



LATIN TRAILS

Dream, Discover, Live Ecuador

ANDEAN ADVENTURE

QUITO , MINDO &
COTOPAXI
6D/5N





ITINERARY

DAY BY DAY



Step into **Ecuador's heart** and soul through an unforgettable journey that seamlessly weaves together traditions, nature, and rich culture. The country reveals its complete essence through a journey that starts in Quito's colonial streets before moving to Mindon's misty cloud forests and ends at the stunning natural beauty of Cotopaxi National Park. The authentic flavors of local cuisine join with Ecuadorian hospitality and the nation's historical background and diverse wildlife to create an unforgettable adventure.

DAY 1. ARRIVAL IN QUITO.

Upon arrival at **Quito** airport, you will meet with your guide, who will transfer you to your hotel. 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 Quito 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.

The colonial center, declared a World Heritage Site by UNESCO in 1978, is one of the largest and best-preserved in Latin America. It is home to excellent museums, churches, and art galleries.

Overnight, Wyndham Garden or similar

DAY 2. SIX SENSES CITY TOUR

A unique journey through flavors, traditions, and local heritage

The tour begins with hotel pick-up, heading straight into the heart of everyday Quito. The vibrant Santa Clara Market welcomes visitors with its colors, scents, and a lively display of local flowers, fruits, basketry, and traditional ceramics. For those seeking a deeper cultural connection, there is an optional Andean energy cleansing ritual with a traditional healer.

The next stop offers one of the city's most impressive panoramic views from the towers of a stunning Neo-Gothic church—one of the most iconic landmarks in Quito.

The experience continues along one of the city's most traditional streets, where creativity and history blend seamlessly. Visitors can step into artisan workshops that preserve ancestral techniques in leather, wood, and metal, depending on availability. In the same area, a warm and authentic gastronomy experience awaits, hosted by a local who shares her culinary traditions in an intimate and welcoming setting.

As the journey moves into the historic center, guests will admire some of Quito's most representative churches, treasured icons of the city's cultural heritage. This part of the tour includes a gastronomy experience in a colonial house, where locally sourced ingredients are transformed into traditional treats, highlighting the richness of Ecuadorian flavors.

The walk continues through historical landmarks such as old libraries and iconic plazas. Here, visitors can enjoy a taste of traditional sweets while listening to local legends that bring Quito's history and folklore to life.

To end the experience on a high note, the final stop is at a traditional bakery, where guests are invited to savor a freshly baked local pastry and a cup of Quito-style coffee before returning to the hotel.

DAY 2. FULL DAY QUITO CITY TOUR

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" by visiting the cathedral first. In the cathedral, you learn about its history and the guide explains the internal design of the cathedral, such as the "mudejar's" influence on its first stage, the area with 3 longitudinal wings, and a small transversal wing behind the choir.

After finishing the round in the cathedral, we have a short walk to the church 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 Compania. 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 architectural 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 Tianguetz, 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.

After touring the historic center, you will be able to visit another part of the city according to your choice and availability.

After the tour, you will return to your hotel.

Overnight, Wyndham Garde or similar

(B/-/-)

DAY 3:

MINDO CLOUD FOREST ADVENTURE

Embark on an unforgettable full-day adventure to the lush cloud forest of Mindo. In the morning, your guide and private transportation will pick you up from your hotel at the time your group decides. This tour has an approximate duration of 4 to 6 hours and offers a complete immersion in nature.

Upon arrival in Mindo, you can choose from these exciting activities (not all visits will be made due to tour duration):

Chocolate Route: Discover the fascinating process of chocolate production, from the cocoa bean to the delicious bar, and enjoy irresistible tastings.

Orchid Garden: (Orquideario): Marvel at the exquisite beauty of a vast collection of orchids, one of the most diverse and beautiful flowers in the world.

Butterfly Farm (Mariposario): Walk among hundreds of butterflies of various species and colors, closely observing their delicate flight and life cycle.

Waterfall Route: Explore a series of stunning waterfalls by hiking through the lush cloud forest. You can even take a refreshing dip in some of the natural pools.

Adventure Sports (Rafting or Tubing): For thrill-seekers, dare to enjoy an exciting descent down Mindo's rivers, either in a raft (rafting) or an individual tube (tubing), always with the safety of expert guides.

Overnight, Wyndham Garde or similar
(B/-/-)

DAY 4:

COTOPAXI NATIONAL EXPERIENCE

After enjoying an early breakfast, the tour will depart Quito heading south through the famous "Avenue of the Volcanoes." At almost midday, we will arrive in the National Park, which is located 60 km away from the city of Quito.

The Cotopaxi Volcano is one of the most important landmarks in Ecuador because it is the highest active volcano in the world. Lush endemic flora and fauna of the area can be observed, including: one of the most representative species is the Chuquiragua (also known as the mountaineer's flower), wild horses, deer, llamas, and more.

Whilst in the National Park, you can also visit Limpiopungo Lake, located near Rumiñahui volcano (149.96 meters), or go hiking to observe the birds.

Overnight, Wyndham Garden or similar
(B/-/-)

DAY 5. DAY AT LEISURE

Spend the next few days at your own pace. The local markets, together with museums and Ecuadorian food experiences from classic dishes to modern fusion offerings, will provide you with multiple choices.

Overnight, Wyndham Garde or similar

(B/-/-)

DAY 6. TRANSFER OUT

After breakfast, it's time to say goodbye to Ecuador. At the scheduled time, a private transfer will take you from your hotel to Quito's international airport. One of our staff members will personally assist you during the check-in process to ensure a smooth and comfortable departure. Take with you unforgettable memories of Ecuador's breathtaking landscapes, warm people, and rich cultural heritage the essence of a truly authentic experience.

(B/-/-)

RATES

From \$788
per person



Includes

- Transfer in/out,
- Guided tours
- Indicated Meals
- Transportation
- Bilingual guide
- Mentioned activities
- Emergency contact 24/7
- Accommodation in double rooms



Not Includes

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

Hotels

Quito: Dann Carlton or Similar

HIGHLIGHTS

- Immersive cultural and sensory experiences in colonial Quito
- Sustainable travel experiences rooted in local communities
- Discover the biodiversity of Mindo Cloud Forest, home to colorful birds, orchids, and butterflies.
- Admire the majestic Cotopaxi Volcano and explore its surrounding national park and Limpiopungo Lagoon.

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.

WEATHER PREPAREDNESS

- Quito & Andes: Cool to mild temperatures (50–70°F); chilly evenings.
- Amazon (La Selva): Hot and humid (75–90°F) with potential rain showers.
- Galápagos: 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

Moderate fitness is recommended. The itinerary includes walking tours, short hikes. Participants should be comfortable with humidity and occasional uneven terrain.

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 Cloud Forest

2. What kind of activities are included?

Guests can participate in guided tours, hikes, senses, gastronomy, and unique experiences.

3. Will I encounter wildlife up close?

Yes, in both Mindo and the Cotopaxi, you will see diverse species in their natural habitats under the guidance of expert naturalists.

4. How do I prepare for altitude and climate changes?

Stay hydrated, rest well the first day in Quito, and pack layered clothing for temperature variations across regions.

5. Is there time for personal relaxation?

Absolutely. The itinerary balances exploration with ample downtime for rest, spa treatments, meals, etc



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