

IBIKE ECUADOR EXPLORATION: Pichincha/Imbabura

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Program: Small group, educational people-to-people bicycle tour. Visit with and gain a better understanding the lifestyles, history, politics, social institutions and economics of the people of the central provinces of Ecuador. Day-to-day, on a ongoing basis, throughout the program there will be discussions on history, architecture, culture, ethnic diversity, social systems, gender rights and roles, politics, agriculture, industry, music, language, religion, geology, botany, and ecology (selected focal points are listed in the itinerary).

Cycling Conditions: 400 km, 250 miles, 50% paved roads, rolling, with sections of long hills, high elevation.

Weather conditions: Highs in the 80sF (30sC), lows 40 F (5 C), chance of wind/rain.

Code: CB - cabin with bunk beds; Lighting: E - electric, K- kerosene; Climate: AC - air conditioned, F - fan; Bath: S - shower or bath tub, B - bucket bath, h - hot water, T - toilet, L - latrine, sc - self-contained/private.

DAY 01	Sun	June	Arrive in Quito (by air) (elev. 2800m) Rendezvous at the hotel and settle in (8 km, 5 mi). Accommodations: La Casa Sol (E, scSh, scT) Dinner: restaurant
DAY 02	Mon		Morning bike tour (30 km, 18 mi), afternoon walking tour of historic city (5 km, 3 mi). Points of interest: public art and architecture, topography, land use patterns, Parque Metropolitano, churches, colonial downtown, institutions of independent Ecuador. Accommodations: La Casa Sol (E, scSh, scT) Dinner: Ecuadorian Cuisine
DAY 03	Tue		Bike to El Quinche (elev. 2700m) (60km, 37mi) As we leave the city we get great views of some of Ecuador's famous volcanoes. Part of the route is on a dirt rail-trail. Points of interest: topography, El Quinche Cathedral. Accommodations: lodge (E, scSh, scT) Dinner: restaurant
DAY 04	Wed		Bike to Cayambe (elev. 2800m) (35km, 22mi) Wind through the highlands and end up at a hacienda. Points of interest: Pan American Highway, horticulture operations, equator exhibit Accommodations: hacienda (E, scSh, scT) Dinner: hacienda
DAY 05	Thu		Bike to San Clemente (elev. 2880) (50km, 31mi) Visit village specializing in embroidery and learn about traditional medicine. Points of interest: agriculture, embroidery, indigenous villages, ethno botany. Accommodations: hostel (E, Sh, T) Dinner: special arrangement
DAY 06	Fri		Bike to Otavalo (elev. 2520m) (30km, 20mi), visit picturesque villages, and a waterfall. Points of interest: San Antonia de Ibarra (wood carvers), Peguche (textiles), Inca sundial. Accommodations: hotel (E, scSh, scT) Dinner: restaurant
DAY 07	Sat		Bike to Lagoon Cuicocha (elev. 3100m) (30km, 20mi), Explore Saturday markets. Points of interest: animal market, indigenous craft market at Otavalo, leather goods, Cuicocha Lake (a large crater lake), Volcano Cotacachi Accommodations: hotel (E, scSh, scT) Dinner: restaurant
DAY 08	Sun		Bike to Apuela (elev. 1500) (50km, 31mi) (gravel road) Assume ride with lots of descent. Points of interest: Paramo (high grassland), rugged Sagrado River valley, hot springs Accommodations: hostel (E, scSh, scT) Dinner: restaurant
DAY 09	Mon		Bike to Nanegal (elev. 1100m) (55km, 35mi) (gravel road) Rugged, backcountry Points of interest: low-tech sugar cane refineries Accommodations: hostel (E, scS, scT) Dinner: restaurant
DAY 10	Tue		Bike to Maquipacuna (elev. 1300m) (10km, 6mi) A more economically active area. Points of interest: aqua culture, environmental education center, bird watching Accommodations: Eco-lodge (E, scSh, scT) Dinner: restaurant
DAY 11	Wed		Bike to Pacto (elev. 1200m) (50km, 31mi) The area is an indigenous trade route. Points of interest: Tulipe archeological site Accommodations: hostel (E, scS, scT) Dinner: restaurant
DAY 12	Thu		Bike to San Antonio de Pinchincha (elev. 2700m) (70km, 44mi). Optional ride with 2000m elevation gain in 50km. Points of interest: cloud forest, orchid, succulents, monument to 1736 French expedition to measure the circumference of the earth. Accommodations: hostel (E, scSh, scT) Dinner: restaurant
DAY 13	Fri		Bike into Quito (elev. 2800m) (30km, 18mi) Return to urban Ecuador. Points of interest: Accommodations: La Casa Sol (E, scSh, scT) Dinner: restaurant
DAY 14	Sat		End of program.