



AMAZON ESCAPE: 5 DAYS OF NATURE & DISCOVERY 2026





ITINERARY

DAY BY DAY



Step into the vibrant tapestry of **Ecuador**, where **Quito's** rich history and modernity intertwine with the lush majesty of Hakuna Matata Amazon Lodge's rainforest. The expert itinerary design creates an exceptional Ecuadorian experience through the combination of cultural elements and natural surroundings, and adventurous activities.

DAY 1- WEDNESDAY. ARRIVAL IN QUITO.

Upon arrival at Quito airport, you will meet with your guide, who will transfer you to your hotel close to the airport, where you will have time to relax before starting your adventure in the rainforest the next day.

Situated in a circle of Andean peaks, Quito is the world's second-highest capital, with arguably one of the finest settings in the world. Originally settled by the Quitu tribe in the first millennium, Quito was an important part of the Inca Empire before being destroyed and re-founded by the Spanish conquistador Sebastián de Benalcázar in 1534.

(-/-/-)

Overnight, Wyndham Garden or similar

DAY 2- THURSDAY. QUITO - HAKUNA MATATA

Early in the morning and right after breakfast, you and our local guide start the travel tour in the downtown area, well known as Quito Colonial. You start your journey along the "churches´ trail". You visit La Basílica, la Compañía, along with the guide's expertise. The guide will enlighten you with the history and fun facts of every place, in this case, La Compañía. Its decoration is based on muslin features, and the altars are covered by gold leaf, along with faces and birds carved. It is considered an architectonic jewel in the American Baroque style. It also has a religious value, because the rest of Saint Marianita of Jesus is located there, and according to some, she was the protector of the city.

Afterwards, we visit San Francisco, which is famous for the Cantuña story. San Francisco is well known due to its legends and stories, which make the place culturally wealthy. At the San Francisco church, there is a local handcrafted store called Tianguéz, where you can find a variety of items from the Ecuadorian culture. Here, you can buy postcards, books, Ecuadorian music, natural products, and even get a coffee with Humitas (which is a sweet corn tamale) offered at the local Café Cantuña located at the Plaza San Francisco.

In the afternoon, you will leave Quito and travel east toward the Andean cloud forests. Your next destination is the **Ecuadorian Amazon region**, starting with Archidona town near Tena. The staff at Hakuna Matata Lodge will greet you with a warm welcome when you arrive in the afternoon, before you start your guided nature walk. Your professional guide will share knowledge about medicinal plants and trees, traditional practices, and Kichwa forest relationships during this three-and-a-half-hour tour. The soft adventure lets you experience your first time under the jungle canopy.

Dinner will be served at the lodge.

Overnight Hakuna Matata

(B/-/D)

DAY 3

FRIDAY: LOCAL MARKET – CANOE RIDE – JUNGLE HIKE – ANIMAL RESCUE “AMAZOONICO” AND LOCAL COMMUNITY

The morning meal sets the stage for your visit to Tena's active marketplace, where you will find numerous native items. The market offers an array of local fruits and vegetables, which include mangoes and bananas and cassava and guayusa, and the protein-packed chontacuro worm prepared through grilling or raw consumption. The protected forest of "Selva Viva" becomes your next destination after the two-hour canoe journey, which includes a guided hike to observe exotic plant species and interesting insect life.

The AmaZOOonico animal rescue center serves as a sanctuary for about 200 species, including monkeys and ocelots and tapirs and peccaries, and other animals, which receive care before potential release back into their natural habitats.

The indigenous community welcomes visitors to experience their traditions and everyday existence after they enjoy a traditional lunch of arroz con pollo wrapped in bijao leaves. The canoe excursion provides an opportunity to master blowgun techniques before you get a chance to spot caimans in the lagoon close to the lodge. The peaceful jungle environment sets the perfect background for your next gourmet meal.

Overnight Hakuna Matata

(B/L/D)

DAY 4:

SATURDAY: HAKUNA MATATA TO PAPALLACATA

As our time at Hakuna Matata Amazon Lodge comes to its end, it is still possible to take a last dip in the pool or just an early walk around the lodge.

Then, our guide will meet you and take you to a natural spring between the Andes and the Amazon, called Papallacta. If you are lucky, you can see the beautiful Antisana Mountain while you are taking a bath in the hot spring.

You will enjoy the landscape as well as treat yourself to a massage at the spa or have some rest.

Overnight: Termas de Papallacta hotel

(B/-/D)

DAY 5:

PAPALLACTA TO QUITO

The guide will pick you up from the hotel lobby after an exciting morning and a nutritious breakfast you will return to Quito, where your tour will finish.

(B/-/-)

RATES

From \$566
per person



Includes

- Transfer in/out,
- Accommodations in double rooms
- Guided tours
- Indicated Meals
- Transportation
- Bilingual naturalist guide
- Activities mentioned in the itinerary
- Emergency contact 24/7



Not Includes

Tips

- International Flights
- Soft drinks and alcoholic beverages
- Personal expenses
- Meals not described in the program

Hotels:

Quito: Wyndham Garden or similar
Archidona: Hakuna Matata

HIGHLIGHTS

- Immersive cultural and sensory experiences in colonial Quito
- Stay in a peaceful rainforest lodge surrounded by tropical gardens, rivers, and wildlife.
- Visit the colorful local market in Tena and experience authentic Amazonian culture.
- Join an optional chocolate-making workshop from cacao bean to bar.
- Close encounters with wildlife in the Galápagos Islands
- Enjoy an experience in Galapagos 360
- Discover Uninhabited Islands and pristine beaches

TRAVEL TIPS

- Adjust to Quito's altitude gradually, stay hydrated and rest upon arrival.
- Pack lightweight, breathable clothing and layers for varying climates.
- Bring insect repellent, sunscreen, and a reusable water bottle.
- Respect local customs and wildlife, observe but never disturb.
- Prepare waterproof gear for rainforest and island excursions.

WEATHER PREPAREDNESS

- **Quito & Andes:** Cool to mild temperatures (50–70°F); chilly evenings.
- **Rainforest:** The climate here is warm, humid, and pleasant year-round, with an average temperature between 24°C and 28°C (75°F–82°F).
- **Galapagos:** Warm and sunny (70–85°F); sea breezes can feel fresh.
- Pack versatile layers and quick-dry clothing to adapt to the changes.

Fitness Requirements

Most activities involve light to moderate walking and are suitable for all fitness levels.

FAQS

1. Is this tour suitable for first-time travelers to Ecuador?

Yes, it offers a balanced introduction to Ecuador's key ecosystems Andes and Amazon, while maintaining a relaxing pace.

2. What kind of activities are included?

Transfers and transportation during the tour, City Tour, museum visits, and activities mentioned in the lodge.

3. Is Wi-Fi available at the Rainforest?

Yes, Wi-Fi is available in common areas and rooms, though signal strength may vary due to the jungle environment.

4. What kind of food is served?

Meals are freshly prepared using local ingredients. You'll enjoy continental breakfasts, gourmet three-course dinners, and traditional Amazonian lunches during excursions.

5. Will I encounter wildlife up close?

Yes, in the Amazon, you will see diverse species in their natural habitats under the guidance of expert naturalists.



LATIN TRAILS

Dream, Discover, Live Ecuador

www.latintrails.com