



*Free information night.
Thursday April 5th 6:30pm
Trek and Travel, 447 Kent Street, Sydney
Get 10% off gear purchases if you come along*

*Small Group
Just 12 places
available*

GREAT WALKS

trek & travel®

**A FORWARD
GUIDED JOURNEY**

The Summits of Ecuador

COTOPAXI • CHIMBORAZO • ILINIZA NORTE • IMBABURA • CORAZON • QUITO • EQUATOR

14 DAYS FROM \$4,680pp

23 AUGUST - 02 SEPTEMBER 2018





HIKING ON CORAZON

Ecuador is famous for the “Avenue of the volcanoes”, a spine of peaks separating the Amazon from the plains. Within its 300km there are close to 200 mountains and over 70 volcanoes. Our 14 day trip will take you to the top of six, including the two highest peaks in the Ecuadorian Andes - Chimborazo (6,268 m) and Cotopaxi (5,897m).

Our thorough programme of acclimatisation encompasses the volcanoes of Pasocha, Imbabura, Corazon, and Ilinizia Norte, a combination that is perfect, and necessary, before trying the ‘big boys’. Not only is Cotopaxi photographically stunning, it is also one of the most active volcanoes in the world, and Chimborazo could technically be called the world’s highest mountain since its summit is the furthest point from the centre of the earth.

Both mountains are considered trekking peaks achievable by any experienced hiker with a head for heights and suitable fitness. Some basic climbing techniques will be involved and as such Ecuador is the perfect training ground for high altitude mountaineering,

or a source of immense satisfaction for seasoned trekkers looking to push themselves. Techniques will be taught as necessary by our guides.

There’ll also be a great variety of scenery, wildlife, local culture and beautiful landscapes and snow-covered peaks. The climbs are not overly technically difficult, although they are physically demanding, so you will need to be in good physical health and very fit. Breaking 6000m gives one an incredible sense of achievement, a feeling equalled by the optional delight of a relaxing week of wildlife viewing in the Galapagos Islands afterwards.

We have designed this trip to include plenty of acclimatisation and rest time to make sure everyone is best prepared to complete all the peaks. You will be escorted by Dan Slater, an experienced tour leader, traveller and mountain guide, plus expert local guides throughout Ecuador. More technical than Kilimanjaro but a whole lot easier than Everest, these really are the ‘high’lights of Ecuador, so we hope you will join Dan on what will be a great adventure.



MEET DAN

Dan is a regular contributor to Great Walks (and many other travel publications) and is their current Gear Guru, reviewing all manner of camping and hiking gear from boots to tents to sleeping mats. He is also a long-serving staff member at Trek & Travel in Sydney, one of Australia’s most prominent outdoor stores. Before moving to Australia Dan was a trek leader for a well-known UK trekking company, for whom he regularly led groups of clients to Everest Base Camp and other Himalayan locations. Dan is a prolific traveller, reaching 100 countries with this trip. In exploring the first half of the planet he has hiked numerous well-known multi-day trails, and his high-altitude climbing experience includes the peaks of Kilimanjaro, Elbrus, Aspiring and Aconcagua. He also loves canyoning, trail running, cycle touring, kayaking and mountain biking whenever he can. Dan is looking forward to exploring Ecuador with you and together climbing to the furthest point from the centre of the earth!



CLIMB COTOPAXI, CHIMBORAZO, and four more



GLACIER TREKKING ON COTOPAXI

DAY 1 . ARRIVAL DAY IN QUITO.

Our bilingual guide will be waiting for you at the airport to take you to the hotel in Quito. You will get a first glimpse of Quito and its surroundings. The guide will also give you a briefing of the activities to come the next days in our adventure towards the Cotopaxi and Chimborazo summits.

DAY 2. QUITO CITY TOUR – EQUATOR

In 1978 Quito was the first city to be World heritage listed, and is one of South America’s biggest. We start our tour in the oldest street of the city, La Ronda where we will encounter the traditions of the city. In this gastronomic capsule, we’ll learn of the local spices used in Ecuadorian cooking. Visit the house of handicrafts made of metal and wood most of them designed for the traditional churches and made by hand for furniture decoration. We head to the main square surrounded by churches, palaces, and public buildings. The La Compañía de Jesus (XVII Century), is one of the most beautiful baroque churches in South America, and the nearby Church of San Francisco and Monastery, built a few months after the arrival of the Spaniards (XVI Century) is not to be missed. Finally we will drive to the viewpoint at the Panecillo hill where you will have a wonderful view over the city, mountains and volcanos.

We will then drive 30 km north of Quito towards the Middle of the World where the equatorial line divides the northern and southern hemispheres. We will visit the main monument built in honor of the French scientific expedition that arrived in Ecuador in the XVIII century to determine the correct location of the equator line. Here you

will have the opportunity to visit the Inti Ñan Museum, a scientific and cultural museum, located in the exact crossing of the Equator Line. Afterwards we will return to Quito to rest.

DAY 3. PASOCHOA 4200 M

Pasocha is an old and very weathered volcano. Its last eruption was during the most recent ice age, resulting in the collapse of the west side of its crater. This created a horseshoe shaped caldera which is still present today. The hike to the summit is fairly straightforward, and not very steep. It is a perfect choice for a first climb to acclimatise and to prepare for larger mountains ahead. From the summit on a clear day, we will have beautiful views of the surrounding mountains and valleys.

PHYSICAL: LOW-MID
TECHNICAL: LOW

DETAILS: It will take us approximately 3-hours to climb up to the summit and 2-hours to descend

DAY 4. IMBABURA 4630 M

Imbabura is a long-extinct volcano located 60km northeast of Quito near the town of Otavalo. It is a stand-alone peak that resides over the breathtaking Lago San Pablo outside of Otavalo. The gentle slopes make this mountain the perfect acclimatisation climb for the higher peaks in Ecuador.

PHYSICAL: MID-HIGH
TECHNICAL: LOW-MID

DETAILS: It will take us approximately 5-hours to climb up to the summit and 2-hours to descend

DAY 5. OTAVALO INDIGENOUS MARKET

Visit the Otavalo Indigenous Market, where

vendors proudly offer a stunning variety of weavings - such as the famous ponchos - among other textiles like rugs, mittens and scarves. We compare the market with a rainbow due to the colors of the textiles exhibited. You can also find handicrafts, jewellery and other artisan work. We then return to Quito to rest.

DAY 6. CORAZÓN 4786 M

El Corazon is an eroded and extinct volcano located about 40km southwest of Quito. It is a mid-hiking tour through the páramo vegetation and it is perfect for acclimatisation as well as for people who simply want to enjoy the beautiful surroundings of Cotopaxi and its neighboring mountains with the valley below. The hiking route is straight forward and requires a little bit of rock experience and equipment in the last part to the summit.

Corazon is Spanish for heart and is said to refer to the two gullies on the northwest slopes, which, when seen from a distance, appear to join together in the shape of a heart.

PHYSICAL: MID-HIGH
TECHNICAL: LOW-MID

DETAILS: It will take us approximately 4-hours to climb up to the summit and 3-hours to descend

DAY 7. ILLINIZA NORTE 5126 M

The Illinizas are a pair of volcanic mountains that are located to the south of Quito, in the Illinizas Ecological Reserve (Reserva Ecológica Los Illinizas). These twin mountains are separated by a saddle that is about a kilometer long. The peaks are among the highest in Ecuador, with Illiniza Sur standing slightly taller than Illiniza Norte, its northern counterpart, at 5248 meters and 5126 meters respectively.

The Illiniza Norte requires a little bit of rock climbing expertise in the last approach to the summit, while the remaining of the mountain may be climbed as a trekking peak. There is a rustic refuge located between the north and south peak that can be reached by a three-hour climb. The Illinizas are excellent mountains for acclimatization to altitude, and are frequently used as a preparatory climb to higher peaks such as Cotopaxi, Cayambe and Chimborazo.

PHYSICAL: MID-HIGH
TECHNICAL: MID

DETAILS: We will first walk for about 3-hours from the parking lot at 3800 metres to the refuge at 4700 metres. After a small stop we will hike from the refuge up to the summit at 5125 metres in about 2-hours through a rock trail. We will then descend to the parking lot thru a sand trail (a different exit not passing by the refuge).

DAY 8. COTOPAXI'S REFUGE 4850 M

Cotopaxi volcano (5897 m) is at the heart of the Cotopaxi National Park. It's one of South America's most famous volcanoes and one of its most active ones, and it ranks among the world's highest active volcanoes. The majestic, snow covered symmetrical stratovolcano is located on the Eastern Cordillera of the Ecuadorian Andes, 60 km south of Quito and 35 km northeast of Latacunga.

PHYSICAL: HIGH
TECHNICAL: MID

DETAILS: We will walk for one-hour from the parking lot to the refuge carrying all our equipment and clothing
We will head to the glacier 45-minutes from the refuge to learn the techniques to walk on snow and ice with crampons. We will also learn auto-stop, usage of rope, how to walk thru a crack/ fissure.
Return to the refuge and prepare the equipment for next day's hike. Have an early dinner and rest, before waking at 11pm to start our hike.

DAY 9. COTOPAXI SUMMIT 5897 M

0h: Start the hike
6h – 7h: Arrive to the summit at 6270 metres after having walked for 6 to 7 hours, if weather permits. We will enjoy beautiful views on the way up on a clear night, and definitely on the way down
10h: Arrival to the refuge after having walked for 3-hours from the summit
13h30: Lunch
15h: Drive to the hotel in Riobamba

DAY 10. CHIMBORAZO LODGE 3000 M

This will be a resting day from the hikes done in the past days in preparation for the Chimborazo hike. We will enjoy beautiful views of the mountains, the peace and beauty of the lodge, and the delicious home-made meals. We will take a small walk around the reserve if desired.



APPROACHING CHIMBORAZO

DAY 11. CHIMBORAZO REFUGE 4850 M

Chimborazo is the highest volcano in Ecuador and the farthest point from the centr of the Earth, surpassing in two kilometers the height of Everest. For this reason it is said to be the closest point to the sun. It has a height of 6270 meters, and is located in the central Andes, 150km southwest of Quito in the city of Riobamba. It is a hard climb to make since the climb starts at the refuge at 4850 meters, in a journey that takes 10 to 12 hours to complete. However, with good training and acclimatization it can be a nice and enjoyable climb.

PHYSICAL: HIGH+
TECHNICAL: MID
DETAILS:

12h: Lunch (lodge)
14h: Arrival to the Chimborazo refuge
17h: Dinner and rest
22h: Wake up and prepare for the hike
23h: Hiking starts

DAY 12. CHIMBORAZO SUMMIT 6270 M

7h: Arrive to the summit at 6270 meters after having walked for 8 to 9 hours, if weather permits. We'll have beautiful views going up on a clear night, and again on the way down
12h: Arrival to the refuge after having walked for 4-hours from the summit
14h: Lunch
15h: Return to Quito

DAY 13. TRANSFER OUT

We have completed our journey to climb the highest mountains in Ecuador, enjoying the views and the company along the way. Congratulations for the effort made and the best wishes for all the journeys to come!
Transfer to Quito

DAY 14: TRANSFER OUT

Transfer to the airport.

INCLUSIONS

- PROFESSIONAL SERVICES OF DAN SLATER AS TOUR LEADER
- TRANSFERS TO AND FROM AIRPORT
- PRIVATE GROUND TRANSPORTATION
- ACCOMMODATION IN HOTELS, LODGES AND REFUGES
- CITY TOURS
- PROFESSIONALENGLISH SPEAKING MOUNTAIN GUIDES
- DAILY BREAKFAST
- LUNCH AND WATER ON HIKING DAYS
- LUNCH AND DINNER WHEN SPECIFIED
- MOUNTAIN CLIMBING EQUIPMENT: (CARABINERS, GLACIER BOOTS, CRAMPONS, ICE AXLE, HELMET, HARNESS)
- ENTRANCE AND PERMITS TO THE NATIONAL PARKS



MAIN TOUR: 23 AUG - 02 SEP 2018
GALAPAGOS: 2-7 SEP



MODERATE TO DIFFICULT



| PER PERSON | 14 DAY TRIP |
|------------|-------------|
| TWIN | \$4,680 |
| SINGLE | \$5.,280 |



| LOCATION | ACCOMMODATION |
|------------------|-------------------------|
| QUITO | HOTEL QUITO |
| OTAVALO | HACIENDA PALMERAS |
| COTOPAXI | HOSTERIA PAPAGAYO |
| COTOPAXI | HACIENDA PORVENIR |
| COTOPAXI CLIMB | REFUGE COTOPAXI |
| CHIMBORAZO | ESTRELLA DEL CHIMBORAZO |
| CHIMBORAZO CLIMB | REFUGE CHIMBORAZO |

ADD THE GALAPAGOS ISLANDS,

...and one more volcano



This journey allows you to sleep on dry land and explore 3 of the islands usually only available on cruises. Your speed boat, operated exclusively by our local agent, takes you between the islands letting you stay on each one instead of having to return to Santa Cruz each night.

2 SEP: SANTA CRUZ HIGHLANDS (L)

Transfer to the airport and fly to Baltra in The Galapagos Islands. Meet your guide upon arrival and drive to the highlands with its green vegetation where you'll see Giant Turtles in their natural habitat. We'll have lunch at a ranch then continue to Puerto Ayora.

3 SEP: FLOREANA – SNORKELING (B,L,D)

Take our speed boat to Floreana Island, place of the first inhabitants of the Galapagos Islands. Take a 30-minute walk towards la Loberia, a sea Lion breeding space. Here in the bright turquoise waters you might swim with sea lions, marine turtles, manta rays and a variety of colorful coral fishes. In the afternoon we can relax in the lodge sharing stories with locals and even meet descendents of the original families.

4 SEP: HIGHLANDS - PIRATES' CAVE – TORTOISE CENTRE – ISABELA (B,L)

Visit the highlands, with our guide sharing the colourful history of Floreana, from the first families and the pirates. Our naturalist guide will point out the wildlife and we'll take an easy hike, exploring pirate caves, and fresh water springs. Look out for Giant tortoises on the way before boarding our speed boat to Isabela. Lunch upon arrival then the afternoon is to relax on the pristine beaches of the biggest, and one of the newest Islands.

5 SEP: SIERRA NEGRA VOLCANO (B, BL,D)

Go by car up into the mountains near to the Sierra Negra Volcano, considered as one of the oldest of Isabela. Walk 40 minutes then continue on horseback to the crater, keeping an eye out for local wildlife. Most of this part of the island was formed by lava, which makes it very different to other islands.

6 SEP: TINTORERAS - SANTA CRUZ (B,L,D)

Morning tour to Tintoreras Island to see the blue shark, marine iguanas and sea lions. Take the boat to Santa Cruz for an afternoon at leisure.

7 SEP: CHARLES DARWIN - FLY BACK (B)

Visit the Charles Darwin Station, a centre of information on habitats and local conservation. The most striking attraction is the Tortoise Breeding Center, where we'll see tortoises of all shapes and sizes. You can freely walk around and take photos with the tortoises. There are also land and marine iguanas and many bird species. Afterwards we are transferred to the airport for the flight back to the mainland.

You can extend your trip and have more time on Isabela, or another island. Just let us know what you would like to do.



- EXPLORE AND STAY ON 3 DIVERSE ISLANDS
- PRIVATE SPEED BOAT BETWEEN ISLANDS
- SEE THE GIANT IGUANAS ON FLOREANA
- SNORKEL WITH SEA LIONS AND TURTLES
- PIRATES CAVE HIKE ON FLOREANA
- HIKE TO THE TOP OF SIERRA NEGRO AND CHICO VOLCANOES ON ISABELA
- VISIT CHARLES DARWIN CENTRE
- MEET DESCENDANTS OF THE ORIGINAL SETTLERS
- BILINGUAL NATURALIST GUIDE
- CHOICE OF ACTIVITIES
- BREAKFAST AND LUNCH DAILY



2-7 SEPTEMBER

| | |
|--------|---------|
| TWIN | \$2,480 |
| SINGLE | \$2,885 |

Prices do not include flights to/from Galápagos (from \$700), NP Entrance fees (USD100) and Migration Card fees (USD20). All prices are per person and subject to change.



GEAR LIST

To give you an idea of the necessary equipment, here is a short list of essentials for the cold weather and trekking aspects of the trip. A full gear list, and advice from Dan, will be provided once the trip is confirmed.

- Duffle bag or 60L backpack (to transfer your equipment to the refuges)
- A 30 – 40L backpack (to wear on the ascents)
- Sleeping bag rated to -15°C
- Thermal underwear, preferably merino
- Wicking, quick-dry hiking clothes
- Two pairs of gloves: liners and waterproof outer
- Hiking socks and liner socks
- Sunscreen, beanie & sun hat
- A good headlamp with extra batteries
- Water bottles and an insulated thermos (Camelbak-type reservoirs are not recommended for summit day)
- Personal hygiene & first aid kit
- Dry bags
- Hiking boots
- Light insulating jacket
- Heavier down jacket
- Waterproof jacket & pants
- Category 4 sunglasses
- Trekking poles (optional)

TRAVEL INSURANCE: You will need to have adequate insurance to cover climbing. Ask us for details of policies that will include this specific insurance.

CLIMBING EQUIPMENT

Your trip price includes rental of the following climbing-specific items, although you are welcome to bring these from home if you have them.

- Climbing Boots (If bringing your own please ensure they are worn in beforehand)
- Crampons
- Ice Axe
- Helmet
- Harness
- Carabiners & belay devices

TERMS & CONDITIONS OF BOOKING. Please see our wesbite for full terms and conditions.

Please read carefully these Terms and Conditions. If you are unsure of any matter, or have any questions please call us.

OUR CONTRACT:

These terms and conditions are important. You need to carefully read and understand them. These conditions constitute a legally binding contract between Forward Travel and you. By paying your deposit you acknowledge that you have read and understood and accept these terms and conditions. This contract comes into existence once your deposit is received by Forward Travel.

“You”/“your” is referring to the person and/or entity appearing first on the booking form, and all people on whose behalf the booking is made.

“We/Us/Our/Forward Travel refers to Forward Travel Pty Ltd ACN 164 700 832.

Tour/Trip/Land Arrangements/Service(s) refers to travel services provided involving a booking made by Us for you other than a Cruise. Cruise refers to travel arrangements where accommodation is on a ship or boat.

MAKING A BOOKING

We will work with you to tailor make the perfect trip just for you. Once you are happy with the trip we arrange let us know and we ask you to complete a booking form. We will then request all the Services and once the arrangements are confirmed you will have seven (7) days to pay a deposit.

PRICING:

We book your arrangements directly with the service provider at your destination. We pay them in the local currency, or USD. This means we can keep our prices lower, and means if there is a big shift in the exchange rates it may affect the price you pay. We strive to maintain the price although if the change is significant your price will either decrease or increase accordingly. We welcome clients to pay early, either in full or partial, to remove the risk of fluctuations. Once you have paid in full for your trip there will be no changes to the price. We must however reserve the right to amend our prices, at any time up to final payment has been received.

PAYMENT METHODS:

We accept payment by bank transfer, Visa or MasterCard, and personal cheques. Australian issued Visa and MasterCard pay ments incur an administration fee of 1.5%. Payments by Amex will incur a fee of 2%.

CLIMATE:



ANDES: There are two obvious seasons: dry and wet. The dry season runs from Jun-Sept. The wet season from Oct-May. The weather is coolest in the dry but only slightly more than the rest of the year. It can get quite cool because of the altitude (2,850m), averaging a high of 19°C and a low of 10°C.

GALAPAGOS ISLANDS: Hot and rainy or dry and windy. Sea level almost desert-like with a high of 21°C and the highlands a low of 14°C. Jun-Sep is dry, with cooler air and water although winds that can make the seas a bit bumpy. Oct-May is warmer both in and above the water, with periodic light rain almost daily.

DOCUMENTATION:

You will receive all necessary documentation for your trip fourteen (14) days before commencement of our Services. All vouchers, coupons for Services booked by our local operators will be provided to you upon arrival in each country.

CHANGES TO YOUR TRIP

Changes by You: Amendments:

If you wish to change your arrangements after they have been confirmed a \$150 administration fee will be charged, in addition to any extra costs. If you wish to defer travel, 50% of your deposit will be held in trust to be applied to another trip booked with Us which departs within 12 months of your original departure date. If you do not travel within this time, this remaining deposit will be forfeited. This only applies to deposits held by Forward Travel, not those passed to tour operators, which have other conditions. You will be advised of these when booking.

UNUSED SERVICES:

We will not be liable to refund any monies paid by you for any component of your Trip which you do not use, be it voluntary or involuntary.

CANCELLATIONS:

If you wish to cancel your booking you must notify us in writing before we can accept it. Upon receipt by us of your written advice, cancellation will take effect. Cancellation fees are:

Cruises:

- 90 days or more before departure – loss of deposit. (One Ocean Expeditions, 120 days or more – Loss of deposit)
- Less than 90 days or before departure – 100 % of cruise price. (One Ocean Expeditions, less than 120 days before departure – 100% of cruise price)

Land based touring:

- 60 days or more before departure – loss of deposit
- 30 days or more before departure – 50 % of tour price
- Within 30 days of departure – 100% tour cost.

Airfares:

Airfare cancellations vary. The minimum cancellation fee is the deposit you have paid. After final payment some will be 100% non-refundable, and some will have airline cancellation charges. The rules for your airfares will be advised at time of booking.



Booking Form

Forward Travel
8 The Strand
Penshurst, NSW, 2222, Australia
PH: 1300 738 168 / 02 8021 6680
FX: (02) 8572 9906
thekitchen@forwardtravel.com.au

| Passenger 1 | | Passenger 2 |
|--|---|--|
| Title | | |
| First Name | | |
| Surname | | |
| Preferred name | | |
| Address | | |
| | | |
| | | |
| Phone (home) | | |
| Phone (mobile) | | |
| Email | | |
| Date of Birth | | |
| Medical conditions | | |
| Dietary needs | | |
| Occupation | | |
| Any Dual Nationalities | | |
| Passport | WE NEED A COPY OF THE INFORMATION PAGE OF YOUR PASSPORT WITH YOUR DEPOSIT PAYMENT | |
| Next of Kin details | Please list someone not travelling with you in case we need to contact them. | |
| Name | | |
| Relationship | | |
| Address | | |
| Email Address | | |
| Phone Number | | |
| ACCEPTANCE OF BOOKING CONDITIONS | | |
| I have read, understood, and accept the booking conditions on the Forward Travel website, in particular those relating to waiver of liability. This deposit is non refundable. Further deposits may be required for flights and accommodation. You should take out travel insurance with cover for any unforeseen reason which you would need to cancel. Please note final payment will be due 60 days prior to departure. | | |
| Signed: | Signed: | |
| Date: | Date: | |
| PAYMENT DETAILS | | |
| I will pay the deposit by: <input type="checkbox"/> Enclosed cheque <input type="checkbox"/> Direct Bank Transfer* <input type="checkbox"/> Credit Card below | | |
| *Email receipt to accounts@forwardtravel.com.au Visa, MasterCard payments incur a 1.5% surcharge and Amex 2%. | | |
| Name on Credit Card and Billing Address, if different to above | | Name on Credit Card and Billing Address, if different to above |
| Credit Card <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Amex | Credit Card <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Amex | |
| Card number: | Card number: | |
| Expiry: / Amount: \$ CVV: | Expiry: / Amount: \$ CVV: | |
| Signature: | Signature: | |

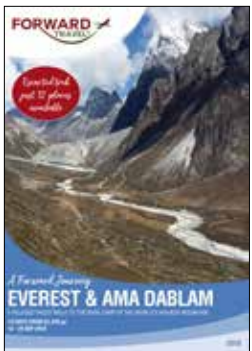
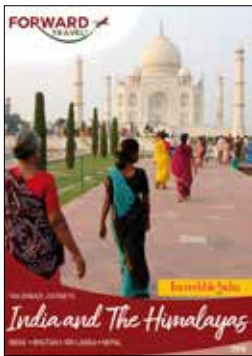
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THE FORWARD MENU

More journeys to savour

This Ecuador journey is just one of the many fabulous dishes on the Forward Travel menu. Here are some other delicious destinations to tantalise your 'travel buds'. Talk to us today about expertly planning you another exciting journey to savour.



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