



Outward Bound Ecuador
Presents
AN AMAZON EXPEDITION
for
Outward Bound International Guests
March 17th to March 20th, 2009



Few places on the planet have escaped the touch of man but Ecuador offers a country lush in nature's gifts like the Enchanting Wilderness of the Amazon Rainforest. Outward Bound Ecuador and OBI have designed the ideal adventure for your family and friends. Travel down rivers into the Amazon wilderness area, where both shores are covered in the magnificent tangle of vegetation at the water's edge and the opportunities to visit with some of the most spectacular and exotic wildlife in the world exists. From Pumas to Howler Monkeys, Pink Dolphins to Piranha. Watch as the confluence of the cappuccino and espresso colored waters churn together into what is the wonders of the Amazon Rainforest and find out that this once in a lifetime adventure is the perfect way to view the Amazon rain forest and gain hands on perspective to this unique ecology.

Detailed Itinerary

Tuesday March 17 - Day 1

Participants will meet at the national departure information booth at the Mariscal Sucre International Airport, at 08:00 AM. Your Outward Bound Ecuador instructor Constanza Montero and assistant will help you with checking in and will also be giving you a box lunch. The flight takes about 30 min (on a Boeing /Embraer Plane with capacity for 90 passengers) to Lago Agrio city. The airport is located outside the city; therefore you are not spending any time in Lago Agrio itself.

Our private transportation (4x4 vehicles or buses) will drive (2 ½ - 3 hours) us to “El Puente”, which is the entrance of the Cuyabeno Reserve.



or muddy drive.

On the way you will have the chance to see a colorful landscape combining lush rainforest, espresso colored rivers and delightful small towns; 40% of this road is paved and the other 60% is an open road, this means that depending on the weather conditions, we could expect a dusty

To view a map of the days travels use the link below.

http://cuyabenoecuador.com/joomla/index.php?option=com_content&task=view&id=15&Itemid=33

When we arrive at “El Puente” we will stop and enjoy our box lunches and then make ready to continue our trip to the lodge by a 24 foot long canoe; our luggage will be covered in plastic, so it won't get wet in case it rains which is common as it is a rainforest. Nomadtrek will provide rain Ponchos and life vests for participants but please feel free to bring along your own rainforest rain gear.

The Rio Cuyabeno is narrow, beautiful and black. The water in the area is almost always black from the sedimentation brought from the Andes and the material that decays on the bottom of the lakes and rivers.

The river is also full with exotic wildlife like the fresh water pink dolphin and caiman. The opportunity of sightseeing from the canoe allows us to admire the wide variety of exotic flora and also delight in the antics of several species of monkey and vividly colored Toucans and Macaws up close.



The canoe trip takes about 2 ½ hours on the river to the lodge. We will arrive at the lodge around dusk (6:00 PM). There is time to shower and relax as dinner will be served around 7:30. After dinner the naturalist guide will give a short description of the next day activities, what to look for and also the suggested gear to bring along.

Overnight in the cozy Tapir Lodge

<http://cuyabenoecuador.com/joomla>



Wednesday March 18 Day 2

Depending on the weather conditions, we can wake up early at 6:00 AM and paddle our canoes, looking for birds and other animals. We would return to the lodge around 8:00 AM. Breakfast (consisting of eggs, bread, coffee / tea, fresh fruits and Juice) will be served around 8:30 AM. We'll leave the lodge at 9:30 AM for wildlife viewing. We'll provide our passengers with rubber boots. For a foot that is bigger than 45 EU (US 11) shoe size, we ask that you please bring your own rubber boots.

We will take our canoes (the passengers should carry their assigned life vests and rain ponchos at all times when we are leaving the Lodge for wildlife viewing and depending on the size of the group (at least in the morning) we'll take the motor canoe or take the paddle boat (small wood canoe of 5mts or 15ft. long) which the indigenous people call Quillas. These small vessels can accommodate up to 4 people + guide. They are very stable. We'll drive upstream to the "Laguna Grande" (Main lake) enjoying a slow drive in order to catch sight of animals and plants. Usually to get to the lake it takes close to 30 minutes (paddle boat 1 hour). Once we get there, we will appreciate this flooded forest also known as Igapo. The trees are growing straight in the water, and many of them, real ancient; offer a perfect habitat for other plants, like Bromeliads, Orquids, Ferns and Cactuses.

We will leave the lake in order to reach solid ground. The path where we will walk today is called Palma Roja "Red Palm", and used to be part of the scientific Station of the Catholic University. This will be our first encounter with a primary forest. This type of forest is the habitat of many terrestrial mammals; these animals are usually shy or active during the night. Before we begin walking, there is going to be a talk by our naturalist regarding basic ecology of the rainforest.

This walk shall take close to 3 ½ hours of easy to moderate hiking. On the way you will find a swampy area. Do not worry, the guide will lead you through the right way. There is an opportunity to admire a big variety of ancient trees, long lianas, giant palms. We'll also hope to catch sight and hear lots of birds such as woodpeckers, tanagers, macaws, and toucans; and with luck we'll come across two or three species of monkeys. This hike makes a loop in the forest; we'll return to the same place the canoe left us. We'll arrive there at around 1:30 PM. We get in the canoe or boat and drive back to the Lodge.

Lunch will be served at the lodge around 2:20 PM, and it'll be followed by a short resting period of approximately 2 hours. During this time the guests will have the chance to relax in the hammocks, read, sleep or try some Piranha fishing.

We'll meet again at 5:00 at the dock, to take the canoe and drive to "Laguna Grande" again. Once we get to the lake we will make a small drive in the surrounding area to look for birds and other animals. There is the best opportunity for swimming. Swimming is perfectly safe and relaxing. Since the Tapir Lodge has been operating in the Amazon, there has never been anyone (passenger or native) that was attacked by an animal while swimming. Depending on the weather, we can admire a wonderful sunset. We'll stay and wait in the lake until it gets dark enjoying the voices of the forest. Then with the aid of our flashlights we will look for animals on the shores of the river. Because there will be no moon during our visit the chance of finding caimans is high and there are other animals that can be found during the evening such as birds and snakes. Once more this drive shall take close to 30 minutes. We will get to the Lodge around 7:00 PM. The free period before dinner can be used to take a shower, have refreshing drink or to talk with the guide about the animals found during the day. Dinner will be served at 7:45 PM. After dinner depending on weather conditions we can take a small night walk around the lodge looking for frogs and other night wanderers.



Thursday March 19 Day 3

Early breakfast at 7:30. After this, we'll meet in the dock again, once more carrying all the rain gear and your life vest. Today we'll go downstream. We will enjoy a 2 hour-navigation down river looking at *Morphos* (giant blue Butterfly), Toucans, Macaws and with some luck monkeys. We will get good glimpses of the surrounding forest. On the way we shall pass the village of Puerto Bolivar where the inhabitants of the area the Siona have chosen to live. After 20 minutes we'll arrive to a small settlement. There we will get to know the Shaman, Alberto and his family. This indigenous people belong to the Cofan ethnic group. Nowadays Alberto conceals his time to cure and treat people with his vast knowledge of the medicinal plants. The visit to this place will be used also to walk inside the forest. This forest is the habitat of the tiny Ecuador poison Frog (*Ameerega bilinguis*).



We'll begin our Trekking adventure on the river bank. There, a marvelous ancient Kapok tree will meet us. This magnificent specimen is at least 800 years old, and the roots of it are as big as a small room. The path in the forest leads us through small creeks full of interesting flora and fauna. In the end (after close to 2 hours) we arrive to the backyard of Alberto's house. A superb box lunch will be served.

After lunch, Alberto will share some of his time with us. This man carries upon his shoulders more than 50 years of knowledge of the rainforest and the use of medicinal plants. He will explain us his experiences with the forest, other shamans and process of healing people. This short "healing" ceremony should last 40 min approximately. There will be some free time for asking questions to Alberto or simply take some pictures of him. Some handicrafts are available, all of them done by hand using materials of the rain forest.

We say goodbye to the family (close to 3:00 PM) and drive back to Puerto Bolivar. There awaits a Siona family for us. We will take part in the preparation of the cassava bread (*Manihot esculenta*). This root has always been an essential food supply, and perhaps the main supply of carbohydrates, for the indigenous communities of the rainforest. After gathering the Yuca (cassava), it will be peeled and grinded. This "paste" is pressed to eliminate the humidity and the starch. The remaining dried product will be cooked in a pan. After some minutes, we obtain a "pancake" of neutral taste.

We say goodbye to the village and drive back to the lodge arriving there usually before dusk. Dinner will be served at around 8:00. After dinner the passengers will be introduced to the crew members who prepared their meals and who work at the lodge during their stay. We will be joined by a Goodbye - Passion fruit cocktail.

Friday March 20 Day 4

You will be awakened by the Tapir lodge staff. Waking up and departure time of the Lodge, will be scheduled according to the river, road conditions, the decision of the guide and of course the night. This information shall be given to the passengers the day before departure.

Breakfast will be served while our staff takes care that the luggage is carried to the canoe.

We will leave the Lodge and head back to the bridge where our private transportation is waiting for us. This time, the drive to Lago Agrio should take less. Departure for Quito.

End of our services

- **These itineraries are subject to change without previous notice depending on weather conditions, client's requirements or if our guides feel that it would improve the quality of services.**



WHAT TO BRING

- Cotton shirts, 2 or more
 - Long trousers, 2 or more (not jeans)
 - Shorts, 2 or more
 - T- Shirts, 3 or more
 - Cotton socks, a pair per day
 - Comfortable walking, shoes and sandals
 - Sweater
 - Book and notebook
 - Toiletries
 - Sunglasses
 - Prescription medicines and small first aid kit
 - Small backpack (waterproof)
 - Insect repellent
 - Water Canteen
 - Binoculars
 - Torch (flashlight)
 - Sun block
 - Bathing suit
 - Cotton underwear
 - Money
 - Original Passport
 - Hat or cap
- If you wear larger than a size US 11 you need to bring your own rubber boots

PROGRAM INCLUDES:

- Box lunch.
- Private transportation Lago Agrio - Cuyabeno - Lago Agrio.
- Accommodation in double room with private bathroom and hot water shower
- Canoe rides
- 3 meals a day
- Soft drinks (water, coffee, tea)
- Daily excursion program
- Naturalist multilingual speaking guides (English, German)
- Rubber boots, raincoats, life vest.
- Entrance fee Cuyabeno Wildlife Reserve
- Flight Quito – Lago Agrio round trip

PROGRAM DOES NOT INCLUDE:

- Alcoholic and bottled beverages
- Hotels in Quito
- Tips and personal expenses

Enrolment paperwork to follow upon request

Registration information, medical paperwork, emergency and contact numbers in Ecuador to follow upon program enrolment

The US dollar is acceptable Currency throughout Ecuador as is Visa, Mastercard and American Express

Suggested hotels while in Quito:

Hotel Quito (3 star)

Avda Gonzalez Suarez N27-142, Quito, Ecuador 2500
Phone: 593 2-254-4600
Web: <http://www.hotelquito.com.ec/>
Email: reservations@hotelquito.com.ec

Holiday Inn Express QUITO 5 star

AV. ORELLANA E6-54 Y CALLE REINA VICTORIA QUITO, 000000 ECUADOR Hotel Front
Desk: 593-2-2997300 | Hotel Fax: 593-2-2997373
www.hiequito.com.ec

Howard Johnson's Quito La Carolina (3 stars)

Offers discount to Outward Bound International Guests

Phone 593 2 2265265 reservas@hojo.com.ec

Alemania E5-103 Y La Republica Avenue Quito ECUADOR www.ghlhoteles.com

Other Hotel Options

Best Western Plaza (5 stars)

WWW.hotelcasinoplaza.com / WWW.bestwestern.com

593 2 244 5305

Hotel Marriot (5 Stars)

www.latinoamerica.marriott.com/hotels/travel/uiodt-jw-marriott-hotel-quito/

593 2 2972000

Hotel Sheraton (4 stars)

<http://www.ghlhoteles.com/hotel.php3?id=8>

593 2 2556675

Café Cultura (3 Stars)

WWW.cafecultura.com

593 2 2224271

Hotel Dann Carlton (4 stars)

WWW.danncarltonquito.com

593 2 2249008



Suggested Reading for the Amazon:

Tropical Nature • Adrian Forsyth • Ken Miyata
NATURAL HISTORY • 1984 • PAPER • 248 PAGES •

A lively, lucid portrait of the tropics as seen by two uncommonly observant and thoughtful field biologists. Its 17 marvelous essays introduce the habitats, ecology, plants and animals of the Central and South American rainforest. With a lengthy appendix of practical advice for the tropical traveler.

Insight Guide Amazon Wildlife • Huw Hennessy • Hans-Ulrich Bernard
GUIDEBOOK • 2003 • PAPER • 368 PAGES

An illustrated guide to the region, its wildlife and conservation by an international team of biologists and photographers.

The Panamá Hat Trail • Tom Miller
TRAVEL NARRATIVE • 2001 • PAPER • 288 PAGES •

Miller's entertaining and insightful social history of Ecuador -- as told through its hat-making history. It's a classic example of travel writing, and one of the best things written on Ecuador. Originally published in 1986, much of the book is set in Cuenca and along the Pacific coast of Ecuador.

Ecuador Map • Borch Maps
2005 • MAP

A detailed laminated map of Ecuador at a scale of 1:1,000,000. This is a very clear, colorful double-sided map with detailed insets of Quito, Guayaquil, Galapagos and the Ecuadorian Amazon (Oriente) on the reverse.

Tales of a Shaman's Apprentice • Mark Plotkin

TRAVEL NARRATIVE • In this marvelous book, Plotkin recounts his work documenting the use of medicinal plants among remote tribes in the Northwest Amazon of Suriname, Venezuela, Guyana and French Guiana. The book is a portrait of people and their environment, a tale of adventure and, most of all, a moving example of science in the service of preservation. A great read for anyone traveling anywhere on the Amazon.

Ecuador in Focus, A Guide to the People, Politics, and Culture

Wilma Roos • Omer van Renterghem GUIDEBOOK • 2000 • PAPER • 100 PAGES

This slim guide describes the history of Ecuador, its cultural heritage and current political, environmental and economic challenges. With maps, photographs and some travel information. It's an excellent synopsis from an unabashedly left-leaning perspective, strong on facts.

Cost for the Amazon Expedition

\$2,000.00 USD per person

Costs are based on double occupancy and include the Outward Bound International tax deductible Contribution of \$1,000.00

Want to know more or to sign up on this once in a lifetime opportunity?

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