.

We will begin with the beautiful Anzu river, a jungle fed tributary to the Napo River. It has class II gentle rapids with great pools for swimming. This run is approximately 18km long with plenty of rest stops.

This is a full day trip and will include a picnic lunch on one of its beaches.

Dinner will be back at our lodge

## DAY THREE

We will continue from where we took off on the previous day to paddle the Napo, a jungle-fed /Andes fed river and one of the main headwaters of the Amazon.

This is a Class II run with plenty of pools, moving water and some fun rapids to warm up in. We will be on the water for approximately 2 ½ to 3 hours .

We will stop for a riverside lunch and at the takeout visit the local canoe port of Misahualli where monkeys run wild in the village .

Dinner will be back at our lodge.

## DAY FOUR AND FIVE

Enjoy a jungle themed breakfast at the lodge, then prepare to head out on an **overnight trip** down the Arajuno River!

Over the next two days, we will explore this stunning river. We will experience untouched jungle landscapes, Quechua villages, and lovely beaches along the way.

This is an enjoyable Class I-II+ run, approximately 30 km long. Being raft supported, it gives us plenty of time to enjoy swimming and visiting the communities.

Our local guides will pick an ideal camp where we will set up for the evening, enjoy dinner cooked by Abby and Gabriel, followed by the chance for night walks and fishing.

Upon waking in the morning, we will start the day off with morning yoga followed by breakfast before closing down camp and continuing our journey downstream.

At the take-out we will be driven back and welcomed with a barbeque provided at the headquarters of The Ecuador Kayak Club not far from our lodge.

## **DAY SIX**

After our few days on the rivers, some hammock time will be needed - consider this a rest day! However, we will have some options for those who would like to explore instead. There are nearby river spots to swim, an animal rescue center nearby or some local markets in town to check out.

Lunch will be provided at the lodge or if all decide on a town trip, we will find a spot in town.

For those keener we will have a choice for some shorter afternoon runs.

Dinner will be back at the lodge, along with preparing and packing for our next day adventure

## **DAY SEVEN**

Today's adventure will take us to the Jatunyacu River, a Class III pool drop style river, located on the edge of the Llanganates National Park and one of our favorite rivers.

Jatunyacu means BIG WATER in Quichua so expect big waves! This river will not disappoint! If you don't want to test yourself on your SUP, rafting is an alternative option.

We will stop off for lunch at one of the villages and meet some local women who set up stands of arts and crafts made locally. Abby will also provide a small tour and an opportunity to try some local jungle fruit.

In the evening we will head into town for dinner and check out some of the night life Tena has to provide.

### **Day Seven Alternative Option 1 :**

Rafting on the Jondachi/Hollin, which is well known for its beauty and innumerable waterfalls, is a great choice for some adrenaline and fun.

### **Day Seven Alternative Option 2:**

Another day of SUP on a river of choice.

## **DAY EIGHT**

After our jungle breakfast, we will head towards the mountains. Our next destination is Banos, a unique town situated under a volcano. En route, we will stop at one of Ecuador's largest waterfalls and have a lunch break.

After we settle in our new lodgings, we will experience some of the local traditional spas which include eucalyptus steam box, curative mud facial, fruit and teas.

In the evening we dine in the town.

## **DAY NINE**

After breakfast, we will have a few choices depending on the weather.

A bike tour, a visit to the tree house on top of the world, ziplining, or canyoning.

For those early risers, the volcanic hot springs are a great way to start your day!

The town offers a ton in terms of quaint cafes, gift shops and art galleries to check out.

We will end our Banos stay with dinner and check out some of the local hotspots for nightlife, salsa dancing and beverages!

## **DAY TEN**

After breakfast we will get an earlier start and head towards Quito, stopping along the way at one of Ecuador's jewels The Quilotoa volcano with a lake in its center. For those who feel up to it, we can trek to the lake and kayak on its waters (sit on tops that are provided).

After lunch, we will head to Quito for a night in the city.

### **Day Nine Alternative Option 1:**

**This would be day nine AND ten if chosen.**

We can head to our hotel near the airport and leave our belongings and head to Otavalo (an hour and half drive .)

Otavalo is known for its incredible markets, lakes and culture. We will have the opportunity to do one last day of paddling on one of these gems followed by a night out in Otavalo.

## **DAY ELEVEN**

Following breakfast and packing up we can enjoy a couple of hours visiting the nearby artisan market for some shopping, the local park or tour some of the old town history.

After lunch and goodbyes, we will head for the airport. FLIGHTS EARLY MORNING THE 11TH BACK HOME  
1:30 AM



### **What Your Package Includes:**

- All shuttle and transportation logistics
- Pick up and drop off from airport
- All accommodations: intermediate range and one high range hotel in Banos.
- All food, snacks and non-alcoholic beverages
- Guides and safety kayakers.
- All dinners that are at our hotels and barbeque evenings are included, and will include an alcoholic beverage.
- Equipment needed for the rafting day, and extra activities.

### **What It Does Not Include:**

- Flights
- SUP Boards\* and personal safety gear  
(\*river boards may be provided for an extra fee, Kelsey will have more details in coming weeks)
- Alcoholic beverages, snacks, or meals outside of the predetermined menu.
- Personal items such as sunscreen, insect repellent, sleeping bag or dry bag for overnight trips
- Gratuities

### **CANCELLATION POLICY**

#### **If You've Paid A Deposit**

- If canceling more than 30 days prior to the start date of your trip, you will be refunded 70% of your deposit
- If cancelling within 30 days of the start date of your trip, there is no refund

#### **If You've Paid The Full Amount**

- If canceling more than 30 days prior to the start date of your trip, you will be refunded 70% of your full amount paid
- If canceling within 30 days of the start date of your trip, you will be refunded 50% of your payment

#### **Disaster/No Fault Cancellation**

- If there is political upheaval, natural disaster, or other reasons that are out of our control, you will be refunded 80% of your amount paid. We retain 20% to cover non-refundable expenses on our end.



## ECUADOR INTRO

Abby has arranged the days to make the utmost of each area. Due to how varied the country is in both climate and elevation changes she outlays a trip to acclimatize to these conditions.

For example, your airport of arrival will be in Quito which is at over 2,000 meters

### COUNTRY LAYOUT

Ecuador is divided into 4 climate zones and is the smallest country in South America, making all of these zones in relatively close distance from each other.

First when we arrive in the country you are in Quito in the highlands and it is the capital of Ecuador. The highlands consist of the volcano corridor (the country has the highest concentration of volcanoes of South America.) The highlands are known for high mountain treks, lakes, traditional and cultural towns, markets and more.

The cloud forest is in between jungle and highlands and is largely known for birdwatching and it's almost consistent climate of fog over jungle.

The jungle rainforest or the gateway to the Amazon is divided in a few sectors.

We have the more tourist areas which we recommend for a first-time experience as you have access to nicer hotels and towns. Here jungle trips are available, river rafting, kayaking, animal rescue centers, nightlife etc. There are native tribes around, not dangerous and local markets where you can try and get to know jungle products.

The deeper jungle and protected reserves are 3-to-5-day trips only accessible by canoe. Here you will see vast amounts of wildlife and still have very nice accommodation options, but it is possibly a slightly more culture shock experience.

The coast and Galapagos islands.

The coast is definitely one of the further trips and generally I recommend flying as the journey to the coast is around 9 hours' drive. The pacific surrounds us and is a very warm ocean, lots of lovely beach towns, mangroves and towns to see. As currently there is unrest in the coast Abby is not including packages in this area until there is a change. Many parts of the coast are complexly fine and those will

be recommended if a coastal experience is what you would like. (Read further on this in the section How safe is it to travel in Ecuador.)

As a guide Abby arranges your custom package to make the utmost of the area, (Due to how varied the country is in both climate and elevation changes typically she outlays trips in a way that not only help you get the most out of the country with reduced travel time or include attractions on the travel days but also to acclimatize to these conditions.

For example, your airport of arrival will be in Quito which is at over 2,000 meters above sea level making it hard to adjust so after a night of recovery there we head to the jungle at 500 meters to slowly climb to the highlands and adjust.

### **WHAT TO EXPECT: FOOD? PEOPLE? ILLNESS?**

Ecuador is still a developing country so you will find many modern things such as malls, chain restaurants in the big cities but still behind in many things such as card payments; cash is needed everywhere. As you venture out the cities you will see both clean and dirtier villages. Lots of street sellers and incredible amounts of fruit and flowers everywhere.

The people are very welcoming and friendly to tourists, there are however some polite rules and niceties that they expect, such as greeting all in streets in smaller towns, when entering a restaurant wishing all to enjoy their meal among others which will be covered in a briefing.

#### **FOOD**

Each zone has their own signature dish and are the cheapest meals of the day. For more western food, most of the tourist towns have really good options.

In pre-arranged tours Abby ensures all restaurants and prepared lunches are done in all approved places and are aware of any allergies or dietary requirements.

Part of the experience is sampling some local dishes and delicacies that each climate zone has to offer.

Water from tap is not drinkable in most areas, but bottled water is accessible and provided.

#### **GETTING SICK and MEDICAL CARE ACCESS**

Despite what many may think, the medical system in Ecuador is actually very good and the main cities have very good hospitals.

All public Hospitals are free. Private hospitals are also available and are affordable.

You do not need any medication such as malaria pills for Ecuador unless you personally decide to do so. If for example you are going very deep into the jungle or not as popular parts of the coast it may be recommended.

The most common ailments can be stomach bugs or altitude sickness. We help with useful information on how to avoid this.

## **HOW SAFE IS ECUADOR AT THE MOMENT?**

Ecuador currently is experiencing some political unrest causing certain areas of the country to be inadvisable such as northern coastal towns and larger cities which in general is quite expected in most parts of the world. This DOES NOT currently affect any of the areas we arrange to visit.

None of our trips or packages go near or plan to visit those areas (around a 12-hour drive away) until the situation is more in control.

Our designed trips are airport to airport and guided. All transportation is private with our own reputable drivers who have worked alongside us for many years.

Daily guidance and advice will be given on things to be aware of but there is no need to have escorts constantly and plenty of time for exploring by oneself if so desired.

