



## CUENCA CANOPY & CANYONING 2 DAYS

**Effort: Moderate**

### Accommodation: First Class Small Boutique Hotels

*Cuenca is a place of old world beauty rich in architecture, the open welcome of an artists' community, featuring the comforts of modern life. Here you find excellent gastronomy, fine handicrafts and breathtaking landscapes. No wonder why this city was declared as World Cultural Heritage Site in 1999 by UNESCO, won the first place on the World's Best Retirement Haven by International Living in 2009, and it is listed as one of the Lonely Planet's Top Ten Cities To Visit in 2010.*

*For those who love adventure there are some sites near Cuenca where you can practice your favorite sport. Canopying and Canyoning are the newest activities in the area! Join us and discover the adventure and adrenaline of southern Ecuador!*

### Activities: Canopy and Canyoning

#### TRIP HIGHLIGHTS:

- Canyoning thru rock walls and small waterfalls just 20 minutes away from Cuenca.
- Canopying in a wonderful location admiring the countryside landscapes.
- Enjoy Cuenca's rivers, cobblestone streets, beautiful squares, and all the traditions, colors and flavors of its surroundings.

#### DAY 1

### CANOPY & CITY TOUR

Our adventure begins right after you arrive to Cuenca on an early flight for Quito and check in at your hotel. We drive to Bibin, just 20 minutes away from Cuenca until we reach «Cuenca Canopy», a brand new adventure complex that offers 7 different canopy routes ranging from 3 to 105 meters high, and 85 to 350 meters long. Professional guides and equipment is provided thru this 2-3 hour program.

We return to Cuenca for lunch. In the afternoon we visit some of Cuenca's main attractions, including: Museum of Modern Art and Plaza de San Sebastian, Plaza de las Flores (Flower Market), Parque Abdon Calderon which is Cuenca's main square, located between the old and the new Cathedrals. The new cathedral is also known as Inmaculada and it is one of the biggest in Southamerica. We have the chance to learn about one of Ecuador's icons: the Panama Hat as will we visit a



local factory. Before we return to the hotel we explore some handicrafts markets to learn about Cuenca's rich variety in leather, ceramic, straw, gold & silver jewelry and much more... In the evening we return to the hotel for dinner and overnight. (L, D)

**CANYONING ROCK WALLS & WATERFALLS**



Today we head up to the east flank of Cabogana mountain, about 20 minutes away from Cuenca. We hike 40 minutes through farming fields and cloud forest until we reach the gorge of Rio Amarillo. After a safety talk and, of course, wearing our new outfit (wetsuit, helmets, and harnesses) we are ready for an unforgettable adventure! The fun begins descending through natural rock carve slides, diving into ponds, down climbing, scrambling, swimming and rappelling up to 7 different waterfalls, in the most wild and amazing setting. Two qualified guides will lead you during this 5 hour journey.

We return to Cuenca for lunch and our afternoon flight back to Quito. (B, L.)

**RECOMMENDED GEAR:**

- Trekking shoes
- Gaiters
- Water bottle or Camelback
- Backpack
- Camera
- Sunscreen

**RECOMMENDED CLOTHING**

Multi layering is the best way to go. (Materials like Nylon, Gore Tex, Polyester and synthetic fibers dry quicker).

- 3 to 5 non-cotton t-shirts
- 2 long sleeves non-cotton shirts
- Non-cotton socks
- Sun glasses
- Hat, cap, and/or buff
- Wool hat
- Shorts and swimming suit
- Long non-cotton pants (better if you can zip off legs)
- Rain Jacket, Water Poncho, or Gore Tex Jacket
- 2 to 3 non-cotton sweaters (fleece is good)
- Cotton clothing when you are not hiking

**INCLUDED:**

Accommodations in small boutique hotels; private land transportation; all mentioned meals (B=breakfast, L=lunch, D=dinner); adventure and protective equipment and professional English-speaking guide.

**NOT INCLUDED:**

Flight to/from Cuenca. National Park entrance fee; hotel & restaurant beverages, tips, or gratuities; guide tips and personal expenses.