**THU JUL 2: USA – QUITO**
- Flights quoted separately, see quote chart below
- Board flight to Quito
  - 7:40a: Dep Seattle [SEA] on Delta flight 1870
  - 3:47p: Arr Atlanta [ATL]
  - 6:13p: Dep Atlanta [ATL] on Delta flight 673
  - 10:34p: Arr Quito, Ecuador
- Upon arrival, proceed through customs, **meet your program guide in the arrivals hall, and transfer via private bus to your hotel** *(There will be a program guide with your group for the program duration on the mainland and a different program guide for your time in Galapagos. All transportation is via air-conditioned bus unless otherwise specified.)*
- Check-in at your hotel
- Dinner on own
- Students overnight at **Selina Quito Hostel** (standard rooms) or similar
- Faculty overnights at **Ikala Quito Hotel** (standard rooms) or similar

**FRI JUL 3: QUITO [B/-/-]**
- **8a** Breakfast at hostel
- **9:30a** Attend a 45-minute **program orientation at your hotel**: go over travel safety recommendations, an overview of Ecuador, and your program itinerary
- Visit the **Teleférica**, a gondola lift that runs from the edge of the city center up the east side of Pichincha Volcano
- Lunch on your own (suggestions provided)
- In the afternoon, visit the **Guayasamin Museum**: the museum is the former home of Oswaldo Guayasamín, one of the most influential Ecuadorian artists of the last century
- Return transfer to hotel
- Dinner on your own (suggestions provided)
- Students overnight at **Selina Quito Hostel** (standard rooms) or similar
- Faculty overnights at **Ikala Quito Hotel** (standard rooms) or similar

**SAT JUL 4: QUITO – COTOPAXI NATIONAL PARK [1.75HRS] – QUITO [1.75HRS] [B/-/-]**
- Breakfast at hostel
- After breakfast, make your way to **Cotopaxi National Park**, stopping on the way to observe the Paramo Ecosystem at **Limpopungo Lagoon**
- Lunch on own
- Within the famous **Cotopaxi National Park**, which highlights Ecuador’s most famouscurrently active volcano, observe the unique vegetation and take the opportunity for some photography and hiking
- Return transfer to Quito
- Dinner on own (suggestions provided)
- Students overnight at **Selina Quito Hostel** (standard rooms) or similar
- Faculty overnights at **Ikala Quito Hotel** (standard rooms) or similar
| SUN JUL 5: QUITO [B/-/-] | • Breakfast at hostel  
• Enjoy a **half-day guided city tour** of UNESCO recognized Old Town, Quito  
• Lunch on your own in the Old Town (suggestions provided)  
• **Free afternoon** to conduct class fieldwork  
• Dinner on your own (suggestions provided)  
• Students overnight at **Selina Quito Hostel** (standard rooms) or similar  
• Faculty overnights at **Ikala Quito Hotel** (standard rooms) or similar |
| MON JUL 6: QUITO – TENA [4.5 HRS] – YACUMA ECOLODGE [1.5HRS] [B/-/-D] | • Breakfast at hostel  
• Early morning **departure to the Amazon region of Ecuador**  
• Travel through the high Andes on a road that reaches almost 4,000 meters above sea level and crosses multiple ecological zones until you reach the Amazon Basin  
• Lunch on own in Tena (suggestions provided)  
• Afterwards, continue towards **Yacuma Jungle EcoLodge**, an ecotourism initiative created in 1995 with the aim of improving the economy of the local indigenous community while preserving their natural environment, culture and heritage through sustainable tourism; access the lodge via a **scenic canoe ride**  
• Attend a briefing and enjoy a welcome Guayusa drink (a rare, naturally caffeinated herbal infusion produced from the leaves of a holly tree native to the Amazon Rainforest of Ecuador)  
• Make way to your bungalows for a quick rest  
• Spend the remainder of the afternoon learning how to **fish for piranha**  
• Dinner at the lodge  
• After, enjoy a **night walk** for an introduction to the local wildlife  
• Overnight at **Yacuma Jungle EcoLodge** or similar |
| TUE JUL 7: YACUMA ECOLODGE [B/L/D] | • Early breakfast at the Ecolodge  
• **8a:** Begin a **hike to the primary jungle**; the hike can be 2 or 4 hours long  
  o **During the 2-hour hike,** learn about medicinal plants that local communities use on an everyday basis  
  o For the 4-hour hike, visit the so-called **Bat Cave**, once used by Shamans to gain energy for their rituals. *Inside the cave, observe an interesting fauna of bats, spiders, snakes and other creatures*  
• After the hike, return to the lodge for lunch  
• Following lunch and a short rest, head out for **tubing on the Napo River**  
• At the river, learn about the **traditional gold panning** which is practiced by many local communities; the gold is later sold in the nearest town  
• Return to the lodge for dinner  
• Overnight at **Yacuma Jungle EcoLodge** or similar |
| WED JUL 8: YACUMA ECOLODGE [B/L/D] | • **8a:** Breakfast at the Ecolodge  
• In the morning, visit the home of a local Kichwa family; learn about the lifestyle of the **Kichwa indigenous community of Chontayacu**, their culture and relationship with the surrounding environment, and about their process of making ceramics. If you like, purchase a handicraft as an opportunity to support...
| THU JUL 9: YACUMA – PUYO – BAÑOS [4HRS] [B/-/-] | Before breakfast and weather permitting, enjoy an early-morning visit to the “Saladero” Bird feeding area, about 35 minutes away from the lodge.  
8a: Breakfast at the ecolodge  
Depart for Baños, stopping for lunch on your own in Puvo City  
Upon arrival in Baños, visit the seismic monitoring station at Casa del Árbol, take in gorgeous views of the active Tungurahua volcano, and if you are brave enough, hop on the Swing at the End of the World for a major adrenaline rush.  
Check-in at your hotel and have dinner on your own  
Students overnight at Selina Baños Hostel or similar  
Faculty overnight at Hostería Monteselva or similar |
| FRI JUL 10: BAÑOS [B/-/-] | Breakfast at hostel  
Embark on a morning excursion along the Ruta de las Cascadas to explore the area’s impressive waterfalls, including Pailon del Diablo  
Lunch on your own  
**Free afternoon**  
- Optional activities include hiking, biking, bungee jumping and thermal baths - at additional cost. Baños is also well-suited for taking short walks, shopping for crafts and artisan-made souvenirs, or sampling local food  
Dinner on your own  
Students overnight at Selina Baños Hostel or similar  
Faculty overnight at Hostería Monteselva or similar |
| SAT JUL 11: BAÑOS – CHIMBORAZO (2.5HRS) – RIOBAMBA (1.5HRS) [B/L/-] | Breakfast at hostel  
Depart towards the town of Riobamba to the Urbina train station, the highest point of the Ecuadorian Railway and located at the base of Chimborazo  
From here, enjoy a **hike with a local guide and explore the lower slopes between Chimborazo and Carihuaraos**  
- **Alternate hiking option dependent on weather:** hike up 3 hours to the refugios, with a 2-hour descent back to the starting point  
Boxed lunch provided en route  
After your hike, head to your hotel for check-in  
Dinner on your own  
Overnight at Hotel Zeus or similar |
| SUN JUL 12: RIOBAMBA – INGAPIRCA (2HRS) – CUENCA (1HR) [B/-/-] | • Breakfast at hotel  
• Early morning departure towards **Cuenca**, stopping along the way to visit the town of **Ingapirca** for a guided visit of the largest known Inca ruins in Ecuador  
• **Arrive in Cuenca** in the late afternoon; remainder of afternoon free to explore  
• Lunch and dinner on your own  
• Students overnight at **Selina Cuenca Hostel** or similar  
• Faculty overnight at **Hotel de las Culturas** or similar |
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| MON JUL 13: CUENCA [B/-/-] | • Breakfast at hostel  
• Spend time visiting some of Cuenca’s sights: learn about Ecuador’s indigenous peoples at the **Museum of Aboriginal Cultures**, followed by the Old and New Cathedrals of Cuenca  
• Then visit the **Conceptas Museum**, an 18th-century monastery that is home to a vast amount of paintings, sculptures, artifacts, crafts, furniture, and musical instruments from colonial and the pre-Columbian times  
• Lunch and dinner on own (suggestions provided)  
• Students overnight at **Selina Cuenca Hostel** or similar  
• Faculty overnight at **Hotel de las Culturas** or similar |
| TUE JUL 14: CUENCA [B/-/-] | • Breakfast at hostel  
• After breakfast, visit the **Turi viewpoint** for a panoramic view of the city  
• Continue to **el Barranco street** to learn about the history of the Cañari  
• See **El Puente Roto** (broken bridge) on the bank of Rio Tomebamba, which pays tribute to a devastating flood in 1950 that tore apart the area  
• Remainder of day free to explore  
• Lunch and dinner on own  
• Students overnight at **Selina Cuenca Hostel** or similar  
• Faculty overnight at **Hotel de las Culturas** or similar |
| WED JUL 15: CUENCA – CAJAS NATIONAL PARK – GUAYAQUIL (4.5HRS) [B/-/-] | • Breakfast at hostel  
• Make your way northwest to **Guayaquil**  
• Along the way, stop at **Cajas National Park** in the western highlands, known for its cloud forests and hundreds of lakes and rich wildlife, including Andean condors and giant hummingbirds  
• Visit the interpretation center, meet a local guide and enjoy a **short hike** around the area  
• Lunch and dinner on own  
• Overnight at **Hotel Doral** or similar |
| THU JUL 16: GUAYAQUIL [B/-/-] | • Breakfast at hotel  
• Enjoy a **guided tour of Guayaquil** to see the highlights of the city  
• Remainder of afternoon free to explore this vibrant port city  
• Lunch and dinner on own  
• Overnight at **Hotel Doral** or similar |
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| FRI JUL 17: GUAYAQUIL – BALTRA (1HR FLIGHT) – SANTA CRUZ [B/L/-] | - Early morning breakfast at hotel  
- Leave for Guayaquil airport for your flight to Baltra Island in the Galapagos [Galapagos National park entrance and transit card included; cost subject to change pending 2020 rates; see cover letter for more details]  
- Part ways with your Ecuador mainland guide  
  - 8:18a Dep Guayaquil [GYE] on Avianca flight 1632  
  - 9:19a Arr Baltra [GPS]  
- Arrive in Baltra, meet your Galapagos program guide, and transfer to Santa Cruz Island  
- Group lunch at Manzanillo Farm in the highlands, where you can enjoy sights of giant tortoises  
- Continue to Puerto Ayora  
- Remainder of evening to rest and refresh  
- Dinner on your own  
- Students overnight at Hostel North Seymour or similar  
- Faculty overnight at Grand Lobo de Mar Hotel or similar |
| SAT JUL 18: SANTA CRUZ – ISABELA ISLAND (2.5HRS) [B/-/-] | - Breakfast at hotel  
- Morning visit the Charles Darwin Research Station where you can see giant tortoises, marine iguanas, and gain an understanding of the extensive conservation efforts that have gone into maintaining and improving the environment and biodiversity of the Galapagos Islands  
- Lunch on your own  
- Continue to the Puerto Ayora pier to board a private boat to Isabela Island  
- Dinner on your own  
- Overnight at Paraiso de Isabela or similar |
| SUN JUL 19: ISABELA – TINTORERAS – SANTA CRUZ (2.5HR BOAT RIDE) [B/-/D] | - Breakfast at hotel  
- In the morning, embark on a brief transfer by boat to Las Tintoreras, a biodiverse chain of small islets, home to white-lipped sharks, sea lions, marine turtles, iguanas, penguins, manta rays and more  
  - Open to the public; boats have limited capacity of 16, so group may be split for 2.5 hours  
- Enjoy a walk around the islet before hopping back on the boat to snorkel in the waters nearby (snorkeling equipment included)  
- In the afternoon, transfer by private boat to Santa Cruz Island  
- Enjoy a group dinner at Ikala Galapagos Hotel (traditional Dinner)  
- Students overnight at Hostel North Seymour or similar  
- Faculty overnight at Grand Lobo de Mar Hotel or similar |
| MON JUL 20: SANTA CRUZ – BALTRA – QUITO – USA [B/-/-] | - Breakfast at hotel  
- Transfer to Baltra airport for your flight to Quito, along the way visiting the Twin Craters (time permitting)  
  - 11:15a Dep GPS on Avianca flight 1689  
  - 2:21p Arrival UIO  
- After layover, board return flight to Seattle:  
  - 11:30p Dep UIO on Delta flight DL 680  
  - 5:40a Arr ATL July 21  
  - 10:50a Dep ATL on Delta flight 2680  
  - 1:08p Arr SEA |