

# Go Slow in Ecuador

## Naturetrek Tour Itinerary

### Outline itinerary

#### Quito Pre-extension

<b>Day -1</b>	Fly Quito
<b>Day 0/1</b>	Quito touring and Antisana

#### Main tour

<b>Day 1</b>	Fly Quito
<b>Day 2</b>	Transfer Guaycapi Lodge
<b>Day 5</b>	Transfer to Sachatamia
<b>Day 9</b>	Transfer Quito and on to UK
<b>Day 10</b>	Arrive UK

#### Amazon Extension

<b>Day 10</b>	Fly Coca; transfer Napo Wildlife Centre
<b>Day 11/13</b>	Three full days at NWC
<b>Day 14</b>	Transfer Coca; fly Quito/UK
<b>Day 15</b>	Arrive UK

### Departs

November - March

### Focus

Birds

### Grading

A – see paragraph at end of itinerary

### Dates and Prices

See website (tour code ECU20)



Giant Antpitta



Glistening-green Tanager



Long-wattled Umbrellabird



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## Introduction

Ecuador, bisected from north to south by the mighty Andes mountains and from east to west by the equator (after which the country is named), offers wonderful birding amidst magnificent scenery in one of the smallest countries in South America.

Once part of the Inca empire that stretched from Chile to Colombia, and later a Spanish colony before it gained its independence during the 19th century, this small country possesses an extraordinary range of environments. Here, in a comparatively limited area, one can travel from towering snow-capped volcanoes to oxbow lakes deep in the Amazonian rainforest, and from windswept grasslands to temperate cloud forests. It is thus not surprising that Ecuador has the



Lowland rainforest

highest bird species diversity for an area its size in South America. Over 1,600 bird species have already been recorded from this beautiful country, twice as many as in the whole of Europe. In addition to having many species that are widely distributed in South America, Ecuador has a fine selection of endemics, with many other species only shared with neighbouring areas in Colombia or northern Peru.

This tour concentrates on endemics as well as the hummingbirds, antpittas and tanagers, which are always a feature of birding tours in the subtropical Andes.

Although this new tour doesn't tick all of our 'Go Slow' boxes (for example we cannot fly direct to Quito and it is not a single-centre tour either), in other respects we are delighted to be able to offer a relaxing tour to one of the most bird-rich countries on the planet. This tour is aimed at those who wish to experience some of Ecuador's finest birding spots, all from a comfortable base and while keeping to hours that don't leave you exhausted and needing a holiday at the end of the holiday to recover!



Blue-winged Mountain Tanager

Comfortable accommodation plays a key role on our Go Slow tours. Both Guaycapi Lodge and Sachatamia Lodge are specifically designed for birdwatchers and photographers, with strategically-placed feeders that attract dozens of hummingbirds, tanagers, toucans and more. These lodges offer comfortable rooms with private bathrooms, access to electricity, internet, laundry service, and bar facilities. Meals are varied and of excellent quality, with fresh fruits and vegetables, as well as vegetarian and vegan options. Sachatamia also boasts a swimming pool.

All the reserves and birding sites included in the tour are local, family-owned initiatives, where birdwatching has become a sustainable source of income for those involved. A prime example is Refugio Paz de las Aves, where we'll search for various antpittas and the iconic Cock-of-the-rock.

The main tour covers an altitude range from 3,200 to 600m above sea level, traversing high montane forest and cloud forest, offering us the chance to see over 35 species of hummingbird, dozens of tanagers, up to five species of toucan, seven species of antpitta, three species of trogon, and many more Ecuadorian specialties.

We offer an optional two-night pre-tour cultural/birding extension in Quito and Antisana (where there is a chance of Spectacled Bear) and a post-tour four-night extension to the renowned Napo Wildlife Centre deep in the Amazon basin.

## Itinerary

*Please note that the itinerary below offers our planned programme of excursions. However, adverse weather & other local considerations can necessitate some re-ordering of the programme during the course of the tour, though this will always be done to maximise best use of the time and weather conditions available.*

### Day 1

### Fly Quito

We depart for Quito today, either with Iberia via Madrid or KLM via Amsterdam. Changing planes en route, we will arrive in Quito in the evening and transfer to a comfortable hotel in the city.

Should you prefer to travel from a regional UK airport with KLM please state your intentions upon booking. Equally, it is possible to overnight at an airport hotel in either Madrid or Amsterdam if you would like to avoid the very early flight from the UK.

### Day 2

### Quito – Guaycapi Lodge

After an early breakfast in our hotel in central Quito we will be on the road by 05.30am or so (it sounds early, but don't forget Ecuador is five hours behind GMT so you will awake and alert!). We will drive up out of Quito to Zuroloa, an area of moss-clad temperate forest 3,200m up on the slopes of Volcano Pichincha an hour and a half or so outside the city. Hummingbirds will be especially active during the early morning, and possible species include Golden-breasted and Sapphire-vented Pufflegs, Buff-winged Starfrontlet, Rainbow-bearded Thornbill, Sword-billed



Hummingbird, Shining Sunbeam, Tyrian Metaltail, Great Sapphirewing and, with a good deal of luck, the very rare and local Black-breasted Puffleg. We will also be on the lookout for mixed-species feeding flocks, full of temperate forest species such as White-throated and White-banded Tyrannulets, Superciliated Hemispingus, Rufous Wren, Pearl Treerunner, Golden-crowned Tanager, White-browed Spinetail, Black-crested Warbler, Scarlet-bellied, Black-chested and Hooded Mountain-Tanagers, and the attractive and sought-after Giant Conebill.

Descending into the cloud forest, we next bird along the famous old Tandayapa-Mindo road where we'll be looking for species such as Golden-headed Quetzal, White-capped Dipper and Blue-winged Mountain Tanager.

We will take a relaxed lunch at the Mirador Guaycapi restaurant where feeders attract a variety of hummingbirds and tanagers, including White-whiskered Hermit and Blue-necked and Bay-headed Tanagers.

We then head to Guaycapi Lodge, nestled in primary cloud forest at 2,000m above the Tandayapa Valley. After the long journey yesterday and a bird-filled morning, the mid-late afternoon will be set aside for relaxed birding around the lodge, particularly from the stunning verandah.

We have three nights in this beautiful setting, and we aim to arrive with plenty of time to settle in before dinner.



## Day 3

## Guaycapi Lodge

Our day begins with some optional pre-breakfast birding around the lodge where moths drawn in by overnight lighting provide breakfast for species such as Strong-billed Woodcreeper, Streak-capped Treehunter and Golden-bellied Flycatcher. Next, it's time for our own breakfast on the stunning balcony overlooking the valley.

This morning, we will concentrate on birding around the upper Tandayapa valley at the nearby Chocó Bird Reserve, one of several local family/community projects that have sprung up in recent years. Feeders and pleasant mixed forest here are good for Beryl-spangled, Metallic-green and other tanagers, plus the Chocó endemic Gorgeted Sunangel, a beautiful little hummingbird.

Next, we visit Bellavista Cloud Forest Reserve which was one of the first eco-lodges in the area, built in the mid-1990s. At the upper reaches of the valley, trees are heavily laden with bromeliads and other epiphytes, and cloud and mist are common. Here is the realm of stunners such as Plate-billed Mountain-Toucan, Grass-green Tanager and Green-and-black Fruiteater, as well as Collared Inca, Gorgeted Sunangel, Streaked Tuftedcheek, Turquoise Jay, and a colourful selection of tanagers such as Golden, Flame-faced, Golden-naped and Blue-winged Mountain Tanagers. Against this backdrop we will enjoy a relaxed lunch at the lodge.



Plate-billed Mountain Toucan

After lunch, we will call in for more relaxed birding at Alambi Reserve, one of South America's premier hummingbird sites. Over 15 species, including Booted Racket-tail and Green-crowned Brilliant, may be observed at the feeders.

This is an easy but bird-filled day, with minimal walking and lots of photo opportunities. We head back to Guaycapi Lodge for relaxation time before dinner.



Guaycapi Lodge



Guaycapi Lodge

## Day 4

## Refugio Paz de las Aves

Ángel Paz, a resident of Nanegalito, a small town near Mindo, once had other plans for his beautiful reserve in the forest-clad hills of north-west Ecuador, including agriculture, pasture and the extraction of valuable hardwoods. Having talked to neighbours involved in ecotourism, Ángel came to realize that his land might have an even greater value and a sustainable future. He first allowed visitors onto his land to see a small Cock-of-the-rock lek. He soon discovered that visitors were interested in other birds, and embarked on a quest that nobody else had ever thought possible: to earn the confidence of these secretive, almost mythical birds, luring them out of their shadowy haunts with food and gentle whistling, so that birders could enjoy them in all their splendour. It took time, effort and patience, and after several months of hard effort with not a day missed, he had three of Ecuador's most coveted antpittas coming in for their morning breakfast of fat earthworms: Giant, Moustached and Yellow-breasted. To put this feat into context, Giant Antpitta

was only rediscovered in the early '90s after decades of being essentially 'lost' to science. With no record of its voice (even less was known of Moustached) a few old specimens from Colombia were the only clue to its existence. Yellow-breasted, meanwhile, was only recorded in Ecuador in the 1980s!

We have a very early start at 4.30am for a short drive to reach El Refugio de las Aves, where Angel has developed one of the most impressive examples of set-piece birding anywhere in the world. First, we hope to see Andean Cock-of-the-rock at a hide adjacent to a small lek. Next, we hope to see the three antpitta species mentioned above, plus Chestnut-crowned and Oche-breasted.

As the morning unfolds, walks along the trails (nothing strenuous) may reveal Golden-headed Quetzal, Olivaceous Piha, Toucan Barbet and Black-chinned Mountain Tanager. After this we will walk back to the entrance to enjoy a sumptuous brunch (including a typical Ecuadorian empanada) and coffee. Further time will then be spent in and around the reserve in search of such species as Scaled and Orange-breasted Fruiteaters, colourful tanagers and various species of hummingbirds around the property.



Andean Cock-of-the-rock

After an early start, we'll have a relaxing afternoon around Guaycapi Lodge, birding from the verandah and enjoying maybe a siesta and photography/a short walk around the lodge.

In order to make the most of this morning, you will need to be comfortable walking up to 2km at a reasonable pace on very undulating terrain.

## Day 5

## Guayacapi – Mashpi – Sachatamia Lodge

After three nights at Guaycapi, we descend to lower elevations today with an early morning 1½ hour drive to Amagusa Reserve (1,400 m), a hotspot for Chocó endemics such as Moss-backed Tanager, Rose-faced Parrot, Black Solitaire, Brown Inca and Violet-tailed Sylph. Tooth-billed Hummingbird is a rarity, which has started to appear here with some regularity. This is another very straightforward outing, with productive feeders located a very short distance from the car park. Seats are provided and it is a great site for photographers.



Moss-backed Tanager



Next up is Recanto Mashpi Wuasi where, at a delightful private house and terrace, we'll have a box lunch in peace and quiet, and look for Black-chinned Mountain Tanager, and Flame-rumped and Glittering-green Tanagers. The enigmatic Tayra (a large, elusive member of the weasel family) sometimes comes out into the open here to snatch a banana, as does Mountain Coati, so it pays to be alert.

In the afternoon we have a two-hour drive to Sachatamia Lodge (1,700m), nestled in the cloud forest above Mindo. This beautiful lodge offers excellent access to lower-elevation birding spots, along with comfortable amenities. The rest of the afternoon can be spent settling into our cabins, and enjoying the birds and mammals in the garden (agoutis are regular here).



## Day 6

## Mindo

The plan for today is to enjoy the surroundings of the lodge, not venturing too far away, and enjoying all the birds Sachatamia and Mindo have to offer. We begin this morning in Sachatamia's grounds where the overnight lighting draws in insects, which are irresistible to Rufous Motmot, Plain-brown Woodcreeper, Ornate Flycatcher, Masked Trogon and many others. After breakfast at the lodge, we search along the Mindo road for Chocó Toucan, Purple-throated Woodstar, Golden-olive Woodpecker and other species we have not yet seen.

Later, we visit the mixed habitat around the village of Mindo, where we may find birds such as Bronze-winged Parrot, Common Tody-Flycatcher, Masked Water Tyrant and others. Lunch will be back at Sachatamia and, after a rest this afternoon, we will head out again in the early evening to an Olinguito stake-out in the village, supporting another family-run eco-project. Dinner will be served back at Sachatamia.



## Day 7

## Milpe

Our focus today is the Milpe Bird Sanctuary a little further west and down the western Andean slope (but still within the area that the FCDO considers safe for travellers to visit). Milpe, at 1,100m altitude, is a birder's paradise, with many Chocó endemic species and well-kept trails. Club-winged and Golden Manakin are star birds here (the song and dance of the Club-winged, if we are lucky enough to see them lekking, is a sight to behold), as well as the elusive and endangered Long-wattled Umbrellabird. Milpe is the best site for the endemic Chocó Toucan, as well as Pale-mandibled Aracari, Chestnut-mandibled Toucan and an assortment of tanager species. We will probably spend the whole morning here, plus lunch, before returning to Sachatamia, where, for anybody wishing to continue birding, we can walk one of the lodge trails before dinner.

## Day 8

## Sachatamia

We start early to visit a Long-wattled Umbrellabird lek, where males display for females: an unforgettable experience. We will enjoy a breakfast in the field while birding for species such as Double-toothed Kite, White-thighed Swallow, and Buff-rumped Warbler.

After lunch and a short rest back at the lodge, we visit the Punto Ornitológico Mindo, a private bird sanctuary where we may see

Sunbittern, Collared Trogon, Ringed Kingfisher, and even Common Potoo. We spend a final night at Sachatamia.



## Day 9

## Sachatamia – Quito

After breakfast, we begin our journey back to Quito. En route, we make a stop at Maraksacha, a transitional zone between the cloud forest and inter-Andean valleys. Species here include Golden Grosbeak, White-bellied Woodstar, Turquoise Jay and Red-crested Cotinga.

We arrive at Quito International Airport where we check in for our flights back to Europe.

## Day 10

## UK

We are due to arrive back in the UK mid-afternoon



## PRE-TOUR QUITO HISTORY AND CULTURE EXTENSION + ANTISANA

### Day -1

### Fly Quito

Depart for Quito with Iberia or KLM via Madrid or Amsterdam. Transfer to a comfortable, central hotel, where dinner is included.

### Day 0

### Quito

Awaken to a sumptuous hotel breakfast and then an organised, private tour of old colonial Quito. You'll be wide awake early in the morning as Ecuador is five hours behind GMT.

Quito is probably the most attractive of all the colonial capitals of South America. The city is located in a hollow at the foot of the volcano Pichincha. On a clear day, Andean peaks tower around and the sun is bright and strong. The climate is delightful: the name means "Eternal Spring" in the ancient language of Quechua. Standing at 2,850m, Quito is the second-highest capital city in the world. It is a small capital by South American standards, and it is easy to wander around the streets of the colonial city without getting hopelessly lost, or put off by the distances involved. Old Town Quito, a UNESCO World Heritage Site, offers a rich tapestry of colonial architecture, historical landmarks, and cultural experiences, and is well worth visiting.

Your knowledgeable bilingual guide will take you to a selection of the following sites.

- **Plaza Grande (Independence Square):** The heart of Old Town, it's home to the Cathedral Metropolitana, the Presidential Palace (Carondelet Palace), and City Hall.
- **San Francisco Church and Convent:** A grand, white-facaded church and monastery, considered a highlight of the area.
- **Church of the Society of Jesus:** A stunning baroque church with intricate architecture.
- **Arco de la Reina (Queen's Arch):** A charming archway leading to the Plaza Grande.
- **Catedral Metropolitana de Quito (Metropolitan Cathedral of Quito):** A beautiful cathedral in the Plaza Grande.
- **Basílica del Voto Nacional:** A neo-Gothic basilica offering panoramic views of the city.
- **El Panecillo:** A hill offering stunning views of the city and surrounding landscapes.
- **La Ronda:** A historic street with charming shops, restaurants, and bars.
- **Centro Cultural Metropolitano (Metropolitan Cultural Center):** A historic building hosting cultural events and exhibitions.

In the afternoon, you will be free to perhaps explore the Quito botanical garden, which is within walking distance of the hotel. Dinner is again included.

## Day 1

## Antisana

Leaving Quito after an early breakfast, we drive along the Pan-American Highway, aptly named the "Avenue of Volcanoes", and up to the high slopes of Antisana. Permanently adorned with snow, Antisana is one of the highest active volcanos in the world at just under 5,753m. The scenery is most impressive, with the mighty



Chimborazo, higher but dormant, visible to the south. We will drive up into the park to look for the varied birdlife (including thrushes, hummingbirds, seedeaters, hopefully one or two Andean Condors, and perhaps even a Spectacled Bear). Lunch is taken at a charming mountain inn called Tambo Condor (from where it is possible to see condors, with luck) before returning to Quito in the mid-afternoon, where you will rendezvous with the freshly-arrived group in the evening, when dinner is again included. There is very little walking involved today, but a period of time will be spent at close to 4,000m, so staying well hydrated is important (we provide bottled water).



## POST-TOUR EXTENSION TO NAPO WILDLIFE CENTRE

### Day 9

### Quito

The extension contingent overnight in Quito at the end of the main tour.

### Day 10

### Quito – Napo Wildlife Centre

An early departure from our hotel and a drive to the airport this morning for a short 35 minute flight over the Andes (a window seat on the right hand side can offer great views of the summit of Cayambe volcano (5,790m) if the weather is clear) to the port town of Coca, properly named Puerto Francisco de Orellana, after the discoverer of the Ecuadorian Amazon. The air will be warm and more humid and we will be taken down to the river where we board a covered motorised canoe for the 2½ hour, 80km journey downstream to Napo Wildlife Centre (NWC). The River Napo is Ecuador's principal Amazonian tributary and at this point is about a third of a mile wide. Its waters are sediment-rich, and during the dry season huge sandy beaches are exposed. We will look for various herons, kingfishers and birds of prey as we continue downstream.

Upon arrival at the NWC Reserve, we switch to smaller, dugout canoes which our local guides paddle up the black water creek to the lake and lodge (no motorised transport is permitted on the creek or lake, so as not to disturb wildlife). This paddle can take anything from one to three hours, depending on what we see en route: Giant Otters, potoos, kingfishers, Hoatzins, jacamars, hawks and monkeys are all possibilities. We will eat lunch en route and arrive at the lodge by late afternoon.



Napo Wildlife Centre, or NWC, is a comfortable rainforest lodge within the Yasuní National Park, a UNESCO Biosphere Reserve and the largest, best-conserved and most diverse tract of Amazon rainforest in Ecuador. Built on the shore of tranquil Añagu Lake, NWC is a conservation project which supports a unique 22,000ha private nature reserve within the park, an ancestral territory of the Añangu community which co-owns the centre. Wildlife viewing possibilities abound in the vicinity of the lodge, with amazing parrot and mammal clay licks, active lake wildlife headlined by the resident family of Giant River Otters, stunning endemic monkeys and a huge list of over 565 bird species. The lodge also boasts two solid canopy towers which transport us into the rainforest canopy at dawn, to witness colourful tanagers and other species which are difficult to see from the rainforest floor.



## Days 11-13

## Napo Wildlife Centre

We have three full days to explore this fabulous habitat. Depending on our party size, we will either keep together or divide into sub-groups, and be assigned a native Añangu guide, who doubles up as an official Yasuní Park Ranger. All of the local guides at NWC are mines of information on the forest's medicinal plants and other useful items to be found in the rainforest.

We will be sure to take advantage of the peaks of animal and bird activity, together with prevailing weather conditions, with early morning excursions scheduled for dawn. After a break for lunch and a siesta, further outings will take place in the afternoon and evening and, for those who want to, after dark, when the forest really does come alive and when an overwhelming concert of natural sounds floods the air!

### Parrot clay licks

Among the highlights of a stay at NWC is an early morning excursion to two of Ecuador's most accessible parrot clay licks. These are part of the reserve and lodge territory, which has in total a dozen clay licks, some of which are only used seasonally. The clay licks are located near the banks of the River Napo and can be reached by following the Giant Otter creek downstream by dugout canoe. The Napo Wildlife Centre, in conjunction with the local community, has constructed sturdy and comfortable hides beside each parrot lick in order to provide visitors with the best viewing, and high-quality photo/video opportunities.



Activity kicks off at the main lick between 7.00am and 8.00am, and at the second lick after midday. Species include Mealy, Blue-headed, Yellow-crowned, Orange-winged and Orange-cheeked Parrots, Cobalt-winged, Dusky-headed, Maroon-tailed and White-eyed Parakeets, along with occasional rarities like Scarlet-shouldered Parrotlet and Scarlet Macaw. In ideal weather conditions (dry and sunny), at least 800 birds of different species can be spotted, while on rainy days only a couple of dozen birds might be present. One possibility could be a full-day excursion visiting both hides, equipped with a tasty freshly made packed lunch; alternatively, we might make a half-day visit to the main lick and return for a sit-down lunch at the lodge. One thing's for sure: we won't want to miss out on this superb natural event full of unique sounds and brightly-coloured plumages!



## Dining Room Tower

There is a 19m observation tower on top of a small hill in the vicinity of the lodge. This protrudes sufficiently from the surrounding foliage to give great views of the lake and lodge. Nearby, the active resident birds can be seen nesting and feeding within the lodge grounds, while a family group of the rare and enchanting Golden-mantled Tamarin monkey often forages close by.

## Main Canopy Tower



Monk Saki

This magnificent structure, half an hour's walk from the lodge and almost 40m tall, stands adjacent to a giant Kapok tree where an ample platform provides space for guests and their cameras, telescopes, tripods and other gear. A dawn ascent is a must during our stay at NWC; the birding is outstanding and, for the mammal enthusiasts, we will keep an eye out for troops of Red Howler Monkey, White-fronted Capuchins, Monk Sakis or Black Spider Monkeys in the

surrounding forest. On a clear day, views stretch to the high Andes and Volcanoes Sumaco, Antisana and Cayambe (the latter two are snow-capped). Gazing up at the 5,500m+ Andean peaks while standing in humid lowland forest is an uplifting and awe-inspiring experience!

Active feeding bird flocks of mixed passerines forage in the vicinity of 'our' tree. With fruiting trees in the area, red letter days can provide single morning lists of over 100 species, without moving more than a couple of steps! Possibilities are endless: toucans, macaws, colourful tanagers, raptors, flycatchers, or maybe a quiet and lichen-covered Three-toed Sloth.

## Lake & creeks

NWC has a large lake with two streams, which can be quietly and easily explored while sitting on a dugout canoe paddled by our expert guides and staff, eager to spot and show you wildlife. A quiet paddle down one of the streams is an ideal way to locate troops of other species of monkeys, including Squirrel Monkey, Saddle-backed Tamarin and White-fronted Capuchin. Rarer species, or those found only on the south side of the Napo, include Monk Saki, Spider, Woolly and Golden-mantled Tamarin Monkeys. NWC is home to a total of eleven species of monkey, and you can hope to see the majority of these during your stay.



White-fronted Capuchin

All four species of Ecuadorean caiman are found at NWC. The main lake provides a home for Black Caiman, the largest of the four. Largely nocturnal, these animals can best be seen during night-time canoe rides, when torch light is reflected by their eyes.

The creeks also present a good chance of tracking down the resident family of Giant River Otters. It is impossible to say what might be hiding around the next meander: a magnificent Anaconda in an area of flooded forest, or perhaps a White-lipped Peccary (wild pig) taking a drink, or possibly a serene Three-toed Sloth.

### Forest trails & hikes



Visits to a variety of forest ecosystems are made possible by different trails branching out from the lodge. The forest does not reveal its secrets easily, but by careful exploration we will see bizarre and well-camouflaged insects. Monkeys, lizards, tortoises, frogs, army and leafcutter ants will all be appreciated, in addition to an array of birds. It is here in the *terra firma* forest that bird diversity is highest. This is also some of the most challenging birding on the planet! Many of the antbirds and furnarids (ovenbirds) are cryptically coloured and shy. We will need all the expertise of our local guides to recognise them by their calls, and to see them. Should we happen to encounter an ant swarm, we will see many of the attendant specialist antbirds, which can be a mind-boggling experience!

The largest and most exciting Neotropical mammals such as Jaguar, Puma, Brazilian Tapir, Giant Anteater and Giant Armadillo have all been recorded in this area, although we are extremely unlikely to see them as they are rare, naturally shy and/or nocturnal. Nonetheless, night walks are possible at NWC, and can lead to unexpected highlights!

### Day 14

### Quito and home

One final walk along the boardwalk through the flooded palm forest will bring us back out to the River Napo for our journey upstream to Coca. If the weather is clear, the Andes will gradually loom into view, with the isolated volcanic peak of Sumaco (3990m and dormant) to the north of our route. From Coca, we board a flight back to Quito where we'll be picked up and taken for a change of clothes and refreshments, before checking in for our international flight home.

### Day 15

### UK

You can expect to arrive back in the UK in the late afternoon.



## Tour Grading & Focus

Grade A. This being a Go Slow holiday, this will not be a difficult or strenuous tour and there will only be limited amounts of easy walking (up to 2-3 miles a day maximum, and often less). There will be a series of early starts (occasionally as early as 4.00am), but these will be mostly compensated for by plenty of relaxation time around our lodges in the afternoons.

This is a birdwatching holiday with only occasional passing references to plants, insects, herps and other taxa. Any mammals seen will be very much enjoyed.

Opportunities for photography will be plentiful.

## Food & accommodation included in the price

All accommodation and meals are included from dinner on day 1 to lunch on day 9, as well as drinking water. We encourage you to bring a refillable water bottle.

On the pre-tour cultural extension, breakfast, lunch and dinner are all included.

All meals are included on the Napo extension.

## Extra expenses

Please note that we do not include the following in the cost of this holiday: all items of a more personal nature such as alcoholic drinks, laundry, tips and souvenirs.

## How to book your place

In order to book your place on this holiday, please give us a call on 01962 733051 with a credit or debit card, book online at [www.naturetrek.co.uk](http://www.naturetrek.co.uk), or alternatively complete and post the booking form at the back of our main Naturetrek brochure, together with a deposit of 20% of the holiday cost plus any room supplements if required. If you do not have a copy of the brochure, please call us on 01962 733051 or request one via our website. Please stipulate any special requirements, for example extension requests or connecting/regional flights, at the time of booking.

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