



*Immerse yourself in Ecuador's rich culture and heritage, economic vitality, ecological diversity and spectacular natural beauty.*

- ◇ Travel in a small group.
- ◇ Go places few tourist go.
- ◇ Learn fascinating things.
- ◇ Gain special insights from locals.
- ◇ Get exercise.
- ◇ Leave the air as clean as you found it.
- ◇ Have a hoot of a time!

**Who:** Participants on Ibike programs have ranged from pre-teen to seventy-something.

**When:** June-July (in some regions, cultural celebrations occur after the solstice which can be incorporated into some programs). Check the website for this years dates.

**Duration:** 2 weeks

**Route:** We alternate between several itinerary north, south and east of Quito. Each offers beautiful bicycling and ecological variety. Check the website for this years details.

**Philosophy:** Educational, enriching, environmental-friendly, self-contained, cultural immersion, bicycle tour.

For more information:  
Web: [ibike.org/ibike/ecuador](http://ibike.org/ibike/ecuador)  
Email: [ibike@ibike.org](mailto:ibike@ibike.org)



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## Ecuador Exploration Bicycle Tours

**General Features:** The tours explores the depth, beauty and diversity of this gem of a country. Ecuador has many contrasts: Bustling modern urban centers and vestiges of Inca culture; tranquil elegant traditional villages surviving on age-old labor intensive agriculture and modern input intensive horticulture and agro-industry; generous hospitality and reserved, private people. The juxtaposition and interaction of these characteristics, with dramatic picturesque mountain ranges, rigid canyons, wild rivers, scenic paramo, lush rainforest and excellent bicycling conditions, is enchanting.

**Route:** We rotate between several Ecuador itineraries:

- ◇ **Andes to the Amazon** - We thread our way through the Avenue of Volcanoes, visiting quaint small towns, historic haciendas and informative indigenous village, then descend down the Rio Pastaza Canyon to the forested upper Amazon basin — another world.
- ◇ **Pichincha / Imbabura** - The route forms a triangle north of Quito. It's a kaleidoscope of sights as it criss-crosses the Equator, passes through colonial-era towns, international-known traditional markets, highly productive farmlands and remote countryside.
- ◇ **Trans-Andean** - A relatively new road into some of the most rugged and spectacular biking in Ecuador. We cross the Andes and plunge into Amazonia., through pristine forests with cliffs that are laced with waterfalls. Our needs are met by well placed and spaced towns.

**Mileage:** 40-100 km, 25-60 miles per day.

**Cycling Conditions:** Initially the elevation is a factor, but people usually acclimatize to this in a couple of days. Increasingly the roads are beautifully paved, but we also use sections or rock roads and packed earth paths. Sections along the valleys tend to be flat to rolling. Sections between valleys tend to involve long climbs and descent .

**Accommodations:** Mostly small hotels, no tent camping.

**Van Support:** None but the local bus system can be used as a back-up.

**Meals:** Includes two meals per day, generally breakfast and dinner. Typical dinner menu: Potato soup, fish or chicken, salad, omelet, rice, fried banana, fresh juice.

**Other Activities:** Discussions, visits, walking excursions.

**More information and registration is available online:** [www.ibike.org/ibike/ecuador](http://www.ibike.org/ibike/ecuador)

"It was a terrific tour, if a bit wild... I had been to Ecuador before and loved it, so a bike tour seemed the best way to see more of it. You get to some really remote locations and see things you would not see if you went the normal tourist route. It's physically a bit challenging, but well worth it."

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