



## LAT-154 – THE CONDO PATH - A TRULY ANDEAN MOUNTAIN EXPERIENCE

Horseback Riding, An Andean Cooking Experience, and the Cotopaxi National Park

Two Days / One Night

Daily Departures from Quito

Physical Effort: Low

### ITINERARY

#### DAY 01: HORSEBACK RIDE RUMIÑAHUI VOLCANO AND COOKING IN THE CLOUDS

In the morning a transportation will take us from Quito to Hacienda El Porvenir, where we will receive a brief riding lesson from our guides before we set out on our horses. Wearing the typical dress of the chagra, we rode out across the slopes of the dormant volcano, Rumiñahui. A legendary chagra from the area will come with us and share some of his deep knowledge of country life. The ride lasts approximately 3.5 hours. Back in the farmhouse, a tasty local lunch will be ready on our arrival.

In the afternoon we'll have our Cooking in the Clouds lessons. The class starts with cooking lessons of our famous cheese empanadas, followed by the making of aji. Aji or chili sauce is a very important part of Ecuadorian cuisine. The recipe varies from home to home. Here at Hacienda El Porvenir, you will learn how to make it the traditional way, on a stone mortar and seasoned with various herbs and spices. At last, we will learn how to prepare the delicious canelazo, a traditional hot drink that is served on celebrations in the Highlands of Ecuador. After the class the participants will enjoy their preparations next to a crackling fireplace.

Meals: Lunch

Overnight accommodation at Hacienda El Porvenir.

#### DAY 02: COTOPAXI NATIONAL PARK VISIT

After the hacienda Breakfast, we will drive to Cotopaxi National Park (CNP). This is a very interesting drive through ancient lava flows from Cotopaxi's past eruptions. The location is the perfect place to learn about Andean Geology. On our visit, we will reach the car park below the Cotopaxi's Refuge, where we begin our short hike up to the climbing hut (Refugio José Ribas) at 4,800m. (15,744 ft). It is hard not to be overwhelmed by the sheer immensity of the Volcano on this short hike. Once back in the vehicle, we continue driving down to Limpiopungo Lake, where a box lunch will be served. If there is time, we will visit the Park Visitors Centre, which has interesting descriptions of the local flora and fauna as well as details of the various eruptions of Cotopaxi. We will then continue, crossing rocky valleys, until we reach the Pucará del Salitre, an ancient Inca fortress on

the way to the Amazon basin. Near this spot, there are some natural springs which rise with the icy water from underground rivers that come from the glaciers of Cotopaxi. Return to Quito.

Meals: Breakfast, Packed Lunch.



### TOUR RATES INCLUDE:

One-night accommodation at Hacienda Porvenir based on double occupancy.  
Land service and daily tours as indicated in itinerary fully escorted by Licensed English speaking guides.  
Round trip transfers between a hotel in Quito and Hacienda Porvenir.  
Gears required for the activities.  
Entrance fees to Cotopaxi National Park  
Entrance to APU Mountain SPA wet area  
Meals as indicated in itinerary plus one soft drink per meal.

### NOT INCLUDED:

International air between points in USA and Quito.  
Travel and Health Insurance (Highly Recommended)  
Land service, tours, accommodations not indicated in itinerary.  
Expenses of personal nature. Alcoholic drinks  
Gratuities/Tips to guides.

**NOTE:** Horse Riders can't exceed 220 pounds of weight.

**NOTE:** Itinerary subject to change due to weather conditions.

**NOTE:** To participate on this tour you must sign our waiver of liability  
We recommend you buy a travel health insurance plan.