



TOURS AND ACTIVITIES

WEEK ONE: QUITO

Begins 1st Monday of each month

Founded in 1534, Quito is the oldest capital city in South America and offers visitors a rich cultural history. Constructed in the foundations of an ancient Incan city it is known for its well-preserved colonial center and was the first in the world to be awarded a Worldwide Heritage Site by UNESCO. A vibrant modern city center makes a unique setting surrounded by mountains and snow-capped volcanoes.

Visits during the first week include:

- Comprehensive city tour in Quito's Old Town district with superb architecture and colonial treasures
- Papallacta Hot Springs (optional, fee not included)
- Middle of the World Monument
- Cotopaxi National Park (trekking and downhill mountain biking)
- Salsa lessons (weekly)
- Cooking lessons (weekly)
- Cable car – view of the city

WEEK TWO: CUENCA

Cuenca is Ecuador's third-largest city and cultural center and a UNESCO World Heritage Site. Nestled in the Andes highlands at an elevation of 2560 m (8400 ft), Cuenca has a population of more than 400,000. Its colonial architecture, cobblestone streets, parks and river walks with four rivers also boast two magnificent cathedrals in the town center.

The city caters to international visitors with many fine restaurants and cafes to please any pallet. With spring-like temperatures year-round between 50° to 75° F, Cuenca is ideal for outdoor activities like hiking, biking or exploring the city on the Tranvia, a modern light-rail system linking downtown to the airport and surrounding areas.

Visits during the second week include:

- City tour in Cuenca
- Pumapungo Inca Ruins and Museum
- Ingapirca Inca ruins
- Salsa lessons (weekly)
- Cooking lessons (weekly)
- Baños Hot Springs (optional–fee not included)

WEEK THREE: MANTA

An important coastal city and harbor in the province of Manabí with beautiful beaches, adventurous water sports and fine restaurants.

Visits during this third week include:

- Puerto Lopez
- Los Frailes Beach
- Agua Blanca archaeological site
- Isla de la Plata (hike and snorkeling opportunities)
- Salsa lessons (weekly)
- Cooking lessons (weekly)

WEEK FOUR: MONTAÑITA

The best place in Ecuador to enjoy surfing, the beach, great sunsets and nightlife, and very good volunteer opportunities in both social and ecological projects are found in this small town is located right on the Route of the Sun, a series of great beaches along the coast of Central Ecuador. Visitors from many different countries come to Montañita to experience the warmth of our tropical land, its music and friendly people.

Visits during the fourth week include:

- Montecristi, where Panama Hats are made
- Paragliding in Crucita
- Rafting on the Toachi river on the way back to Quito
- Salsa lessons (weekly)
- Cooking lessons (weekly)

NOTE:

Participants can choose a travel package from one to four weeks with the option to extend their course with private or group lessons in their preferred location upon request.

Students can apply for volunteer positions in humanitarian or ecological-related programs to complement their programs. Contact us for further information.

This program is available year-round and starts on Monday, the first week of each month, in Quito. The second week in Cuenca, then Manta, and the final week in Montañita. Participants can choose which city they prefer to begin their course considering the set dates.

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