



## Yoga, Adventures and Massages Tour



Yoga

UNESCO. Spend your days hiking or biking. Spend your mornings or afternoons practicing yoga or having massages and body treatments, all while being surrounded by incredible beauty, majestic volcanoes, and friendly hospitality.

## Pricing

Occupancy Type	Program
Double	\$ 1429
Single	\$ 2490

Prices shown above are per person, in US Dollars (\$).



Mountain Biking



Waterfall

## Itinerary

### Day 1

Quito - Baños

Drive along the Panamericana highway well known as "The Volcanoes Avenue" towards the Paschoa Forest Reserve. Paschoa is a dormant volcano, which has formed an open crater where many hiking trails rich in flora and fauna can be found. In the afternoon visit an Indian Market. (There are different markets in this region which vary according to the day). Continue south towards Baños. Free time. Dinner and Overnight

Note: In Quito, the Swissotel offers Yoga, we recommend that hotel for Quito nights.

## Day 2

Morning Yoga and Trek around Baños.

This day you can choose between the different optional trekking and hikes around Baños Population. One example tour is Huayna Capac Trek: following the same route taken by the Inca Emperor Huayna Capac from Luna Runtun towards the shore of the Lake Runtun (long since disappeared). During the trek you will enjoy a magnificent view, as well and unique flora and fauna, of the Llanganates National Park, and the gateway of the Ecuadorian Jungle. If you are lucky, you will see and hear the periodical steam explosions of the volcano: a truly natural show. Discover a new style of life and meet local farmers living in the mountains with their cows, guiney pigs, chickens, and llamas. The hike is 50% uphill and 50% downhill. Return to the SPA. Dinner and Overnight

.Note: Yoga or a massage is included daily. If you prefer massage just let us know.

## Day 3

Morning Yoga and mountain bike ride.

After a hearty breakfast we start our biking tour towards “El Pailòn del Diablo”, a nice waterfall located in the Pastaza Canyon. This waterfall is known as one of the most impressive waterfalls specially as for being the world's 10th highest water drops in the world. We will hike for about 30 minutes by a short trail from Río Verde (Green River) leads downhill through scrubby vegetation to a hanging bridge over the river below the falls. Before the bridge there is a very short trail that leads to an overlook above the deep bowl into which the waterfalls pours - this is an excellent photo opportunity. Afternoon return back to Luna Runtun. Dinner and Overnight

Note: Yoga or a massage is included daily. If you prefer massage just let us know.

## Day 4

Baños - Quito

Free morning in Baños. Afternoon return to Quito.

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## Price includes:

Price includes private transportation, accommodation including breakfast and dinner, English speaking guide, meals as indicated, 1 yoga set or massage per day, noted excursions and all entrances fees.

Yampu only offers the Yoga, Adventures and Massages Tour as an add-on to a highlight program. Booking fee may apply otherwise.