



## *Rainforest Journey into the Amazon of Ecuador*



**The Nebo Company** is traveling with The **Pachamama Alliance** on a unique journey into the rainforest. We will begin with a group orientation and goal setting, continue with a 13 day journey into the rainforest and to the home of the Achuar, and wrap-up back home with optional follow-up for the participants as they integrate transformative experiences into their lives and their work.

The \$2975 price includes all in-country expenses (food, travel, accommodations, guides and equipment) and the wrap-up conference call with our trip leader, Pachamama's VP of Programs, David Tucker. It does not include airfare to Ecuador, personal purchases, departure taxes, gratuities, optional in-country experiences or follow-up back home with Nebo Company leaders and coaches.

**Pre-Journey:** Join your fellow travelers, along with those from previous journeys, to meet, share stories, talk about your goals, and ask questions.



**Saturday, February 12:** Arrival in Quito. Stay at the hotel Casa Sol. Meet Pachamama Trip Leaders.

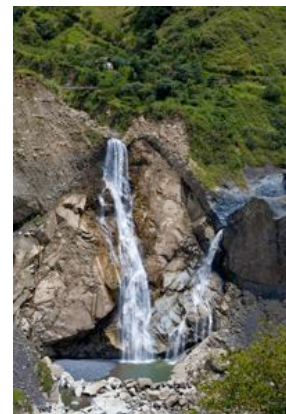
**Sunday, February 13:** Breakfast together

and introductory meeting. We'll head north in a chartered bus to the scenic indigenous Andean region of Otavalo stopping at the equator along the way. Arrive at the Otavalan indigenous-owned and operated community-based project, San Clemente, at the base of the sacred Imbabura volcano. Enjoy a communal Andean feast, followed by hiking and cultural activities with community. Evening accommodations with local indigenous families.



**Monday, February 14:** Visit renowned indigenous artisan market seeing crafts and culture of the Otavalan Quichua people. Visit with a revered indigenous shaman for a healing and purification ceremony. Evening accommodations with indigenous families at San Clemente.

**Wednesday, February 16:** Early morning soak with locals in the volcano-fed hot pools the town is named after. Descend the Andes through the waterfall-laden Pastaza river canyon, the gateway to the Amazon rainforest. Arrive in the



town of Shell where we'll take a 45-minute flight in a small aircraft deep into the Amazon rainforest and the Achuar village of Chichirat. Receive a traditional Achuar greeting, including the sharing of their traditional beverage, chicha. A short motorized canoe trip will take us down the Bobonaza river to the village of Tiinkias where the traditionally constructed, community-based rustic lodge is located.



**Thursday, February 17th:** Time in the village to learn about Achuar daily life and customs. Hike through the verdant forest to a pristine black water lagoon. Explore the lagoon in dugout canoes searching for birds and other wildlife, absorbing the tranquil yet vibrant surroundings. Spend some quiet and contemplative time in the rainforest. In the evening, there may be an invitation to participate in a traditional ceremony with an elder Achuar shaman.

**Friday, February 18th:** Open time for swimming in the river, etc. We'll participate in a cultural exchange (feel free to bring small instruments, songs and dances for sharing) and be treated to a traditional Achuar feast. Depart Tiinkias by motorized canoe for a 3-4 hour relaxing river journey to Kapawi Ecolodge, taking in the magnificence of the forest from the water. Sleep at Kapawi.



**Saturday, February 19th:** Enjoy some free time to reflect on experiences in the village, rest in the hammock, explore the self-guided trail or simply enjoy the peaceful environment of Kapawi. Afternoon hike with our Achuar guide to learn about medicinal plants and the Achuar cosmo-vision. Sleep at Kapawi.



**Sunday, February 20th:** Participate in an early morning dream sharing ritual in a nearby Achuar village. Visit with families to learn about the Achuar culture and their beliefs. Share in cultural activities with village members. Float and swim on the Capahuari river back to Kapawi Lodge in kayaks or canoes with the option of fishing – mingling with the legendary pink river dolphin if we're lucky. Evening night hike in forest with Achuar guide. Sleep at Kapawi.

**Monday, February 21st:** Morning bird and animal watching. Depart Kapawi and fly to the small town of Shell where our bus will take us to the cozy and inviting Hacienda Manteles in the Patate valley of the Andes, with sweeping vistas of the magnificent Tungurahua volcano. Relax and enjoy the verdant cloud forest surroundings and gourmet food.



**Tuesday, February 22nd:** Free time for rest, reflection, hiking to nearby waterfalls; immerse yourself in the natural beauty of the enchanting Llanganates National Park. Late afternoon/evening Awakening the Dreamer Symposium - a powerful inquiry and discussion that will deepen the

context and meaning of our journey, having just been with the indigenous people who inspired the Symposium's creation and purpose. Sleep at Hacienda Manteles.

**Wednesday, February 23rd:** Group gathers for a trip completion circle, then we drive back through the Avenue of the Volcanoes to Quito and hotel Casa Sol. Enjoy our final celebration dinner together at a local restaurant.

**Thursday, February 24th:** Departures

Itinerary is subject to change



**Post Rainforest Journey:** Group call with Pachamama two weeks after the journey.

As we emerge from our post trip cocoons, where will we fly? As we reflect on our futures, what leap we will take? Along the way, let's not forget to play. Optional coaching available through The Nebo Company.



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**CONTACT JAN KEARCE OR KATE EBNER TO INQUIRE ABOUT THIS UNIQUE EXPERIENCE.**

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