



4-days / 3-nights Itinerary

Day 1: Your journey into the Amazon Jungle starts in Quito, the capital of Ecuador. During the 30 minute flight over the Andes from Quito to the jungle town of Coca you'll enjoy amazing views of snow covered mountains and the endless green expanse of the rainforest as you begin your descent into the Amazon.

At the Coca airport you'll be greeted by your Yachana guide, transported by bus to the river port and then board our 57 foot (18 meters) motorized canoe for the three hour trip up river. A box lunch will be served as we navigate the Napo River, so please let us know of any dietary restrictions in advance of your trip. Also, life vests are provided so you can fully relax and enjoy your ride along one of the largest tributaries to the legendary Amazon River. At Yachana Lodge, you'll receive a warm welcome from our native staff who will serve you a refreshing beverage and snack while introducing you to the Lodge facilities.

After you've had a chance to rest and wash up, your guide will take you on a short hike to an overlook where you can see the splendor of the rainforest reach out as far as the eye can see in every direction. On clear days you can even see Sumaco Volcano rising up in the distance. If you don't want to take the hike up the hill to the overlook, you can also choose to visit our beautiful Butterfly House.

Day 2: After breakfast, your guide will lead you on a journey into the rainforest where he'll explain the uses of various plants and amaze you with the diversity of birds and animals that inhabit the rainforest he calls home. You'll return to the Lodge for a traditional Amazon lunch. After lunch you'll have an opportunity to rest or explore the Lodge grounds on your own.

Later in the afternoon you'll have the option of staying at the Lodge or visiting a local healer where you'll participate in a traditional cleansing ceremony. This is an interesting cultural experience where you'll also have the opportunity to practice your skills at using a blowgun and spear. Afterwards you'll have time to rest and clean up before dinner. Dinner is served at 7:00.

On one of your evenings, you'll have a chance to take a night walk to discover a totally different side of the forest. On this walk, you'll experience the small insects, amphibians, reptiles and other animals that only come out at night.

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Day 3: You have the option to start your day early by participating in a bird watching excursion before breakfast, or you can sleep a little longer before enjoying another splendid breakfast, the first of the day's Amazon culinary delights. After breakfast, your guide will lead on a hike in search of the endemic *hoatzin*, a prehistoric bird found only in select areas of the Amazon, and then to the Yachana Technical High School, where you'll have a chance to interact with the region's next generation of leaders. This will take most of the morning and will give you an opportunity to see how a meaningful education is making a difference in the lives of many young people from the Amazon region. If you want, you can return to the Lodge before lunch and participate in an Amazon cooking class led by our chefs. After lunch, there's time for a siesta before you try your hand at making a natural fiber basket and a traditional ceramic bowl from Amazon clay. After dinner there's free time for your own leisure activities or optional activities scheduled by the Lodge.

Day 4: You'll have a hearty breakfast and then travel by canoe from Yachana to the city of Coca for your flight back to Quito. As you navigate downstream you'll have one last opportunity to appreciate the vastness of the Amazon rainforest and reflect on your experience at Yachana.

*Please be aware that Yachana Lodge cannot guarantee that you see wildlife because of the unpredictable nature of animals and due to the fact that the area around the Lodge has been impacted by human presence.

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