



Ecuador

The country of the 4 worlds



YOGA AND HEALTH TRIP



Day 1 : Arrival in Quito, transfer to the hotel and free time to rest and acclimatize. Day of massages (optional) and relaxation. Circle of women to meet for tea. Overnight at Villa Doris.

From the airport to Villa Doris, 53.3 km - about 1h4min

Web : <https://www.wetravel.com/trips/villa-doris-nono-renta-vacacional-inca-holidays-nono-74963617>



Day 2 : Tour of the city of Quito, including the historic center and the Panecillo viewpoint. In the afternoon, we will have a yoga class in an energetic place. At night a delicious Ecuadorian dinner. Night at Villa Doris

Villa Doris in the historic center of Quito, 33.10 km - 48min approx.

Web : <https://www.wetravel.com/trips/villa-doris-nono-renta-vacacional-inca-holidays-nono-74963617>



Day 3 : Transfer to the community of Otavalo, where they will visit an indigenous market and have a cultural exchange experience with the local community. In the afternoon, yoga class in a natural environment at the foot of Cotacachi. Urku Wasi Night

Villa Doris in Otavalo, 108km – 2h06 min

Otavalo to Urku Wasi, 12km – 15min

Web : <https://www.expedia.com/es/Ibarra-Hoteles-Urku-Wasi-Lodge.h36030748.Informacion-Hotel>



Day 4 : Visit to Cuicocha Lake and 1 hour walk (easy) to a San Clemente permaculture farm and Kichwa traditions. In the afternoon, yoga class in a natural environment and walk around. Night in Urku Wasi.

From Urku Wasi to Cuicocha, 28.3km and 39min

From Cuicocha to San Clemente, 43.8km – 1h

San Clemente to Urku wasi, 41.10 – 51min

Web : <https://www.expedia.com/es/Ibarra-Hoteles-Urku-Wasi-Lodge.h36030748.Informacion-Hotel>

Web : http://www.sanclementetours.com/of_tour.php



Day 5 : Transfer to Sangolquí to connect with the volcanoes, one hour walk with easy access to the Fuego waterfall, water ceremony. Yoga by the waterfall. Overnight at Chilcabamba Mountain Lodge.

From Urku Wasi to Chilcabamba, 148km – 2h47

Web : <https://chilcabamba.com/es/>



Day 6: Transfer to Baños de Agua Santa, where you will visit the Pailón del Diablo waterfall and have free time to enjoy the local hot springs. In the afternoon, yoga class in a suitable place. The thermal refuge. You can enjoy the swimming pools with water from volcanoes, hammam and sauna. Optional: various activities to choose from: massages, SPA, energy cure. <https://elrefugiospa.com/>. Bath night. Hotel Sangay

From Chilcabamba to Baños, 151km – 2h51

Web : <https://elrefugiospa.com/> At Refuge SPA you can walk barefoot along the "healing route", a place especially suitable for yoga and meditation. Anti-stress massages (optional) and enjoy the magnificent view that awaits you. Other optional activities in Baños: rafting, adventure sports (canopy, rappelling, suspension bridge, bungee jumping...). Or take the path of forgiveness, prosperity, desires, reflection...

Web : <https://www.hotelsangay.com/>



Day 7 : Excursion to the Tungurahua volcano and walk (approximately 1 hour) along the nearby trails. In the afternoon yoga classes in a natural environment. 2 hour walk, medium level. Optional activities: various types of massages, box baths (with drawers), swimming pool, energy cure. Or visit Patate, see the fruit trees and visit a family distillery. Night: Sangay Hotel

<https://www.hotelsangay.com/>



Day 8: After enjoying Baños, we will share with an indigenous community in the Amazon, we will connect with ancestral knowledge and we will taste different preparations around cacao and cassava. We will walk 1h30 along the nature trail and do yoga while enjoying the energy of the afternoon. Night in Misahualli.

From Baños to Misahualli, 148km – 2h45min <https://www.eljardinlodge.com/>

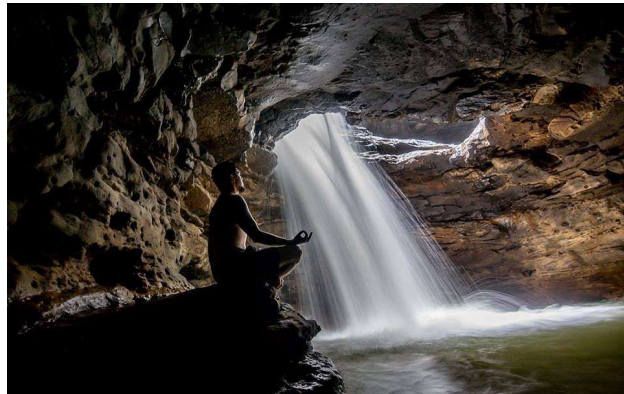
Optional activities: canoeing, tubing, night walk in the Amazon jungle, nocturnal animal observation..



Day 9: We start the day with a yoga session near the Napo river, we will visit the great ceibo tree and the nearby waterfalls, we will discover a "route of the senses" where we will discover sensory experiences and we will be able to enjoy traditional dishes for lunch. Then we will go to the Jumandi caves, we will visit the Cotundo canyon to recharge our batteries. And we will rest in Papallacta.

Papallacta : <https://pampallactatermales.com/>

De From Misahualli to Papallacta, 146km – 2h41min



Jour 10 :

Relax in the hot springs, then a delicious breakfast, we will take a flight to Cuenca. At noon Lunch near the historic center. On the way to Ingapirca. Lunch, then yoga in the best preserved ruins in Ecuador. Various activities with the indigenous community to learn about the cultivation of cereals and vegetables, preparation of some traditional dishes and preparation of drinks with medicinal plants, in which they will have explanations of how to use them for healing. Dinner and rest at the Ingapirca Inn.

Posada de Ingapirca : <https://posadaingapirca.com/>

From Papallacta to the airport, 54.1 km - 53 min

From Cuenca to Ingapirca, 70.9km – 1h21min



Day 11 : Breakfast and interaction with the community. Yoga in an energetic place that is part of the Capac Ñan (Inca route). Then we will go to the Cajas National Park through the city of Cuenca where you will discover a magnificent cultural city. Moment of relaxation in the Aqua Spa (water stone). Swimming pools. Tasting of an energetic cocktail.

As an option, they can discover the different volcanic mud masks and massages and try different treatments with plants and essential oils. <https://piedradeagua.com.ec/>

Night in Dos Chorreras.

Two Chorreras: <https://hosteriosdoschorreras.com/>

From Ingapirca to Cajas National Park, 98.8km – 1h59min

Hosteria Dos Chorreras to the airport, 26.6 km - 40 min



Day 12 : After breakfast, we will fly to Guayaquil, we will visit a family cocoa farm, we will do a brief cocoa and yoga ceremony in this unique farm for its hospitality, beauty and energy charge. The new remains found by a group of French and Ecuadorian archaeologists show that the first beverage prepared with cocoa was made in Ecuador. We will rest in Guayaquil.

Night hotel Palace Guayaquil: <https://www.hotelpalaceguayaquil.com.ec/es/>



Day 13 : Breakfast and transfer to Ayangue. Arrival in Ayangue, yoga on the beach. Night in Ayangue. Campfire, music and relaxation. Ayangue is a magnificent beach where you can swim, participate in the preparation of a traditional dish or simply relax, enjoy a good moment of relaxation. Optional: snorkeling, freediving.

<https://muyuyolodge.com/>

From Guayaquil to Ayangue, 159km – 2h20min



Afternoon: Final Energetic Circle. Night in Ayangue

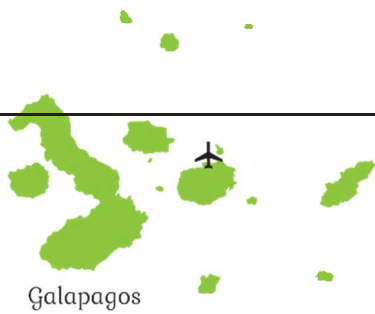
Day 14 : Transfer to the airport for the return flight. Depending on the return flight time, you will be able to see the mangroves before departure.

From Ayangue to Guayaquil airport, 159km – 2h20min

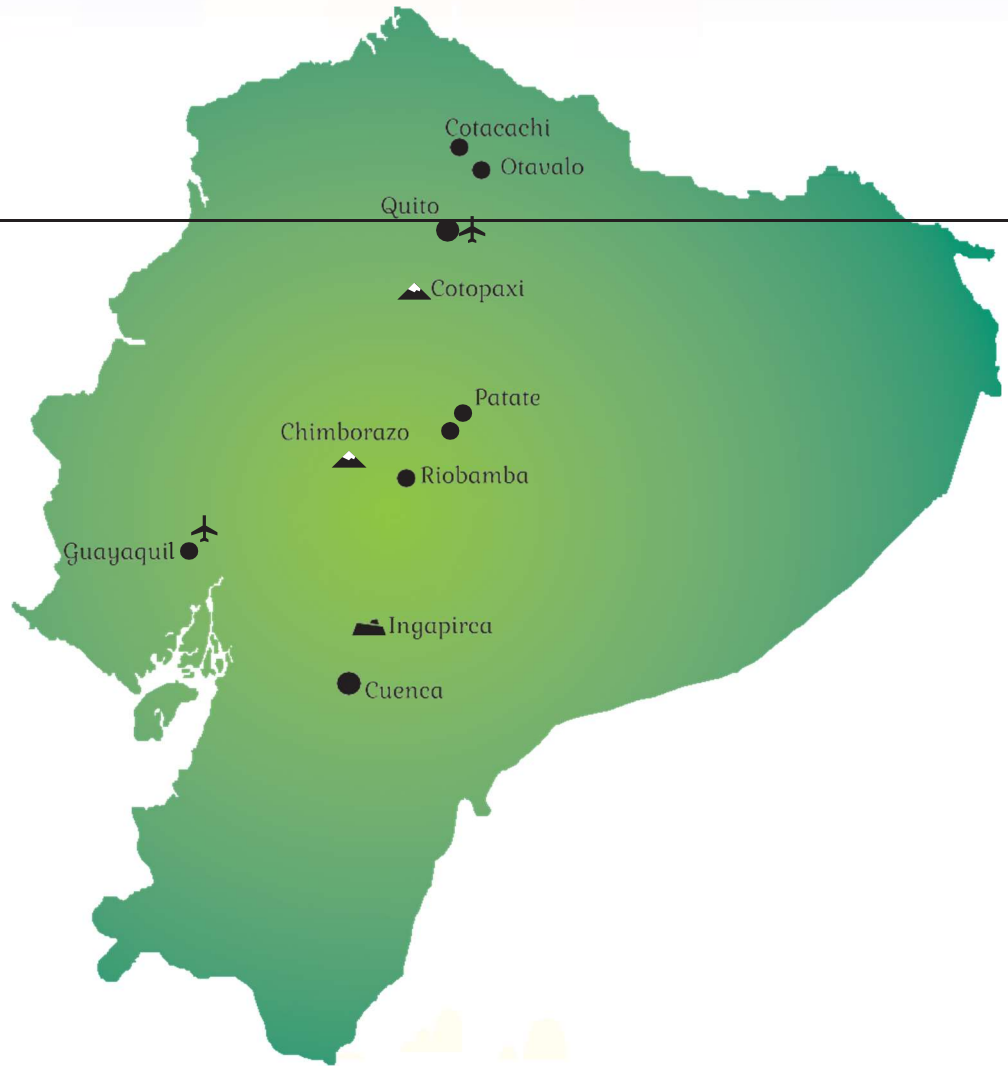
Departure from Guayaquil. The flight leaves in the afternoon and arrives the next day in Europe.

Équateur

La terre aux 4 mondes • La tierra de los 4 mundos • The land of the 4 worlds



Galapagos



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