Maxi Race Preparation
From October 23rd to October 30th – 2016
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Altitude</th>
<th>Ascent</th>
<th>Approx time</th>
<th>Hotel/Refuge</th>
<th>Altitude night</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td></td>
<td>Duration</td>
<td>Total Drive</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1</td>
<td>Transfer in</td>
<td></td>
<td></td>
<td>1h</td>
<td>Quito</td>
<td>2800 m</td>
</tr>
<tr>
<td>2</td>
<td>Ilalo</td>
<td>3169 m</td>
<td>779 m</td>
<td>4 h</td>
<td>2h</td>
<td>PapaGayo South</td>
</tr>
<tr>
<td>3</td>
<td>Pasochoa</td>
<td>4199 m</td>
<td>900 m</td>
<td>5 h</td>
<td>1h</td>
<td>PapaGayo South</td>
</tr>
<tr>
<td>4</td>
<td>Cuicocha Loop/Otavalo Market</td>
<td>3068 m</td>
<td>300 m</td>
<td>3 h</td>
<td>4h30</td>
<td>PapaGayo North</td>
</tr>
<tr>
<td>5</td>
<td>Cotopaxi Bikes</td>
<td>4300 m</td>
<td>300 m</td>
<td>4 h</td>
<td>4h30</td>
<td>PapaGayo South</td>
</tr>
<tr>
<td>6</td>
<td>Quilotoa and Race Registration</td>
<td>3800 m</td>
<td>300 m</td>
<td>3 h</td>
<td>3 h</td>
<td>PapaGayo South</td>
</tr>
<tr>
<td>7</td>
<td>Competition day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>PapaGayo South</td>
</tr>
</tbody>
</table>
DAY 1: October 23rd – 2015 - International Flight / Quito – Drive to Hostería PapaGayo South

Pick up: TBC – (Airport-Hotel: approximately 1 hour drive)

Flight details: TBC

Upon arrival to Quito. Our driver will pick you up, holding a sign with your name

**Night in Hostería PapaGayo South

DAY 2: October 24th – 2016 – Volcano Ilalo (3,169m’)

HEIGHT: 3.169 Province: Pichincha
LOCATION: Region Interandina
SECTOR: The Ilaló volcano is located 8 kilometers east of Quito and constitutes the natural divider between the valleys of the Chillos south and north Tumbaco Valley.
HIKE LEVEL: Easy moderate
TIME: 2 hours ‘drive
DURATION: 4 hours approximately
PICK UP TIME: 08H00

DESCRIPTION:

This mountain was considered "sacred" by the ancient inhabitants of Ecuador and they have even found vestiges of the oldest cultures in Ecuador in this area and maybe South America. From here we have wonderful views of Cayambe as we enter the fertile valley surrounded by eucalyptus trees. Here is a good spot for lunch in of one of the 13 valleys of Ilaló which affords us magnificent views of a pristine virgin forest. After lunch we cross the “quebrada” ravine and continue to the top at 3000m. It’s a good trail run with some single tracks and nice uphill’s to start feeling Ecuador terrain

**Night in Hostería PapaGayo South  
Meals Included: B BL D
DAY 3: October 25th – 2016 – Pasochoa hike (4,200m’)

HEIGHT: 4,200 m
PROVINCE: Pichincha
LOCATION: Region Interandina
SECTOR: A 15 km southeast of Quito and north of Rumiñahui volcano.
HIKE LEVEL: Easy moderate
TIME: 1 hours ‘drive
DURATION: 5 hours approximately
PICK UP TIME: 08H00

DESCRIPTION:
The extinct volcano of Pasochoa (4,199m) is one of the best places to see the famous Andean Condor. The climb starts at 3300m with 900 m of elevation. It offers super views to the mighty Cotopaxi and surrounding volcanoes, and inside the crater you can see the last remnants of primary Andean forest. This is a perfect first hike for those who are new to altitude or those who are beginning an acclimatization program. You will have a taste of more rugged terrain for running/walking and a nice and very fun descent.

**Night at Hostería PapaGayo South**

Meals Included: BBL D

DAY 4: October 26th – 2016 – Cuicocha Loop (3,068m) / Otavalo Market

HEIGHT: 3,068
PROVINCE: Imbabura
LOCATION: Western Cordillera
HIKE LEVEL: Easy - moderate
TIME: 4,5 hours drive
DURATION: 3 hours approximately
PICK UP TIME: 08H00

DESCRIPTION:
The Otavalo cultural tour is a wonderful way to discover and combine the famous artesian indigenous market in Ecuador, and some of the amazing views outside Otavalo.

The tour begins with a scenic drive north of Quito through the Sierra highlands, and our first stop will be at Quitsato Mitad del Mundo, and then onto Cayambe, where we can taste and learn about the town’s famous biscochos (local biscuits). We then arrive at the famous Otavalo Market where you will have time to eat lunch and buy handicrafts.

Our professional guide will provide an explanation on the indigenous people of this area, such as the Quitu – Cara and other pre-Inca groups, and some information on the city. After exploring the market and having lunch we will depart Otavalo and make a stop at Laguna Cuicocha, which is located in a volcano crater, and contains two green islands. Here we will enjoy a hike/run around the lagoon (10km).

We’ll then visit Cotacachi. This town is famous for its leather goods – a great place to pick up a bargain! After that we will make our way back to the Hosteria PapaGayo North.

**Night in Hosteria PapaGayo North**

Meals Included: **B BL D**

**DAY 5: October 27th – 2016 – Cotopaxi Bikes (4,000m’)**

HEIGHT: 3900 – 4800m

PROVINCE: Cotopaxi

LOCATION: Western Cordillera

SECTOR: The Chimborazo is located 30 km. northwest of the city of Riobamba.

HIKE LEVEL: Easy moderate

TIME: 4.5 hours drive

DURATION: 3 hours approximately

PICK UP TIME: 08H00

As one of the highest active snow-capped volcanoes in the world, Cotopaxi’s (5,897m) symmetric cone rises up from a vast plain that is home to llamas, condors and herds of wild horses. The volcano began an eruptive state in August 2015 which means that access to the refugio is not possible for the moment however the lower part of the Cotopaxi National Park is open to enjoy.
This amazing adventure includes hiking and scenic drives through the park’s majestic landscape including a visit to Limpiopungo Lagoon which provides a spectacular reflection of the beautiful volcano on a clear day. During the trip you will also learn about the different fauna, flora and history of the park.

We begin our biking adventure from the lagoon. From here you ride along a mostly flat route through the paramo landscape. Cotopaxi volcano is within view the whole time. A support vehicle will be traveling along behind so if at any stage you want to take a break you can jump in and relax.

Cotopaxi has its own micro-climate and the weather in this area is very unpredictable so please be prepared with warm clothes.

**Night at Hostería PapaGayo South  
Meals Included: \( B \rightleftharpoons L \rightleftharpoons D \)

**DAY 6: October 28th – 2016 – Quilotoa & Race Registration**

**HEIGHT:** 3,910  
**PROVINCE:** Cotopaxi  
**LOCATION:** Western Cordillera  
**SECTOR:** The Quilotoa volcano is located to the southwestern Latacunga 33 km of this city  
**HIKE LEVEL:** Easy moderate  
**TIME:** 2 hours drive  
**DURATION:** 6 hours approximately  
**PICK UP TIME:** 08H00

Discover the amazing emerald Quilotoa lagoon with all of its facets. Hike/Run around the lagoon and experience the beautiful Andean landscape surrounding the crater.

The drive to Laguna Quilotoa displays beautiful views of the Andean mountains, passing the ancient canyon of Toachi and many indigenous towns and farmlands. We will shortly stop at a beautiful viewpoint along the way, before we will get to the small village of Quilotoa.

Enjoy the amazing view of the sparkling lagoon from the crater’s edge.
Shortly after, we will start our **hike/run around the lagoon**, which takes between 3 – 5 hrs. During the hike/run, where steep and downhill parts take turns, you will be able to see the lagoon from different perspectives. Afterwards you will have the opportunity to **hike down and up to the lagoon. 1 hour (Optional)**

Back in the village we will have **lunch in a local restaurant**.

In the evening we will head to the **Hosteria PapaGayo South passing by the race registration point to get your racing bib**. At the Hostería you can relax in the Jacuzzi or drink a cup of tea and plan your race.

**Night at Hostería PapaGayo South**

**Meals Included:** B  GL D

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**DAY 7: October 29th**

**Competition**

Shuttles to and from the race start line

**Night at Hostería PapaGayo South**

**Meals Included:** B  GL D

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**DAY 8: October 30th – 2016 – Transfer out for international flight**

Pick up: TBC – (Airport-Hotel: approximately 1 hour drive)

Flight details: TBC

Our driver will pick you up at your hotel to take you to the airport.

**End of our services**

**Price:**

$990 p/p

**Price includes:**

**Land tour:**

Private Services
Bilingual guide, comfortable transportation

**Transfers:**

Spanish speaking driver - Company shuttle service
1 Airport-Hotel
1 Hotel-Airport

**Accommodation:**

Accommodation in the hotels stated in the itinerary or hotels of similar standard, in double room.
*There is a jacuzzi and spa all the nights at the Hostería for you to enjoy and rest

Hostería PapaGayo - [www.hosteria-papagayo.com](http://www.hosteria-papagayo.com) or similar

**Meals:**

Meals that stated in the itinerary

**Breakfast** - **Box Lunch** - **Dinner**

**Price Excludes:**

Ecuador entrance fee Approx. $30
Drinks and alcoholic beverages
Travel Insurance
Extra meals
Personal expenses
Tips
Anything which is not mentioned as includes

**Please Note:**

* The operator reserves the right to change the itinerary without previous notice due to weather, National Park regulations or notifications and unforeseeable circumstances.
** Prices are subject to changes due to local taxes updates.
*** National flights: Airline baggage allowance is 23 kilograms per person.
Please note that due to unforeseen circumstances (weather conditions or health risks), you will might be unable to reach the summit of Cotopaxi & Chimborazo. That being said however, we do promise not only a fantastic but unforgettable experience, complete with fully qualified and highly experienced guides, fresh and hearty meals, lots of laughter, and of course good cold beers!

Important Notice: Mountain climbing can be a high risk activity which can expose your physical ability to extreme conditions. For this reason we highly recommend to realize a previous appointment with your doctor for a general physical checkup. We also recommend to not being taking any medication during your climbs, but in case you have to, you must previously ask your guide for authorization to take those medications during the tour.

It is important that you have a current travel insurance including personal medical insurance, also a copy of it and a copy of your passport. Please inform us of any known medical conditions you have.