

TRAVEL PLANNER

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A map and technical information to promote Ecuador as an Adventure destination is available. It contains information on routes, activities and active tourism destinations in the four worlds.

BE^{an}XPRT

EXPERTS IN **A**DVENTURE SPORTS

📍 El Acantilado - Riobamba
📷 Pictures: toposecuador.com

www.allyouneedisecuador.travel/trade

ECUADOR

Destination for Adventure

For additional information visit the Ministry of Tourism's blog:
ecuador.travel/blog/category/Adventure/
To download complete guides for each sport please visit:
ecuador.travel/es/downloads

INFO

SITES OF INTEREST



In the country of diversity, Adventure sports do not fall behind. Each of the four worlds that make up Ecuador (Coast, Andes, Amazon Region and Galápagos) have a special way of generating an adrenaline rush whether it is through rock climbing, kayaking at great speed down rushing rivers that descend to the jungles, surfing on the waves of the Coast, and diving in the Galápagos, there is an ideal activity for each Adventurer. All of these experiences can be enjoyed almost at the same time, since Ecuador combines thousands of fascinating scenarios in a small geographic space. Below are eight types of Adventure sports that can be enjoyed in Ecuador, along with insights on some of the most spectacular sites and key recommendations.



ZIP LINE



PARAGLIDING



ROCK CLIMBING



BICYCLING



TREKKING



RAFTING



DIVING



SURF



FOUR WORLDS: infinite possibilities





ZIP LINE

Favorite places to practice: Mindo - Baños - Bucay - Azuay



TIPS

ALL YOU NEED TO KNOW

For the suggested destinations above, we recommend getting in contact with authorized operators that generally provide the equipment, guides and transportation to carry out these activities in a safe and duly planned manner.

Soar like a bird through the forest treetops. Zip lining is perfect for admiring the beautiful cliffs, impressive canyons or the snaking movement of rivers. There are thousands of cable meters available in Ecuador to experience various unique scenarios.

Bucay.- This is the location where the Coast and Andes meet, in the province of Guayas. This site allows us to admire the beauty of the cloud forest.

Through this activity it is possible to enjoy views of its ample rivers and native vegetation.
Difficulty: Medium. Season: Year-round.

Mindo.- This village, located in the cloud forest close to Quito, offers different options for enjoying zip lining activities, with cable lengths varying from 20 to 400 m.
Difficulty: Medium. Season: Year-round.

Baños.- Hang above the montane forest, full of rivers and cascades, in this door into the Amazon Region. Baños is a key destination for the Adventure lovers. Different circuits are available with different degrees of difficulty.
Difficulty: Medium. Season: Year-round.



📍 Crucita Beach / Manabí
 📷 Picture: ABORDO

PARAGLIDING

Fly over these beautiful landscapes: Yahuarcocha - Pululahua - Crucita - Cerro Blanco - San Pedro

Ecuador is a great destination for paragliding due to its diverse landscapes that can be observed from above. Whether it is on the Coast of the South Pacific or in the different Andean scenarios, which feature lakes and mountains, each minute in the air will be engraved in your memory forever.

Cerro Blanco.- Where there previously operated a rock quarry, now operates a launching site for paragliding, near the city of Guayaquil. The view from that site is absolutely dazzling, and you can admire the city and the Ecological Reserve of Cerro Blanco. Difficulty: Low. Season: From May to December.

Pululahua.- This geo-botanical reserve of volcanic origin allows paragliding enthusiasts to enjoy amazing landscapes from the air in the middle of the world (parallel zero). Paragliding lovers from the entire country come to this location. Difficulty: medium, high. Season: Year-round.

Crucita.- This is the ideal site to admire the Pacific Coast landscape of Manabí. The weather is generally good year-round, which allows enthusiasts to enjoy the activity under favorable weather conditions. Difficulty: Medium. Season: Year-round.



TIPS
 ALL YOU NEED TO KNOW

For the most part, paragliding can be enjoyed in Ecuador during all seasons throughout the year. There are authorized tour operators that offer these services.



Sigsipamba / Pichincha
Picture: Martin Narváez

ROCK CLIMBING

Suggestions for rock climbing: Cuyuja - Cajas - Sigsipamba - Rumipamba - Zumbahua - Cojitambo



TIPS

ALL YOU NEED TO KNOW

To be able to participate in this activity, it is recommended to have prior knowledge and to be in good physical condition. There are authorized tour operators that can recommend sites based on the tourists' profile and interest.

The Ecuadorian Andes have an amazing geography, with different scenarios and excellent weather all year round. Depending on the altitude, this activity can be practiced either in the moorlands or jungles. There are numerous sites to climb in Ecuador, and below are some of the best.

Cojitambo.- This is the largest rock-climbing park of the country, with approximately 200 routes for beginners, intermediate and advanced rock climbers. The eastern flank of the mountain has walls of up to 160 meters in height. Difficulty: Medium. Season: Year-round.

Cajas.- With 30 rock climbing routes that vary from traditional to sports-oriented, this rock is located in a privileged sector close to the city of Cuenca, the National Park of Cajas, celebrated for its majestic Andean landscapes. Difficulty: Medium. Season: Year-round.

Sigsipamba.- The Machuco cliff has approximately 30 rock climbing routes varying in difficulty, and these can be reached using different rock climbing styles such as lead and 'tope rope'. The wall is located an hour and a half from Quito. Difficulty: Medium-high. Season: Year-round.



Sur Campestre / Mejía
Picture: Gabriel Cadenas

BICYCLING

Routes recommended: - From Yahuarcocha to El Chota - From Baños to Puyo - From Pedernales to Bahía



It is difficult for bikers to decide which route to take given the alluring views that go from the Andes to the coast or to the Amazon region, or the road that crosses the coast line of the South Pacific, with miles of lovely beaches that enjoy great weather year round. Regardless of what you are looking for, Ecuador offers hundreds of routes to be discovered.

Yahuarcocha - El Chota.- This route provides access to different Ecuadorian cultures, such as the Afro-descendants. It passes through different climates that go from temperate to dry tropical. Difficulty: Medium - High Season: Year-round.

Baños - Puyo.- A succession of cascades that run through this zone is the first thing to be seen when you start this 54 kilometer tour that leads to the tropical landscapes of the Amazon Region.

Bikers need to be cautious as this route is also used by automobiles. Difficulty: Low. Season: Year-round.

Pedernales - Bahía.- Beach route that offers a scenic view of the Pacific Coast and travels through approximately 150 kilometers covering various beaches. Degree of Difficulty: Low. Season: Year-round.



TESTIMONIAL
YOUR WORD COUNTS

“Pleasant climate, great mountains, friendly people and easy access to the incredible network of routes, makes Ecuador an excellent international destination to be explored on a bicycle”.

Raven Eye - Pinkbike.com



TREKKING

Unforgettable Routes: Camino del Inca (Inca Trail) - Cochasquí - Mojanda - El Cóndor



INFO

ALL YOU NEED TO KNOW

On the Pacific Coast you can also practice trekking. Recommended sites include: Cerro Blanco, Dos Mangas and Churute Mangrove (Naranjal, Guayas Province).

Since the Incan times, the Andes have offered beautiful paths that travel across lakes, moorlands, snow-capped mountains, and much more. Today it is possible to travel on these routes and also discover new and seldomly explored paths that have hidden surprises at each turn.

Condor Trekking.-Starting from the Ecological Reserve of Antisana, it is possible to experience different climates, volcanoes, jungles, plains, high plateaus and much more during the tour. This route, near Quito, is worth every step. Difficulty: High. Recommended Season: June – September.

Camino del Inca.- The Inca Trail, called Qhapaq Ñan in Quechua language, is one of Ecuador's most popular trails that goes from the Culebrillas lake, located at almost 4,000 masl, to the relatively well-kept Inca Ruins in Ingapirca, on the southern part of the country. Difficulty: Medium - High. Season: April-December.

Cochasquí.- This route begins in the Archeological Park of Cochasquí, where the ruins of ancient Pre-Colombian astronomical observatory are found, and travels north until it reaches the lovely lakes of Mojanda. Difficulty: Medium. Season: Year-round.



RAFTING

The most thrilling river currents are found in: Napo - Misahuallí - Paute - Quijos - Jondachi



The rapid rivers that descend from Andean glaciers are vivid examples of how nature is transformed. On those rivers that water the Amazon jungle, is where the rafting activities take place. Several rivers have the ideal characteristics to guarantee an unforgettable Adventure.

Jatunyacu.- Offers the perfect combination of thrilling waters, between rapids and rest periods, which is the reason why this is one of the most popular rivers in the entire Amazon region to practice this sport. Degree of Difficulty: Medium. Season: Year-round.

Quijos.- This river, of worldwide importance, (category IV, ideal for experimented travelers) attracts visitors from all parts of the world. Enjoy the challenge of these crystal-clear waters. Degree of Difficulty: High. Season: Year-round.

Paute.- This tour visits the southern part of Ecuador and allows visitors to admire different landscapes of the montane forest as well as agricultural crops, in one of the safest and most comfortable tours for this sport in Ecuador. Degree of Difficulty: Low - Medium. Season recommended: Year-round.



INFO
ALL YOU NEED TO KNOW

The Quijos and Jatunyacu rivers set the stage for the Fifth World Rafting Competition, which took place in 2005 and brought together the best athletes of this sport.



DIVING



INFO

ALL YOU NEED TO KNOW

The Marine Reserve of the Galápagos is one of the largest in the world and offers dozens of sites for diving; it has been categorized as one of the best sites for diving in the entire planet, due to its amazing fauna and its spectacular marine scenarios.

Ideal sites for diving: National Park Machalilla – Marine Reserve of Galápagos - Lake Cuicocha

Ecuador is one of the best destinations in the world for underwater exploration, since the beauty of the entire South Pacific is concentrated in its colorful marine fauna, submarine cliffs, corals and much more. The Marine Reserve of the Galápagos, the National Park of Machalilla and the Pacific Coast offer the most unique landscapes in the world.

La Plata Island: Located within the National Park of Machalilla, it boasts some of the best diving destinations. The island's underwater world offers a collection of majestic scenarios of the South Pacific. Difficulty: Medium. Season: Year-round.

Galápagos - León Dormido: The Sleeping Lion is one of the most famous diving destinations in the world. Under this gigantic rock we find sharks and other fish swimming around with divers. Difficulty: Medium. Low Season: June –December.

Cuicocha Lake: This lake is located at an altitude of 3063 masl, in Imbabura province, where diving is one of the most interesting activities in the Andes. Since this lake used to be an ancient volcanic crater, its underwater scenarios are unique. Difficulty: Medium - High. Season recommended: Year-round.



SURF

The best waves are found in: Montañita - Canoa - San Cristóbal - La Chicolatera



TIPS

ALL YOU NEED TO KNOW

You can find the best beaches for surfing in Ecuador by visiting: visit.ecuador.travel/surf/es/Nuestras-Playas
The World Competition of Surf Juniors and Masters have taken place in Santa Elena, as well as several Latin American championships that have been held during the past few years.2013.

Ecuador is globally recognized as a surf destination based on its beaches with wave heights for all levels. Proof of this is that several world championships have taken place here. The ocean's warm temperature on the Ecuadorian Coast creates waves that are ideal for surf competitions at the world level.

Montañita.- This is definitely surf capital in Ecuador and one of the finest beaches in all of the Pacific Coast. With great waves and a multicultural environment, this is the best site for sport's lovers. Difficulty: High. Season: Year-round.

Canoa.- This town is primarily known for its bohemian and warm environment. Canoa has a great beach, ideal for surfing, but it is also possible to partake in other activities such as paragliding, water skiing and much more. Difficulty: Medium. Season: February - April.

San Cristóbal.- Located on the Galápagos, this island is considered an excellent site to practice the sport. The favorite place for surfers is Punta Carola, whose main characteristic are its great waves. Difficulty: Medium. Season recommended: Year-round (although best from December to April).