



# Adult Leadership Expedition

Adventure • Sustainability • Culture  
Ecuador

# AMAZON & COTOPAXI 25-DAY

**TUITION:** \$5,985

**AGE:** 19–27

## HIGHLIGHTS:

- ▶ Wilderness First Responder (WFR) certification
- ▶ Leave No Trace (LNT) trainer certification
- ▶ Gain experience in international travel, risk management, environmental studies, and outdoor leadership
- ▶ Cultural Immersion, including community homestays

## WHY TAKE THIS COURSE?

- ▶ Develop Rafting, Backpacking, and Mountaineering skills
- ▶ Advance your knowledge of environmental sustainability outdoor skills, and leadership — while learning in Ecuador's wild, beautiful places
- ▶ Acquire the skills needed to travel in pristine destinations around the world!

## WHERE YOU'LL BE:

- ▶ Quito, Ecuador
- ▶ Andes Mountains
- ▶ Amazon River Basin
- ▶ Cotopaxi National Park

## TRIP INCLUDES:

- ▶ All lodging and ground transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE field instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle to/from airport (If driving, contact NCOAE for drop-off/pick-up locations)

*\* NCOAE recommends students bring a small amount of spending money for extra snacks and souvenirs.*



**NCOAE** The National Center for  
OUTDOOR & ADVENTURE  
EDUCATION

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Scan QR code  
for more info.

*\* Flights to/from destinations not included in tuition.  
For complete itinerary details, see reverse side ▶*

# ECUADOR — ADULT LEADERSHIP EXPEDITION

## ITINERARY (Subject to change)

- ▶ **Days 1–5: Orientation and Wilderness First Responder training.** The first five days of your course are spent at The National Center for Outdoor & Adventure Education’s (NCOAE) main campus in Wilmington, North Carolina completing your Wilderness First Responder certification. In the evenings, there will be time for final trip logistics.
- ▶ **Day 6: After a morning airport pickup, we’ll drive 30 minutes outside of Quito to our basecamp.** Spend the first in-country days at Palugo farm, a permaculture project integrating sustainability, community, and adventure. Here we rise with the sun to help with daily tasks on the farm, including splitting firewood, cleaning, gardening, and animal care.
- ▶ **Days 7–9: Introduction to basic camp craft and the NCOAE core curriculum.** Learn about sustainability in a mountain environment, while continuing to help with farm activities. Leave No Trace (LNT) training and expedition planning, preparation, and packing.
- ▶ **Day 10–11: Multi-day Amazon River Basin trip.** Travel by bus to the Amazon basin. As you descend from 9000ft to 3000ft, view breathtaking changes – from snowcapped volcanoes, to cloud forest, to the lush, magical green of the Amazon. After whitewater paddling training, head out into the mighty Amazon basin, home to an array of life. You’ll learn the basics of river ecology and how to read the currents of the river. Camp along the riverbank, where the toucans nest.
- ▶ **Days 12–14: Cultural Immersion in the Amazon.** Navigate your rafts downriver to a remote Kichua community. Spend a few days living and working with the locals, rising early to drink wayusa tea and share dreams, and helping harvest and replant the crops that will feed us. Learn to carve pilche bowls in hammocks by the fire. Gain a deeper understanding of the “Lungs of the Earth”, as you engage with this traditional, indigenous culture. You’ll learn of the changes which they face today. Discover impact you can have – by supporting community tourism, reforestation, and quality education – all part of ways to conserve traditions and empower new generations.
- ▶ **Day 15: Re-supply.** Return to basecamp to rest and prepare for the backpacking & mountaineering leg our of course. Learn about technical gear, glacier travel, ice climbing, and high altitude living.
- ▶ **Day 16: Volcán Pichincha Hike & Quito Visit.** Rise early to climb Volcán Pichincha as we acclimatize to the high Andes environment. Then, explore Quito – the capital city. Walk through its old streets, enjoy flavorful Latin-influenced traditional dishes, and visit vibrant markets as you experience the cultural diversity of Ecuador.
- ▶ **Day 17–22: Trekking Cotopaxi National Park & Antisana Ecological Reserve.** Climb high above the tree line, as you explore the area’s rugged landscape. Trek along Volcán Sincholagua, learning the skills necessary to summit mountains. On the trail, you’ll practice camp craft and backpacking skills during your multi-day trek.

We’ll dive deep into understanding how our bodies function in the altitude, the basics of mountaineering. Weather can vary drastically and become dangerous in this remote high-altitude land. Whatever the Andes throws at you, you will learn the skills to endure and safely enjoy it with grace and style.
- ▶ **Day 23: Summit Attempt.** On our last morning, we will set off before dawn and attempt a final ‘graduation’ summit of Volcán Antisana. From here, you’ll enjoy magnificent, 360-degree views, of the Inter-Andean valley. Feel the freedom and humility of the mountains, and harvest their teachings.
- ▶ **Days 24: De-issue, gear cleanup, and Closing Circle.** Return to Palugo Farm to check-in gear, clean-up, then visit a local hot spring for a soak. Before departing, we’ll debrief the course, celebrate our individual and group accomplishments, and share a one-of-a kind graduation before departing.
- ▶ **Day 25: Departure from Quito, Ecuador.**