



CHALLENGE AND ADVENTURE ADRENALINE



EXTREME SPORTS

The extreme sport is given by the media to activities involving endangered name.

They often include speed, height or physical effort. These activities may be in the form of exciting stunts. When an athlete is at some risk in carrying out that activity, he / she is said to be playing an extreme sport. Many of extreme sports arouse excitement and serve as a spectacle for many sports lovers.

Extreme sports continue to attract young people of modern times. Young people often enjoy participating in extreme sports events and most of us take great interest in watching people perform feats associated with adventure sports. Let's see how evolved extreme sports.

Studies say that extreme sports evolved as a reaction to life increasingly confident.

As everyday life without risk, the common man feels the need to experience the thrill in taking risks. Another reason for the increasing popularity of extreme sports is modern technology.

Technological advances have led to safety devices and sports teams that perform various sports, a pleasurable activity.

The global spread of extreme sports is attributed to the media. TV and movies have been responsible for obtaining broad participation in extreme sports.

People take part in exciting sports advertising. They have the opportunity to appear on television programs participating in extreme sports games.





Adventure sports and outdoor activities are a key attraction for many visitors to Ecuador. The wide range of beautiful scenery in this compact country offer opportunities for active adventures from hiking and mountaineering to diving and kayaking. Some of the outdoor activities, require long, difficult hiking in the desert, other adventure sports can be just a short trip from the city. You can climb a volcano a day of snow covered and snorkeling on the beach the next. (Note: do not try this the other way around - I need to acclimate to the altitude before climbing the highest peaks). Ecuador is a developing country and tour operators for extreme sports are not as regulated as might be accustomed to at home. For any sport adventure tour, check that your guide is qualified and make sure that before leaving the guide speaks enough English, or speak enough Spanish to communicate effectively in an emergency. Asked about first aid kits and weather forecasts - a guide responsible adventure sports should have the answers. Do some research and ask around to get recommendations from experienced divers, climbers,

hikers kayakers, or what is their sport.





MOUNTAIN BIKE

TOUR 3 DAYS COTOPAXI, QUILOTOA, CHIMBORAZO

DAY 1 COTOPAXI-QUILOTOA

Longitude: 85 km

Maximum Altitude: 4500 meters

Low Altitude: 2400 meters

We left at seven o'clock in Quito. After a short trip by jeep by the Panamericana, we arrived at the main entrance of the National Park.

After a few happy moments "Kodak" stopped briefly at the Museum Park will give us a global view of its fauna and flora and also some geology and history, for the most interested.

Jeep climbs up to 4500 meters high, which is the highest point of the day. In this natural watchtower we lose his breath, not only for the same height, but by the spectacle that has: eight different Andean peaks.

After a brief safety talk, bicycles and protective equipment are delivered. Only then we are ready to begin our adventure at the

highest active volcano on the planet.

Begins downhill biking. With the first eight kilometers descend 700 meters, which helps to catch his breath. It ciclear to 3800 meters high and the Cotopaxi as a silent witness of our adventure is an unforgettable experience. The terrain varies from dirt, rocks and remnants of the past eruptions volcano.

Below we find the moorland and its wild flora.

A 3800 gravity, no longer necessary help and pedaling tirelessly to advance eight additional kilometers.



At 3700 meters, on the slopes of the Cotopaxi in the Salitre area are located remains of an Inca Pucara. This magnificent environment is conducive to sip ginger tea, true



"back to life". The lunch is nutritious and includes quiche and our famous brownies.

Normally curious wild horses with us. And occasionally a condor flies majestically around us.

We continue towards the Limpiopungo lake located at 3800 meters. From here we start the last stretch of the bike ride down to the Panamericana where the tour ends cycling. We load the bikes on the grid and continue south-west.

We enter the Western Cordillera to reach our shelter for the night at the edge of the crater of the volcano Quilotoa (L)



DAY 2 QUILOTOA

After a night's rest and a nutritious breakfast, we started the day with a walk to the lake. Quilotoa with its clear waters and jade color attracts tourists and invites him to touch him.

The more daring can even take a dip in the icy waters. The walk downhill takes no more than thirty minutes. The rise requires more effort and twice as long. Aboriginal happily offer us the possibility to make life easier for 2 dollars and lend their donkey and take it to the top without much effort.

Then rode our steel horse and start the descent to Zumbahua. Many years ago an earthquake devastated the area. The land was transfigured corrugated formations that resemble landscapes more extra-terrestrial



The picnic lunch is served along the way and gives us the opportunity to mingle with the natives of the area and admire its artistic potential. Both in the musical field and in the Naif paintings that has made them famous beyond our borders.



Finished the lunch there is a short thirty minute trip by jeep to reach the highest pass at 4200 m. Again we exchanged the jeep bikes and downhill biking starts with a remote road and culebrero to reach the city of Latacunga, located 2400 meters above the sea level.

Then in our support vehicle to Riobamba.



DAY 3. CHIMBORAZO - QUITO

Today we begin the day admiring the majestic Chimborazo.

With 6310 meters of altitude, Chimborazo is the highest mountain in Ecuador. For many years, he was considered the highest mountain in the world and many debate whether as measured from the center of the Earth is indeed the case.

Chimborazo was visited by Alexander von Humboldt and

climbers from around the Planet travel thousands of kilometers to enjoy it. We have only a few kilometers away!

From the entrance to climb Chimborazo National Park by jeep to the first refuge at 4800 meters. We stop on the pretext of seeing the landscape. The truth is that the air is too light and oxygen, there does not come pouring into the lungs.

The boldest, gathering strength, can walk up to 5000 meters. We seek some shelter in Whimper Refuge at 5000 meters.



The magnificence of the Colossus of the Andes, the peace and quiet that our ears are not used urbanites add to spectacular scenery. The surrounding volcanoes seen from above

(And not always from the human perspective) they are an



unforgettable experience. We descend to our starting point, where we expect our steel horses.

But, hey! The adventure is just beginning! From the highest refuge in the world all downhill!

First, we descend on foot to the first refuge and from there to the picturesque village of San Juan at 2800 meters.

The bike ride (which can reach 50 kilometers) is almost entirely downhill until you reach Ambato, through magnificent scenery of the Andean highlands.

The picnic lunch is served along the way and gives us the opportunity to mingle with the natives of the area and identify their hard lifestyle.

Return by jeep to Quito (D, L)

This concludes our journey.





MOTORCYCLE

This tour is for people who love adrenaline and adventure in Ecuador. The participant must know how to drive motorcycles. We offer beginner to expert routes. With the many challenging off-road terrain trips, half or 1 day around quickly. Depending on the route you will experience goat trails, gravel and cobblestone roads in the valleys, sandbanks and river crossings, muddy trails, suspension bridges and even a deep gorge in diameter.

Participants experience not only the power and speed of the motorcycle, but get to know the incredible scenery and past views of our country and its varied nature of high mountain vegetation lush tropical flora.

The tour includes English speaking guide, bike Honda CRF 230 - XR400 - XR650 or similar protection equipment, gasoline, snack or lunch depending on the destination.

Before any trip your guide will provide information on bike safety standards generally how they behave in traffic and what they

expect on the trip, duration and degree of difficulty.





Definitely an unforgettable adventure.

CANYONING

This sport is falling waterfalls with ropes activity that lets you feel the waterfall on your face and body with the pleasant feeling that produces feel the water flowing in front of you, you do not need experience or physical condition to make the most of this adventure just minutes from Baños.



DESCRIPTION:

Like the rafting provide them the necessary equipment for this activity will travel for 15 minutes to get to the waterfall Chamana to start the Canyoning (waterfall descent).



First descends a waterfall of 15 meters, then we continue to a cascade of 20 meters and finally an impressive waterfall of 45 meters, we can also enjoy a natural slide by which we can always come down with instruction and accompanied by a guide.

Eventually all will return to Baños. No experience needed. Also, they can make children because we have special equipment for them.





BUNGEE JUMPING

We do it with ropes that are attached to one side of the bridge and involves jumping from the other end of it falling a few seconds in freefall and then type swing movements.

DESCRIPTION:

This activity is conducted on the bridges of San Francisco in front of the bus station in Rio Blanco and 5 minutes from Bath, road to Puyo.

After the talk of the guide that is very important for your safety and enjoyment, and secured with an integral harness and ropes designed and certified by international standards for this jump off the activity vacuum in a free fall and then type movements sticking swing suspended the air.





CANOPY

It is an adventure activity that lasts about 1H20m`. At first the necessary equipment is provided and will give appropriate instructions, preparations for this guide activity accompany us on the path of different cables that enjoy the forest and live the emotions of this adventure with different options for those who want more adrenaline this is the superman, butterfly, bat, kangaroo all in direct contact with nature observation orchids, bromeliads and many more plants.

Tour of 3,500 meters, in 10 different cables. The tour guides trained around the circuit. National and international certificates. About an hour and a half.

In our large area of land that we have nine reinforced steel cables for this activity lines. In the canopy, we walked about 20 hectares of land, which crossed the mountains, trees and even swimming pools.

The activity is slipping from one point to another by means of horizontal cables with complete safety equipment.

This team has expert guides in these activities, as well as harnesses, Carabiners and pulleys that provide the necessary security throughout the tour.

They all have the presence and help of expert guides who will make your unique and fun experience. Equipment and transportation are included in the activities.





SKYDIVING

The flight may last a few minutes, but the feeling of feeling like a free bird, dominate the air, to move heaven and experience of freedom, can last a lifetime. This experience is achieved with the practice of parachuting in Ecuador that offers few places to do so.

For its logistics, cost and nature of the sport that requires a plane do, their practice is not very common. No instant Ecuador has some skydiving clubs on the coast and the mountains, where the dream of flying through the air and descend to earth in a perfect mastery of the possible aerospace industry.

Skydiving is the technique of launching humans from a height using a parachute to cushion the impact, which can be done from any aircraft as an airplane, helicopter, balloon or fixed objects such as mountains, buildings, bridges and antennas.

In some cases, the parachute opens immediately after leaving the aircraft or a fixed object and in other cases a controlled free fall before performing manual or

power opening is made depending on the case.

In Ecuador there are skydiving clubs and schools on the coast and in the mountains.





SURFING

Ecuador has great beaches and is a must-see in the surfing world. What's better than joining the sun, the crest of a wave and catchy music to bring this adventure sport at a high level.

The route Surf Ecuador born as a complement of the Ruta del Spondylus comprising more than 560 kilometers of beaches on the Ecuadorian coast, and also adds specific locations to practice in Galapagos (on the island of San Cristobal and the island of Santa Cross).

1. **Mompiche** - Located at the southern tip of the province of Esmeraldas, this bay is ideal for beginners and professionals, and has one of the best surfing in Ecuador. It is not a secret that has been protected by great surfers and experienced travelers, Mompiche is possibly the best place to stay. The swell direction is north-northwest and ranges from 1 m. - 4 m. High +, and the bottom is sand and rocks. The city is charming, although sometimes surfing areas are filled during peak season from July to December. To reach

Mompiche should take a local bus south of Atacames or Esmeraldas, the trip takes about an hour and a half.



2. **Montañita** - Undoubtedly the most famous surf spot Ecuador. This beach has hosted several international surf competitions and has places for world class tears. Surfing competitions held on this beach have become one of the most famous sites in Ecuador. Any surf trip to Ecuador would not be complete without visiting this city for a few days. For those interested in learning to surf, there are several surf schools that offer daily classes. The swell direction is north-northwest with a depth of medium to large, and the bottom is rocky. It is located in the province of Santa Elena, and can be reached by taking a bus from the bus terminal in Guayaquil, the trip takes four hours. Motañita is undoubtedly the



most famous surf spot Ecuador ...



tubular waves, and rocky reef background.



3. San Cristobal and Santa Cruz (Galapagos) - in addition to being a geographical and ecological wonder, the Galapagos Islands also have some excellent spots for surfing, especially on the islands of San Cristobal and Santa Cruz. The radio range can be easy or difficult, and you will have the pleasure of being accompanied by turtles, boobies, iguanas and a lot of other exotic wild animals while surfing.



Some of the most popular spots are Tortuga Bay (Santa Cruz), with a wave to the south, medium and large size, and a sandy bottom, is also Loberia (San Cristobal), with waves north, west and south,





RAFTING

Rafting Bathrooms and Ecuador; It is to speak of rivers and volcanoes that originate in the Andean region and reach the coast and the Amazon, the variety of the rivers that has Ecuador is one of the largest in the world that makes different sport levels for beginners and experts.

This sport is practiced worldwide with international values and expert guides qualified by the Ministry of Tourism of Ecuador.

We before starting equip us with life jackets, helmets, paddles and after a safety briefing where practiced with each crew the different commands to navigate downstream, once in the river, and then wait for the action and excitement of whitewater, to enjoy the scenery, forests, mountains and forests of humid rainforest of different temperatures with rivers of Ecuador.

If you like adventure and strong emotions surrounded by dazzling vegetation that gives us the entrance to the Amazon, we recommend this sport rafting in Ecuador, which has been reduced

in the warm waters, crossing the rapids that gives us the mighty river Pastaza.

No experience is necessary for this sport, because working with children eight years and we have a special team for the preparation of your holiday. For the family from the smallest they can also make this adventure without risk.





DIVING

Ecuador has two principal areas for diving: Around the Galapagos Islands and at various dive sites in the waters of Machalilla National Park, particularly Isla de la Plata, which is like a mini-Galapagos. In both areas there are many dive spots. With such a diverse marine bio-system and nearly 4000.000 hectares of aquatic preserves, scuba diving in Ecuador is spectacular. Even experienced divers will confirm there is always something new and unique to behold in Ecuador waters.



SCUBA DIVING IN THE GALAPAGOS ISLAND

Because its unique marine bio-diversity, Galapagos ranks as one of the tops 20 diving destinations in the world. There are also many fantastic dive sites in the Galapagos,

they really deserve a complete web side of their own. While the waters are not as clear as some of world's the most popular destination, the sheer variety and density of sharks, manta rays and aquatic birds, mammals and reptiles, you can see in the water, makes any diving experience in the Galapagos quite unforgettable.

There are two ways to go scuba diving in the Galapagos: Live on board cruise, which take you around the islands in a wide range of different sites typically for a 7 day trip; Alternatively you can take daily dives to one or two sites per day. For serious divers, the best options a live-on-board dive cruise which will set you back 3000-5000 depending on the package and itinerary.





Only the cruises can get a license to dive at Wolf and Darwin, which are two of the best sites in the Galapago. Here you'll get to dive with enormous Manta Rays, Hammerhead sharks, Green turtles and hundreds other species, and at wolf you can experience several cave dives.

Santa Cruz islands are the most popular starting point for diving trips, but there are also dive centers, on San Cristobal and Isla Isabela which offer day trips to the popular dive sites around Isabela included: Tagus, Cove, Vicent Roca Point, Cuatro Hermanos Rock, Union Rock, Roca Redonda, La Viuda Tortuga Island, West Tortuga Island, and Cape Marshall.



SCUBA DIVING IN AND AROUND MACHALILLA NATIONAL PARK

There are about 20 dive sites in the waters surrounding Machalilla National Park, suitable for different levels of diving experience. June thru October is generally best for diving in this area. The dive sites include Playa Los Frailes, isla Salango and the most popular of all, Isla de la plata and most popular of all, Isla de la Plata (Silver island)

