

Round trip Ecuador „Navel of Life“

Ecuador boasts striking landscapes, mouth-watering cuisine, unforgettable people and an incredible diversity of mother nature, being currently the greatest South America getaway on the market. On our 16-day tour you'll encounter mysterious mountains, amazon jungle, hot springs and stunning volcanos.



Volcanos

In the first part of our round trip across Ecuador we will enjoy the breathtaking landscape of the Andean Highlands. At first we will visit Quilotoa's dazzling crater lake and take a hike around it. Afterwards we will travel up to the Chimborazo mountain, a height of 5000 metres and then mountain bike the famous downhill route. Then we will visit the ancient ruins of Ingapirca. From Baños we'll go to the lava fields of the still active Tungurahua volcano and enjoy the stunning spectacle of lava coming out.

- Day 1: - Arrival in Quito
- relax ...
- Day 2: - Through green mountains we will travel to the famous hot springs Papallacta.
- We will enjoy a relaxing day taking bath in the hot water of the springs and the ice cold river nearby.
- Day 3: - Early in the morning we continue our trip to the crater lake of the "Quilotoa". We will hike around the lake and enjoy a gorgeous view at 4000m.
- Day 4: - During the day we will enjoy Ecuador along the road to Riobamba with a short stop over for lunch in Ambato.
- In the evening we'll go shopping at the local market.
- Day 5: - After the delicious breakfast we'll drive up to the Chimborazo mountain, 5000 metres above sea level.
- From there we go downhill on mountain bikes across the fascinating landscape. (optional)
- Day 6: - On the sixth day we will visit the old pre-Inca ruins of Ingapirca.
- In the evening we will arrive in Baños with its famous hot springs, surrounded by tropical rainforest.
- Day 7: - relaxing day in the different hot springs of Baños, shopping, freetime
- In the evening we will go by Chiva to the active volcano Tungurahua to see the spectacle of lava activity.



Rainforest

From Baños, one of Ecuador's most popular tourist spots with fantastic hot springs, we'll continue to our eco-farm "Vrindavan Jardin Ecologico" situated right in the rainforest. After a few days of intense rest and the natural indian sauna "Temascal" we will visit Misahualli (village of the monkeys), the "Amazoonico" wild life reserve and the caves "Jumandi".

- Day 8: - relaxing bath in the hot springs "El Salado"
- bicycle tour to the waterfalls "Pailon del Diablo" and "Taravita"
- lunch and relaxation in the eco-farm "Vrindavan Jardin Ecologico"
- Temascal and bonfire
- Day 9: - visit to the "Sangay" national park
- Day 10: - hiking through the rainforest, the Arjuna-tree
- bonfire

Day 11: - departure from the eco-farm to the "Hola Vida" waterfall
- excursion to visit the local indigenous people near Puyo
- sleep in Misahualli, the village of the monkeys

Day 12: - departure from Misahualli
- expedition with motor-driven canoes, visit to the national park "Amazoonico"

Day 13: - departure to Archidona
- visit to the nearby stalactite cave Jumandi
- overland journey towards Otavalo



City

On the last two days of our round trip in Ecuador we will visit the world-famous indian market in Otavalo and Ecuador's historic capital, Quito.

Day 14: - shopping at the indian market in Otavalo
- departure to Quito

Day 15: - visit to the middle-of-the-world-museum
- walkabout in the botanic garden

Day 16: - departure

You will reside in Ecuador's lovely middle class hotels as well as on our unique and marvelous ecological farm "Vrindavan Jardin Ecologico" situated in the heart of the Amazon rainforest.

According to the number of travellers in the group you will be taken care of by one or two english speaking tour guides. They will guide you through all the unforgettable places and give yoga classes. If you have any doubts or questions, feel free to contact them personally .

Dates

9th of May 2009 to 26th of May 2009
25th of July 2009 to 11th of August 2009

Price

The Price for the round trip Ecuador is 1900 Euro per Person.
Additionally we charge 250 Euro for single room.

The following standard services are included in the price (group travel):

- all transportations within Ecuador, private car or bus, boats and canoes, bicycles etc.
- full board, first-class vegetarian food
- all accomodation in hotels and visit to our ashram "Vrindavan Jardin Ecologico"
- competent german and english speaking tour management
- entrance fees to all the places mentioned in the tour description
- all guides
- indigenous "Temazcal"-treatment on our finca
- much more

What is not included in the price:

- the flight
- visa and travel insurance
- personal expenses

Booking

Booking our tour just requires two steps:

1st. Please fill out the booking form and send or fax it back to us. The fax number is: +49 (0)30 37306566

2nd. To complete the booking please pay a deposit of 20% of the tour price. Payment is possible by direct transfer to our bank account or by paypal. The data of our bank account you find on the booking form. For paypal please contact us.

For any question please contact us by Email or telephone: **+49 (0)30 37306563**.

Inbound Yoga Club e.V. - Invalidenstr. 145 - 10115 Berlin - Germany
Tel: +49 (0)30 3730 6563 - Fax: +49 (0)30 3730 6566 - www.inbound-yoga.de

Booking - Inbound Tours

Tour name: Round trip Ecuador "Navel of Life"

Options: Single Room []

Time:

Comments:

1st Person		2nd Person	
Surname		Surname	
Name		Name	
Birth date		Birth date	
Address		Address	
Phone		Phone	
Mobile		Mobile	
Fax		Fax	
Email		Email	
Profession	Nationality	Profession	Nationality
Passport No.		Passport No.	
Contact in emergency cases Name Address Phone		Contact in emergency cases Name Address Phone	

Hereby I declare that I book the above mentioned tour bindingly. I am informed about the current rules for visa and vaccination as well as the necessity for a sufficient travel insurance. I know and agree that I have to bear all costs resulting from a not sufficient insurance. I agree to the terms and conditions of the Inbound Yoga Club e.V.

City, Date, Sign 1st Person

City, Date, Sign 2nd Person

I declare myself responsible for all commitments of the persons mentioned above who did not sign personally.

How did you get to know about us?

friends or colleges

internet

travel agency or yoga center

advertisement in:

other:

Round trip Ecuador “Navel of Life” - Important advices

Alimentation and health: To enjoy the Ecuador tour as healthy and happy as possible we request you to only take vegetarian food and to follow the instructions of the authority for foreign affairs in your country regarding health etc.

Visa: For Ecuador a visa might be required. A visa you get in the Ecuadorian embassy or consulate in your country. Please note that applying and receiving a visa sometimes takes up to eight weeks. We are not responsible for any problems due to delay in this process.

Insurance: We strongly recommend a full travel insurance including health insurance, accident insurance and travel cancellation insurance.

Travel conditions

a) We carefully designed a schedule for the tour. You are obliged to follow it. Should there be any problem please talk to your tour guide as quickly as possible.

b) We will visit ecological yoga projects and indigenous people. We request you to follow our behavioural rules which we give you before the tour starts.

c) There must be a minimum of five people in a group. If the tour cannot be made due to not reaching the minimum size of the group, everyone gets back the money completely.

Any questions? Just contact us via phone or email.

Your team of the Inbound Yoga Club e.V.