



Andes Mountains & Cotopaxi National Park

Adventure • Sustainability • Culture



ECUADOR

14-DAY

TUITION: \$3,150

HIGHLIGHTS:

- ▶ Leave No Trace (LNT) awareness training
- ▶ NCOAE Core Curriculum
- ▶ Gain experience in international travel, risk management, environmental studies, and outdoor leadership
- ▶ Cultural Immersion, including community homestays

WHY TAKE THIS COURSE?

- ▶ Develop Backpacking & Mountaineering skills
- ▶ Advance your knowledge of environmental sustainability and outdoor education curriculum — while learning in Ecuador's wild, beautiful places
- ▶ Discover which areas of outdoor and environmental education are best suited to your strengths
- ▶ Acquire the skills needed to travel in pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Quito, Ecuador
- ▶ Andes Mountains
- ▶ Volcán Imbabura
- ▶ Antisana Ecological Reserve
- ▶ Otavalo Market

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

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

ECUADOR – ADVENTURE • SUSTAINABILITY • CULTURE

ITINERARY (Subject to change)

- ▶ **Day 1:** After a morning airport pickup, we'll drive 30 minutes outside of Ecuador's capital to our **basecamp, located in the foothills of the Andes.** Your group will enjoy spending its first in-country days based at Palugo farm, a permaculture project integrating sustainability, community, and adventure living in the outskirts of Quito. Here we rise with the sun to help with daily tasks that sustain life on the farm, such as splitting firewood for cooking, cleaning, gardening, milking, and animal work.
- ▶ **Days 2 – 3: Introduction to basic camp craft and the NCOAE core curriculum.** Learn about permaculture and sustainability in a mountain environment, while helping with various farm activities. Here we rise with the sun to help with daily tasks that sustain life on the farm, such as splitting firewood for cooking, cleaning, gardening, milking, and animal care.

As we prepare for our expedition we'll focus on building our community and participate in Leave No Trace (LNT) training, expedition planning, preparation, backcountry navigation skills, and packing gear needed for our adventure. We will use these days to introduce you to the NCOAE Curriculum, 'the First 48' and our 'Ed Groups' — the most important technical and interpersonal skills you will need to know for your expedition.
- ▶ **Days 4 – 5: Cultural Immersion Homestays.** We will head North, gaining altitude as we travel to an indigenous community in this remote high-altitude land, where the people are as rugged as the mountains. Nestled below Volcán Imababura, we will spend a few days in the homes of locals, helping to work their lands and learning about these mountain people.
- ▶ **Day 6: Volcán Imababura & Otavalo Market.** Rise early to climb Volcán Imababura as we acclimatize to this high Andes mountain environment. Spend the afternoon exploring Otavalo market, one of Latin America's largest indigenous craft markets as you travel back to basecamp.

- ▶ **Day 7: Re-Supply.** Return to basecamp to rest and prepare for the backpacking & mountaineering leg of course. We will learn about technical gear, glacier travel, ice climbing, and high altitude living.
- ▶ **Day 8 – 11: Trekking Antisana Ecological Reserve.** Climb high above the tree line, as you explore the area's rugged landscape and learn the skills necessary to summit mountains. On the trail, you'll practice camp craft and backpacking skills during your multi-day trek.

Then, we'll dive deep into understanding how our bodies function in the altitude, the basics of mountaineering. Learn to be prepared and teach others the skills needed to endure and enjoy whatever the Andes throws at you with grace and style.

It's during these days that you'll be able to hone your backpacking and mountaineering skills, and develop your newfound outdoor leadership style. All the while, you'll be practicing the principles of LNT, map and compass navigation, plant and animal identification and backcountry cooking — eating wonderful food you'll prepare.
- ▶ **Day 12: Summit Attempt.** On our last morning, we'll 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.
- ▶ **Day 13: De-issue, gear cleanup, and Closing Circle.** Return to Palugo Farm base camp, where we'll check our gear in, clean up, then visit a local hot springs for some well-earned relaxation. Before departing, we'll debrief the course, celebrate our individual and group accomplishments, and share a one-of-a kind closing circle
- ▶ **Day 14: Departure from Quito, Ecuador.**