



4-Day/ 3-Night Example Itinerary

REMEMBER THAT ALL EXCURSIONS AND TIMES ON THIS SAMPLE ITINERARY ARE SUBJECT TO CHANGE AND LARGELY DEPEND ON WEATHER, SEASON, GROUP LIMITATIONS, GROUP INTERESTS, AND GUIDE DECISIONS BASED ON PASSENGER SAFETY AND ORGANIZED OPERATIONS.

DAY 1: ARRIVAL

At the Quito International Airport you will be met by one of our La Selva representatives in the National departure area. Here they will assist you with the check-in process and give you a short briefing about the journey.

After a 30 minute commercial flight to Puerto Francisco de Orellana "El Coca", our representative will transfer you by private transportation to the city's main dock at the Napo River.

The next two hours will be on a motorized canoe heading down river on what will be the beginning of an unforgettable experience in the tropical rainforest, the Amazon.

At the end of the motorized canoe ride, you will be dropped off at La Selva's main dock and your first close encounter with the rainforest begins and the final leg of the trip to the lodge will be completed in a paddle canoe. The only thing you must take care of during this part of the trip is your carry-on and camera equipment, all other luggage will be transported by La Selva staff.

The manager will be waiting to greet you with a refreshing juice, snacks and a short briefing with general information about your stay at La Selva.

4:30 pm – Intro To The Rainforest

One of the Naturalist Guides will give you basic info about the tropical rainforest, the Amazon, and how La Selva operates. The idea is to begin your activities with background knowledge of the amazing place you have just arrived to.

5:00 pm – Matapalo Trail

This trail was given the Spanish name of the famous Strangler fig (*Ficus* sp), one of many remarkable trees that you can find on this short walk. Mahogany trees over 400 years old can be seen and your guides will share their knowledge of the flora and fauna. Due to



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the time of day there is great natural light and the diurnal and nocturnal animals are beginning their daily transitional activities.

7:00 pm – Snacks

At the bar you can find snacks and order cocktails from the bartender. Or, feel free to help yourself to limitless tea and coffee.

7:30 pm – Dinner

Dinner will be served at this time. Find your seat and get comfortable while our waiters serve you each course.

DAY 2: FULL DAY OF ACTIVITIES

6:00 am – Wake Up Call

6:30 am – Breakfast

7:00 am – Observation Tower/Tucaneta or Mandi Forest

After a 20 minute walk the observation tower comes into sight. This amazing construction will allow you to climb 120 ft above the forest. Your Naturalist and Native guides will help you spot the colorful birds of the Amazon, maybe even certain primates.

On the way back from the tower there is the option of taking the Tucaneta Trail where your Native Guide can show you some of the medicinal plants still in use today and your Naturalist Guide will provide you with interesting info on the ecology and natural history of the Amazon.

There is also the option of visiting the beautiful lagoon of Mandi Cocha. A hike of about 1 hour takes you to the lagoon where an Igapo Forest is present, meaning that the forest is temporarily flooded by black water. Different species of birds and even giant otters can be seen here.

1:00 pm – Lunch

4:30 pm – Charapa Trail

This trail goes on for about an hour beginning at the lodge and ending by the edge of the lagoon. It is a great loop where different mammals, monkeys and birds can be seen that come closer to the lagoon at this time looking for food. It is also perfect for witnessing an Amazonian sunset from the water in the canoe.

6:40 pm – Night Canoe Ride

With the help of a spot light your guides will take you around the lagoon via canoe looking for nighttime wildlife. This is also a great opportunity for star gazing!

7:30 pm – Dinner



DAY 3: FULL DAY OF ACTIVITIES

6:00 am – Wake Up Call

6:30 am – Breakfast 7:00 - Parrot Clay Lick and Mandi Wasi

Today you will make your way back to the Napo River and take a motorized canoe ride to the clay licks, one of the most fascinating displays of the wild world. Hundreds of parrots and parakeets gather here to eat the mineral rich soil, an important part of their diet. Binoculars are essential to really capture the moment.

After the clay licks we will take you to experience our Cultural Activity. An Amazonian Kichua woman will welcome you at their community center to share their life of the Kichua's in the Amazon. This is special because it is part of the Amazon you do not find on the maps and provides the special and unique opportunity to really get to learn more about the people of the Amazon.

1:00 pm – Lunch

4:30 pm – Garzacochoa Lagoon and Ceiba Trail

This is one of the most beautiful lagoons in the Ecuadorian Amazon. Here there are many chances to see monkeys and birds and sometimes families of squirrel monkeys join capuchin monkeys looking for food. The tremendous calls of the Howler monkeys can be heard in the afternoon and the smallest monkey in the world, the Pigmy Marmoset can be seen here too. Plenty of birds like the Hoatzin, toucans or macaws can also be seen flying overhead.

6:30 pm – Nocturnal Walk

On a night walk we give you the chance to enjoy the creatures and sounds of the Amazon Jungle at night. Sometimes we can see amazing things during this activity. Make sure you bring a flashlight for this fantastic experience.

7:15 pm – Departure Briefing

Our manager will provide you all the necessary information about your departure procedure for the next morning.

7:30 pm – Dinner

DAY 4: DEPARTURE DAY

6:00 am – Wake Up Call

6:30 am – Breakfast

7:00 am – Departure for Coca

In accordance to your briefing the night before, you will have an early wake up call, breakfast and departure from the lodge.



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The lodge staff will assist you with your checked luggage and the motorized canoe ride will head upstream back to Coca, where our representatives will take you to the airport to help you with your checked luggage and boarding passes.

During your free time in between activities you can use our kayaks, swim in the lagoon, have a massage or just relax in your room and have a nap!

PLEASE KEEP IN MIND that this is a sample itinerary subject to change due to weather conditions, your physical condition, and safety.