

AIRELIBRE



JULY 3RD - 7TH, 2024

AIRELIBRE RUNNING & HIKING EXPERIENCES
SPRING/SUMMER 2024

ECUADOR

ABOUT THE EXPERIENCE:

Embark on an extraordinary Andean journey from Quito to Guayaquil, immersing yourself in the awe-inspiring landscapes that Ecuador has to offer.



ECUADOR

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Technical Details

**LOCATION:**

Ecuador

DIFFICULTY:

Dynamic Challenge (Advanced)

DAILY DISTANCE:

Ranging from 9 to 16 km

MAXIMUM ALTITUDE:

4,800 m

MAXIMUM ELEVATION LOSS:

600 m

TRAVEL TO:

Mariscal Sucre International Airport (IATA: UIO)

EDITION:

Wednesday, July 3rd - Sunday, July 7th, 2024

Overview

Embark on an extraordinary Andean journey from Quito to Guayaquil, immersing yourself in the awe-inspiring landscapes that Ecuador has to offer.

Experience breathtaking trail runs through Cotopaxi National Park, enhanced by moments of meditation and yoga amidst awe-inspiring views. Uncover the historical depth of Ingapirca's trails and the mysteries concealed within Machay Caves.

Participate in an off-grid temazcal ceremony to forge a profound spiritual connection with nature. Join us for an unforgettable journey that explores Ecuador's wonders.



Highlights

Embark on breathtaking trail runs, exploring unique routes in Cotopaxi National Park and beyond.

Immerse yourself in the historical significance of Ingapirca and its remarkable trail network while you venture into the mysteries of the Machay Caves.

Connect with your inner self with different meditation and yoga sessions, all surrounded by breathtaking landscapes.

Engage in an off-grid temazcal ceremony, connecting spiritually with the essence of the surroundings.

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Weather

In the Andean region of Ecuador during July, you'll experience the cool and relatively dry winter season. Daytime temperatures range from 14 to 18°C (57 to 64°F), creating a comfortable atmosphere for outdoor activities. While the sun often graces the skies, there's also the possibility of overcast days and occasional short rain showers. Despite the cooler climate, the Andean landscapes retain their stunning beauty, offering a mix of misty mornings and cozy evenings for a unique and memorable experience.



Your adventure itinerary

DAY 1

ARRIVAL IN MARISCAL SUCRE INTERNATIONAL AIRPORT

On this first day, we will arrive at Quito's international airport. In the evening, we will gather for our welcome dinner.

After that, we'll proceed to check-in and rest at downtown Quito.

DINNER: Included

ACCOMODATION: Downtown Quito hotel rooms with a capacity for two people



DAY 2

EARLY MORNING MEDITATION – 14 KM RUMIÑAHUI TRAIL RUN – SUNSET YOGA SESSION

We'll kickstart the day with an early meditation session while taking in the mountain range view. After that, get ready for an invigorating run through Cotopaxi National Park as we head to the Rumiñahui Trail.

In the evening, we'll delight in a calming sunset yoga session at the stunning lodge, while taking in the spectacular view of the mountain range and the lake. We'll then unwind and rest within the tranquility of Cotopaxi National Park.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Tambopaxi Ecolodge in comfortable triple-person capacity rooms with views of Cotopaxi National Park.

Your adventure itinerary

DAY 3

10 KM MACHAY TEMPLE TRAIL RUN AND CAVE EXPLORATION

On the third day, our journey takes us south towards the Chimborazo peak, a remarkable location that stands as the farthest point on Earth from its center.

Amidst this breathtaking setting, we'll embark on a 10 km run through the awe-inspiring Machay Temple area, situated at a staggering altitude of 4,700 meters above sea level. After our run, there's also the exciting possibility of exploring the Machay Caves. The night will be spent in Chimborazo, making for a truly memorable experience.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Chimborazo Lodge

DAY 4

15 KM INGAPIRCA TRAIL RUN – TEMAZCAL CEREMONY

We start the day early, transferring to Ingapirca, a destination renowned for its historical significance. Here, we will have the opportunity to explore an exceptional network of trails that offer unique vistas along the Inca Trail. As the day transitions to evening, indulge in an off-grid and sacred temazcal ceremony, an experience that truly connects with the spiritual essence of the surroundings.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Ingapirca Hostelry - Rest in rustic yet beautiful shared cabins with spectacular views.



Your adventure itinerary

DAY 5

INGAPIRCA - GUAYAQUIL

In the morning, we will have some free roam around and explore the fascinating Ingapirca ruins, soaking in their historical richness and allure.

Around noon, we will shuttle directly from Ingapirca to Guayaquil Airport, where we are set to arrive by 16:00 hrs.

BREAKFAST: Included

DEPARTURE TIME: Shuttles provided by Aire Libre Running will depart at 12:00 hrs to Guayaquil Airport.



Included

- Transportation throughout the whole experience.
- Specially designed trails along the magical landscapes of the Ecuador.
- Carefully curated culinary experiences.
*We can accommodate all dietary preferences.
- Exclusively designed yoga and meditation sessions.
- All meals and accommodations for the duration of the experience.
- Knowledgeable and professional local guides.
- Aire Libre & partner brands merchandise.
- Complimentary La Familia Global Community Membership (\$ 25 USD value)
- Dedicated sports and action photographer to capture your moments.

Not Included

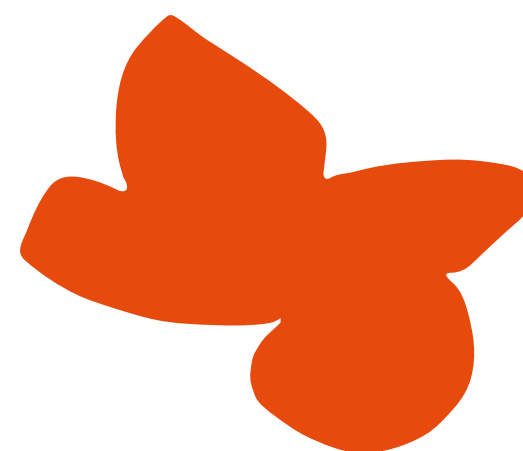
- Airfare for your inbound and outbound flights to Ecuador.
- Travel Insurance. We highly recommend securing personal travel insurance for your peace of mind.
- Alcoholic beverages and any additional meals beyond the provided ones.



Suggested Packing List

- Running bottoms (shorts / tights).
- Waterproof gear.
- Cool weather casual and sports clothing.
- Long and short sleeve tops.
- Warm jacket or polar fleece.
- Beanie and running gloves.
- Waterproof windbreaker jacket (compact)
- Sandals, bathing suit, and quick-drying towel.
- 2 pairs of trail running shoes.
- Sufficient pairs of running socks
- Biodegradable sunblock, cap and sunglasses.
- Biodegradable insect repellent.
- Night Lamp or headlamp.
- Personal medical kit (recommendation with basic medication for any ailment).
- Hydration vest or refillable bottles 2.5 L.
- Thermos for coffee or tea.
- Power plug adapter or voltage converter.
- Personal energy snacks (bars, nuts, etc...).
- Small waterproof bag to protect cameras and phones in case of rain during runs.*
- Hiking poles.*

Optional



Pricing

INDIVIDUAL BOOKING: \$ 2,149 USD

BOOKING IN PAIRS: \$ 4,198 USD (Save \$200 USD)

Secure your spot with a 10% deposit

Payment installments available at Checkout

Accommodation options

Indulge in accommodations at the top-rated local villas and eco-lodges located in every town on our itinerary. These lodgings are characterized by their local authenticity, comfort, and coziness, ensuring a truly immersive experience. They feature shared rooms with the option of double occupancy (whenever possible), and each room is equipped with a private bathroom for your convenience.

Please refer to the itinerary for detailed information about the capacity available for accommodations on each night of the trip.



Your Host

JUAN JOSÉ ANDRADE

He is a climber, mountaineer, and trail runner with over 15 years of experience, Juan José has always centered his life around the mountains. He firmly believes that being in touch with nature reconnects us with our true essence and brings us back to a sense of home.

Originally hailing from Cuenca, the heart of the Ecuadorian Andes known as Pumapungo in Inca times, he is deeply connected to the region. His motivation lies in sharing transformative experiences through nature, firmly believing that there is much to learn and gain from the wisdom of our ancestors' worldview. He holds a strong belief in the power of collaborative efforts with native communities, seeing it as a path towards sustainable development.

As an eternal walker and learner, he continuously seeks growth and understanding through their experiences in nature.



To connect with Juan José Andrade, you can find him on Instagram as [@juanjoandradem](https://www.instagram.com/juanjoandradem)

Before you travel

- Currently, Ecuador's international borders remain open.
- A valid passport is required for entry.
- Entry requirements may vary depending on your home country*
- Foreigners might be required to present a return ticket.
- Yellow fever is common. We recommend getting vaccinated before traveling.

[BOOK NOW](#)



DO YOU NEED ANY ADDITIONAL INFORMATION?
SCHEDULE A CALL WITH OUR TEAM!

[CLICK HERE](#)