

ITINERARY:

DAY 1:

07:00	Departure from university	
08:30	Breakfast	Hacienda Guachalá
10:00	Solar clock - Quitsato	Quitsato
11:00	Bird demonstration	Parque El Cóndor
12:30	Otavaló market	Otavaló
13:00	Lunch	La Marqueza - Cotacachi
16:00	Boat tour around the lake	Laguna de Cuicocha
19:00	Arrival to hotel and dinner	Hostería San Andres - Ibarra

DÍA 2:

08:00	Breakfast	Hostería San Andres - Ibarra
10:00	Libertad train - Salinas	Ibarra
13:00	Lunch	Salinas de Ibarra
15:00	Departure for Polylepis Lodge	
19:00	Arrival to hotel and dinner	Polylepis Lodge – Páramo de “El Ángel”
20:00	Night hike	Polylepis Lodge – Páramo de “El Ángel”

DÍA 3:

07:00	Breakfast	Polylepis Lodge – Páramo de “El Ángel”
08:30	Hike in “El Ángel” highlands	Polylepis Lodge – Páramo de “El Ángel”
13:30	Lunch	Polylepis Lodge – Páramo de “El Ángel”
14:30	Departure from El Ángel	
18:30	Arrival to the university	

**Times for reference only

INCLUDED:	NOT INCLUDED:
<ul style="list-style-type: none"> - Land transport - Lodging in the aforementioned hotels - “Menu”-style meals: soup, entrée, dessert, drink starting with lunch on Day 1 and ending with lunch on Day 3 - Entrance to places on the itinerary 	<ul style="list-style-type: none"> - Extra drinks not part of the food service - Services other than those mentioned above <hr style="width: 50%; margin: 10px auto;"/> <ul style="list-style-type: none"> - Personal expenses



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IMPORTANT NOTES:

- Times are for reference only
- Lodging in shared rooms
- "Menu"-style meals: soup, entrée, dessert, drink
- Luggage size: medium suitcase
- Each participant should bring a medical kit for his or her personal use (allergy medicine, painkillers, medicine for insect bites, sunburn cream, etc.)
- **EVERY STUDENT NEEDS TO BRING THEIR PASSPORT ON THE TRIP**

WHAT TO BRING:

- Cold-weather clothing: warm jacket, hat, gloves, scarf, thermal clothing
- Temperate-weather clothing: cotton shirts, waterproof pants, etc.
- Comfortable walking shoes and sandals
- Bathing suit, towel
- Rubber boots
- Rain poncho
- Sunblock, insect repellent
- Hat for sun, sunglasses
- Camera
- Plastic bags

Realizado por: SU.



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