



CUENCA ROCK CLIMBING & BIKING 2 DAYS

Effort: Moderate

Accommodation: First Class Small Boutique Hotels

Cuenca is a must-see sight while you are in Ecuador. This small city located in the southern highlands of Ecuador, 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. However, Cuenca is much more than culture... in the last few years Cuenca's surroundings have proved to have great adventure scenarios, rock climbing and biking are just two examples of what you are up to discover in the hidden south!

Activities: Rock climbing and Biking.

TRIP HIGHLIGHTS:

- Biking thru a wonderful Cultural Heritage Site crossed by 4 rivers.
- Rock climbing the best spots in Ecuador, with 30-60 meters rock walls surrounded of breathtaking landscapes.
- Enjoy Cuenca's rivers, cobblestone streets, beautiful squares, and all the tradition of this valley surrounded by mountains.

ROCK CLIMBING THE BEST SPOT IN ECUADOR

DAY 1

After an early flight to Cuenca and check in at hotel, we drive to Cojitambo, just 30 minutes away from Cuenca. This mountain was a ceremonial spot for the Cañari Culture due to its privileged and strategic location. The Cojitambo is probably the best rock climbing location in Ecuador and from its summit there is an amazing 360 degree view of the surrounding valleys. The climbing starts on the west side of Cojitambo, where you can choose one of the 10 different routes and climbing walls that range between 30-60 meters high. This climbing doesn't require any previous experience and the professional guides will assist us all the time. We return to Cuenca in the afternoon. (L, D)



BIKING THRU CUENCA: A WORLD CULTURAL HERITAGE SITE



Today we go to Cuenca’s downtown, after a safety talk we get ready to ride our bikes and explore the wonderful colonial architecture of the city, full of picturesque squares, churches and parks. Continuing the ride we discover El Paraiso Park, a nature’s sanctuary in the middle of the city. We leave the park and take the highway to San Joaquin, a small village known for its handicrafts and gastronomy. Here we will stop for a delicious Box lunch to later find our way back to Cuenca, thru some traditional neighborhoods and streets. In the afternoon we have some free time to explore Cuenca before we go to the airport to take our flight back to Quito. (B, L,)

RECOMMENDED GEAR:

- Trekking shoes
- Gaiters
- Water bottle or Camelback
- Backpack 15L – 30L
- Camera
- Sunscreen

RECOMMENDED CLOTHING

Multi layering is the best way to go (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.