

# Rural Community-based Tourism

Latin American Catalogue

Experience Latin America alongside  
organized rural communities



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## Legend

» Itinerary Description Icons



**Landscapes**



**Trekking / Physical Activity**



**Water Activities**



**Art / Culture**

» Symbol Meanings

B = Breakfast / L = Lunch / P = Picnic-Style Lunch / D = Dinner / R = Refreshment





## Introduction

» Ernest Cañada | Alba Sud Coordinator  
ernest@albasud.org

# A Catalog for Experiencing Latin America alongside Organized Rural Communities

Rural community-based tourism is a reality on the rise in Latin America. More and more rural communities have been organizing to offer visitors the opportunity to get to know their landscapes and natural resources, their different cultural expressions, forms of organization and traditional productive activities related to agriculture, livestock, fisheries, craft production or management of forests. Cooperatives, peasant families, communities of indigenous peoples, women's groups and all kinds of community organizations have collectively organized to complement and diversify their revenue by offering new tourist activities. Through these forms of organization, communities are ultimately responsible of deciding, in a sovereign way, how tourism is organized in their territories.

Thanks to rural community-based tourism, visitors can learn about the realities of the places visited through the eyes of the locals. The journey thus becomes a chance to share experiences with people who do not live exclusively off tourism or for tourism. This allows each proposal to be unique and special, and so much richer in experiences and learning. Especially, because rural community-based tourism is an opportunity to reassess the culture of rural communities and get closer to their wisdom built over many years. What better way to get to know a place than being guided by those who experience it daily!

Rural community-based tourism in Latin America is very diverse, as are its communities. That is why each country's offering can seem very different. There will be places where you can learn about the processes of preparation of coffee or cocoa, and others where you will discover unique natural environments (lakes, volcanoes, deserts, ...). You can discover the traditions and culture of indigenous peoples, or share time with peasant families. Regardless, every place is unique and particular.

Accommodation infrastructures in this type of offer have been adapted so that visitors can have the greatest possible comfort and safety, without disconnecting from the rural environment where they are located. In some places, you can stay at community-managed lodgings; in others, family homes are adapted to receive the visitor. Nonetheless, accommodation providers always strive to offer the client a comfortable, pleasant and safe stay, while still living in simplicity.

In this catalog, we have compiled offerings from different tour operators distributed amongst fifteen Latin American countries. Some of these tour operators are born directly from the coordination of community initiatives through networks or associations, others are companies committed to rural community-based tourism and to improving the living conditions of rural communities. These tour operators can arrange travel to the extent requested by the client, taking care to ensure you have everything you need for your trip in each country. Hence, this catalog is only a sample of the different proposals and activities that each operator can offer, organized through different programs.

Some of these itineraries also include more traditional activities and resources that are not community-based, but that the visitor will surely want to get to know as well. In such cases, operators seek local family-owned accommodations with socially and environmentally conscious practices. The tour-operators included in the catalog can provide you with a complete service throughout the country visited.

We have also included all contact details for each operator. If you are interested in learning more about a program or want to request a modified schedule, you may contact the tour operators directly and they will help you set up the best deal. Prices should also be consulted directly with each tour operator.

By publishing this catalogue, we wish to show the world the richness and quality of rural community-based tourism offers in Latin America, while also promoting the commercialization of a tourism offer that is growing in demand: one where rural communities have full ownership and control, not just over their resources and territories, but over their location's tourist offer as well. Tourism organized by the community for the benefit of its people. Tourism that will make your tourist experience much more rich, interesting and meaningful.

Experience Latin America alongside organized rural communities!





## Introduction

# Suggestions for Travelers and Rural Community-Based Tourism Marketers

» Ramiro Ragno | Territorial Technician. Family Agriculture Secretariat  
Ministry of Agriculture, Livestock and Fisheries of the Nation. Salta Delegation. Republic of Argentina

Rural community-based tourism is an associative management method lead by peasant and indigenous communities who decide to consciously open up their territories to provide tourism services. Tourism offerings are as varied as are the customs of each region of each country in this great American continent. Some communities provide experiences focused on their cultural expressions, while others are more oriented towards the enjoyment of nature or adventure, but all have a transversal axis: the service provider is always the community itself, through its own entrepreneurs, heirs to their land and their ancestral cultures.

Thus, when an experienced tourist or a conscious citizen of the world chooses to participate in rural community-based tourism, he or she becomes a slow-walking traveler, an ally of self-determination and the good livelihoods of communities, a responsible and sustainable consumer, a friend of the Earth and its people, a link that drives a more inclusive chain. So much meaning is attached to just one trip.

But for rural community-based tourism to be a friendly meeting of cultures and a real construction tool, we must also be aware of its potential negative impacts. Therefore, we have taken the liberty to put together some recommendations for those traveling to communities and for private companies that seek to market these community proposals:

- » Organizing and confirming the trip in advance allows communities to better organize. Each reservation is an act of trade confirmation between the traveler and the communities but, in turn, it is also an act of mutual recognition, a moment of joy for every actor in this chain of promotion.
- » Learn about the community that you are visiting; learn their customs, their services, as well as their needs, thus foreseeing a respectful coexistence during the trip. More informed travelers reduce unwanted and unexpected surprises and ensure a better living experience both for travelers and villagers.
- » Find out if the community has its own set of tips and recommendations drafted by way of an ethical code



of conduct. In any case, it is requested to read carefully and respectfully accept every recommendation that the community establishes. The aim of this is to ensure a positive and respectful experience for all.

- » Some general guidelines that most communities recommend include: respecting the indications and the authority of the community leader; moving only by authorized paths; leaving no trace in the archaeological sites or in ceremonies; consulting before taking pictures; wearing permitted clothing; avoiding drug use during the stay; not taking stones or plants as souvenirs or feeding wild animals; respecting the community's silence and schedule; accepting the established prices; and, throwing waste in the appropriate waste baskets. Thank you for doing so!
- » We ask travel agencies that decide to market rural community-based tourism to please: respect the community's established communication channels by avoiding individual communication with entrepreneurs; respect the agreed upon prices and fees that promote fair and responsible trade; be patient toward community schedules; ensure that travelers are informed to prevent avoidable awkward moments; generate a trading equity with communities by avoiding any attempt at ranking; avoid any negative impacts that tourism may have on communities; encourage solidarity investments in favor of the community collective; and, promote transparent and sustainable relationships between the parties.
- » Meanwhile, communities commit to: provide the services agreed upon with the highest quality possible; respond as quickly as the conditions

in their territories allow; preserve their culture and heritage as part of their identity, beyond its tourism appeal; generate equity within their communities; maintain a transparent relationship with its trading partners; and, respect the fair price.

Behind the many community experiences that we can now visualize, there are invisible actors who have put in their effort and resources to improve the conditions of these communities. We would like to express our gratitude to the following facilitators of these processes: federal, local and national governments' favorable public policies, NGOs, universities, international donors, solidary private companies and even independent citizens.

Let's promote a tourism that is respectful, informed, conscious, planned, and friendly. Let's practice a responsible economy that generates opportunities without having to depend on large corporations. Let's travel without contaminating. Let's experience the many worlds possible in this one same world.

Thank you for choosing rural community-based tourism, where each experience will definitely be different. In each meeting, there will be something lovely that changes in you and in them, in all of us.



## Introduction

# Travel Agencies Recommend Rural Community-Based Tourism

» Felipe Zalamea | Manager, Sumak Sustainable Travel. London.  
[www.sumak-travel.org](http://www.sumak-travel.org)

More and more, travelers are becoming interested in having authentic contact with the culture and nature of the countries they visit. In addition to the main attractions, they are looking for destinations and activities that allow them to live more personalized, high quality, unique experiences. Community-based tourism is one of the best answers to this growing demand. In Latin America, local communities are creating programs that are not only authentic, but also contribute to preserving ancient cultures, their traditions and the environment. In many cases, community-based tourism is also an effective strategy to mitigate and adapt to climate change, and a mechanism used in defending lands and ecosystems. It is the equivalent of 'the good life' in the world of tourism: the good trip.

**Sumak Travel**, based in London, operates in 12 countries in Latin America and has customers worldwide. We work directly with community operators under a model of social enterprise and fair trade. Although we specialize in community tourism, our programs also include conventional destinations and attractions, offering our travelers the ability to choose the balance that suits them, and ensuring that all suppliers adhere to our policy of responsible tourism. After several years in the market, we are convinced that the potential of community-based tourism is huge. With the right tools, it can continue to grow exponentially, increasing the offer for travelers and ensuring a better future for thousands of communities. For these reasons, we are delighted to be part of the first Latin American Rural Community-Based Tourism Catalog.

» Alexandre Poirier | Director, Culture Contact.  
Gignac, France.  
[www.culturecontact.org](http://www.culturecontact.org)

For ten years, **Culture Contact** has allowed Francophone travelers to immerse themselves within South American communities. From the Caribbean to Cape Horn, our limited group size of six people allows for true encounters with the local population, while it also minimizes imbalances usually generated by the tourism industry. Pure bliss for travelers on the one hand, who are looking for a real exchange with the locals (without putting aside the architectural treasures of the visited territories), and for communities on the other hand, who benefit from the proceeds from this activity..., as it is their own project.



Traveling can be described as seeing, contemplating and enjoying ..., but it can also be, in addition, experiencing, participating, learning, sharing and respecting.

» Susana Conde | Director, Agrotavel Turismo Responsable. Vitoria-Gasteiz.  
**[www.turismoresponsable.es](http://www.turismoresponsable.es)**

For Agrotavel Turismo Responsable, Community-Based Tourism is an excellent opportunity to travel while also generating fair and equitable economic development in local communities.

We strive to work with as many projects as possible, offering our travelers authentic initiatives that are not only developed and managed by local communities, but that also directly benefit and support their socio-economic development and promote their empowerment, as well as that of other groups that risk exclusion, such as women, youth, people with disabilities ....

» Pere Isern | Director, Èxode Viatges. Barcelona. **[www.exode.es](http://www.exode.es)**

Traveling can be described as seeing, contemplating and enjoying ..., but it can also be, in addition, experiencing, participating, learning, sharing and respecting. These are the ingredients involved in rural community-based tourism; a type of tourism which creates, plans, develops and implements all activities for the benefit of its own territory. It involves real people that are unrelated to and uninterested in the circles of great economic interest.

Travelers, with their presence, can cooperate and participate in this sense, while also experiencing a close-up and completely original natural approach to travel. For these reasons, Èxode bets on rural community-based tourism for a fair and balanced tourist experience.

Bet on it too! Have a great journey!

» Mark Willuhn | Executive Director. Alianza Mesoamericana de Ecoturismo. Boulder, Colorado, USA.  
**[www.exploremesoamerica.com](http://www.exploremesoamerica.com)**

Our overarching mission is using sustainable tourism as a long-term conservation strategy. As the complexities have become better understood, we've expanded our work toward creating healthy & resilient communities. The key word is "communities". We realized that without engaging and improving livelihoods of local community members, most if not all long-term conservation strategies would fail. From a visitor's perspective, probably the most important factor is a welcoming community. A welcoming community is created by sharing the benefits of tourism to as many community members as possible, and ensuring those community members that are not interested in tourism that their lives are not disrupted.





» Saskia Griep | Founder and Manager of Better Places. Leiden, Holland.  
**[www.betterplaces.nl](http://www.betterplaces.nl)**

Community Based Tourism (CBT) is a way to let local people benefit from tourism in their area. In this way local people do not only receive the charges (crowds, pollution, use of facilities like water and electricity) but also the benefits (employment and development). Small-scale accommodations and restaurants give you the opportunity to get to know local life. To really meet the local people and understand more about each other's world. And isn't this precisely the reason why you make that long journey in the first place? It is certainly the kind of travel that makes us happy.  
"Better places for people to live in, and better places to visit"

» Stefanie Lange | Tour Operator, Napur tours GmbH . Kevelaer, Germany.  
**[www.napurtours.de](http://www.napurtours.de)**

Feel at home in the country you visit and experience personal contacts and interactions with the local communities. Community-based rural tourism is an experience all participants can benefit from. You meet people up close and get to know their culture and way of living. Often you can also take part in their daily lives if you want. As you learn from them they learn from you as well. What you pay for your trip can influence directly the people you meet. It is often invested in projects that offer jobs or in educational programs for the kids so the community can prosper. Community-based rural tourism is firsthand experience in a welcoming environment at eye level. We only have this one world. Let's interact and enjoy each other's company!

» Émilie Couillard | Peru Country Leader. New York, USA.  
**[www.visit.org](http://www.visit.org)**

Community Based Tourism(CBT) is a branch of sustainable tourism in which either part or the entirety of a community works together to develop and provide a tourism product. The economic impact from the tourism product benefits all the members of said community. Community based tourism represents an incredible opportunity to both gain insights of a local culture and develop human relationships. The activities and services managed by the community itself are focused on things that people from the community are specialized in that specifically highlight their traditions and culture. These can range from cooking classes to hiking. One of the great things about CBT is that this type of touristic activity provides an alternative to the classical touristic products and is more widely available in the world. Since CBT is virtually untapped, one of the missions of visit.org is to popularize this type of tourism.



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# Argentina





# Argentina

## Travel with Origins



**Origins** is a travel and tourism company authorized by Argentina's Ministry of Tourism. Since its inception in 2011, we've had the goals of working communally with the locals, who are the best hosts at welcoming visitors, while also respecting the principles of fair trade. We envision travelers discovering and enjoying the beauties of our country, while also exploring the tremendous knowledge and ways of adapting to the natural environment employed by the people who populate these hidden and varied nooks, from Argentina's north to south. Due to our commitment to the practice of responsible tourism, we have signed the first Code of Ethics in Mutual Cooperation between rural community-based tourism ventures and travel agencies.

### Contact information

#### Origins – Tourism and Travel Company

Docket No. 14858

Address: Pasaje Zorrilla 171 – A4400AVC Salta, Argentina

Phone: (54) 431 38 91

Mobile: (54) (9) 387 4 130 545 / 128 811

Email: [info@originsargentina.com](mailto:info@originsargentina.com)

Website: <http://www.originsargentina.com/>

Facebook: Origins Argentina Travels



### Community - Based Tourism Highlights in Argentina

- » Get to know an Argentina as diverse in its landscapes as it is different in its people, from the Andean and colorful north to the green jungle of the Coast, and across the Patagonian vastness with its Mapuche culture.
- » Experience the life of the Argentine gaucho, spend time with the rural people and learn from the ancient cultures of native populations.
- » Ride, walk or take a boat ride with people who live in their homeland and fight for its preservation.
- » Accompany an endogenous local development that really benefits local people.



- “The more moderate spring and early fall are ideal”

#### Recommendations and Observations

## When to travel to Argentina?

The north can be visited all year long; but one must take into account that winters are dry and sunny, while summer rains can become intense. It is recommended to avoid visiting the Patagonia during the winter time, unless one is interested in participating in snow activities. If one wants to visit several regions, the more moderate spring and early fall are ideal.

#### Observation

The Rural Community-Based Tourism programs are described for information purposes and may vary depending on time of year and the host family. Host family assignments are determined by the rural community-based tourism organization's system of internal rotation and not by the travel agency.

#### Services included

Nights in lodges indicated or similar ones; daily breakfast; transfers from / to the airport (or bus terminal) and all transfers as indicated in the program (private or bus line); lunch, picnic and dinner as indicated in Program activities; activities and encounters as indicated in the program; local guide; participation in a common fund for community-based tourism stays, + 1% to a fund established by the **Origins** agency to support and / or carry out socio-environmental activities that benefit the community.

#### Services not included

Services not mentioned, food not mentioned, drinks, optional activities, tips, etc.



# Buenos Aires

## Program 1 ARGENTINA

Discover the Other Side of Argentina's Capital City

Itinerary: 1 day



### Day 1: Sustainable Tourism Network at the Heart of Buenos Aires

Reception in Buenos Aires and guided tour of its central districts. After exploring the Plaza de Mayo and the historic district of San Telmo, your guide will take you to the Sustainable Tourism Network of Boca and Barrancas: neighbors, merchants, social organizations and artists decided to recover and contribute to the socio-economic development of these neighborhoods. Today, they welcome visitors by showing them what they do and what they produce in the context of authentic neighborhood life, always with the aim of improving the quality of life of its inhabitants. Lunch in a traditional restaurant. Transfer to your hotel.

**Accommodation:** Hotel Bohemia, private room, San Telmo District, garden.

**Meals:** (- / L / -)







# The Calchaquí Valleys

Program 2  
ARGENTINA

Strong Cultural Identity and Breathtaking Landscapes



Itinerary: 5 days

## Day 1: Salta

## Day 2: Rise to the Calchaquí Valleys



Arrival in Salta. Known as “Salta La Linda,” (or ‘Salta, The Beautiful’) it is one of the Argentine cities that has most retained its colonial architectural heritage. Reception and guided tour of the city that played an important role in the history of Argentina. The High Mountain Archaeological Museum (Museo Arqueológico de Alta Montaña) is an excellent introduction to Andean culture. From the summit of Cerro San Bernardo, you can contemplate the best view of the Lerma Valley where Salta is located.

**Accommodation:** Casa de Borgoña, private room, centric, garden.

**Meals:** (- / - / -)

Tour around the Calchaquí Valleys: long trip with a great diversity of landscapes. From the jungle gorge of Los Laureles to the arid Los Cardones National Park, to the highest point of the trail at 3,457 meters, we will finally arrive at the high valleys and the picturesque town of Cachi. In the afternoon, we go through the spectacular Las Flechas gorge sculpted by earth movements and erosion. Meet your host family, members of the **Rural Tourism Network** (Red de Turismo Campesino), a cooperative of small producers spread over 12 communities in the heart of the Calchaquí Valleys.

**Accommodation:** Family homestay, private room, shared bathroom.

**Meals:** (B / L / D)





### Day 3: Spend time with the Calchaquí Valleys's Rural Tourism Network

Day of coexistence with our hosts. Depending on the host family, the time of year, and the interests of the visitor, shared activities may vary from agriculture, handicraft, and/or culinary activities ... Regardless of what we decide, visitors are guaranteed an opportunity to learn about the way of life in the Calchaquí Valleys. Time to walk around and, after, to participate in the preparation of a regional traditional lunch. Visitors can learn to prepare typical dishes such as pies ('empanadas') baked in clay ovens, locro, humita, etc.

**Accommodation:** Family homestay, private room, shared bathroom.  
**Meals:** (B / L / D)

### Day 4: Rural Tourism Network and Cafayate

We continue the journey towards Cafayate, a charming village located in the middle of the vineyards. Meet with the hosts. Visitors will have the opportunity to explore the wine production processes of small producers belonging to the Rural Tourism Network and how their particularities compare to large wineries. Wine tasting.

**Accommodation:** Family homestay, private room, shared bathroom.  
**Meals:** (B / L / D)

### Day 5: The Imposing Las Conchas Gorge

Last moments to enjoy the Calchaquí Valleys and spend time with its people before heading back to Salta through the majestic Las Conchas Gorge with its striking and colorful rock formations. Photo stops along the way to appreciate this amazing landscape.

**Meals:** (B / - / -)



## Suggestions for Further Travel from Salta...

1. Humahuaca Gorge, Puna Argentina and Bolivia with the Tusoco Network.
2. Misiones Region and Iguazu Falls, Yriapú community (connection from Salta by plane or bus line).
3. Mendoza and Huarpe Paula Guaquinchay community.
4. Chile and San Pedro de Atacama Desert with Travolution (connection from Salta by bus line).

Our agency can arrange these travel connections.





# The Argentine Andean World

Program 3  
ARGENTINA

Puna and Humahuaca Gorge (Trekking Optional)



Itinerary: 5 days

## Day 1: The White Immensity of Salinas Grandes

## Day 2: From Community to Community



We depart from the fertile valley of Salta towards the picturesque Humahuaca Gorge, declared a World Heritage Site. Here, as well as in the Hill of the Seven Colors of Purmamarca, you will be able to appreciate the mountains' different shades of colors. The path continues winding through the Cuesta de Lipan to reach 4,170 meters. By now, we are already in the Puna region, and the Argentine 'Altiplano' (i.e. highlands) reveals the white immensity of Salinas Grandes where we will meet our local guide. He or she will be a member of one of the 32 indigenous families that comprise the Espejo de Sal community, all of which have been trained to welcome visitors. After some explanations regarding the salt business, we proceed to the Barrancas community, where visitors will spend the afternoon and evening. This town is known for being an archaeological reserve of important petroglyphs and rock paintings from the Argentine north and it is with pride that your local guide will take you to discover the cultural legacy of the community's ancestors.

**Accommodation:** Family homestay, private room (or shared, in case of groups), shared bathroom.

**Meals:** (- / L / D).

On this day, visitors make a trip to the village of Alfarcito, either by walking (6 to 8 hours) or by car. Enjoy a spectacular view of the Guayatayoc plateau lagoon before reaching this village known for its very traditional architecture. Those who prefer not to trek will be able to visit other communities along the way. Most of the locals work as either animal breeders or producers of wool from sheep and llamas.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (B / P / D).





### Day 3: Welcome to the Ocumazo Community

Visitors go down to the Humahuaca Gorge and cross part of it to arrive at the Aboriginal community of Ocumazo, where lunch will be served. Locals are mostly farmers, cultivating Andean products such as corn, a variety of Andean potatoes, 'ollucos', beans etc. They organize an Annual Seed Exchange Fair to try to preserve their variety of Andean products. They also raise animals, like goats, in a very beautiful and peaceful valley hidden among multicolored hills.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (B / L / D).



### Day 4: A Day in a Hidden Valley of the Humahuaca Gorge

A community guide takes visitors for a walk (the length of which depends on the visitor's preference) to see the surroundings. You will be able to see the ancient water mill locals are so proud of and/or various archaeological sites where their ancestors lived. You will also have time to share in some daily activity with the community. This can vary, depending on time of year, from: planting, harvesting, making cheese, typical food, handling goats, etc.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (B / L / D).



### Day 5: Saying Goodbye

Visitors say goodbye to their hosts and continue their journey.

**Meals:** (B/-/-).



### Suggestions for Further Travel from Humahuaca

1. La Quiaca and Bolivia with Tusoco Network.
2. Chile: San Pedro de Atacama Desert and Lickan Antay network with Travolution (bus connection from Purmamarca).
3. Salta and the Calchaquí Valleys.

Our agency can arrange these travel connections.

# Bariloche

Program 4  
ARGENTINA

Amongst Lakes, Forests and Andean Patagonian Steppes



Itinerary: 4 days

## Day 1: Bariloche and the Patagonian Rural Culture Network

Reception in Bariloche. Transfer through steppes and mountains. Visitors will be greeted by one of the fifteen families from the Patagonian Rural Culture Network. These families are spread out between four different rural sites located west of the city. By creating this network, they have been able to pool their energies and provide opportunities for their young within their own land. During your stay in the community, you will be able to meet small farmers and artisans, share mate tea and 'asados' (Argentine BBQ) and experience life in the Patagonian countryside.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (- / L / D)

## Day 2: Patagonian Experience

On this day, visitors can enjoy a day in the countryside while riding horses alongside their hosts and wading across rivers and forests to reach a viewpoint. Visitors also have the option of doing walking tour instead. Upon return, they will be able to visit neighboring rural artisans or participate in daily rural tasks.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (B / L / D).







### Day 3: Pilcaniyeu

Transfer to Pilcaniyeu, a village nestled in a valley rich in fauna and surrounded by charming estates. It is characterized for having sheep farming as its main rural activity. Visitors will be guided through a tour of the town, discovering its oldest buildings, its historical and archaeological museum and its native plant nursery.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (B / L / D)

### Day 4: Return to Bariloche

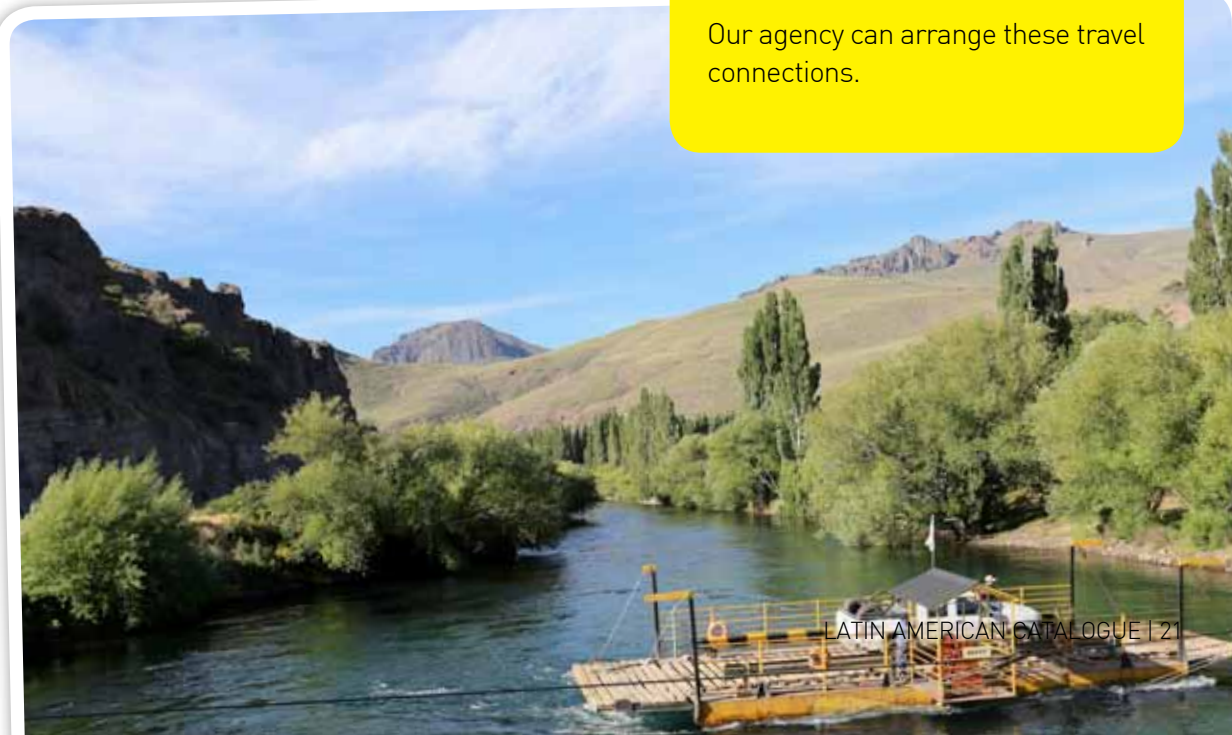
Transfer to the city of Bariloche; rest of the day free to enjoy the shores of the majestic Lake Nahuel or go exploring.

**Meals:** (B/-/-).

## Suggestions for Further Travel from Bariloche

1. Chile and Chiloé with Travolution (connection from Bariloche by Crossing of the Lakes or bus line).
2. Mapuche communities in the Neuquén neighboring province.
3. Mendoza and Huarpe Paula Guaquinchay Community.
4. Salta and Calchaquí Valleys community (bus line connection or aerial connection on certain days).
5. El Calafate (conventional tourism - aerial connection or bus in high season).

Our agency can arrange these travel connections.



# Peoples of the Rivers

Program 5  
ARGENTINA

"Litoral" Coastal Region and Iguazu.



Itinerary: 5 days

## Day 1: Puerto Nuevo Paraná

Arrival in Puerto Nuevo, Paraná city, capital of the province of Entre Ríos and located next to the river that gives the province its name. Reception and meeting with the 'Baqueanos del Río' (i.e. river guides), a group of artisanal fishermen offering alternative and cultural ecotourism circuits. Paraná is the second largest basin in South America, the Amazon river being the first. Visitors, during their boat rides and conversations, will be able to get to know, from within, the life of the locals.

**Accommodation:** Posada del Rosedal, private room, garden, located close to the river.

**Meals:** (- / L / D).

## Day 2: Along the Paraná River

Second day to navigate the Paraná river, tour its islands and enjoy its beaches. Participate in bird and flora watching. Fish with a local guide and enjoy a typical cuisine based on your catch of the day. At the end of the afternoon, transfer to bus station and depart towards Puerto Iguazu.

**Accommodation:** Overnight on board the bus.

**Meals:** (B / L / -).







## Suggestions for Further Travel from Iguazú

1. Northern Argentina's Communities: Calchaqui Valleys and Humahuaca Gorge (connection to Salta by plane or bus line)
2. Brazil, Rio, Costa Verde and Its Inhabitants

Our agency can arrange these travel connections.

### Day 3: Puerto Iguazu and Yriapú Community

Reception at Iguazú terminal and transfer to your hotel. In the afternoon, a visit to the Mbya Guaraní Yriapú Community where travelers will share a dinner with its members in the Visitors Center. The community retains its language, as well as traditional practices, such as hunting, fishing and gathering fruit. The reduction of their territory, as a result of unplanned urbanization around it, has been forcing them to diversify into agriculture, handicrafts and tourism. The traveler has the opportunity to share in Yriapú knowledge while touring an interpretive trail through the jungle accompanied by a young person from the community.

**Accommodation:** Hotel 21Oranges, private room, garden, swimming pool.

**Meals:** (- / - / D).

### Day 4: Argentina's Iguazu Falls

Day tour in conventional tourist group service to discover the Argentinean side of the falls, enjoying several different viewpoints, all of which are amazing. There will be upper and lower walkways, as well as an hour-long walking tour to arrive at the impressive "Devil's Throat".

**Accommodation:** Hotel 21Oranges, private room, garden, swimming pool.

**Meals:** (B / - / -)

### Day 5: Brazil's Iguazu Falls

Half-day excursion in conventional tourist group service to discover the other side of the falls. From the Brazilian side, you can enjoy a panoramic view of the waterfalls cascading amid lush vegetation. In the afternoon, transfer to the airport or bus terminal.

**Meals:** (B / - / -)



# Mendoza

**Program 6**  
ARGENTINA

Vineyards and High Andean peaks.



Itinerary: 4 days

## Day 1: Mendoza

Reception in Mendoza city, located at the foot of the highest mountain range of the Andes. Mendoza is a "city-oasis" where man left his mark through a system of irrigation canals and tree-lined avenues visitors will love. Guided tour of the historic center and the San Martin Park, one of the most beautiful in the country (conventional tourist tour).

**Accommodation:** Alamo Hostel, private room, garden.

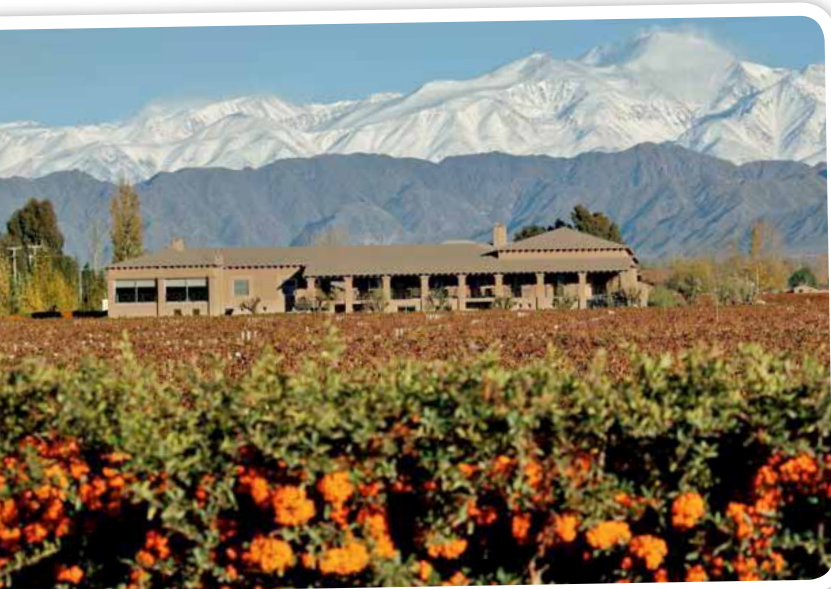
**Meals:** (- / - / -).

## Day 2: Bike Ride amid the Vineyards

Activity that allows you to enjoy the outdoors and its landscapes framed by the Andes Mountains. Learn about viticulture, the region's main industry, by visiting two wineries and tasting their wines (conventional tourist tour, departures on Tuesdays, Thursdays and Saturdays).

**Accommodation:** Alamo Hostel, private room, garden.

**Meals:** (B / L / -)



"Taste wines while visiting model wineries from this exceptional region"





## Suggestions for Further Travel from Mendoza

- 1.- Chile, Valparaiso with Travolution.
  - 2.- Northern Argentina Communities: Calchaqui Valleys and Humahuaca Gorge (connection to Salta by plane or bus line)
- Our agency can arrange these travel connections.

### Day 3: Huarpe Paula Guaquinchay Community

Transfer to the small town of Asuncion, located 90km northeast of Mendoza in a quiet valley where biodiversity surprises the semi-arid environment. You will meet with members of this indigenous community, dedicated to livestock production and handicrafts in leather and wool. They aim to diversify through rural community-based tourism. Travelers can share in the knowledge of artisans by participating in craft workshops, taking goats out to pasture and/or horseback riding. Upon return, visitors will learn to prepare fried cakes to accompany the small meal provided.

**Accommodation:** Family homestay, private room (or shared in case of groups), shared bathroom.

**Meals:** (B / - / D)

### Day 4: Telteca Forest Nature Reserve "Altos Limpios"

Half-day hike with a community local guide to reach the Telteca reserve. The reserve's flora is of high value, as it is home to some meagerly distributed species and a sweet carob forest whose ancestral human use is confirmed by its presence in archaeological sites. The tree's pods are very nutritious and are used to make syrup, bread and drinks. After lunch, return to the city of Mendoza, where visitors can extend their stay for some optional activities like trekking, horseback riding or rafting if they like.

**Meals:** (B / L / -)



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Chile

# Chile

with Travolution.



**Travolution** is an organization that seeks to promote the sustainable development of communities through four work areas: advice for the development of tourism projects; building and strengthening of networks; research and dissemination of knowledge; and a tour-operator specializing in community-based tourism.

The tour-operator seeks to generate life-changing experiences for our visitors and provide an opportunity to connect communities with tourists from around the world. In Travolution, we want to change the world, one meeting at a time.

Travolution: Life-Changing Experiences

## Contact information

### Travolution.org

Phone: (569) 9162 6579

Fax: (5602) 2233 3522

Address: Joan of Arc 2012, office 44. Santiago, Chile

Email: [reservas@travolution.org](mailto:reservas@travolution.org)

Website: [www.travolution.org](http://www.travolution.org)

Facebook: [Travolution.org](https://www.facebook.com/Travolution.org)



## Community-Based Tourism Highlights in Chile

- » Interact with local entrepreneurs throughout the whole trip. They will guide you through various activities and receive you at their accommodations in San Pedro and Totoral.
- » Meet the world's driest desert in all its vastness, guided by those who have inhabited it for thousands of years.
- » Observe the endemic flora and fauna of the desert and the Pacific Ocean coast.
- » Participate in deep cultural encounters that will change the your life.





# Mapuche Experience

**Program 1**  
CHILE

Nature, Adventure & Trekking



Itinerary: 11 days

## Included Services:

10 nights in accommodation indicated, transfers from / to the airport and all transfers according to the program, meals as indicated, programs, activities and meetings indicated, tickets according to the program, naturalist guide, welcome kit, etc.

## Services Not

Included: services not mentioned, food not mentioned, drinks, optional activities, tips, travel or medical insurance.

## Day 1: Welcome to Chile, Cultures and Mountains at the End of the World

Arrival at the international airport of Santiago de Chile. A guide from the Travolution team will welcome visitors and accompany them on their transfer to the Hotel Vegas, located in the city center.

After checking in, we will enjoy a tour of the city, starting with the Bellavista neighborhood where visitors can taste traditional Chilean food. Then, we will tour the historic center of the city and end the evening with beautiful views of the city from the Cerro Santa Lucia.

**Accommodation:** Hotel Vegas.

Double rooms with private bathroom. Located in the heart of Santiago.

**Meals:** (- / L / -)

## Day 2: History and Life in Santiago

In the morning, our guide will pick visitors up at the hotel at 10:00 to enjoy a second day in the city. We will visit one of the oldest neighborhoods in the city, crossing the Quinta Normal Park and visiting the Museum of Memory (Museo de la Memoria), learning from the harsh history of dictatorship in Chile. In the afternoon, visitors enjoy a pleasant tasting of Chilean wines, famous for their quality.

**Accommodation:** Hotel Vegas.

**Meals:** (B / L / D / R)





### Day 3: Valparaíso, Port of Legends and Poets

At 8:30 our guide will pick visitors up from the hotel and head to the port. Bring all your things. Once there, visitors will walk its endless stairs and viewpoints. They will visit the house of Pablo Neruda and enjoy a delicious lunch of Andean fusion cuisine. In the afternoon, we will enjoy a stroll by boat on the bay and enjoy the sunset on the Cerro Alegre. At night, transfer to the bus station to set course towards the south, in a bus with semi-beds.

**Accommodation:** Accommodation in semi-bed bus bound for Contulmo.

**Optional:** Flight from Santiago to Concepción, and then transfer to Contulmo by shuttle. Transfers take up half a day.

**Meals:** (B / L / D)

### Day 4: Mapuche Culture amid the Valleys and Lakes

Arriving at 7:30 a.m. to the town of Contulmo, visitors are welcomed by Manuel Maribur, the Mapuche local guide who will lead them to the cabins where they will stay. You will enjoy a delicious breakfast and then tour the local community, visiting artisans, farmers and experts in the most exquisite traditional cuisine. Lunch in a ruka (traditional Mapuche dwelling), talking in-depth about the stories and wisdom of this culture. In the afternoon, visitors hike the Contulmo Natural Monument, experiencing it in the way the Mapuche people understand and behave in the forest.

**Accommodation:** Cabins, with rooms for 2 or 3 people. Bathroom shared between up to 5 people.

**Meals:** (B / L / D)



### Day 5: History and Mapuche Wisdom

10:30 a.m. departure towards Cañete City. Upon arrival, we visit the Mapuche Museum and Cultural Center and learn the history of these wonderful people who have fought for years for recognition and rights. In the afternoon, visit the Longko Miguel ruka, the traditional local authority, from which we will learn about the Mapuche wisdom and way of life. At night, we light the fire and enjoy a wonderful evening of chants and music.

**Accommodation:** Cabins, with rooms for 2 or 3 people. Shared bathroom for up to 5 people.

**Meals:** (B / L / D / R)



### Day 6: Hiking in the Mountains of Nahuelbuta

The Nahuelbuta mountain range is a unique haven for one of the most impressive species of trees in the Southern Cone: Araucaria Araucana. Reaching more than 50 meters high, these ancient watchmen stand on the Nahuelbuta mountains. Departing at 8:30 a.m., we will enjoy a guided mountain and forest walk and, if we are lucky, we'll be able to see more than 7 volcanoes in the distance. Upon return, nothing better than a comforting hot water bath with medicinal herbs. The perfect seal.

**Accommodation:** Cabins, with rooms for 2 or 3 people. Shared bathroom for up to 5 people.

**Meals:** (B / L / D)



### Day 7: Towards the Andes Mountains

After breakfast, 10:00 a.m. departure towards the mountains. Along with Manuel, we cross the central valleys of Chile ascending over a thousand meters to the village of Lonquimay, where we will meet our Pehuenches guides, Mapuches of the deep valleys of the Andes. We enjoy a nice lunch with them and continue towards the community of Quinquen. Upon arrival, we settle in with our host family and enjoy the incredible mountain scenery.

**Accommodation:** Family homestay, with rooms for 2 or 3 people. Shared bathroom for up to 5 people.

**Meals:** (B / L / D)



### Day 8: Pehuenche Experience

Early breakfast with 'mate', drink heavily used by the Pehuenche. Then, we will go into the deep valleys of the community and begin a tour of its ancient forests. While learning and enjoying nature, we will also get to know more about this communities' history of having to defend the forest from outsiders almost two decades ago. Back in the valley, we enjoy a nice lunch with products prepared from pine nuts, fruit of the Araucaria. In the afternoon, we will talk with local authorities about the history of the community and enjoy the freedom offered by the mountains. Dinner with our host families.

**Accommodation:** Family homestay, with rooms for 2 or 3 people. Shared bathroom for up to 5 people.

**Meals:** (B / L / D)



## General Indications:

# Travel to Chile

Chile is a very large country and its climates are varied. Clothing should be considered for sun, rain and cold weather. Ultraviolet radiation is strong in the South and sunscreen must be worn at all times, as well as sunglasses and a hat.

In many places of the places visited, there are no ATM machines. One should consider bringing around \$ 10,000 a day per person, not including money for purchasing crafts. ATM locations: San Pedro de Atacama, Vallenar, and Santiago.

## Important Exit Process Information:

International regulations require passengers to arrive at the airport at least 3 hours before departure.

## Day 9: Lakes and Mountains

After breakfast, we will take a nice hike to the viewpoint of the Condor (Manque, in the Mapuche language), enjoying the incredible view of Lake Galletué. If the weather permits, we will go down to the beach and enjoy the cool, pure waters of the lake. To crown the day, we enjoy a delicious goat or lamb roast (vegetarian option exists). Free afternoon.

**Accommodation:** Family homestay, with rooms for 2 or 3 people. Shared bathroom for up to 5 people..

**Meals:** (B / L / D)

## Day 10: Pehuenche Crafts

In the morning, we will learn the craft of Quinquen wool artisans. We will learn how to spin, dye and weave with natural wool. After a nice closing lunch, we will go to Lonquimay to board the bus that will take us back to Santiago.

**Accommodation:** Bus, semi-bed category.

**Optional:** Transfer to Temuco and then flight to Santiago. The trip takes half a day.

**Meals:** (B / L / R)

## Day 11: Back in the city

Early arrival to hotel in Santiago and time to rest until midmorning. At the appointed time, a shuttle will take you to the airport. End of services.

**Meals:** (B / - / -)







# Atacama Colors and History

## Program 2 CHILE



Itinerary: 11 days

### Included Services:

10 nights in accommodation indicated, transfers from / to the airport and all transfers according to the program, meals as indicated, programs, activities and meetings indicated, tickets according to the program, naturalist guide, welcome kit, etc.

### Services Not Included:

services not mentioned, food not mentioned, drinks, optional activities, tips, travel or medical insurance.

### Day 1: Welcome to Chile, Cultures and Mountains at the End of the World

Arrival at the international airport of Santiago de Chile and connection flight to Calama. Once there, transfer to accommodation (comfortable and rustic option). For starters, we enjoy a tasting of Atacama delicacies. In the afternoon, tour of the Valley of Death to appreciate panoramic views of the Salar de Atacama's basin and all the splendor of the desert.

**Accommodation:** Hotel Ckamur Atacama (double room with private bathroom) or Haramaksi Family Accommodation (double room with shared bathroom).

**Meals:** {- / L / -}

### Day 2: Lickan Antay Culture. The Ancient Inhabitants of the Desert

At 10:00 a.m., we will meet with our guide, Leonel, who will lead us to the Coyo community, where Wildo will talk to us about Lickan Antay agriculture and traditions. The Lickan Antay have inhabited the desert for millennia and learned to adapt to it. We enjoy a nice lunch to later cross the desert in the 'Ancestral Caravan', where Sandra will tell us how ancient Andean traders guided their llama caravans through the desert.

**Accommodation:** Hotel Ckamur Atacama (double room with private bathroom) or in Haramaksi Family Accommodation (double room with shared bathroom).

**Meals:** {- / L / -}







### Day 3: Petroglyphs in the Rio Grande Valley and Astronomy

At 8:30 a.m., we start our incredible journey to the Rio Grande Valley. Remotely hidden between stone walls over a hundred meters high, the valley is home to a farming community with thousands of years of history. On the way, we will see ancient petroglyphs and tour the Rainbow Valley, famous for the incredible colors of its rocks. After, we will enjoy lunch with Mrs. Lucia, who will share with us the ancient stories of the desert. Back in San Pedro, we enjoy a pleasant evening, and, at 8:45 p.m., we head towards an observatory to learn about and enjoy the stunning Atacama night sky.

**Accommodation:** Hotel Ckamur Atacama (double room with private bathroom) or in Haramaksi Family Accommodation (double room with shared bathroom).

**Meals:** (B / L / -)

### Day 4: Altiplano Lakes (Highlands)

This morning, we head south, bordering the majestic Salar de Atacama, and visiting the small towns that have sprung up around it, blessed by water coming down from the mountains. Then, we ascend to 4,000m and visit the highland lakes of Miñiques and Miscantay. Located in the midst of volcanoes and mountains, these lakes are a source of life and health for the entire local ecosystem. We return to the village in the evening to enjoy a pleasant sunset.

**Optional:** Watch the sunset on the Salar de Atacama.

**Accommodation:** Hotel Ckamur Atacama (double room with private bathroom) or Family Accommodation Haramaksi (double room with shared bathroom).

**Meals:** (B / L / -)

### Day 5: Tatio Geysers and Heading South

4:30 a.m. departure to visit the geysers; a truly unique experience. The cold air is mixed with the nostalgia of the rise of the new sun, and the fumaroles of this geothermal field startle us with their beauty. Vapors, which reach more than 20 meters, are everywhere, and hot springs are a great prize for having woken up so early. We return to San Pedro at noon to enjoy a delicious lunch in Ana Ramos's restaurant 'Sabores de Solor'. In the afternoon, at about 5:00 p.m., we start our overnight journey towards the coastal desert.

**Optional:** Visit the Puritama Thermals before returning to San Pedro.

**Accommodation:** Hotel Ckamur Atacama (double room with private bathroom) or Family Accommodation Haramaksi (double room with shared bathroom).

**Meals:** (B / L / R)



### Day 6: Coastal Desert in Chañaral de Aceituno

Early in the morning, we will meet Jorge. He will take us from Vallenar to Chañaral de Aceituno. In this creek, we will encounter the sea and all the splendor that is generated when it meets the desert. We will enjoy a free afternoon, walking around with our guide.

**Accommodation:** Refugio Chañaral de Aceituno (double room with private bathroom).  
Meals: (B / L / -)

### Day 7: Dolphins and Whales

At 10:00 a.m., we head toward the creek and take one of the boat tours around Bay Chañaral de Aceituno to visit the nearby island. We will observe dolphins, sea lions, dozens of species of birds and, during the summer, whales! Back on shore, a delicious local fish for lunch. We enjoy the afternoon in the creek.

**Accommodation:** Refugio Chañaral de Aceituno (double room with private bathroom).  
**Meals:** (B / L / -)

### Day 8: Cactus and Desert Flowers

After breakfast, we will head north. After a couple of hours, we will enter the Llanos del Challe National Park, where we will see over 30 species of cactus and, during the spring, enjoy a breathtaking spectacle: the flowering desert. Desert Flowers are simply amazing. Lunch in the cove of Carrizal Bajo, famous as the planned landing point for weapons in resistance to the dictatorship in Chile. Then, we will come to rest at the town of Totoral, where we will taste exquisite olive oils and local fruits.

**Accommodation:** Hostal Alicia (double or triple rooms, shared bathroom).  
**Meals:** (B / L / D)



### Day 9: Rest by the Sea

In the morning, we ride horses or walk through the town of Totoral to the Perales estate, where we enjoy a nice lunch under the trees, learning the history of this miraculous oasis in the driest desert in the world. In the afternoon, we drive along the coast to Bahía Inglesa, passing by beautiful beaches (suitable for swimming).

**Accommodation:** Hostal Coral Bay (double rooms with private bathroom).

**Meals:** (B / L / -)



### Day 10: Santiago in Colors

After a morning of relaxation by the sea, we transfer to the airport to begin our return to Santiago. Once in the city, we will enjoy a nice wine tasting at the city center and then watch the sunset from a vantage point, where we can relive the adventures of the trip.

**Accommodation:** Hotel Vegas (double rooms with private bathroom).

**Meals:** (B / - / R)

### Day 11: Return Home

In the morning, we visit the Museum of Memory, which portrays the situations experienced by thousands of people who resisted the military dictatorship of Chile. Then, lunch in a typical Chilean food restaurant in Santiago. Later in the afternoon, shuttle to the airport to say goodbye after this incredible journey.

**Meals:** (B / L / -)



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# Uruguay



# Uruguay

## with Retos al Sur.



**Retos al Sur** is a nonprofit civil association established in early 2006 in Montevideo with the purpose of influencing both a reflection and a construction of an alternative development model, based on values such as social justice, democratic participation, environmental care and the satisfaction of human needs from a community-oriented paradigm oriented towards the common good.

Since then, we have worked in promoting and supporting social

networking experiences, solidarity economy and responsible tourism. In the area of tourism, we follow the criteria of sustainability, cultural revaluation, conservation and awareness of natural areas through promoting tourism development in local communities.

Come live a genuine, rich and seamless tourist experience with **Retos al Sur!**

### Contact information

#### Retos al Sur

Address: Pérez Castellano 1424, Ciudad Vieja, Montevideo, Uruguay

Phone: (+ 598) 2916 8353

Email: [comunicacion@retosalsur.org](mailto:comunicacion@retosalsur.org)

Website: <http://retosalsur.org/>



### Community-Based Tourism Highlights in Uruguay

- » Contact with nature and its inhabitants, touring places where the landscape and its inhabitants experience a unique encounter.
- » Guides trained in responsible tourism.
- » Opportunity to experience various world heritage sites through an alternative perspective to that commonly provided by mass tourism.
- » Opportunity to spend time with local communities and share in their daily activities.
- » Contact with the culture of places not frequently visited by tourists.





# Genuine Experiences

## Program 1 URUGUAY

### Urban and Nature Trekking



Itinerary: 15 days

#### Included Services:

14 nights' accommodation in lodges indicated, including daily breakfast, transfers as indicated in the program (private), 6 lunches, guided tours, activities and encounters as indicated by program, guide-interpreter, welcome kit with maps and booklets, recommendations, etc.

#### Services Not Included:

services not mentioned, food not mentioned, drinks, optional activities, tips, departure tax, etc.

#### Day 1: Welcome to Uruguay

Arrival at Colonia's port. Your guide will be there to welcome you. Transfer to your accommodation.

Walking tour through the historic center of Colonia (Historical World Heritage Site), visiting in an alternative way and experiencing the rich cultural heritage of this place through a different lens. We will visit points of interest and interact with local producers.

#### Accommodation:

South Hostel. Double rooms with shared bathroom in a renovated colonial house in the historic center of Colonia del Sacramento. Its interior decoration and character makes it unique for greater enjoyment during your stay in Colonia.

**Meals:** (- / - / -)

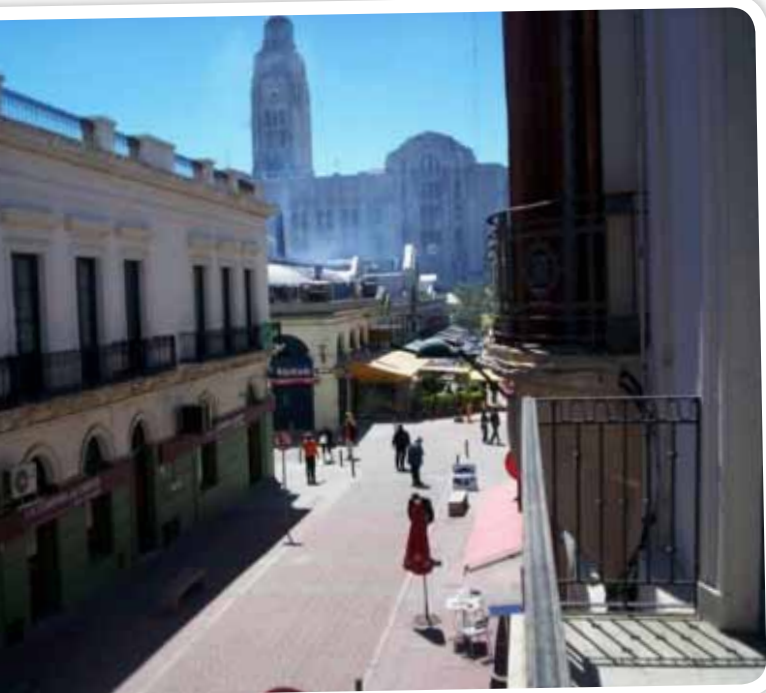
#### Day 2: Colonia to Montevideo

Breakfast in Colonia. Transfer by bus to Montevideo (2 hrs 30 min.). Lunch for two is included at La Fonda, where an open kitchen allows you to see the chefs prepare your food, made to order with organic products in an innovative concept of culinary art.

#### Accommodation:

Posada al Sur. Double rooms with a shared bathroom, in a sustainable accommodation governed by the criteria of responsible tourism. A colonial house renovated with artisan work. It employs renewable energy and supports local producers by using their products to deliver a tasty breakfast.

**Meals:** (B / L / -)







### Day 3: Montevideo's Story from Another Perspective

We will explore Montevideo's most frequented neighborhood with a local's attitude, in an effort to discover and internalize Montevideans' daily life and how they organize in social entrepreneurship, enabling a greater understanding of their past and present .

**Accommodation:** Posada al Sur  
**Meals:** (B / - / -)



### Day 4: Montevideo, South of the South

We will partake in the Community-Based Tourism Circuit of Barrio Sur and Palermo, Montevideo's neighborhoods with the most Afro-Uruguayan influence. People here almost breathe Candomble (Intangible Cultural Heritage of Humanity) and the social fabric is strengthened every day through cultural endeavors that benefit local people. We will also visit cultural centers and witness a demonstration of the famous Candomble!

**Accommodation:** Posada al Sur  
**Meals:** (B / - / -)

### Day 5: Visiting the Neighborhood that Gives Montevideo its Name

Visit the namesake neighborhood of Montevideo alongside tourist guides from the Cerro Cultural Cooperative.

The highest point in the capital city. From here you will enjoy a fabulous panoramic view of the city and we will visit places relevant to the country's founding, such as La Fortaleza del Cerro, as well as those closely linked to its recent history, such as the Memorial of the Disappeared.

**Accommodation:** Posada al Sur  
**Meals:** (B / - / -)





### General Information on Places Visited:

Colonia del Sacramento is one of the most important tourist models in Uruguay, receiving thousands of tourists all year long. This is a small city with a large concentration of history, art and culture.

Montevideo, the capital, with its 67 kilometers of coastline, offers a range of beautiful beaches and panoramic views. It is a must on your visit to Uruguay.

Rocha is a region located in the east of the country bordering Brazil. The charm of this region is due to the particular coexistence between the Atlantic Ocean and one of the largest “wetlands” of the country.

In the Treinta y Tres (Thirty Three) Department we find the Quebrada de Los Cuervos (Los Cuervos Gorge), defined as “a hidden paradise”, because it is, in fact, a geographical feature that has been opened over time by the Yermal Chico stream amid one of the most rugged and lush mountains present in Uruguay. La Quebrada de Los Cuervos is part of the National System of Protected Areas.

Tacuerembó is Uruguay’s largest department. It is located in what is known as the “Deep Uruguay.” There, traditions and customs are preserved and time seems to go by more slowly than in other places.







### Day 6: Montevideo to Rocha

Breakfast in Montevideo and departure to Rocha (4 hours). Check-in at the Posada de la Luna Hostel, a warm house, near the beach and served by its own owner, tour guide and hostess who makes guests feel at home in an atmosphere of cordiality and joy. Lunch. In the afternoon we trek through the thousand-year old gullies of Punta Rubia, an original and strange geological formation at the edge of the coastal strip.

**Accommodation:** Posada de la Luna Hostel

**Meals:** (B / L / -)

### Day 7: The Other Side of Rocha

Breakfast and departure towards Rocha Lagoon Nature Reserve. We will take a boat trip on the lake that coexists with a wonderful fauna. Lunch will be prepared by fishermen who cook everything with natural ingredients from the lake. In the afternoon, we will go to Cabo Polonio, at the end of the big dunes, where artificial light is not present, allowing visitors to forget the sense of time and admire the beautiful small white houses on the Cape. In Cabo Polonio, there is one of the largest reserves of sea lions in the world.

**Accommodation:** Casa Rosada, a rustic accommodation that coexists harmoniously with the environment. It has traditional decoration, family atmosphere and a large library (multilingual texts) to enjoy reading to the sound of the sea.

**Meals:** (B / L / -)

### Day 8: Sierras de Rocha

After breakfast at La Casa Rosada, we will go to the Sierras de Rocha, where Lucy and James await us in their wonderful place "Caballos de Luz", where they will prepare lunch with products from Lucy's organic garden and we can admire the landscape of the gentle rolling hills. In the afternoon, we ride horses into the Natal Forest with our local guides, who will explain the fauna and flora while we enjoy the wonderful atmosphere of the place.

**Accommodations:** Caballos de Luz, in a dome, a clay and wood structure that integrates seamlessly into the environment. It is a solid and friendly structure that allows an atmosphere of relaxation and tranquility.

**Meals:** (B / L / -)





### Day 9: Rocha to Quebrada de Los Cuervos (Los Cuervos Gorge)

Breakfast and departure towards Quebrada de Los Cuervos. This gorge is within the System of Protected Areas for its richness in flora, fauna and landscape in general. It has many water bodies, rock formations and microclimates worth exploring. Incredibly beautiful places ideal for achieving relaxation and leisure activities. Free afternoon.

**Accommodation:** Cabaña del Brujo. A former rural school, now reconstructed to welcome everyone who wants to enjoy natural sites.

**Meals:** (B / - / -)



### Day 10: The Trails at Quebrada de Los Cuervos

We will practice several ecotourism activities: trekking through various trails and interpreting different agro-ecological production processes along with a local interpreter guide. Lunch at El Capricho, restaurant and store, with homemade and native products. In the afternoon, we pause to contemplate the full extent of the landscape and the various gifts that it offers us. In the evening, we will learn how to prepare and drink mate (an Uruguayan typical infusion).

**Accommodation:** Cabaña del Brujo  
**Meals:** (B / L / -)

### Day 11: From Quebrada de Los Cuervos towards Tacuarembó

We will visit communities in the heart of Uruguay, where nature can be enjoyed in every little happening. Here, you can spend time with families in a small rural town where the bonds of solidarity are present in every moment.

Visit and lunch at the Rincón del Bonete Village. We will also pay a visit to San Gregorio, Latin America's first visual arts open museum, located on top of a plateau from where one can contemplate the Río Negro (Black River).

**Accommodation:** Los Robles, a local, cozy accommodation, characterized by the friendliness and warmth of those who work there.

**Meals:** (B / L / -)



### Day 12: Los Furtados

Food and accommodation with a family from the Los Furtado community. We will share a day in their daily lives. We will be immersed in their rural activities; cooking and performing other tasks as it is done in the "deep Uruguay". We will stay in the family's house, feeling the warmth of home and enjoying a much richer cultural exchange experience than any other type of accommodation can offer.

**Accommodation:** Family homestay.

**Meals:** (B / L / D)



## Day 12: Immersing Ourselves in the Natural and Human Landscape.

By staying with the family that welcomed us to Los Furtado, we will be more aware of their conception and way of understanding relationships, as well as their worldview. We will enjoy a typical 'asado' for lunch. In addition to being a culinary experience, we get to experience typical customs that take place before and after the roast.

In the afternoon, we ride horses, touring the gentle rolling meadows with the horizon as our unconditional and unreachable partner.

**Accommodation:** Family homestay.

**Meals:** (B / L / D)



## Day 13: From Tacuarembó to Flores

Flores has a valuable geological heritage, part of the natural wealth of Uruguay. Las Grutas del Palacio (The Palace Caves) were home to indigenous peoples and some legends associated with these inhabitants are related to the site. Other indigenous vestiges in the territory include the cave paintings in Chamangá. We will link the attractions in Flores, beyond their geological wealth, to the presence of indigenous peoples in the area.

**Accommodation:** Hotel Potenza Giordano, a family and traditional hotel in the center of the Flores capital, Trinidad.

**Meals:** (B / - / -)



### Important Exit Process Information:

International regulations require passengers to arrive at the airport at least 3 hours before departure.

## Day 14: From Flores to Montevideo

Breakfast at hotel and departure to Montevideo.  
End of our services!

**Meals:** (B / - / -)



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Bolivia



# Bolivia

## with TUSOCO.



**The TUSOCO Network** is a nonprofit organization working with solidarity tourism community organizations in Bolivia since 2005. We work to represent and support the development and marketing of tourist routes through our own tour operator, **Tusoco Travel**, which offers innovative programs providing opportunities for genuine cultural encounters and exchange experiences that are 100 percent authentic in combining culture, adventure and nature within Bolivia and offering

responsible, sustainable tourism that respects natural, social and cultural environments.

Each trip organized with **Tusoco Travel** is a guarantee that you will help communities, as 100 percent of the revenues are used for sustainable community development, improving their quality of life and maintaining our culture and traditions alive.

### **Tusoco Travel: The People Beyond the Landscape!**



### **Contact information**

#### **Tusoco Travel**

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### **Community-Based Tourism Highlights in Bolivia**

- » We invite you to live a genuine adventure, exploring the culture and traditions of the Bolivian highlands in its purest expression, while sharing it with the local people
- » Surprise yourself and let yourself be carried away by the magic that surrounds you when you visit our Bolivian jungle; the sounds of the animals and the smell of the jungle in its maximum expression will take you to an unknown world where you will enjoy the realness of it all.
- » Each day, you will experience an adventure full of traditions, history, nature and, especially, the opportunity to spend time getting to know the local people who open their doors to share with you a little bit of their life.



# Altiplano Adventures

## Program 1 BOLIVIA



Itinerary: 9 days

### Included Services:

- » Private Airport Transfer Service(to and from).
- » Private Transfer service in the bus station.
- » Private transportation for city tour and Moon Valley.
- » Tourist Bus Transport La Paz - Uyuni.
- » Private transfer from Uyuni - La Paz.
- » Accommodations as indicated.
- » Meals as mentioned in the program.
- » Entry fees to the different attractions.
- » Local guide
- » Guide-interpreter in Spanish, English or French.

### Services not Included:

- » Meals during the first day of the itinerary.
- » Alcoholic beverages or soft drinks.
- » Souvenirs.
- » National or International Airport fees.
- » Tips.
- » Anything not mentioned in "Services Included"

### Day 1: Welcome to La Paz - Bolivia

Arrival at the El Alto International Airport. Your tour guide will meet you and welcome you. Transfer to Hostal Naira, located in the center of La Paz, a few steps from the San Francisco Church. The hostel has comfortable rooms with private bathrooms, some of which are inside the room and some outside. It offers single, double and triple rooms.

**Accommodation:** Hotel Sajama or Hostal Naira in La Paz, according to availability.

**Meals:** (- / - / -)

### Day 2: City Tour and Moon Valley - Trip to Uyuni

After breakfast at 8:30 a.m., we pick you up at the hostel for a city tour. At 11:00 a.m., we will visit the Moon Valley (Valle de la Luna). At 1:00 p.m., we head towards the Achocalla Municipality, where we have lunch and visit Centro Armonia. Here, we will learn about the agro-ecological production of vegetables and legumes. We end our tour in the cheese factory Flor de Leche. We return to Hostal Naira to collect our bags and, at 8:15 p.m., we will be at the bus terminal to board the tour bus "Todo Turismo" that will take us to the town of Uyuni (dinner on the bus).

**Accommodation:** Tourist Bus.

**Meals:** (B / L / D)



### Day 3: Uyuni - Tunupa Volcano Viewpoint - Alcaya Community

Upon arrival in Uyuni, the guide will take you to have breakfast and then to meet with our driver, who will be in charge of showing you around Colchani, Incahuasi Island and the Tunupa Volcano viewpoint, where you will be able to appreciate the immensity of the Salar de Uyuni and the Salar Coipasa. In the evening, we arrive at the hostel in the Alcaya Community (rustic with private bathroom and hot water). Dinner and overnight stay.

**Accommodation:** Lodge in Alcaya Community.

**Meals:** (B / L / D)

### Day 4: Alcaya Community

After breakfast, we visit the archaeological site, where the local guide will explain the life of the Chullpas, their ancestors. There, you can learn about their lifestyle, history, tools and textiles. In the afternoon, after lunch, we visit the small museum of the community and then get ready for dinner and our overnight stay.

**Accommodation:** Lodge in Alcaya Community.

**Meals:** (B / L / D)

### Day 5: Alcaya - Sacabaya

After breakfast, we continue our journey by crossing the Salar de Coipasa, where we will stop for lunch, and then continue our journey to Sacabaya, a small town which is part of Rio Lauca, where we will spend the night.

**Accommodation:** Community Lodge in Sacabaya Community.

**Meals:** (B / L / D)

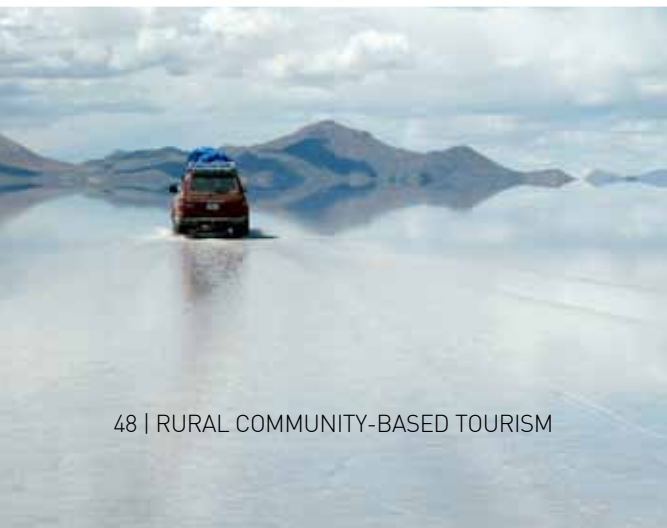
### Day 6: Sacabaya - Rio Lauca - Tomarapi

After breakfast, we will tour the community and then undertake our journey towards Rio Lauca, the archaeological site where one can see and learn about the Chullpas de Colores, pre-Inca tombs of the twelfth century. We will continue to the lake to watch the three species of flamingos. At noon, we arrive at Playa Verde for lunch. Then we continue our journey to reach the Tomarapi community enterprise. After a long journey, we have dinner and spend the night there in comfortable lodges with private bathrooms and hot water.

**Accommodation:** Lodge in Tomarapi Community.

**Meals:** (B / L / D)





### Day 7: Tomarapi

After breakfast, we will visit Huaña Khota lake to observe the vicunas and venture between geysers. We will have a picnic lunch and take a nice afternoon dip in the warm thermal waters of Manasaya. Dinner and overnight stay at Tomarapi.

**Accommodation:** Lodge in Tomarapi Community.

**Meals:** (B / L / D)

### Day 8: Tomarapi - Curahuara Carangas - La Paz

In the morning, after breakfast, we walk through the wetlands, where the community's families raise llamas and alpacas. After lunch, we will leave Tomarapi and head to the city of La Paz. On the way, we will stop at Curahuara Carangas to visit its colonial church known as the "Sistine Chapel" of the Altiplano. We reach the city of La Paz and the hostel, where our tour ends.

**Accommodation:** Hotel Sajama or Hostal Naira in La Paz, according to availability

**Meals:** (B / L / D)

### Day 9: Transfer to the El Alto International Airport

Depending on your flight schedule, breakfast will be either at the hotel or at the airport. We will help you with your check in at the airport, say our goodbyes, and wish that you have a safe return home and that you enjoyed your stay in Bolivia.

**Meals:** (B / - / -)



## General Information on Program 1:

- » "Todo Turismo" buses feature semi-bed seats and include tea services with hot and cold drinks, a snack (or dinner), hostess service throughout the journey and toilets.
- » Private transport for travel from Uyuni, Alcaya, Rio Lauca, Tomarapi and La Paz will be in a Land Cruiser SUV, fitting up to 6 people, a guide-interpreter and a driver.
- » The accommodation covered by community-based organizations are basic, safe and hygienic. They have single beds, electric light, bedside tables or shelves to keep your clothing, private bathrooms and toilets.
- » The excursions suggested in the itinerary may be modified due to the season and/or road conditions.
- » It is recommended to carry warm clothing, walking shoes, hat, sunglasses and sunscreen throughout the whole trip.







# Magic and Natural Charm

## Program 2 BOLIVIA



Itinerary: 15 days

### Included Services:

- » Private Airport Transfer Service(to and from).
- » Private Transfer service Sucre-Potosi
- » Airfares La Paz - Rurrenabaque.
- » Airfares La Paz - Sucre.
- » Private transportation Uyuni - Alcaya - La Paz
- » Accommodations as indicated.
- » Meals as mentioned in the program.
- » Entry fees to the different attractions.
- » Local guide
- » Guide-interpreter in Spanish, English or French.

### Not included:

- » Dinner on Day 5 and Day 8
- » Alcoholic beverages or soft drinks
- » Souvenirs
- » National or International Airport fees.
- » Tips.
- » Anything not mentioned in "Services Included"

### Day 1: Welcome to La Paz, Bolivia

Upon arrival at El Alto International Airport, your guide will be waiting for you to take the ongoing flight towards the town of Rurrenabaque. This trip takes about 40 minutes. From Rurrenabaque Airport, we will transfer you to Hotel Oriental, a hotel with comfortable rooms and private bathrooms. The hotel offers single, double and triple rooms. After some time to settle down, we will go to lunch and have the rest of the afternoon free to walk around and get to know this tourist town a little more. Dinner and overnight stay.

**Accommodation:** Hotel Oriental in Rurrenabaque.

**Meals:** (B / L / D)

### Day 2: : Rurrenabaque - TES (Eco-Social Tourism)

After breakfast, the local "TES" guide will pick you up at the hotel to enjoy hiking through the jungle in an area of rich biodiversity, the protection of which is made possible by the action of the local communities. During the day, you will visit different communities where you will be able to learn about their work in the alternative processing of raw materials such as exotic fruits and handicrafts; giving you a new opportunity to learn and experience sustainable development. Dinner and overnight stay.

**Accommodation:** Oriental Hotel in Rurrenabaque.

**Meals:** (B / L / D)







### **Day 3: Rurrenabaque - Madidi National Park - San Miguel del Bala**

After breakfast, we will take a 45-minute tour through the “Beni” River to arrive at the lodge, you will learn about the Tacana tribe and their medicinal plants. Lunch at the lodge. In the afternoon, we will visit the San Miguel del Bala community. After, we will enjoy our dinner and rest for the remainder of the night in our cabins.

**Accommodation:** San Miguel del Bala Community Initiative Cabins.

**Meals:** (B / L / D)



### **Day 4: San Miguel del Bala**

After a good breakfast, we move on to the Madidi National Park, about one and a half hours by boat on the Beni and Tuichi River, where you will be able to see many animals and birds.

**Accommodation:** San Miguel del Bala Community Initiative Cabins.

**Meals:** (B / L / D)



### **Day 5: San Miguel del Bala - Rurrenabaque - La Paz**

Our last morning starts with breakfast, getting you ready for the day’s activities and for the journey back to Rurrenabaque. After lunch, we leave for Rurrenabaque. We will be able to observe macaws on the cliffs along the river Tuichi on the way there. The transfer will be waiting at the La Paz International Airport to take us to the hotel or hostel where we will rest.

**Accommodation:** Hotel Sajama or Hostal Naira in La Paz (subject to availability)

**Meals:** (B / L / -)

### **Day 6: La Paz - Copacabana**

At 7:30 a.m., the tourist bus will pick you up from your hotel to take you to Copacabana. We should arrive at noon. We will be staying at a hotel with comfortable single, double and triple rooms with private bathrooms. After lunch, we will visit the Church of Copacabana, museums and cultural centers, as well as trek along the shores of Lake Titicaca, enjoying the vastness, energy and charm of the place. We have dinner and spend the night.

**Accommodation:** Hotel Perla del Lago in Copacabana.

**Meals:** (B / L / D)



## General Information on Program 2:

- » Transport in the Tourist Bus Company Diana Tours will be conducted in comfortable buses.
- » Private transportation for Potosi, Uyuni, Alcaya, La Paz route will be in a Land Cruiser SUV fitting up to 6 people, an interpreter-guide and a driver.
- » The accommodation covered by community-based organizations are basic, safe and hygienic. They have single beds, electric light, bedside tables or shelves to keep your clothing, private bathrooms and toilets.



### Day 7: Copacabana - Sun Island

After breakfast, we take a shared boat towards Isla del Sol, Challa community, where the members of ACTUSOL will be waiting for us. We settle in basic lodges and then have lunch in the community's restaurant. In the afternoon, we visit the Chincana. In the evening, we have dinner and spend the night.

**Accommodation:** Actusol Community Lodging  
**Meals:** (B / L / D)

### Day 8: ACTUSOL - Copacabana

After breakfast, we say goodbye to the ACTUSOL community, then take a walk to the southern part of the "Isla del Sol - Yumani" where you can see the Escalinata del Inca (Inca Steps) and the Orca del Inca. We will have lunch and then take the shared boat back to Copacabana. Tourist bus back to the city of La Paz.

**Accommodation:** Hotel Sajama or Hostal Naira in La Paz, according to availability.  
**Meals:** (B / L / -)

### Day 9: La Paz - Sucre

After breakfast, we drive to El Alto International Airport, where we board our flight to the city of Sucre. Upon arrival, we drive to the hotel. After some time to settle down, we will take a walking tour of the city until evening. Dinner (place of choice) and overnight stay.

**Accommodation:** Hotel Samary in Sucre  
**Meals:** (B / L / D)

### Day 10: Sucre - Potosi

Breakfast and departure to the city of Potosi, only 2 and a half hours away. We arrive at Hotel Colonial, where we have lunch and get ready to get to know the city of Potosi with its major cultural centers. Dinner and overnight stay.

**Accommodation:** Hotel Colonial in Potosi  
**Meals:** (B / L / D)



### Exit Process Information:

International airport tax for travelers on international flights is US \$ 25 (twenty five 00/100 US dollars). It can be paid in dollars or Bolivianos. This amount is paid after you check in at the airline.

Depending on the airline, passengers are requested arrive at the airport 2 to 3 hours before flight departure.

### Day 11: Potosi - Uyuni

Breakfast and start of the mine tour, visiting the "Tunnel" ("Socavón") and mineral market, return to the city for lunch. Then, we will move to Uyuni, gateway to the majestic Salar de Uyuni, the world's largest salt desert. Arriving in Uyuni, we will check-in, rest in the hotel and then go out to dinner with the guide.

**Accommodation:** Hotel Magia de Uyuni in Uyuni

**Meals:** (B / L / D)

### Day 12: Uyuni - Alcaya

After breakfast, we begin the journey to the Alcaya community, passing through the cemetery of trains, Colchani, Inca Huasi island. There, we will have a "box lunch" and then continue the trip towards "Alcaya," located just 15 minutes away from the town "Salinas Garci Mendoza". In the evening, we will have dinner and spend the night at the community's lodge.

**Accommodation:** Alcaya Community Lodge

**Meals:** (B / L / D)

### Day 13: Alcaya

Breakfast and visit to the community's archaeological site. In the afternoon, arrive at the lodge, where we will have lunch. After some time off, we will go visit the community museum. At night, fire, flame grilled llama meat, ponche (hot drink) and evening get-together with the community.

**Accommodation:** Alcaya Community Lodge.

**Meals:** (B / L / D)

### Day 14: Alcaya - Salinas Garci Mendoza - Oruro - La Paz

After breakfast, departure to the city of La Paz, passing through the city of Oruro, where we will stop for lunch. After a short break, we continue the journey, arriving at La Paz during the late afternoon. Register at Hostal Naira and rest. In the evening, farewell dinner and brief city tour.

**Accommodation:** Hotel Sajama or Hostal Naira in La Paz, according to availability.

**Meals:** (B / L / D)

### Day 15: La Paz - El Alto International Airport transfer

Depending on your flight schedule, breakfast will be either at the hotel or at the airport. We will help you with your check in at the airport, say our goodbyes and wish that you have a safe return home and that you enjoyed your stay in Bolivia

**Meals:** (B / - / -)



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# Pern





# Peru

## with Pachamama.



### **Pachamama Alternative Tourism**

is a Peruvian agency sponsored by the Peruvian Artisans Interregional Central Association (or CIAP, for its Spanish Acronym), Latin American Marketing Network (or RELACC for its Spanish Acronym) and 14 artisan groups. Since 2001, we have proposed travel programs with important awareness activities and a more real and profound vision of the tourist destination, respecting cultural integrity,

biodiversity and livelihoods.

Our travel offer seeks to provide authentic experiences in a megadiverse Peru, combining traditional circuits with alternative routes, including visits to rural communities, where visitors will be able to get to know the local people and discover their environments and eco-friendly projects. We invite you to discover Peru in a spirit of sharing, respect for human values and solidarity.

We encourage you to be a part of responsible tourism!

Traveling with **Pachamama Alternative Tourism** means supporting the sustainable development of artisans and their natural and cultural environments.

With **Pachamama Alternative Tourism: Add humanity to your adventure!**

### **Contact information**

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Website: [www.pachamamaturismo.org](http://www.pachamamaturismo.org)  
Facebook: Pachamama Turismo Alternativo Peru



## Community-Based Tourism Highlights in Peru

- » We are part of the Peruvian Artisans Interregional Central Association (or CIAP, for its Spanish Acronym), promoter of fair trade and solidarity economy.
- » Over 10 years of tourism industry experience in Peru, involving local people in the sustainable development of their communities.
- » We invite you to visit our website and explore our travel options in the north and mountains of Peru, as well as our tour "Peru and Bolivia: Discovering the Andes and Altiplano".



# Along the Incan Trails

## Program 1 PERU

### Encounters and Discoveries



Itinerary: 16 days

Prices in Euro or USD.

#### **Includes:**

15 nights' accommodation (depending on your lodging preference); private transfers; private transportation route in Arequipa - Colca - Puno and Puno - Cusco; train tickets (Ollantaytambo-Machu Picchu-Ollantaytambo), airfare (Lima- Arequipa and Cusco-Lima); private tours, meals as specified in the program, entrance fees, guide in chosen language (Spanish, French or English) and permanent assistance. Moreover, the rate includes 10 € per person, to participate in offsetting carbon emissions, which will be used for the reforestation project and / or local development.

#### **Not included:**

international flights; airport fees; Bank fees; travel insurance; optional activities; Additional expenses due to flight cancellations, weather or social manifestations; entry fees and transfers to sites not listed in the program, tips and other personal expenses.

#### **Day 1: Arrival at Lima**

Arrival at Lima. Our representative will welcome you at the airport. Transfer to your hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (-/-/-)

#### **Day 2: Lima**

Visit the modern part of Lima with a panoramic view of the Pacific Ocean and the bohemian district of Barranco. Then, we will visit colonial Lima: the Plaza Mayor, the Cathedral and the Catacombs of the San Francisco Convent. In the afternoon, lunch in artisan's home. We will visit the craft workshops, where you will be able to participate in the process of making ceramic pieces and 'retablos' (Andean folk art altarpieces).

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B/L/-)







### Day 3: Lima - Arequipa

Early flight to Arequipa. We will visit the Yanahuará and Rinconada Alta viewpoints; the Plaza de Armas (central square) built in ashlar; the 'Iglesia de la Compañía' Church, built by the Jesuits in the seventeenth century; the famous Santa Catalina convent; and, the Andean Sanctuaries Museum where you will see the mummy "Juanita," known as the "Lady of Ampato". In the afternoon, return to the hotel and free time.

**Accommodation:** Options to choose from different hotel categories or family lodging.

**Meals:** (B / - / -)



### Day 4: Arequipa - Culinary Adventure

Accompanied by our chef, we will purchase traditional Peruvian products for preparing the recipes from this culinary adventure. Then we will go to our facilities' kitchen, where, before you start cooking, you will receive a lecture on Peruvian cuisine. Enjoy dishes like ceviche, causa, lomo saltado and stuffed hot pepper; all set against the inevitable Pisco sour. Bon Appetite! Transfer to hotel and free time.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / L / -)



### Day 5: Arequipa - Colca Canyon - Canocota Community

Travel by private car towards the Colca Canyon (165 km). On the way, we will be able to see exceptional landscapes until we reach the top of Patapampa, 4,900m above sea level, from where you can appreciate the different volcanoes and mountains of the Central Andes. Then, we continue our journey to the charming village of Canocota, where we will stay in a family's home. The hosts will share their food and everyday activities, among other customs.

**Accommodation:** Family homestay at the Canocota community, dedicated to raising camelids. Basic facilities (no showers).

**Meals:** (B / - / D)



### Day 6: Canocota - Chivay - Puno

Early departure by private car to the Cruz del Condor where you can appreciate the majestic flight of the Andean Condor from a viewpoint. On the way, we will go through the traditional villages of the left bank of the canyon: Yanque, Achoma, Maca, and Pinchollo. In the afternoon, we journey to the city of Puno (355km). We will appreciate a great variety of birds and small lakes along the way. In the evening, arrival and transfer to your hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / P / -)

### Day 7: Puno - Chucuito - North Perka - Taquile

After breakfast, transfer to the village of Chucuito (19km), near Puno, where we will visit an association of artisans specializing in alpaca wool fabric. We will continue our journey until reaching Perka North, where we will take a short 15 minute walk to the pier. From there, we will take a boat to the island of Taquile. We will get settled with a host family in the community of Awayllano. After lunch, we will share cultural activities with them.

**Accommodation:** Family homestay. Basic facilities (no showers).

**Meals:** (B / L / D)

### Day 8: Taquile - Amantani

After breakfast, we board a boat to continue our journey on Lake Titicaca, towards the Amantani Island. Arrival and installation in family home. In the afternoon, we can take a hike up to the temple of Pachatata to appreciate the panorama of the lake's Peruvian and Bolivian sides and maybe enjoy a beautiful sunset.

**Accommodation:** Family homestay. Basic facilities (no showers).

**Meals:** (B / L / D)

### Day 9: Amantani - Ccotos - Uros - Puno

Travel by boat to the Santa Maria community, Kapachica peninsula. We sail around the peninsula guided by locals distinguished by their traditional dress. On our tour, we will find people working in the fields, grazing their cattle ... After lunch, we visit the island of Uros, where we will appreciate the peculiar lifestyle of its people and their customs. In the afternoon, return to Puno and transfer to hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / L / -)





### Day 10: Puno - Cusco

Travel by private car to Cusco (10 hours approx.); visit the city of Lampa and the temple where the replica of the 'Pietà' by Michelangelo is located. On the way, we will see beautiful landscapes, such as the forest of 'queñuales' and Puyas de Raimondi. We will also visit the Tinajani canyon, often called the stone forest (bosque de piedras). Then, we will stop at the border line between Puno and Cusco at over 4335 m. In the afternoon, arrival in Cusco and transfer to Hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / P / -)

### Day 11: Cusco

Tour around the city's surroundings, such as Tambomachay, known as Tambo de la Caverna; Kenko; Puka Pukara with its constructions containing rooms, fountains, canals, aqueducts and finally a visit to the fortress of Sacsayhuaman, an imposing Inca building. Then, a visit to the Plaza de Armas (central square), the Cathedral, the magnificent temple of Koricanha, and the sacred precinct dedicated to Inti, Inca deity, known for its impressive buildings. In the afternoon, free time.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / - / -)

### Day 12: Cusco - Pisac - Ollantaytambo - Patacancha Community

Transfer to the 'Sacred Valley' (Valle Sagrado). On the way, we visit Awanakancha, where you will be able to see the South Americans camelids and appreciate the traditional weaving techniques of the local population. We will continue our journey to the town of Pisac and walk around its impressive platforms (Andenes de Pisac). We continue with a visit to the fortress of Ollantaytambo, Inca building used as a strategic military, religious and agricultural center. Then we head to the Community of Patacancha, arrival and installation in family home.

**Accommodation:** Homestay with Quechua-speaking family. Basic facilities (no showers).

**Meals:** (B / - / D)

### Day 13: Patacancha - Ollantaytambo - Aguas Calientes

Visit to recognize and appreciate the farmland while participating in its activities, accompanied by a community guide who will explain the organizational system of the community and how its economy works. After lunch with our hosts, visit the alpaca wool weaving workshops. Return to Ollantaytambo to board the train to Aguas Calientes, a village at the foot of Machu Picchu, arrival and transfer to hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (D / L / -)









#### Important Exit Process Information:

The departure tax is currently US \$ 30.74 per person; You can pay in soles or US dollars. In some cases it is already included in your international ticket; in any case, we suggest you consult with your airline.

International regulations require passengers to arrive at the airport 2 to 3 hours before flight departure.

#### Day 14: Aguas Calientes - Machu Picchu - Ollantaytambo

Early rise to explore the flagship site of the Incas, Machu Picchu, with its squares, its platforms, aqueducts, watchtowers, warehouses and more. After the tour, free time to walk around the citadel. **Optional activity by the customer:** ascension to Huayna Picchu. In the afternoon, travel by train to Ollantaytambo. Arrival and transfer to your hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / - / -)

#### Day 15: Ollantaytambo - Maras - Chinchero - Cusco

Visit to the Maras salt mines, where people perform natural salt extraction processes; the Moray circular terraces, that constitute a whole Incan agricultural experimental complex; and, the Chinchero village. In the afternoon, arrival to the city of Cuzco and transfer to hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / - / -)

#### Day 16: Cusco - Lima - Departure

In the morning, transfer to airport and flight to Lima. As time permits, visit the National Museum of Archaeology, Anthropology and History, which has an excellent overview of all pre-Columbian civilizations in Peru. At the according time, transfer to the airport for your international flight. End of our services, we hope you return soon!

**Meals:** (B / - / -)



# Ecotourism in the Amazon

## Program 2 PERU



Itinerary: 5 days

Prices in Euro or USD.

### Includes:

Accommodation; domestic flight; private transfers; community guide in Spanish and / or English; Full board as specified in the program and permanent assistance. Moreover, the rate includes 10 € per person, to participate in offsetting carbon emissions, which will be used for the reforestation project and / or local development.

### Not included:

International flights; airport fees; bank fees; travel insurance; optional activities; additional expenses due to flight cancellations, weather or social manifestations; entry fees and transfers to sites not listed in the program, tips and other personal expenses.

### Day 1: Puerto Maldonado - Baltimore Community- Tambopata

Flight options to Puerto Maldonado from Lima or Cusco. Reception at the airport by the community guide and transfer to Km. 37 of the Interoceanic Highway, where we start a walk of about 3 hours through the jungle to reach the Tambopata River. Then, boat transfer to the Baltimore Community. Arrival and installation in family home. Tour of the surroundings. Optional night walk.

**Accommodation:** Family homestay. Farming community, chestnut and cocoa producers (basic services).

**Meals:** (- / - / D)

### Day 2: Baltimore Community - Tambopata

Early rise to visit a bird collpa, then return to the lodge for breakfast. We set up our fishing tools and, at noon, we will go to the Cat waterfall (Cascada del Gato). In the afternoon, we visit the Rafaele family's organic farm, tasting seasonal fruits such as oranges, lemons, copozu, starfruit, sugarcane, cotton, coconuts, arazá, and bananas. At night, we look for alligators along the Tambopata River.

**Accommodation:** Family homestay. Farming community, chestnut and cocoa producers (basic services).

**Meals:** (B / L / D)







### Indications

For visits to the Amazon, it is recommended to be vaccinated against yellow fever.

### Day 3: Baltimore Community - Tambopata

In the morning, we take a tour around the community and visit a villager to observe cocoa processing and chocolate making. In the afternoon, we will take a canoe to paddle down the Tambopata river, learning its stories and local legends.

**Accommodation:** Family homestay. Farming community, chestnut and cocoa producers (basic services).

**Meals:** (B / L / D)

### Day 4: Baltimore Community - Tambopata

We will collect palm leaves to learn to make the fabric used for the cabin's rags. We will also collect seeds to make necklaces, rings, and ornaments for our host family. We can help with the planting and harvesting of products such as corn and bananas. Also, we will learn to prepare a typical drink.

**Accommodation:** Host family accommodation. Farming community, chestnut and cocoa producers (basic services).

**Meals:** (B / L / D)

### Day 5: Baltimore Community - Tambopata - Puerto Maldonado

After breakfast, return to Puerto Maldonado and transfer to the airport for your flight to Lima or Cusco. End of our services. Come back soon!

**Meals:** B / - / -





# The Coffee Route

Program 3  
PERU

in the Heart of Peru's Central  
Jungle: Ashaninka Community



Itinerary: 3 days

## Day 1: Lima - La Merced

Prices in Euro or USD.

**Includes:** Accommodation; domestic flight; private transfers; community guide in Spanish and / or English; Full board as specified in the program and permanent assistance. Moreover, the rate includes 10 € per person, to participate in offsetting carbon emissions, which will be used for the reforestation project and / or local development.

**Not included:** International flights; airport fees; bank fees; travel insurance; optional activities; additional expenses due to flight cancellations, weather or social manifestations; entry fees and transfers to sites not listed in the program, tips and other personal expenses.

In the morning, departure eastbound from Lima. We will take the main road to the city of La Merced - Chanchamayo, gateway to the Peruvian jungle, located at an altitude of about 750 m with a warm and temperate climate. On the way, we pass the Ticlio summit at 4800 m, a journey of about 8 hours, where you will cross from the coast to the mountains and jungle in one day. Arrival and transfer to hotel.

**Accommodation:** Option to choose from different hotel categories or family lodging.

**Meals:** (B / - / -)







### Day 2: La Merced - Ashaninka Native Community San Miguel de Mariankari

Transfer to Perene Valley, visiting the Bayoz waterfall and continuing to the native community of San Miguel. Accompanied by a community guide, we will visit their projects and appreciate the craftsmanship with seeds ... After lunch, we will take a hike to the Ashivantsi "Golondrina" viewpoint, located 1,420 meters above sea level, and enjoy a beautiful panorama of the valley. Dinner with folkloric dances. Optional activities: bow and arrow shooting competition; leaf-based vaporous traditional medicine.

**Accommodation:** Community lodging (basic services).

**Meals:** (B / L / D)



### Day 3: Coffee Route - Valley Perené

After breakfast, we say goodbye to this friendly community to begin our coffee adventure in the Perene Valley. We will meet with a representative of the Perene Cooperative who will join us on our visit to coffee farms and processing plants and will explain the coffee process. After lunch, we will do a tasting of different varieties of coffee in the Perene Cooperative, savoring the delicious aroma of Puma Coffee. At night, travel to Lima or extra night in La Merced.

**Meals:** (B / - / -)



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### General Indications

#### YOU MUST BRING THE FOLLOWING:

Sunscreen, hat, good mosquito repellent, personal hygiene kit, hiking shoes. Basic exchange item for donation to the community (stationery, old books, white tocuyos fabrics).

#### REMEMBER:

Respect the customs of the locals. You should not give money, gifts or candy to the children. Consume bottled or boiled water.

#### IMPORTANT:

It is strictly forbidden to collect plants, seeds and/or jungle animals. It is also prohibited to expropriate or patent plants or seeds. You are not allowed to give tips within the communities.



# Peru





# Peru

## with COCLATOURS.



“Coffee-Scented Routes to Machu Picchu”: Small coffee producers offering unique experiences on your trip to Machu Picchu”

Coclatours is a Cooperative Tourism Organization and local tour operator in Cusco. We are a nonprofit social enterprise, united with the cooperative financial group COCLA, working to provide opportunities for our partners to improve their quality of life. We have organized and supported coffee, cocoa and tea producing families to provide tourist services in their homes, making them comfortable for visitors and sharing with them their life experiences and the work of our organization.

Coclatours is owned by all cooperatives united in COCLA (the Central Cooperative) and makes decisions democratically, regardless of individual financial contributions. We participate in economically, socially and environmentally responsible tourism. We are part of and contribute to fair trade.

Travel with us through the “Coffee-Scented Routes to Machu Picchu,” the Inca citadel. Visit organic coffee, cocoa and tea producers along the way, and prepare your own coffee. Join the families of small producers. Hike the Inca Trail, the Salkantay, and the Inka jungle, visit Cusco, Puno and other destinations in Peru that we can arrange with our partner agencies. Coffee-scented travel to Cusco and Machu Picchu.



### Contact information

Coclatours Cooperativa Ltda.  
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Website: [www.coclatours.com](http://www.coclatours.com)  
Primary Contact: [info@coclatours.com](mailto:info@coclatours.com)  
Facebook: COCLATOURS



### Community-Based Tourism Highlights in Peru

- » We are small producers organized in cooperatives, we offer coffee tours on the path to Machu Picchu and Cusco
- » We offer a different and unique travel, experiences with families of coffee producers and Andean communities.
- » Learn about the coffee process, from the producer to the consumer.
- » Prepare your own coffee, roast it by hand and enjoy it fresh
- » Meet tea and cocoa producers, their farms and their work.

# Coffee - Scented Cusco and Machu Picchu

Program 4  
PERU



Itinerary: 7 days

## Services included:

transportation, accommodation, breakfast, entry fees, professional guides, constant assistance and activities.

## Not included:

services not mentioned, food and drinks not mentioned, optional activities, tips..

## Other tours offered by COCLATOURS:

- » The Salkantay Trek + A Coffee on the Way
- » Inca Trail to Machu Picchu (4days / 3 nights)
- » Inka Jungle Tour to Machu Picchu
- » Tours in Lima, Arequipa and Puno

## Day 1: Lima - Cusco

In the morning, arrival at the airport in Cusco and transfer to the hotel (Inkarri hostel). At 2 p.m., a city tour to get to know and enjoy the city, this service is available privately or with a group. The tour takes us to see Inca ruins, such as the temple of Koricancha, Sacsayhuaman, Qenqo and Tambomachay, and colonial buildings like the Cathedral of Cusco, which holds a wealth of colonial Cusquenian paintings. Free night.

**Services included:** Shuttle, city tour in private or shared service (guide + transport), tourism entry fees, hostel accommodation or other category lodging as requested.

## Day 2: Cusco - Sacred Valley - Ollantaytambo

In the morning, the tour takes us to see the beautiful Sacred Valley of the Incas, surrounded by beautiful mountain scenery. We will visit Inca ruins and Andean villages like Pisac and Ollantaytambo. Buffet lunch on the way. In the afternoon, get settled in our hostel and free afternoon to enjoy the beautiful village of Ollantaytambo, which still maintains the Inca urban design.

**Services include:** Tour through the Sacred Valley in private or shared service (guide + vehicle), tourism entry fees, hostel accommodation or other category lodging as requested, and a buffet lunch in Urubamba.

**Not included:** food, except breakfast at the hostel.





### Day 3: Ollantaytambo - Huayopata

After breakfast, our journey continues to Julia's coffee farm. The route allows us to ascend to 4300m and enjoy the beautiful landscapes of the high Andean forest. After arrival at the farm: accommodation in double rooms (the family has two rooms that can accommodate up to 3 people with private bathroom and hot water). In the afternoon, we will have the opportunity to see the work of the family, organic coffee production. We get to know a little bit about their cooperative and the COCLA organization. We will learn about how to tell if it's coffee season, the whole process coffee undergoes, and we will prepare our own coffee, enjoying its freshly roasted taste, ground in the old traditional way.

**Services included:** Transportation to the farm, double or triple occupancy lodging in a farm, breakfast and dinner, farm activities, local or professional guide.

#### Another option for this day:

#### The cooperative coffee route to Machu Picchu.

Make the trip to the town of Quillabamba (1000m), about 1 hour away from the family's home, stopping along the road, visiting producers of tea, cocoa and coffee, night in a hostel, the next day, a coffee tasting session in the COCLA plant facilities, our parent organization. This alternative will allow you to learn about the whole coffee process, from producer to processing and / or export.

#### Optional

Spend a day and a night in the Andean community Hatun Cuyo,

getting to know its activities as a community, its ancestral Inca agriculture, and its potato park, where you can find a representative sample of native potato varieties in Peru. The community has a hostel to accommodate tourists with basic service, providing food based on local products from the area.





#### **Day 4: Huayopata - Aguas Calientes (Machu Picchu town)**

After a nice breakfast with the family, the journey will continue to the small village of Santa Teresa, where we will have lunch and enjoy the landscape. After a lunch, the trip continues to the hydroelectric station, from which the group has two options, continue on foot for a period of 3hrs. or take the train for a period of 50min. We will spend the night in a hostel in Aguas Calientes, arriving at approximately 4:30 p.m.

**Services included:** Transportation to the train station, guide, train ticket (optional), lunch in Santa Teresa, hostel accommodation.

**Not included:** food, except breakfast at hostel.

#### **ANOTHER OPTION FOR THIS DAY**

On this day, you can hike a rural Inca trail with lunch at a farm, leaving early for an approx. 40min drive to then begin walking up the mountain, the path is for the resident's use and connects, in the highlands, to an Inca trail made of stone and crosses the edge of the mountains, this tour is not suitable for people suffering vertigo. We will arrive at Alejandro Perez 's farm for lunch and then descend to catch a ride back to the train station.





### Day 5: Machu Picchu – Cusco

In the morning, visit to the citadel of Machu Picchu, where you will explore with a guide who will explain the mysteries of this wonder world for a period of 2hrs. Then, you will be able to explore on your own, take photos or, if you previously requested to buy an admission ticket to the Wayna Picchu mountain, make the trek to the top of the mountain to see the citadel and the surrounding landscape from a different perspective . This hike is highly recommended. In the afternoon, we are scheduled to return to Cusco by train and bus. Night at Inkarri hostel.

**Services included:** Bus ticket to Machu Picchu, professional guide, entry ticket to Machu Picchu, train ticket, bus to Cusco from Ollantaytambo, accommodation in Cusco.

**Not included:** food, except breakfast at hostel.

### Day 6: Cusco

Free day in Cusco to visit museums, walk the streets, enjoy the world’s “navel city”. Night at Inkarri hostel.

**Services included:** Accommodation in hostel and breakfast.

**Not included:** food, except breakfast at hostel.

### Day 7: Cusco – Lima

Transfer to the airport or terminal for the trip back to Lima or connection to Puno, Arequipa, Puerto Maldonado or destination requested. We can also arrange tours in other cities. A highly recommended tour is to visit Puno, Lake Titicaca.

**Services included:** Transfer to the airport or bus station.

**Not included:** food, except breakfast at hostel.



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#### Important Exit Process Information:

Peru airports taxes are included in the final price.

International regulations require passengers to arrive at the airport at least 3 hours before departure.



# Ecuador



# Ecuador

## with Runa Tupari.

**Runa Tupari Native Travel** is a rural community-based tourism operator formed in 2001 by the Union of Peasant and Indigenous Organizations of Cotacachi (UNORCAC, for its acronym in Spanish) and four indigenous communities of Cotacachi - Ecuador. Runa Tupari, in the Kichwa language, means "Indigenous Encounter" and expresses our goal of facilitating a cultural exchange between visitors and the region's population. This encounter allows guests to experience direct contact with nature and, above all, a rich intercultural coexistence.

All proceeds from Runa Tupari are reinvested to improve living conditions in rural communities, either directly by the councils or through UNORCAC and its projects. Runa Tupari's work has been celebrated through several awards, including the Merit Recognition by Ecuador's Ministry of Tourism (2008), and the Pachamama Seal of Quality (2012). For more information on the organization and its work, visit the website: [www.unorcac.org](http://www.unorcac.org).



### Contact information

#### Runa Tupari Native Travel LC

Christian Garzón (manager)  
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E-mail: [ventas@runatupari.com](mailto:ventas@runatupari.com);  
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### Community-Based Tourism Highlights in Ecuador

- » Meet the country at the center of the world, where, in relatively short distances, you can experience the Andes, the Amazon, the Pacific Coast and the Galapagos Islands.
- » Ecuador's live indigenous cultures with traditions, customs and authentic, unique cuisine will allow you to live an intercultural experience.
- » Ecuador is a perfect place to

- travel, with modern, safe roads in excellent conditions, comfortable tourist transport and bilingual specialized country guides.
- » Visit the city of Quito, with a historic center declared a World Heritage Site by UNESCO, now one of the 7 new city wonders of the world.
- » The largest mega biodiversity of the planet has its home in Ecuador, the center of the world. With a

- privileged climate and the most breathtaking scenery, the essence of Latin America merges to create an unforgettable and unique destination.
- » Islands, Amazon, Andes and the Pacific Coast, four worlds await you.

# The Andes and the Pacific Coast

## Program 1 ECUADOR

Roam the Northern Andes and the Ecuadorian Pacific Coast, enjoy its natural diversity and cultural richness.



Itinerary: 13 days

### Day 1: Quito

#### Included:

Route guide and local guides, private transport throughout the trip, meals (12 breakfasts, 13 lunches, 12 dinners), 12 nights lodging with private bath (2n Quito, 4n Cotacachi, 1n Mindo, 1n Santo Domingo, 3n Puerto Lopez, 1n Guayaquil), tickets for all activities in the itinerary.

#### Not included:

Not included: services not mentioned, food not mentioned, drinks, optional activities, tips, departure tax, etc.

**Level of difficulty:** Easy.

Airport-hotel transfer, city tour in Quito's historic center with its famous squares and churches, Tianguéz Cultural Center. Overnight in Quito.

### Day 2: Quito

Visit the Equator monument Mitad del Mundo and site museums, the Intiñan Museum, and free afternoon to visit Quito's attractions. Overnight in Quito.

### Day 3: Cotacachi

Departure to Otavalo, 'masapan' shops in Calderon, San Pablo Lake viewpoint, reed handicrafts in San Rafael, and, in the afternoon, transfer to communities of Cotacachi and overnight stay in family lodge.

### Day 4: Cotacachi

City tour of Otavalo and visit to Plaza de Ponchos craft market, afternoon visit to microenterprises and community projects in the area. Overnight family homestay.





### Day 5: Cotacachi

Walk along the Cuicocha Lagoon, Cotacachi City tour and leather workshops, free afternoon for host family activities, cultural evening. Overnight family homestay.

### Day 6: Cotacachi

Freedom Train (Tren de la Libertad) from Otavalo to Salinas, Afro-Ecuadorian culture, organic coffee and fruit farm, return to accommodation in private transport. Overnight family homestay.

### Day 7: Mindo

Departure to Mindo with stops at places of interest, afternoon walk to several waterfalls in the cloud forest, birdwatching, evening frogs concert. Overnight in Mindo.

### Day 8: Santo Domingo

Morning free for activities in Mindo, departure to Santo Domingo, visit the community-based tourism project Tólon Pelé, Tsáchila culture. Overnight stay in Santo Domingo.

### Day 9: Puerto Lopez

Departure to Puerto Lopez, stops along the way at places of interest, Montecristi and Ciudad Alfaro museum. In the afternoon, arrival at Puerto Lopez. Overnight stay in Puerto Lopez.

### Day 10: Puerto Lopez

Visit Guala school, Machalilla National Park, walk to the Playa de los Frailes beach, Agua Blanca archaeological museum. Overnight stay in Puerto Lopez.

### Day 11: Puerto Lopez

Whale watching, if in season (June to September), Isla de la Plata walking tour around the island, birdwatching. Overnight in Puerto Lopez.

### Day 12: Guayaquil

Departure to Guayaquil, Ruta del Sol, stops at places of interest along the way. In the afternoon, Guayaquil city tour, Malecón 2000. Overnight stay in Guayaquil.

### Day 13: Guayaquil

Free time in Guayaquil, airport transfer. End of Tour.



#### General Indications:

- » No visa is required to visit Ecuador, for a maximum period of 90 days within one year.
- » Currency: US dollar. A network of ATMs in all cities. Many stores accept Visa, Master Card, American Express, Diners Club
- » International airports in the cities of Quito and Guayaquil.
- » Plugs / Voltages: 110V and 60Hz, single phase outlets of two threads. You can get adapters in any hardware store.
- » Bring appropriate clothing for each region and season visited.
  - Andes: Warm clothes. Sun hats.
  - Pacífico Coast: Light clothing. Swimwear. Raincoat. Insect repellent.
  - Amazon: Light clothing with long sleeves. Raincoat. Insect repellent.
  - Galápagos: Comfortable shoes. Swimwear.



# Pacific Coast, Andes, and Amazon

## Program 2 ECUADOR

Enjoy Ecuador's natural and cultural diversity in its three regions: the Pacific Coast, the Northern Andes and the Amazon.



Itinerary: 18 days

### Included:

Route guide and local guides, private transport throughout the trip, meals (17 breakfasts, 18 lunches, 17 dinners), 17 nights lodging with private bath (2n Quito, 3n Shayari, 1n Papallacta, 5n Cotacachi, 1n Lita, 1n Same, 2n Pedernales, 2n Mindo), tickets for all activities in the itinerary.

### Not included:

Not included: services not mentioned, food not mentioned, drinks, optional activities, tips, departure tax, etc.

**Level of difficulty:** Easy-Moderate.

### Day 1: Quito

Transfer airport-hotel, city tour of the historic center of Quito with its famous squares and churches, Tiánguez Cultural Centre. Overnight stay in Quito.

### Day 2: Shayari

Departure to Lago Agrio, visit to San Rafael Waterfall along the way, afternoon arrival in Shayari, welcome and explanations about the community. Overnight stay in Shayari community lodge.

### Day 3: Shayari

Guayusa ceremony at sunrise (optional), visit to animal rescue center, afternoon hike along the "waterfall trail", swimming in waterfall. Overnight stay in Shayari.

### Day 4: Shayari

Hike along the "lake trail", boat tour on the lake and fishing, return to village in private transport, demonstration of handicrafts production, cultural night. Overnight stay in Shayari.







### **Day 5: Papallacta**

El Cedro community, travel to Papallacta with stopovers at places of interests along the way, free afternoon for Papallacta hot springs. Overnight stay in Papallacta.

### **Day 6: Cotacachi**

Walk to environmental interpretation center, visit to Equator monument Quitsato near Cayambe, afternoon arrival in indigenous communities of Cotacachi. Overnight family homestay.

### **Day 7: Cotacachi**

Tour of four indigenous communities, visit to Peguche Waterfall and handicrafts workshops, Plaza de Ponchos handicrafts market in Otavalo. Overnight family homestay.

### **Day 8: Cotacachi**

Hike around Lake Cuicocha, city tour of Cotacachi and local leather workshops, return to the community, cultural night. Overnight family homestay.

### **Day 9: Cotacachi**

Visit to communal micro-enterprises in Cotacachi, ethno-botanical garden, free afternoon to relax or for activities with your host family. Overnight family homestay.

### **Day 10: Cotacachi**

Visit to Mojanda Lakes, climb of Volcano Fuya Fuya (4.265m/14.000ft), return to community and free time to relax, cultural night. Overnight family homestay.

### **Day 11: Lita**

Liberty Train (Tren de la Libertad) from Ibarra to Salinas, afro-Ecuadorian culture, Salt Museum and ethnographic showroom, organic fruit and coffee farm. Overnight Stay in the Lita area.

### **Day 12: Same**

Travel to Esmeraldas beaches, stops along the way at several places of interest, fishing village of Súa, free afternoon at the beach in Same. Overnight stay in Same.









### Day 13: Pedernales

Travel to Pedernales, afro-Ecuadorian community of Muisne, boat tour through Muisne mangroves, visit to fishermen and mussel collectors. Overnight stay in Pedernales.

### Day 14: Pedernales

Travel to beaches of Cojimies, fishing villages, coastal culture, free afternoon at the beach, return to Pedernales. Overnight stay in Pedernales.

### Day 15: Mindo

Travel to Santo Domingo, visit community-based tourism project Tolón Pelé, Tsáchila culture, travel to Mindo, nocturnal frog concert. Overnight stay in Mindo.

### Day 16: Mindo

Optional morning activities (birdwatching, butterfly farm, orchid garden, ziplining, tubing, and others), afternoon hike through cloud forest to several waterfalls. Overnight stay in Mindo.

### Day 17: Quito

Birdwatching, travel to Quito, Equator monument Mitad del Mundo and site museums, Museum Intiñan, free afternoon in Quito. Overnight stay in Quito.

### Day 18: Quito

Free morning for activities in Quito, transfer to airport. End of tour.



### Important Exit Process Information:

The departure tax is currently US \$ 59.00 per person; You can pay in US dollars or with a credit card. It must be paid at the airport before starting the check-in process with the airline.

International regulations require passengers to arrive at the airport at least 3 hours before departure.



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Optional Program  
ECUADOR

# Santa Cruz Island

See this world heritage site and enjoy the globally unique wildlife and vegetation.



Itinerary: 18 days

## Included:

Galapagos National Park guide, private transportation, meals (3 breakfasts, 3 lunches, 3 dinners), 3 nights' accommodation in Puerto Ayora with private bathroom, tickets for all activities of the itinerary (National Park entrance NOT included).

## Not included:

Not included: services not mentioned, food not mentioned, drinks, optional activities, tips, departure tax, etc.

Level of difficulty: Easy

## Day 1: Santa Cruz

Reception at Baltra airport, transfer to accommodation in Puerto Ayora on Santa Cruz Island, afternoon visit to the Charles Darwin Foundation's scientific research station.

## Day 2: Santa Cruz

Hike to Tortuga Bay beach, optional activities like snorkeling or kayaking, afternoon tour to Santa Cruz highlands with wild giant tortoises, lava tunnels and twin craters.

## Day 3: Santa Cruz

Bay tour, visit to Lobería (Sea lion beach), Canal de Tiburones (Shark Channel), Canal de Amor (Love Channel) and Las Grietas, nature observation, hiking, snorkeling, afternoon visit to fish market.

## Day 4: Santa Cruz and Departure

Transfer to Baltra airport. End of tour.

# Brazil





# Brazil

## with Red Tucum and Estação Gaboraba



**Estação Gaboraba** is an ecotour operator which, together with local communities, seeks to develop and establish an alternative model of tourism that values traditions and nature while generating revenue for communities' social initiatives.

The **Cearense Community Tourism Network-Red Tucum**, formed in 2008, is a joint venture by communities in the State of Ceara in northeastern Brazil that intend to participate in community-based tourism.

Live the experience!

### Contact information

#### Estação Gaboraba

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Phone: +55 91 982 264 169/996 174 612

Facebook: Estação Gaboraba

Twitter: <https://twitter.com/EstacaoGaboraba>

#### Red Tucum

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Phone: +55 85 3226 2476 / +55 85 3226 4154



### Community-Based Tourism Highlights in Brazil

- » Adopting a perspective that seeks to create dialogues based on principles that guide and strengthen solidarity bonds between the men and women who are creating societies committed to sustainability in its political, cultural, environmental and economic aspects.
- » Experiencing shared moments with communities, promoting cultural exchanges between visitors and local populations in their living and working environments.
- » Your hosts and guides are locals from the place you are visiting.
- » Community-Based Tourism seeks to build relationships and environmental justice between society, culture and nature.
- » Contributing to continuity efforts for economic activities (such as fishing and agriculture), giving visibility to the participating communities' social struggles for recognition.



# Inspiration from Nature and its Colorful Sands

## Program 1 BRAZIL



Itinerary: 6 days

### Services included in the package:

- » Visits to communities, implementation of activities and meals as described in the travel plan.
- » Four nights' accommodation with the Red Tucum Network: single rooms, with breakfast and meals mentioned.
- » Transfers in air-conditioned vehicle and accompanied by local guides.

### Services not included in the package:

- Flight tickets.
- » Travel insurance.
  - » Alcoholic beverages.
  - » Personal expenses or extras.
  - » Tips.
  - » Meals not mentioned in this Travel Plan.
  - » Activities or services not mentioned in this Travel Plan

### Day 1: Welcome to Ponta Grossa

Arrival in Fortaleza and transfer to Ponta Grossa-Icapuí. Accommodation in lodges with single rooms, fan, television and private bathroom (there are some rooms with minibars). Dinner at the restaurant and beach kiosks.

**Accommodation:** Lodge

**Meals:** (-/-/D)

### Day 2: Nature, Adventure and Tranquility

Breakfast. Buggy departure to visit the environmental station and the project "Women: Body and Algae" in Icapuí. Next, lunch at the lodge and Tremembé restaurant. Afternoon return to Ponta Grossa and sunset on the dunes. Dinner at the restaurant and beach kiosks. At night, beach bonfire with music.

**Accommodation:** Lodge

**Meals:** (B/L/D)





**Optional**

Trips to visit family farming projects and production processes.

**Notes**

Schedules may change due to natural phenomena rarely always predictable (high tide, moving dunes, rain and similar factors).

**Please note**

Transportation prices are for ONE person. A minimum of two people is required for all transfers.





### Day 3: Community Organization, Collective Power, Rights and Conquered Territories

Breakfast, departure to Prainha do Canto Verde, passing by La Bodega (Solidarity Economy and Fair Trade shop) in Aracati. Lunch at the Vila da Volta community. Accommodation in lodges: single rooms, fan, television and private bathroom (there are some rooms with minibars). Dinner at the Posada Sol y Mar restaurant. Guest reception.

**Accommodation:** Lodge  
**Meals:** (B/L/D)

### Day 4: Prainha do Canto Verde

Breakfast. Early rise for a walk on the Laguna Córrego do Sal, learning its local history and traditions. Lunch. Free afternoon to enjoy the beach and unspoiled nature while getting to know local lifestyles.

**Accommodation:** Lodge  
**Meals:** (B/L/D)

### Day 5: Fortaleza, Capital of Ceara

Breakfast. Departure to Fortaleza. Lodging at Frei Humberto Center(MST): single room with private bathroom. Afternoon city tour to explore cultural attractions like the Dragão do Mar Cultural Center, the craft market and sunset in Beira Mar (Fortaleza boardwalk).

**Accommodation:** Lodge  
**Meals:** (B/L/-)

### Day 6: Farewell

Departure for the airport (depending on the time of departure).

**Meals:** (B / - / -)

Travelling with Red Tucum is an opportunity to live a shared experience with a preserved nature, while getting to know the lifestyles of traditional communities and participating in cultural exchanges.



# Simplicity, Hospitality and Music of the Wind and the Sea

## Program 2 BRAZIL



Itinerary 7 days

### Services included in the package:

- » Visits to communities, implementation of activities and meals as described in the travel plan.
- » Seven nights' accommodation with the Red Tucum Network: single rooms, with breakfast and meals mentioned.
- » Transfers in air-conditioned vehicle and accompanied by local guides.

### Services not included in the package:

- » Flight tickets.
- » Travel insurance.
- » Alcoholic beverages.
- » Personal expenses or extras.
- » Tips.
- » Meals not mentioned in this Travel Plan.
- » Activities or services not mentioned in this Travel Plan.

### Day 1: Welcome to Fortaleza!

Arrival in Fortaleza and transfer to Frei Humberto Center (MST). Accommodation: single room with fan and private bathroom.

**Accommodation:** Lodging at Frei Humberto Center

**Meals:** (- / - / -)

### Day 2: Culture, History and Beauty of Curral Velho

Breakfast. Departure to visit Tatajuba, Camocim. Lunch at the Center for Environmental Education and Community-Based Tourism Encante do Mangue. Accommodation in villa: single room with private bathroom. Dinner at the Associação dos Moradores Tatajuba (ACOMOTA) facilities.

**Accommodation:** Villa

**Meals:** (B / L / D)

### Day 3: Sunset at the Dunes

Breakfast. Buggy departure from Tatajuba to the Island of Love (Isla del Amor). Free for lunch. Walk in the Enchanted Dune to enjoy the sunset. Dinner at the Associação dos Moradores Tatajuba (ACOMOTA) facilities.

**Accommodation:** Villa

**Meals:** (B / - / D)

**Optional:**

Trips to visit family farming projects and production processes.

**Notes**

Schedules may change due to rarely predictable natural phenomena (high tide, moving dunes, rain and similar factors)

**Please note:**

Transportation prices are for ONE person. A minimum of two people is required for all transfers.







#### Day 4: Hiking the Four Towns

Breakfast. Early morning hike to meet the four towns in the region: Baixa Tatajuba, Vila de São Francisco, Nova Tatajuba, and Vila Nova. Free for lunch. Return at the end of the day. Dinner at the Associação dos Moradores Tatajuba (ACOMOTA) facilities.

**Accommodation:** Villa  
**Meals:** (B / - / D)

#### Day 5: Reception in Caetanos de Cima

Breakfast. Departure for Caetanos de Cima. Accommodation in villa: single room, fan and private bathroom. Lunch. Break by the seashore. Dinner in Barraca das Mulheres.

**Accommodation:** Villa  
**Meals:** (B / L / D)

#### Day 6: Getting to Know the Assentamento Maceio

Breakfast. Departure to Assentamento Maceio to learn about its history of struggle for territory. Sea bathing and lunch at the restaurant Barracão da Praia. Return to Caetanos de Cima. Suggestion: late afternoon walk in the dunes to see the sunset and the full moon (if there is one). Dinner at the villa.

**Accommodation:**  
Accommodation in a chalet.  
**Meals:** (B / L / D)

#### Day 7: Enjoy Nature

Breakfast. Free morning to enjoy the beach and get to know the local way of life. Lunch. In the afternoon, transfer to Fortaleza. Lodging at Frei Humberto Center (MST): single room with private bathroom.

**Accommodation:** Frei Humberto Center.  
**Meals:** (B / L / -)

#### Day 8: Farewells

Departure for the airport (depending on the time of departure).

**Meals:** (B / - / -)

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# Panama





# Panama

with Panama al natural



Panama al Natural Destinations and Quality Tourist Consulting, a new proposal for tourism, duly registered with the Tourism Authority of Panama as a travel agency and tour operator, with License No. 433-AV.

As specialists in Rural Community-Based Tourism, we propose a wonderful experience of enjoying contact with rural dwellers and their environment, culture and folklore of 'deep Panama.' An offer generating emotions and real experiences which aim to bring travelers to the most authentic roots and traditions of our people.

Panama al Natural, what's natural is to be surprised.

## Contact information

### Panama al Natural Destinos y Consultorías Turísticas de Calidad

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YouTube: [www.youtube.com/panamaalnatural](https://www.youtube.com/panamaalnatural)



## Community-Based Tourism Highlights in Panama

- » We promote participative tourism, where you can enjoy beautiful natural areas as well as the everyday life of people in rural areas of our country.
- » Opportunity to actively participate in agricultural activities in varied agritourism farms.
- » Living with peasant families, as well as various indigenous groups in the country.
- » Opportunity to enjoy the natural and cultural wealth that reinforce Panama's pride.
- » Enjoy a different, more authentic and emotionally rich tourism product.
- » Aimed at travelers in search of enriching experiences while learning, participating and living what it means to be Panamanian.



# The Perfect Blend:

Coffee with Milk in the Chiriquí Province + Caribbean Cocoa + Bocas Calypso

## Program 1 PANAMA



### Itinerary 8 days

Season: December to May  
Difficulty: Accessible- Easy

#### Services Included:

- » Transfers airport-hotel-airport
- » Private road transport.
- » Lodging in double rooms (medium category hotels and rural cabins)
- » Breakfast at hotels and cabins
- » Refreshments and lunch during tours
- » Spanish language tour guide
- » Entry fees to places visited

#### Not included:

- » Travel Insurance
- » Visas
- » Environmental Authority Tax on tours in Bocas del Toro
- » Tips and personal expenses.
- » Airline and airport taxes.
- » Any other item not mentioned as included

### Day 1: Panama - Sortova - Volcán, Chiriqui

Departure from Panama City to the province of Chiriqui, located 485 kilometers away, on private ground transportation. We stop in Santiago de Veraguas, to stretch our legs and have a traditional dish of the region for lunch. Later, we will continue our journey to the Chiriqui province. Once we arrive, we will visit an interesting farm in the community of Sortová, just 15 minutes from David, capital of Chiriqui. This farm has a Grade A dairy production, where livestock is managed in a sustainable way, having silvopastoral systems. It also has an integrated organic waste management activity. We will have the opportunity to learn to milk cows and we feed them in order to learn what they eat and why. On this

farm, we will also enjoy a delicious snack with fresh local products and of course seasonal natural juices.

At the end of our visit, we will head towards Volcán, located 30 minutes from Sortová, at an altitude between 1300 and 3475 meters above sea level. Their minimum temperatures are 0 ° C (on top of the Baru Volcano) and maximum of 26 ° C. We will stay in a beautiful and comfortable community lodge, surrounded by many green areas and natural water currents.

**Accommodation:** Hotel in Volcán

**Meals:** (B/L/-)







### **Day 2: Volcán - Renacimiento - Cerro Punta - Volcán**

After a delicious breakfast on our second day of travel, we will visit beautiful farms dedicated to producing the best coffee, such as the Catuaí, Caturra and the Geisha, which has won international awards as the best gourmet coffee. We visit a farm in the Coto community, where we can interact with the activities of a ranch dedicated to genetic improvement, breeding of European cattle, Quarter Horses and Dutch Friesian horses, pioneer of this breed in Panama. In the afternoon, to finish our tour, we return to the lodge. We will have the rest of the night off to rest.

**Accommodation:** Hotel in Volcán

**Meals:** (B/L/-)

### **Day 3: Volcán - Cerro Punta - Volcán**

After breakfast, we visit the community of Cerro Punta, located 20 minutes from downtown Volcán. This community of very fertile land sees a large agricultural activity. We will go to an agro tourist farm that is dedicated to the production of various herbs and vegetables. We will have the opportunity to learn about and participate in planting, watering and harvesting, depending on the season when the visit. We will enjoy typical dishes of the area for lunch and then on to visit a farm specialized in orchids and heliconias. We will learn about a very exotic orchid called Dracula. In the afternoon, to finish our tour, we return to the lodge. We will have the rest of the night off to rest.

**Accommodation:** Hotel in Volcán

**Meals:** (B / L / -)

### **Day 5: Silico Creek, Bocas del Toro**

On our fourth day, we head towards Silico Creek, in the province of Bocas del Toro located 2 hours from the city of David. Indigenous community of about 500 people, which borders part of Ngobe Bugle. Upon arrival, we will have the opportunity to spend time with the people, learn about their customs and history. For sure, we will live an unforgettable experience in a natural and ecological environment, appreciating the natural attractions and culture, as well as the traditional knowledge.

Cocoa is one of the most important products for the economy of the community. On our first day, we will have the opportunity to see the entire process in the preparation of chocolate, from planting a seed to making your own chocolate bar in a traditional style. In the evening, we enjoy a nice presentation of the Ngobe traditional dance, where the community's men and women will exhibit different types of their dances wearing their traditional dresses. They will explain the history of the dance and the meaning of the symbols and colors in their clothes.

**Accommodation:** Ecological cabin of Ngobe typical design. Made of traditional materials from the region, and located in the highest part of the community overlooking beautiful magical mountains, in a natural and ecological environment, surrounded by the sounds of nature.

**Meals:** (B / L / -)







### **Day 6: Silico Creek - Norteño - Isla Colón, Bocas del Toro**

In our fifth day of this interesting circuit, we visit the Norteño community, where we will learn about Ngöbe traditional dresses and accessories from the women members of the Meri Sribire Guaire Craft Association. After a traditional lunch, we bid farewell to this group and depart towards the famous Isla Colón. We reach the port of Almirante and take a 30-minute speedboat ride to the island. Once we get to Isla Colón, we will settle in a beautiful beachfront hotel with a traditional Afro-Caribbean design. We will have the afternoon and evening free to relax and enjoy our stay in this beautiful Caribbean location.

**Accommodation:** Hotel in Isla Colón  
**Meals:** (B / L / -)

### **Day 7: Isla Colón, Bocas del Toro**

Breakfast at the hotel, surrounded by clear waters and large marine biodiversity. Today, we will visit various natural attractions such as Dolphin Bay, Coral Cay and Zapatilla Cay. During the tour, we will stop for lunch and taste delicious seafood and fresh fish. Upon completion of this adventurous day, we return to Isla Colón Island. We will have the afternoon and evening free to relax and enjoy our stay in this beautiful Caribbean location.

**Accommodation:** Hotel in Isla Colón  
**Meals:** (B / L / -)

### **Day 8: Isla Colón, Bocas del Toro - Panama City**

On the seventh day of travel, we will have breakfast at the hotel and head back to Panama City. Again, we take a boat to return the port of Almirante and then our private transportation to the city of Panama. The trip will be approximately nine hours, we will stop in Santiago de Veraguas for lunch and again continue our journey to Panama City. Upon arrival, we will stay in a hotel located in the center of the city.

#### **Optional:**

1 night accommodation in Santiago. See optional tours in Annexes

**Accommodation:** Hotel in Panama City  
**Meals:** (B / L / -)

### **Day 9: Farewell**

On our last day, we will have breakfast at the hotel and visit the Panama Canal. Transfer to the airport and farewell.

**Meals:** (B / - / -)





# The Biggest Island along Central America's Pacific Coast + Sugar Cane Route and Azuero Folklore

## Program 2 PANAMA



Itinerary 8 days

Season: December to May

Difficulty: Accessible- Easy

### Services Included:

- » Transfers airport-hotel-airport.
- » Private road transport.
- » Lodging in double rooms (medium category hotels and rural cabins)
- » Breakfast at hotels and cabins
- » Refreshments and lunch during tours
- » Spanish language tour guide
- » Entry fees to places visited

### Not included:

- » Travel Insurance
- » Visas
- » Environmental Authority Tax on tours in Bocas del Toro
- » Tips and personal expenses.
- » Airline and airport taxes.
- » Any other item not mentioned as included

## Day 1: Panama - Santiago, Veraguas

Departure from Panama City to the province of Veraguas in private transportation. We will travel about 3 hours by road to the city of Santiago, Veraguas province. Arriving in the province, we will stop in a beautiful farm which raises cattle for grade A milk production. The farm is located in a pleasant natural environment where we will spend the night and enjoy a country style dinner with local products from the farm and surrounding area. We will be able to restore depleted energies from the flight to Panama and get ready for our next adventure to Coiba National Park.

**Accommodation:** Rural Hotel

**Meals:** (- / - / D)





## Day 2: Santiago - Coiba National Park, Province of Veraguas

Early rise for breakfast and departure to Playa Banco beach. Hour-long journey to reach the port, and, from there, approximately a 1.5 hour boat ride to start our unforgettable adventure in Coiba National Park, where we will have the opportunity to get to know the rich biodiversity of the largest island in Central America's Pacific coast, "Coiba", declared World Heritage in 2005.

Upon reaching the island, we will register in the National Environmental Authority (ANAM). They will take care of our bags, so we can immediately return to the sea and take advantage of this first day of adventure by visiting Granito de Oro Island, where you can snorkel and admire its diverse marine fauna. Here, we will enjoy a refreshment and its crystalline waters. Then we will take a small walk in Rancheria Island and will tour the Outside channels [Canales de Afuera].

Upon returning to the ANAM station, we will settle in their simple but comfortable cabins, which have private bathrooms and air conditioning. At night, we have dinner with fish, seafood or chicken, according to your tastes. Then, enjoy the beautiful starry sky of the Panamanian summer...

**Accommodation:** Cabins in Coiba Island

**Meals:** (B / L / -)

## Day 3: Coiba National Park, Veraguas Province

After breakfast, we start our day with a bit of walking through the paths of the main island of Coiba and, if nature permits, observe species such as howler monkeys, various birds and a variety of flora. We will have lunch and later take our boat to visit the old prison that was on the other side of the island. Upon returning to the cabins, we will have the opportunity to take the rest of the afternoon and evening off, dine on ANAM premises and then take our well-deserved rest.

**Accommodation:** Cabins in Coiba Island

**Meals:** (B / L / -)





#### **Day 4: Coiba National Park - Chitre, Herrera Province**

Very early rise for a light breakfast and departure to the city of Santiago, to then drive to the Azuero region, which is composed of the provinces of Herrera and Los Santos. This region is a reservoir of our customs and traditions that have been passed down from generation to generation. Arriving in the city of Chitre, we will settle in the hotel where we will stay for the next two nights. We will have the afternoon and evening free to relax.

**Accommodation:** Hotel in Chitre

**Meals:** (B / L / -)

#### **Day 5: Chitre - Pese - Ocu - Chitre, Herrera Province**

After breakfast at the hotel, we begin this portion of the circuit by visiting an interesting estate located in Pese, where two Panamanian flagship products are made: Ron Abuelo rum, which has won international medals for excellence and also the well-known national drink called Seco Herrerano. Here, we will learn about the entire process of preparing these famous drinks. We will learn about the whole sugar cane process from sowing to harvest. We will tour the facilities for grinding, fermentation, distillation, aging in oak barrels and the long awaited and magic moment of learning how to taste it. From tasting the rums, you will earn a Certificate of Catado, accrediting us as members of an exclusive group of Ron Abuelo connoisseurs. In the farm, we will have a delicious lunch with typical regional dishes such as rice with pigeon peas, roast pig and salad,

accompanied by a fruit drink of the season.

Later, we visit the community of Ocu, where we will learn to make clay tiles and cobblestones with which the traditional houses of the region are built, understanding the value of our fresh earth. Then, we visit seamstresses who will teach us the technique used for making traditional costumes and hats, as a token of our folklore. Upon completion of this day of interesting cultural knowledge, we return to our hotel in the city of Chitre. We will have the afternoon and evening free to relax.

**Accommodation:** Hotel in Chitre

**Meals:** (B / L / -)





## Day 6: Chitre, Herrera Province - Las Tablas, Los Santos Province

After having breakfast, we will check out of the hotel and return to this beautiful tour. We drive to Las Tablas in the province of Los Santos, about an hour away. We will visit skilled craftsmen who handmake beautiful Panamanian peasant sandals called 'cutarras.' We will also learn about the technique used to produce different types of drums, which are part of the musical wealth of the region.

After our lunch with delicious regional cuisines, we will visit the community of San Jose de Las Tablas, where skilled artisans will delight us with the most beautiful works in the art of sewing: the Pollera, recognized as a national typical dress, an expensive textile jewel made with specialized techniques that have been passed on from generation to generation. We then return to Las Tablas to check into the hotel and stay overnight. We will have the night off to rest.

**Accommodation:** Hotel in Las Tablas

**Meals:** (B / L / -)

## Day 7: Las Tablas, Los Santos Province - La Arena - Parita, Herrera Province - Panama

On our last day of travel, we leave Las Tablas after breakfast, toward La Arena in Chitre, where we will get our hands dirty, become artisans, learn by doing, and create some colorful crafts with clay in a style well recognized throughout the country. We will also get to know the famous and delicious bread from La Arena. After lunch we visit the authentic community of Parita. Here, we participate in the unforgettable experience of learning by doing and creating masks of clean and dirty little devils, an interesting folk piece depicting devils or animals that is used in traditional dances from different regions of Panama. The journey through the streets of Parita, one of the oldest hispanic-indigenous towns in the region of Azuero, will transfer us to colonial times full of ethnic customs and wealth that its inhabitants very jealously maintain. Their homes and their historic bullring preserve the colonial style of Azuero's towns.

After completing these lovely activities, we depart back to Panama City. Upon reaching the city, we will stay in a hotel in a very central location of the city.

**Accommodation:** Hotel in Panama City

**Meals:** (B / L / -)

## Day 8: Farewell

On our last day, we will have breakfast at the hotel and visit the Panama Canal. Transfer to the airport and farewell.

**Meals:** (B / - / -)







## PANAMA

# Optional Tours

## La Colorada, Land of Colorful Rolls

**Location:** Santiago - La Colorada - Santiago

**Duration:** 5 hours

**Description:** La Colorada, land of men and women workers who keep the traditional and indigenous hue of its people. Located 10 km from the center of the city of Santiago de Veraguas. Here, you will learn about the process of making handicrafts in leather, known as 'talabartería' ('cutarras,' saddles, shoes, belts, wallets, etc.), as well as making the shaft, the shell of the horse saddle. When visiting La Colorada, you can't miss learning about its delicious traditional cuisine such as tasty wood fire-roasted pork, the colorful bread rolls or and its sweet varieties. We will visit the Church of St. Peter the Apostle, and its lovely portals that still retain the traditional designs of ancient houses, dating from early last century.

### Package Includes:

- » • Roundtrip transfer from Santiago.
- » • Folk and craft activities.
- » • Snack with traditional dishes of the region.
- » • Tours of La Colorada community.
- » • Specialized tour guide.
- » • Bottled water.

## Coffee Tour in Santa Fe de Veraguas

**Location:** Santa Fe

**Duration:** 6 hours

**Description:** Santa Fe de Veraguas is a beautiful community located 56 kms from Santiago, surrounded by mountains, colorful flowers and a pleasant climate with temperatures reaching 16 degrees Celsius, beautiful scenery and the ease of obtaining fruits and many vegetables. We will visit the farm and factory of Café Tute, an organic high-elevation coffee with an excellent aroma and flavor. On our tour, we will also have the opportunity to visit the community's farmers market and craft market.

### Package Includes:

- » Roundtrip transfer from Santiago.
- » Coffee tour "Café El Tute".
- » Visit the Café El Tute's factory and organic farm.
- » Visit an orchid nursery.
- » Creole lunch in Santa Fe.
- » Visit to the Mirador (sale of region's cheeses and sweets).
- » Guide.
- » Bottled water.







## A Picturesque Agro-Adventure

**Destination:** Coclé Province and northern part of the Colón province

**Location:** Penonomé – La Pintada- Coclesito - Colón

**Duration:** 3 days

**Description:** Tour where we combine adventure with field activities between the valleys and mountains. We can enjoy the culture and warmth of a town as picturesque as its name, La Pintada, where the famous Panamanian typical hat known as “Sombrero Pintao” (Painted Hat) originated.

A self-sustaining farm becomes the complement to our tour in the north of the Coclesan mountains, crossing the natural border between the province of Coclé and Colón province. This farm produces and grows various types of foods such as freshwater shrimp, tilapia, black shell, ‘naranja’ oranges, papayas, bananas, ‘nonis’, peppers, ‘borojos’, sheep and others. An exciting range of activities like agribusiness craft workshops: ‘naranja’ orange jam and ‘spicy fireball’ ensure an unforgettable experience full of authentic emotions.

### Package Includes:

- » Roundtrip transfers.
- » Travel in the community of La Pintada.
- » Folk and craft presentations.
- » 2 nights in an agro tourism farm in the community of Coclesito.
- » Agro tourism farm activities.
- » Agribusiness craft workshops.
- » Meals with fresh produce from the farm.
- » Bottled water and granola.

## Day Tour to Iguana Island, Pedasi

**Location:** Pedasi, Los Santos Province

**Duration:** 6 hours

**Availability:** Monday thru Sunday, with reservation

**Description:** Iguana Island is a great place for families to enjoy swimming in crystal clear waters surrounded by coral reefs for snorkeling, fishing or whale watching, among other activities.

### Package Includes:

- » Round trip ground transportation
- » Boat transfer El Arenal Beach- Iguana Island- El Arenal Beach
- » Iguana Island Tours
- » Lunch
- » Guide
- » Bottled Water

The maximum capacity allowed per boat is 7 people including the guide



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return to index**

# Costa Rica





# Costa Rica

with ACTUAR



**ACTUAR** is a nonprofit organization with the highest level of sustainability certification (five leaves). Ever since 2003, we have offered innovative programs that seek to include authentic Costa Rican cultural experiences. We combine traditional ecotourism with rural community-based tourism destinations where visitors can learn how Costa Rica preserves its forests and rivers and implements sustainable agriculture. We plan fun and educational trips, taking into account sustainability criteria and

promoting a harmonious relationship between conservation, rural development and ecotourism.

Those who travel with ACT, support local communities and indigenous territories in developing a sustainable source of income and conserving their natural resources.

**With ACTUAR: Explore, have fun and make a difference!**

## Contact information

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Website: [www.actuarcostarica.com](http://www.actuarcostarica.com)

Facebook: ACTUAR Costa Rica



## Community-Based Tourism Highlights in Costa Rica

- » Opportunities to get to know indigenous and Afro-Caribbean peoples, as well as the rural culture.
- » Contact with nature in places that are not frequently visited by tourists.
- » An authentic and enriching experience, with the option to participate in the daily activities of rural life.
- » Family atmosphere.
- » A cultural exchange without barriers.
- » Your hosts and guides are locals from the places you are visiting.
- » The opportunity to participate and contribute to local conservation efforts.
- » Community organizations and conservationists are directly involved and benefit from tourist activities.



# Costa Rican Authentic Flavors

Nature, Culture and Flavor

**Program 1**  
COSTA RICA



Itinerary 15 days

**Package includes:**

14 nights' accommodation, private transportation to / from the airport, private transfer by minibus, bilingual guide (Spanish / English) for groups of less than 6 people, bilingual guide / driver, travel program and meals according to the description, admission tickets accordingly.

**Not included:**

alcoholic beverages, optional activities, transfers not mentioned or public buses, tips or taxes to leave the country.

**Day 1: Welcome to Costa Rica**

Transfer from the airport to your charming hotel in San Jose. If arriving early, you can take a walk through the center of the capital.

**Accommodation:** Hotel Rinwith de San Jose or similar.

**Meals:** (- / - / -)

**Day 2: On the coffee producers trail**

We will visit Don Manuel and Doña Mery in Pachimal de Acosta. They have a small coffee plantation and will talk to us about the farming lifestyle and how coffee is planted and harvested. We share a cup of fresh coffee and we prepare delicious tortillas with Doña Mery. For lunch, we prepare "tamales" and later visit the Palmichal Mill, which receives the area's coffee to process and prepare it for export.

**Accommodation:** Hotel Rinwith de San Jose or similar.

**Meals:** (B / L / D)







Costa Rica, a savory experience! An authentic trip where you will discover local flavors that will delight your senses.

### Day 3: Poás Volcano and Hot Springs

We will visit the Poás Volcano and its turquoise crater at 2,700 meters, to then continue to La Fortuna, home of the Arenal Volcano. Upon arrival, we can relax in the thermal waters of the Hidalgo family, who have five natural pools surrounded by lush nature.

**Accommodation:** Catarata Eco Lodge or similar.

**Meals:** (B/-/D)

### Day 4: Arenal Volcano and the Maleku Kitchen

Morning visit to the Arenal Volcano National Park, we will walk along the base of the volcano on well-maintained trails with the possibility to observe cold lava rocks of past eruptions. Then, we will travel to the Maleku Indian Territory to learn about the Croku clan's traditions, legends and typical food such as the "Mafurisejeca," a dish made from fish wrapped in leaves, cooked in the heat of a wood fire and accompanied by tubers.

**Accommodation:** Catarata Eco Lodge or similar.

**Meals:** (B / L / -)

### Day 5: Enjoy Country Life in Juanilama

Juanilama is characterized by its friendly inhabitants. Visitors enjoy a day in the small town's traditional life. We visit a small farm where you can try refreshing fruits and sugarcane! Typical lunch with a family from the community and, in the late afternoon, we meet with the village women to prepare dinner with recipes from their grandmothers.

**Accommodation:** Juanilama family homestay.

**Meals:** (B / L / D)

### Day 6: Traditional Agriculture

Morning visit a local dairy producer, where we will learn to milk cows and to prepare traditional cheese. Then, we continue the trip to Sarapiquí, where we visit a small palm farm, where Dona Maria will share her world with us and invite us to delight our palate with a delicious palm-based dinner.

**Accommodation:** La Tirimbina Rainforest Lodge or similar.

**Meals:** (B / - / D)



### **Day 7: Towards the Tortuguero Canals**

Tortuguero is famous for the arrival of sea turtles. Early drive to Costa Rica's Caribbean side. We will arrive at a port to board a boat that will take us on a journey through exotic freshwater canals all the way to Tortuguero. Once in the hotel, we will have time to visit the sea turtles museum, get to know the small town of Tortuguero and take a walk on the beach.

**Accommodation:** Evergreen Lodge or similar.

**Meals:** (B / L / D)

### **Day 8: Tortuguero National Park**

Early morning departure by boat to explore the channels and observe a great variety of local fauna and flora. Back at the hotel, we enjoy breakfast and free time to explore the hotel's private nature trails. If you prefer, you can use the kayaks or relax by the poolside. During the turtle season (July to September), turtle-watching night tours are available.

**Accommodation:** Evergreen Lodge or similar.

**Meals:** (B / L / D)





### Day 9: To the Southern Caribbean

After breakfast, we leave by boat. Arriving on the mainland, we drive to the South Caribbean, to Casa Calateas, near Cahuita. Here, you can enjoy Caribbean food and learn from the community's environmental efforts. We prepare to share a typical Caribbean dinner with our hosts.

**Accommodation:** Casa Calateas Rural Lodge

**Meals:** (B / L / D)

### Day 10: Cahuita National Park

A free day to enjoy the Cahuita National Park and its white sand beaches, where you can find monkeys, sloths, iguanas and tropical birds among its paths. Optional snorkeling tour.

**Accommodation:** Casa Calateas Rural Lodge

**Meals:** (B / - / D)

### Day 11: Experience the Bribri Paradise!

Canoe trip down the Yorkin River. Once in the indigenous community Bribri, we walk toward the lodge, observing plantations of cocoa and organic bananas along the way. Then, we discover the Skui River and the natural pools invite us to take a refreshing swim in them. We will enjoy a typical lunch and learn about the efforts and projects of the indigenous association. After dinner, we hear the old stories of the Bribri culture around the campfire.

**Accommodation:** Casa de las Mujeres Rural Lodge

**Meals:** (B / L / D)

### Day 12: Panama Bribri

After a walk through the woods and crossing the Skui River, we get to the "Arakupa Kakonu" women's group in Panama, who are responsible for forest protection. They will tell us some stories, and we will enjoy a delicious banana cream! Arriving at Casa de las Mujeres, we will have lunch and, after such a unique experience, we will travel back in canoes to Bambú to return to the Caribbean coast, Playa Cocles.

**Accommodation:** Bungalows Azania or similar.

**Meals:** (B / L / -)



### Day 13: Leisure and Caribbean Cooking Class

During the day, we will have free time to enjoy the beach. In the afternoon, the secrets of Caribbean cuisine will be revealed to us and we will prepare our own dinner in a cooking class with an Afro-Caribbean chef: Fish on a Caribbean sauce, “rice and beans” flavored with coconut, crisp fried plantains and a fresh fruit smoothie.

**Accommodation:** Bungalows Azania or similar.

**Meals:** (B / - / D)

### Day 14: Irazu Volcano

Back to the Central Valley, we visit the Irazu Volcano, the most active in the country. On a clear day, you can see its beautiful crater, the impressive surrounding mountains and the two oceans. For our farewell dinner, we will visit the town of San Antonio de Escazu, a picturesque village with stunning views of San José, where we will enjoy a delicious Costa Rican dinner and marimba music.

**Accommodation:** Hotel Rinwith de San Jose or similar.

**Meals:** (B / - / D)

### Day 15: See You Soon, Costa Rica!

At the convenient time, we will transfer you to the Juan Santamaria Airport to take your flight back home, hoping you can take the flavors and colors of the ‘Land of the Ticos’ with you.

**Meals:** (B / - / -)

**Indications:**









# Costa Rican Cultural and Natural Emotions

Forest, Culture and Tradition.

**Program 2**  
COSTA RICA



Itinerary 15 days

**Servicios incluidos:**

14 noches de hospedaje, traslados de conexión, alimentación y actividades según descripción, entradas a Parques Nacionales y algunos guías locales.

**Servicios no incluidos:**

Bebidas alcohólicas, actividades opcionales, traslados no mencionados ni buses públicos, propinas e impuestos de salida (actualmente \$29 por persona).

**Day 1: Welcome to Costa Rica**

One of our drivers will be waiting for you at the Juan Santamaría Airport to take you to a charming hotel in San José.

**Accommodation:** Hotel Rincón de San José or similar.

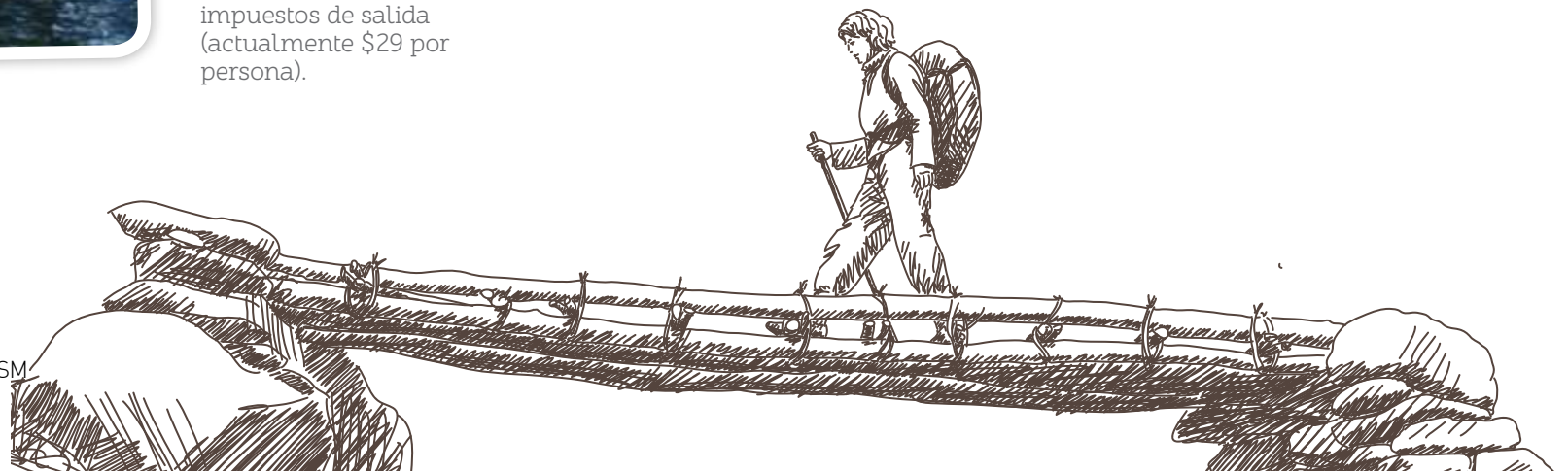
**Meals:** (-/-/-)

**Day 2: Travel to the Central Pacific**

Shared transfer to Manuel Antonio. Enjoy the beach, relax by the poolside or book some optional activities like kayaking, horseback riding on the beach, a catamaran tour or a canopy tour.

**Accommodation:** Hotel Plaza Yara or similar.

**Meals:** (B / - / -)







### Day 3: Manuel Antonio National Park

Optional visit to Manuel Antonio National Park, which is famous for its beautiful white sand beaches and crystal clear waters. From the Punta Cathedral viewpoint, we will see the entrancing bay and, with a little luck, we will see squirrels, capuchins and marmosets, which are endemic to the area, along with sloths and raccoons.

**Accommodation:** Hotel Plaza Yara or similar.

**Meals:** (B / - / -)



### Day 4: Adventure in the Hanging Bridges of Los Campesinos

Transfer to the Los Campesinos nature reserve, in the small town of Quebrada Arroyo. Discover the history of vanilla farmers and enjoy a delicious cuisine prepared in wood-oven for lunch. In the afternoon, walk the Poza Olivo path, crossing a 40-meters long bridge, suspended beside the Los Chorros waterfall, where you can bathe in a natural pool.

**Accommodation:** Los Campesinos Rural Lodge

**Meals:** (B / L / D)

### Day 5: Los Campesinos Reserve

We hike the Pacific Viewpoint trail (Mirador El Pacífico), board cable cars to cross through a forested canyon and enjoy a beautiful view of the Savegre Valley. Upon returning to our lodge, breakfast will be served and the rest of the morning will be free to enjoy the place.

In the afternoon, transfer to the small community of Playa Hermosa. For dinner, you will meet Dona Aida, who will offer us a cooking class where we will discover the secrets of the local cuisine and enjoy the taste of 100% natural ingredients.

**Accommodation:** Family homestay at Playa Hermosa.

**Meals:** (B / L / D)



### Day 6: Playa Hermosa Reserve and Playa Uvita beach

Walk through the Playa Hermosa reserve (approx. 4 hours), then enjoy a picnic lunch in the middle of the tropical jungle with a beautiful view of the ocean. In the afternoon, enjoy your day at the beach and relax with a beautiful sunset. You can visit Playa Uvita, Playa Dominical or any other of the beautiful beaches that exist in the destination. In the evening, share dinner with a family from the Playa Hermosa community.

**Accommodation:** Family homestay in Playa Hermosa.

**Meals:** (B / P / D)



### **Day 7: Osa's Tropical Paradise**

Transfer to the Southern Pacific. Upon arrival at Sierpe, we will take a boat alongside mangroves to arrive at Drake Bay in the Osa Peninsula. An original setting, with kilometers of uninhabited beaches, scarlet macaws and the seductive beauty of the rain that bathes the dense forest. In the evening, you can walk to the beach of San Josecito, relax and watch the sunset.

**Accommodation:**  
Poorman's Paradise or similar.  
**Meals:** (B / L / D)

### **Day 8: Observe the Wildlife in Corcovado National Park**

Visit the Corcovado National Park, where you can walk along the beaches of golden sand and tropical rainforest with its many birds and mammals. Corcovado is called a "green jewel" for having eight different ecosystems. Picnic along the way.

**Accommodation:**  
Poorman's Paradise or similar.  
**Meals:** (B / L / D)

### **Day 9: Caño Island, Snorkeling Day**

Boat ride to Caño Island where you can swim and snorkel in crystal clear waters. Picnic-style lunch today.

**Accommodation:**  
Poorman's Paradise or similar.  
**Meals:** (B / P / D)

### **Day 10: Meeting with the Indigenous Bribri**

Boat ride back to Sierpe, to be transferred to Salitre. Bribri Kaneblö is one of the best places to learn about the indigenous culture of Costa Rica. Enjoy a traditional lunch and learn about medicinal plants and Bribri traditions such as grinding corn and rice milling. In the Ú Sule or Casa Cónica, you will learn details about the Bribri's worldview. Participate in a small introductory Bribri language class and enjoy the traditional dances at night.

**Accommodation:**  
Bribri Kaneblö Rural Lodge  
**Meals:** (B / L / D)





### Day 11: A Day in the Life of the Bribri

Participate alongside the Bribri in their morning harvest. In the afternoon, you can visit the river and bathe in it.

**Accommodation:** Bribri  
Kaneblö Rural Lodge

**Meals:** (B / L / D)

### Day 12: Explore the San Gerardo Cloud Forest!

Transfer to San Gerardo de Dota, a picturesque town in the valley of the Savegre River. In the afternoon, you can take an optional hike to the waterfall (about 2 hours).

**Accommodation:** Dreams  
Forest Lodge or similar.

**Meals:** (B / L / D)

### Day 13: In Search of the Quetzal

Early rise to search for the magnificent Quetzal, you can distinguish it by its feathers with flashes of green, its long, elegant tail and bright red chest. Back at the lodge, we enjoy a delicious breakfast with the Chawith family. The rest of the day is free for optional activities.

**Accommodation:** Dreams  
Forest Lodge or similar.

**Meals:** (B / L / D)

### Day 14: Central Valley

Transfer to the city of San Jose. In the afternoon, you can choose to perform some activities in the Central Valley like visits to museums, parks, or touring the historic sites.

**Accommodation:** Hotel  
Rinwith de San Jose or similar.

**Meals:** (B / - / -)

### Day 15: See You Soon, Costa Rica!

Transfer to the airport for your flight back home.

**Meals:** (B / - / -)



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return to index**





Nicaragua



# Nicaragua

## with Matagalpa Tours



**Matagalpa Tours** take you to the most special and unexplored places of Nicaragua. After a decade devoted to outdoor

activities and the development of new routes in uncharted destinations, Matagalpa Tours has become a reference when it comes to hiking, rural community-based tourism, agro tourism, mountain biking, rafting and expeditions into the jungles of northern Nicaragua.

We also specialize in creating complete themed packages with a focus on socio-cultural and economic aspects, with visits to social organizations focusing on workers, women, fair trade and cooperatives. **Matagalpa Tours** combines your special interest or incentive program with visits to craft markets, colonial cities, volcanoes, islands, nature reserves and tropical beaches.

In each one of our tours you can enjoy the incredible nature of Nicaragua, you will travel with highly trained and passionate guides and meet hospitable and friendly people.

In this catalog, we present some examples of our rural community-based tourism trips, but please contact us if you want to visit other places in Nicaragua or partake in different activities. Together we can create your perfect trip in a personalized way.

### Contact information

#### **Matagalpa Tours**

Address: Banpro ½ cuadra al Este, Matagalpa, Nicaragua

Office Phones: (+505) 2772 0108 / 2772 5379

Cell Phones: (+505) 8647 – 4680 / 8286 – 9650

Email: [info@matagalpatours.com](mailto:info@matagalpatours.com)

Website: [www.matagalpatours.com](http://www.matagalpatours.com)



### Community-Based Tourism Highlights in Nicaragua

- » Authentic and unexplored destinations.
- » Specialized and passionate guides
- » Real interaction with local people.
- » Slide off an active volcano.
- » Colonial cities.
- » Contact with nature.
- » Swimming in rivers and waterfalls.



# Walking Nicaragua's Northern Mountains

## Program 1 NICARAGUA

and Meeting its People



Itinerary: 6 days

### This tour includes:

- » Private transportation to and from Matagalpa.
- » Expert bilingual guide.
- » 4 nights' accommodation.
- » Food (as described in the itinerary)
- » Entrance fees to all sites.
- » All the above activities.
- » Taxes.

### It does not include:

- » Tips
- » Activities not described in the program.
- » Airport taxes.

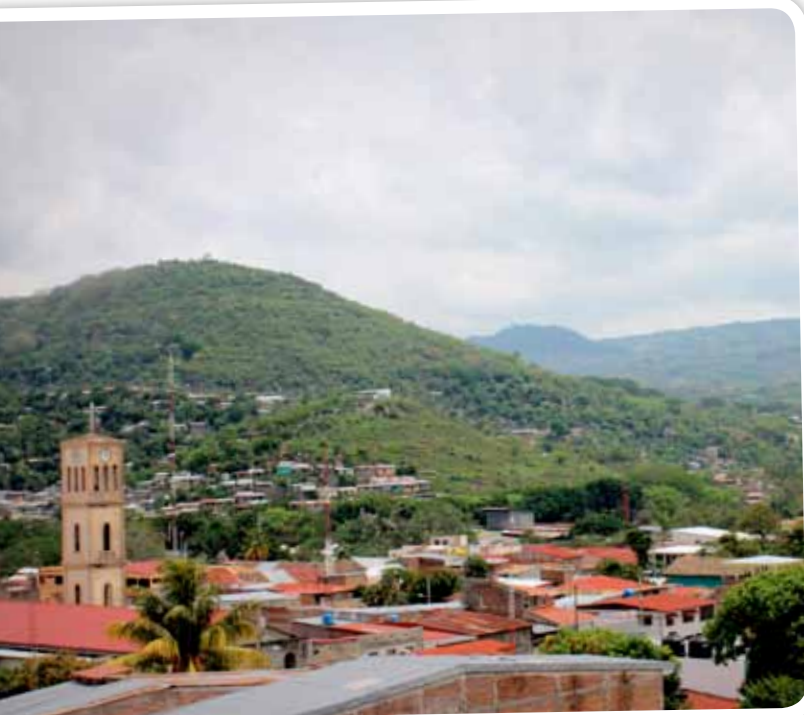
This is a package for those who enjoy walks full of culture and abundant nature. During this tour, we will walk through nature reserves, production fields, waterfalls, coffee plantations, and organic farms. We will also meet families who will allow us to experience their lifestyle and the joy of the people in the Nicaraguan countryside.

### Day 1: The Northern Mountains

On our first day, you will be greeted by our guide with whom you will travel to the city of Matagalpa, where we will start our tour. Depending on the time of arrival, you can participate in some activities to better get to know the city.

**Accommodation:** Hotel in Matagalpa.

**Meals:** (B / - / D)







## Day 2: El Chile Indigenous Community

We will visit the weavers' workshop in the indigenous community of El Chile, where a group of indigenous women have become ambassadors for one of the most representative traditions of this community. Here, we will learn about their history and will be able to see the process of developing products like wallets, purses and backpacks. On this tour, you can buy crafts directly from the women who produce them.

We will later hike to the viewpoint of Cerro El Chile, where we will have a 360 degree view of all the surrounding mountains. Finally, we enjoy a traditional lunch with a local family, who will give us an inside look into their lifestyle.

**Accommodation:** Hotel Dream Bell in San Ramon.

**Meals:** (B / L / D)

## Day 3: San Ramon - La Corona Hike

The second day starts with a 4-hour hike to get to La Corona, a community of small farmers, rich in natural beauty. Here, we enjoy the friendliness and joy of local families and learn about the production of coffee, cocoa, vegetables and other topics of interest such as certifications and sustainable production.

During our stay in La Corona, we will eat and stay with families from the community. Families in La Corona community have simple rooms that still provide the necessary privacy for visitors. The bathroom is shared with the family and every host family is very well-prepared to provide a varied traditional diet, characterized by fresh vegetables, juices and other products obtained from the farms themselves. The community has the capacity to accommodate up to 15 people.

**Accommodation:** Family Homestay

**Meals:** (B / L / D)









#### Day 4: A True Nature's Sanctuary

Early morning 2-hour hike along the Yasika River, where we will find some waterfalls ideal for swimming. A vehicle will pick us up to take us to the Peñas Blancas Nature Reserve, part of the Bosawas Biosphere Reserve. There, we will visit the Rainbow Waterfall (Cascada Arcoíris), 90 meters high and giant trees' sanctuary, in one of the country's most beautiful forests. Before nightfall, we pay a visit to a local family, where we will make our own tortillas, participate in country-style cooking and enjoy a typical dinner with traditional country music.

Accommodation at the Forest Guardians lodge or CEN lodge. Both lodges can accommodate more than 30 people. They are very clean and provide basic services such as water, sanitation, mosquito nets and food.

**Accommodation:** Forest Guardians lodge or CEN lodge

**Meals:** (B / L / D)

#### Day 5: Adventure in Peñas Blancas Massif

Early rise to prepare for an intense 5-6 hour hike to the top and center of the reserve, home to the magnificent Quetzal and giant tree ferns, where the virgin forest offers an incredible variety of wildlife and panoramic views. If you do not wish to walk for so long, you may participate in shorter walks or alternative community activities.

Return to Matagalpa in the afternoon, where we stay the last night.

**Accommodation:** Hotel in Matagalpa

**Meals:** (B / L / D)

#### Day 6: Returning Home

On day 6, you will have a private transfer to the airport for your flight back home with many stories to tell about your unforgettable experience in Nicaragua. The transfer time depends on the time of your flight. End of tour.

**Meals:** (B / - / -)

# Amongst Mountains, Lakes and Volcanoes

## Program 2 NICARAGUA

This tour is a community-based experience, touring some of Nicaragua's most emblematic sites, including Granada, Leon, Ometepe Island and the northern mountains.



Itinerary: 13 days

### This tour includes:

- » Private transportation to and from Matagalpa.
- » Expert bilingual guide.
- » 12 nights' accommodation.
- » Food (as described in the Itinerary)
- » Entrance fees to all sites.
- » All the activities mentioned.
- » Taxes.

### It does not include:

- » Tips
- » Activities not described in the program.
- » Airport taxes.

## Day 1: Towards the Northern Mountains

Upon arrival in Nicaragua, our guide will be waiting for you to board our direct transfer shuttle to the heart of the northern mountains. Depending on the time of arrival, activities can be organized to get to know the city of Matagalpa, where we will spend the first night. Hotel accommodation in the city.

**Accommodation:** Hotel in Matagalpa

**Meals:** (- / L / D)

## Day 2: El Chile Indigenous Community

Travel to El Chile Indigenous community, to visit the weaving workshop where women make backpacks, wallets, purses and many other products that are famous for their quality and beauty. You will have the opportunity to knit and talk with this group of women artisans. Furthermore, we enjoy a delicious traditional rural lunch and the beautiful panoramic view from the natural viewpoint of the Cerro El Chile. Afterwards, we continue towards La Corona, a community of small farmers, where we can learn about coffee, cocoa and other crops.

Accommodation with local families. In the community of La Corona, we are able to accommodate visitors in a private room within a house, sharing the bathroom with the family. Mosquito nets and filtered water of excellent quality are also guaranteed in every house.

**Accommodation:** Family Homestay

**Meals:** (B / L / D)





### Day 3: Living with Farmers

We start the day touring the coffee and cocoa plantations. In addition to learning and participating in the activities of the farm, we will also learn about other crops such as vegetables and fruits. We will partake in an afternoon workshop on typical food, where you can prepare your own typical Nicaraguan dinner.

**Accommodation:** Family Homestay

**Meals:** (B / L / D)

### Day 4: Yasika River and Selva Negra (Black Jungle) Hike

After a delicious breakfast, we will start walking along the Yasika river, where you will enjoy beautiful landscapes and waterfalls ideal for swimming, surrounded by pure nature. Afterwards, a vehicle will drive us to Selva Negra (Black Forest), where you will have free time to enjoy the enchanting natural surroundings of this mountain. Hotel accommodation in Selva Negra will be in a mountain hotel and a private wildlife reserve, where you can engage in nature walks, diversified farm tours, horseback riding and many other activities. This hotel has normal hotel rooms, bungalows and family cabins.

**Accommodation:** Hotel Selva Negra

**Meals:** (B / - / D)

### Day 5: Leon Colonial City

Morning tour to learn about sustainable agriculture in the La Hammonia farm. Afterwards, we will continue towards the colonial city of Leon. After a three-hour trip, you will have free time to relax and walk through the quiet streets of this beautiful city. Accommodation in the city of Leon. The city has a wide range of accommodations, from simple inns to luxury hotels.

**Accommodation:** Hotel in Leon

**Meals:** (B / L / -)





### General information

- » Nicaragua is the second safest country in Central America.
- » Citizens of the European Union, the United States, Canada and Latin America do not need a visa to enter the country.
- » Nicaragua has an entry tax of \$10 and a \$32 exit tax.







### Day 6: Sandboarding at Cerro Negro Volcano

Looking for adventure, we will climb the Cerro Negro volcano, famous for being the only volcano in the world where it is possible to do sandboarding. We will climb to the active crater and, after enjoying the amazing view, we will slide down the steep slope using a special board. For those who do not want to slide down the volcano, there is the option to walk down.

**Accommodation:** Hotel in Leon  
**Meals:** (B / L / -)



### Day 7: Agro Tourism and Crafts in the Nicaragua Libre Cooperative

The Nicaragua Libre Cooperative is mainly engaged in the production of basic grains. It has also developed as a major destination for rural community-based tourism due to its location in an area full of nature and enchanting landscapes. This country lodge is built in the old property of an estate house, keeping its original architecture. We will visit different types of plantations and surrounding communities, and participate in horseback riding and the elaboration of crafts made from seeds.

**Accommodation:** Nicaragua Libre Rural Lodge, with capacity for 22 people, in 3 shared bedrooms.  
**Meals:** (B / L / D)



### Day 8: A Colonial Architectural Jewel

After participating in some more activities with the Nicaragua Libre Cooperative, we will go to the colonial city of Granada. This city is an iwith of colonial architecture in Central America. In Granada, we will take a tour of the most emblematic places of the city and, of course, take a boat tour of the over 300 islands located in Lake Nicaragua.

**Accommodation:** Hotel with Corazón, owned by a foundation that supports primary schools in the rural communities of Granada.  
**Meals:** (B / L / -)

### Day 9: Towards Ometepe Island

A visit to Ometepe Island is a great community experience. On this day, we travel to the island and stay at Finca Magdalena, a community hostel owned by a cooperative of 24 families. The big hacienda where the small hostel is located invites you to relax and breathe fresh, clean air.

**Accommodation:** Finca Magdalena, which has cabins and private rooms as well as dorms and a camping site.  
**Meals:** (B / L / -)





#### **Day 10: Exploring Ometepe Island**

There is so much to explore on this Island. We will visit petroglyph sites, museums, a waterfall and walk through the forest. We will also go down to the beach to enjoy the warm waters of Nicaragua's Great Lake.

**Accommodation:**  
Finca Magdalena  
**Meals:** (B / L / -)

#### **Day 11: Laguna de Apoyo. Swimming in a Volcanic Crater**

After so many activities, a good rest in a wonderful place is very well deserved. We will enjoy our last night in this lagoon where the water is warm at any time. There, we will have the opportunity to swim, walk in the woods or just relax and enjoy the idyllic atmosphere of the place.

**Accommodation:**  
San Simian Lodge,  
Laguna de Apoyo.  
**Meals:** (B / L / -)

#### **Day 12: Towards International Airport**

On our last day of the trip, depending on the time of your flight, we can arrange activities on the way to Managua's airport. End of service

**Meals:** (B / - / -)



**Program 3**  
**NICARAGUA**

This package is a combination of adventure and rural community-based tourism in Northern Nicaragua.

# A Hidden Paradise in the Jinotega Mountains



.....  
Itinerary: 3 days

**Includes:**

- » Accommodation.
- » Food described.
- » Bilingual guide.
- » Transportation.
- » Activities and tickets.



## Day 1: Adventure from above

We start our adventure and cultural immersion from Matagalpa, traveling on one of the roads with the best landscapes of the country. We reach San Rafael del Norte, a small town steeped in history and tradition. We continue our journey by rocking the swing in the Brellera Canopy tour and then we kayak in the great lake of Apanás. We visit the Las Cureñas women's cooperative, which works hard to maintain an almost extinct craft culture: Black Pottery

Overnight at La Fundadora Eco-Lodge, located in the mountains of Jinotega, surrounded by places steeped in history, culture and nature; its climate's charm is special for a good rest after a fun and long day's journey.

**Accommodation:** La Fundadora Eco-Lodge

**Meals:** (- / L / D)

## Day 2: La Fundadora Community

We start the morning with a light hike in the Los Números interpretive trail, located within a pine forest. We continue with an exploration of the community on horseback or on foot, discovering the history and traditions of this beautiful area, which has also been a favorite of presidents and important figures in our history.

To celebrate and share an evening in the best of climates, we will have a campfire with local music and a delicious typical dinner.

**Accommodation:** La Fundadora Eco-Lodge

**Meals:** (B / L / D)

## Day 3: Return to Matagalpa

In the morning, we will learn about the coffee process, from seed to delicious drink. A process that is very traditional and typical for these coffee-producing communities. We return to Matagalpa after lunch, where we will finish our cultural adventure.

**Meals:** (B / L / -)



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# El Salvador







# El Salvador

## with TouRuralES



**TouRuralES** is a small enterprise providing tourism experiences that seek respectful exchanges with nature and local people. We invite visitors to get to know the local customs and daily routines, enjoying a warm and genuine facet of El Salvador through the different rural tours we offer.

We have been members of the El Salvador National Bureau of Rural Community-Based Tourism (MTRC, for its Spanish acronym) since 2012, maintaining a stable alliance

with the Bureau and its community initiatives. The National Bureau of Rural Community-Based Tourism is an effort by institutions and providers of tourist experiences to articulate and strengthen Rural Community-Based Tourism in El Salvador. Developed in September 2009, it is comprised of cooperatives, ADESCOS (Community Development Associations), indigenous communities, government and educational institutions, NGOs and family businesses.

### Contact information

#### **TouRuralES**

Address: Carretera El Litoral, Km. 42 1/2 ,  
Playa El Tunco  
Calle principal, local Xaltenco, Tamanique,  
La Libertad, El Salvador  
Phone: (503) 2389 6322  
Email: [info@toururales.com](mailto:info@toururales.com)  
Website: [www.toururales.com](http://www.toururales.com)  
Facebook and Twitter: TouRuralES



### Community-Based Tourism Highlights in El Salvador

- » Spaces to experience encounters with Salvadoran communities: farmers, fishermen, indigenous peoples.
- » Opportunity to learn about plant use in traditional medicine.
- » Contact with the pre-Hispanic

- traditional handicraft methods and language of the Nahuatl Pipil ethnicity.
- » Visits to protected areas, volcanoes, waterfalls, crater lakes and beaches.
- » Warmth and hospitality in each

- destination visited, joined by rural guides and / or naturalists.
- » Visit one of the ten best beaches for surfing worldwide.



# Impressive Rurality

**Program 1**  
EL SALVADOR

Native Peoples, History and Volcanoes



Itinerary: 12 days

## Day 1: Welcome to El Salvador

Arrival and assistance at the Comalapa International Airport to greet and welcome you to El Salvador. Transfer to the Tunco Lodge Hotel in Playa El Tunco. Day off.

**Accommodation:** Hotel Surf lodge. Types of Rooms: Mini suite; double rooms with a/c and private bathroom or with fan and shared bathroom; triple rooms. Accommodation includes: use of swimming pool, lounge with cable TV, wired or wireless Internet, use of sunbeds and playground. Available: restaurant & bar service.

**Meals:** {-/-/-}

## Day 2: Chocolate-Scented Nature Tour

We head towards the west of the country, to the pre-Hispanic city of Caluco in the department of Sonsonate, where we will visit the Plan de Amayo Natural Protected Area, accompanied by nature guides. We will take a cocoa tour, where we will learn about the crop and the processes it undergoes from the cacao fruit all the way to becoming a delicious cup of chocolate. Later, we enjoy a visit to the tourist center Shutecath, where we will have a refreshing swim in its delicious waters. In the afternoon, we visit the San Pedro Caluco ruins.

**Accommodation:** Rural cabins, doubles with private bath and fan, in the Los Pinos Cooperative, located in the municipality of El Congo (Santa Ana). Overlooking Lake Coatepeque. Access to restaurant service.

**Meals:** {B/-/-}







### Day 3: Lake Coatepeque and Los Volcanes National Park

Our morning begins with a majestic view of the volcanic Lake Coatepeque, from the Los Pinos Cooperative. A delicious cup of coffee, grown and processed here, will bid us “good morning”. Afterwards, we will walk a trail down to the lake for a boat tour. In the afternoon, we visit the Los Volcanes National Park, a protected natural area in El Salvador. Three of the country’s 14 “youth” volcanos from the Apaneca-Illamatepec, mountain range can be found here: the Santa Ana volcano, Izalco Volcano (also called Central America’s lighthouse) and Cerro Verde. The park is immersed in what is now known as the Apaneca-Illamatepec Biosphere Reserve, as designated by UNESCO in 2007. During the tour, we will visit some interpretive trails and viewpoints from where we will be able to see spectacular views and learn about the area’s flora and fauna.

**Accommodation:** Cabins at Los Pinos Cooperative

**Meals:** (B / - / -)

### Day 4: Visit the “Place of Houses and Oak Trees,” Ahuachapán

Ahuachapán means “place of houses and oak trees” in the Nahuatl Pipil indigenous language. This city is known for being a place that preserves its architectural and natural wealth. It is also a historical and cultural center for the country. The accommodation for these days will be at the cozy hotel “La Casa de Mamapán”, known for its colorful murals, the work of Salvadoran artists Bruno and Fabio Jimenez. It is a place where you will be served extraordinarily well and feel at home. “La Casa de Mamapán” also features a variety of local cuisine. In the afternoon, we tour the Historical and Cultural Center of Ahuachapán, where we see the colonial churches, parks, squares and the municipal cemetery of Ahuachapán. Places full of history and traditions.

**Accommodation:** Hotel Casa de Mamapán, one of the first houses built in the nineteenth century in the cultural center of the city of Ahuachapán in western El Salvador and now converted into Guest House-Museum. Availability of single, double, and triple rooms, Jr. Suites and Family Suites. They have air conditioning, ceiling fan, private bath with hot water, cable TV and WiFi.

**Meals:** (B / - / -)



### Day 5: Diverse Ahuachapán

Breakfast in “La Casa de Mamapán”. This day you can enjoy different activities (not included) in the area: a hiking tour in the Mamapán Coffee Tropical Forest, located at 900 meters above sea level, or a tour of the geothermal capital of Central America, where you can see the “Ausoles” (fumaroles).

Afternoon street art tour (included) where you can take pictures of El Salvador’s largest “themed” street, starting from “La Casa de Mamapán” to the different murals in Ahuachapán. A painting or embossing class is included. Share magical moments with artisans.

**Accommodation:** Hotel Casa de Mamapán

**Meals:** (B / - / -)

### Day 6: Santo Domingo, Experience with the Nahuatl Pipil Indigenous Community

After breakfast at La Casa de Mamapán, we head towards the Santo Domingo community, whose original name is ‘Witzapan,’ which means river of thorns. It is a municipality located in the department of Sonsonate. Santo Domingo is one of the few towns in El Salvador where some pre-Hispanic traditions still remain. We will be greeted by members of the community who will tell us about their efforts to rescue their language and customs, and to develop rural community-based tourism.

During the tour, you will be able to visit a pottery workshop, where you can also have the experience of creating a piece. In this place, you will learn about the “saving stoves,” an object created to reduce the consumption of firewood. Then, we will go to the Escuco “jump,” a waterfall that forms a pond where visitors can take a dip. The walk to the waterfall from the village is about 20 minutes. We will have a lunch box there (included) and we will enjoy the magic of the place.

**Accommodation:** Eco Hotel Árbol de Fuego, San Salvador. Available rooms: singles, doubles and triples with private bathrooms and hot water, air conditioning, ceiling fan, telephone and cable TV.

**Meals:** (B / - / -)





### Day 7: Free Day in San Salvador, the Capital

We will spend the day in the city of San Salvador. You can choose to relax in your hotel or easily coordinate with reception or TouRuralES to visit museums, malls, handicraft markets, participate in some cultural activity or visit somewhere of interest (not included).

**Accommodation:** Eco Hotel Árbol de Fuego, San Salvador.

**Meals:** (B / - / -)

### Day 8: Santa Adelaida Cooperative. Export-Grade Coffee and Rural Community-Based Tourism

Breakfast at Eco Hotel Árbol de Fuego. Departure for Santa Adelaida farm, located in the Comasagua, 30 minutes from the capital. The farm is 1,237 meters above sea level, which allows for a pleasant climate all year round. Santa Adelaida's main attraction is teaching visitors the production processes of organic coffee, which is one of the main exports of El Salvador. We will visit plant nurseries, drying patios and a coffee mill, where you can see the members of the cooperative selecting the grain, roasting it and packaging it. At the end of the tour, visitors can relax and re-energize by drinking a cup of coffee at the local restaurant. Lunch at Santa Adelaida (included). If you are an adventure and nature lover, you can

also walk the forest trails to the waterfalls (not included). Level of difficulty = Intermediate. Along the way, you can observe the diversity of flora and fauna that surrounds the place.

**Accommodation:** Eco Hotel Árbol de Fuego, San Salvador.

**Meals:** (B / - / -)





### Practical information

- » Transfers from and to the airport do not include tips for baggage handlers at the airport or in the hotel, unless arrangements are made in advance by specifying otherwise.
- » General tips are not included unless specified in the program.
- » Check-in time at hotels is usually 1 to 2 pm and check out 10 am - 12 pm, depending on the hotel.
- » Breakfast may or may not be included in the price, depending on the hotel.







## Days 9, 10 and 11: Optional Activities

The following days are reserved for tourists to relax and take a break in El Tunco beach or its surroundings: Tamanique, El Sunzal or La Libertad. Customers may choose from various optional activities (one activity is included per day), among which are:

- **Surfing Lesson with a Local Teacher.** The beaches of La Libertad and Tamanique are considered among the top 10 beaches in the world for surfing. Duration: 1-hour class.
- **Visit the Tamanique Waterfalls.** Beautiful walk along a leafy path that provides a magnificent view of the Pacific Ocean to reach a complex of 7 jumps of different heights and pools of cold water to cool off after the walk. (Available in non-rainy season). Level of difficulty: Difficult. Duration: half day.
- **Volunteer Experience with Youth in School's Green Laboratory.** Duration: half day.
- **Releasing Sea Turtles in San Diego beach.** Depending on seasonal availability. Duration: 2 hours.

- **Experience Local Fishing.** Walk along the shore with a guide to participate in a fishing tour, enjoy the environment and enter into contact with the force of nature. A local fisherman will teach you the locals' traditional methods of fishing. Catch and release fishing. Duration: 2 hours.

Feel free to ask us about these or other TouRuralES options.

**Accommodation:** Tunco Lodge Hotel in Playa El Tunco. Surf lodge. Types of Rooms: Mini suite; double rooms with a/c and private bathroom or with fan and shared bathroom; triple rooms. Accommodation includes: use of swimming pool, lounge with cable TV, wired or wireless Internet, use of sunbeds and playground. Available: restaurant & bar service.

## Day 12: Goodbye, El Salvador!

Transfer to the Comalapa International Airport. Have a good trip and come back soon!



# Historical Memory, Adventure & Peoples

## Program 2 EL SALVADOR

### El Salvador's East: Peace Route.



Itinerary: 12 days

#### Day 1: Welcome to El Salvador

Arrival and assistance at the Comalapa International Airport to greet and welcome you to El Salvador. Transfer to the Tunco Lodge Hotel in Playa El Tunco. Day off.

**Accommodation:** Hotel Surf lodge. Types of Rooms: Mini suite; double rooms with a/c and private bathroom or with fan and shared bathroom; triple rooms. Accommodation includes: use of swimming pool, lounge with cable TV, wired or wireless Internet, use of sunbeds and playground. Available: restaurant & bar service.

**Meals:** {-/-/-}

#### Day 2: Bailadero del Diablo - El Perol Waterfall

Early morning departure to Perkin, Morazan, in El Salvador's eastern side. Here, we will stay in a mountain lodge, located in a natural environment full of peace and tranquility. Afternoon visit to the Bailadero del Diablo area and El Perol waterfall.

**Accommodation:** Rural cabins (double or family rooms) with private or shared bathrooms. Access to restaurant service.

**Meals:** (B / - / -)







### Day 3: Visit El Mozote Historic Site and the Rio Sapo Natural Protected Area

Early rise in a natural environment. We will visit the historic site “El Mozote nunca más” (El Mozote never again), accompanied by a local guide. Then, we go to the Rio Sapo Natural Protected Area, where we will have a rural style lunch on the banks of the river and finish with an interpretive tour of the area’s biodiversity.

**Accommodation:** Rural cabins (double or family rooms) with private or shared bathrooms. Access to restaurant service.

**Meals:** (B / - / -)

### Day 4: City of Perkin. Museum of the Revolution and Butterfly Nursery Zoo

We will start our day with murals, historic buildings and stories of the war to peace process. We will visit the Museum of the Revolution and a former guerrilla camp, where their survival system has been recreated, from basic needs to the activities they implemented as part of the revolutionary formation (literacy, weapon manufacturing workshops, religion, production organization, etc.). In the afternoon, we head towards the Segundo Montes community, where the butterfly nursery zoo is located.

**Accommodation:** Rural cabins (doubles) with private bath and fan, overlooking Lake Coatepeque. Access to restaurant service.

**Meals:** (B / - / -)

### Day 5: From Morazán to Suchitoto, the “Flower Bird City”

Transfer to Suchitoto. We stay at Hotel Las Puertas de Suchitoto, located opposite the central park and the Church of Santa Lucia, a beautiful colonial building dating from the nineteenth century. After lunch, we will take a city tour led by a local guide. Besides being a colonial town with great architectural beauty, this magical place also holds great cultural wealth. Throughout the year, there is at least one festival event per month performed at the Ruins Theatre (Teatro de las Ruinas). Also, there are always a series of activities going on, including music, dance, art, theater, and poetry readings, happening in different parts of the city, such as portals, parks, restaurants, cafes, and hotels.

**Accommodation:** Hotel Las Puertas. Doubles and singles with private bath, air conditioning or fan.

**Meals:** (- / - / -)



### **Day 6: Diverse Suchitoto**

Suchitoto offers different options. This day, we will enjoy various activities, starting with a tour of Lake Suchitoto in the morning, ideal for birdwatching. In the afternoon, we will visit the Los Tercios waterfall. Accommodation in Hotel Las Puertas.

**Accommodation:** Hotel Las Puertas

**Meals:** {- / - / -}

### **Day 7: Free Day in San Salvador, the Capital**

We will spend the day in the city of San Salvador. You can choose to relax in your hotel or easily coordinate with reception or TouRuralES to visit museums, malls, handicraft markets, participate in some cultural activity or visit somewhere of interest (not included).

**Accommodation:** Eco Hotel Árbol de Fuego, San Salvador.

**Meals:** {B / - / -}

### **Day 8: Santa Adelaida Cooperative. Export-Grade Coffee and Rural Community-Based Tourism**

Breakfast at Eco Hotel Árbol de Fuego. Departure for Santa Adelaida farm, located in Comasagua, 30 minutes from the capital. The farm is 1,237 meters above sea level, which allows for a pleasant climate all year round. Santa Adelaida's main attraction is teaching visitors about the production processes of organic coffee, which is one of the main exports of El Salvador. We will visit plant nurseries, drying patios and a coffee mill, where you can see the members of the cooperative selecting the grain, roasting it and packaging it. At the end of the tour, visitors can relax and re-energize by drinking a cup of coffee at the local restaurant. Lunch at Santa Adelaida (included).

If you are an adventure and nature lover, you can also walk the forest trails to the waterfalls (not included). Level of difficulty = Intermediate. Along the way, you can observe the diversity of flora and fauna that surrounds the place.

**Accommodation:** Eco Hotel Árbol de Fuego, San Salvador.

**Meals:** {B / - / -}



## Days 9, 10 and 11: Optional Activities

The following days are reserved for tourists to relax and take a break in El Tunco beach or its surroundings: Tamanique, El Sunzal or La Libertad. Customers may choose from various optional activities (one activity is included per day), among which are:

- **Surfing Lesson with a Local Teacher.** The beaches of La Libertad and Tamanique are considered among the top 10 beaches in the world for surfing. Duration: 1-hour class.
- **Visit the Tamanique Waterfalls.** Beautiful walk along a leafy path that provides a magnificent view of the Pacific Ocean to reach a complex of 7 jumps of different heights and pools of cold water to cool off after the walk. (Available in non-rainy season). Level of difficulty: Difficult. Duration: half day.
- **Volunteer Experience with Youth in School's Green Laboratory.** Duration: half day.
- **Releasing Sea Turtles in San Diego beach.** Depending on seasonal availability. Duration: 2 hours.
- **Experience Local Fishing.** Walk along the shore with a guide to participate in a fishing tour, enjoy the environment and enter into contact with the force of nature. A local fisherman will teach you the locals' traditional methods of fishing. Catch and release fishing. Duration: 2 hours.

Feel free to ask us about these or other TouRuralES options.

**Accommodation:** Tunco Lodge Hotel in Playa El Tunco. Hotel Surf lodge. Types of Rooms: Mini suite; double rooms with a/c and private bathroom or with fan and shared bathroom; triple rooms. Accommodation includes: use of swimming pool, lounge with cable TV, wired or wireless Internet, use of sunbeds and playground. Available: restaurant & bar service.

## Day 12: Goodbye, El Salvador!

Transfer to the Comalapa International Airport. Have a good trip and come back soon!



### General Indications:

- Assist card (International Travel Assistance)
- Nights in selected accommodation according to your preference and destination
- Air-conditioned vehicles in accordance with the number of people in the group
- Meals as described in the program (see included).
- Transfers airport / hotel / airport.
- Special and chosen events for each program depending on the theme and requirements
- Local guides and TouRuralES guide.
- Entry fees according to the itinerary.
- The rainy season is from May to October and the dry season is from November to April. However, rain events may occur in November and December.
- All programs can vary depending on weather conditions.
- Prices per person depend on planned activities, places to visit, the number of people, the kind of hotel or service

### Each TouRuralES program offers:

- purchased, and the number and quality of amenities that will be added to the program.
- Each program shall describe what is included. Taxes and / or expenses are generally included unless otherwise specified. Our packages and programs do not include visas payments, tourist cards, border crossing payments or airport departure taxes. We do not include personal expenses such as laundry, telephone calls, fax or Internet services, spa and / or gym services, or meals not specified in the itinerary, etc.
- We care about the environment and our communities. We participate in the process of revitalization of our culture and traditions, which we proudly introduce to our visitors.
- We provide the best care and comfort from arrival to departure.
- Please see our terms and conditions and our reservation-cancellation policies.

# Honduras





# Honduras

## with Reservasiones La Ceiba



**Reservasiones La Ceiba** (RLC) is the operator for the **Association for Tourist Communities of Honduras** (LARECOTURH, for its acronym in Spanish), allowing us to offer the possibility of discovering Atlántida in a unique and special way.

Our offer is mostly operated by community residents who accompany you on the adventure of discovering the flora and fauna that Atlántida holds in its forests, mountains, wetlands and marine resources. Have fun enjoying exciting water activities in the

Cangrejal River; live unforgettable moments in the beautiful and idyllic beaches of the Caribbean and nourish yourself with culture, cuisine and lifestyle. All of this makes every trip an authentic experience, marked by the hospitality of each service provider. RLC also has a social responsibility program: each trip contributes to the socio-environmental fund that invests in LARECOTURH affiliated communities.

Get motivated! Travel and explore Atlántida with us!

### Contact information

#### Reservasiones La Ceiba

Phone: (504) 2443-6118

Cell: (504) 9489-6058

Address: Col. El Sauce, 4ta etapa, bloque W, casa 16. La Ceiba, Atlántida, Honduras

Email: [info@reservasioneslaceiba.com](mailto:info@reservasioneslaceiba.com)

Website: [www.reservasioneslaceiba.com](http://www.reservasioneslaceiba.com)

Facebook: Reservasiones Turísticas La Ceiba [fb.com/explorelaceiba](https://fb.com/explorelaceiba)



### Community-Based Tourism Highlights in Honduras

- » Share the authenticity of a community that provides warmth, friendship and very good vibes.
- » Enjoy the aromas, colors and flavors of Honduran farms and communities located in Atlántida.
- » Service-oriented local guides with great knowledge of the surrounding ecosystems.
- » Getting to know the richness of the tropical night life, activating your hearing and sight senses in order to understand how the many species that inhabit these forests remain active even during the night.
- » Experience exciting activities in the forests, rivers, wetlands and the deep sea.



# Dive into Forests and Coral Reefs.

Program 1  
HONDURAS



Nature, Adventure and Snorkeling

Itinerary: 7 days

## Day 1: Welcome to Honduras

Arrival at the San Pedro Sula International Airport. Transport and guide will be available to take you to La Ceiba (200 km) to the Cabañas del Bosque hotel, located in the basin of the Cangrejal River. This rural lodge offers three two-bedroom cottages. Each has a private bathroom, a porch with hammocks and either 2 single beds (a bunk bed) and 1 double bed or 4 single beds. On the way, we will make a stopover at Tela, for lunch.

**Accommodation:** Cabañas del Bosque

**Meals:** (- / L / D)

## Day 2: Cangrejal River Basin / Nombre de Dios National Park

Morning visit to Laguna de El Cacao. You can appreciate nature and experience the peace that this magnificent wetland transmits. In the afternoon, we tour the El Olvido trail. We cross the river, skipping stones and getting wet along the way. The hike rewards us with a hidden “pool”, wonderful to enjoy swimming. There is the opportunity to buy handmade fabrics from an association of local women. Upon return, we will cross the river using an aerial basket.

**Accommodation:** Cabañas del Bosque

**Meals:** (B / P / D)







### Day 3: Cangrejal River Basin / Rafting

Adventure day is here. Rafting, an exciting experience. The white water rapids in the Cangrejal River guarantee an unforgettable adventure for the expert or novice. We are supported by highly qualified personnel, rafts, life jackets, helmets and all equipment required internationally to practice this extreme sport. Free afternoon to rest. Optional: go listen to and maybe see the nightlife in the basin.

**Accommodation:** Cabañas del Bosque

**Meals:** (B / L / -)

### Day 4: Cangrejal River Basin / Pico Bonito National Park

We dive into the tropical forest, through El Bejuco trail. We cross a suspension bridge and enjoy the breathtaking view of the parks and rapids of the Cangrejal River. This trail is an extraordinary living classroom for the natural sciences: seemingly impenetrable, but with hundreds of living species. The challenge is to reach the beautiful waterfall, perfect for a great postcard. Do not forget to bring a bathing suit; surely you will want to cool off. Free afternoon, opportunity to spend time in the community.

**Accommodation:** Cabañas del Bosque

**Meals:** (B / L / D)

### Day 5: East End, Cochineros Cays: Earthly Paradise

Early breakfast to head to the beach. Visit East End, a quiet Garifuna-fishing community located in the middle of the warm waters of the Caribbean. Its coral reefs are part of the largest coral reef in America, with many colorful species of fish that can be appreciated while snorkeling. We will have the opportunity to meet the Boa Rosada, an endemic species, unique worldwide. We will stay in the cabins Larú Beye, with space for up to 9 people within 3 cabins, one single and one double. It has solar panels and a restaurant.

**Accommodation:** Cabins Larú Beye.

**Meals:** (B / L / D)







### **Day 6: Paradise Continues ... East End, Cochinis Cays.**

The scenic beauty of the sunrise is breathtaking. After a delicious breakfast, you have time to participate in a fishing tour. Free afternoon to enjoy the beach. Garifuna cultural evening.

**Accommodation:** Cabins Laru Beya.

**Meals:** (B / L / D)

### **Day 7: Happy Return! Come Back Soon with More Friends!**

Early departure from the Cochinis Cays to transfer you to the international airports of San Pedro Sula or La Ceiba. Have a good trip and come back soon!

**Meals:** (B / - / -)



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return to index**



# Meet the Authentic Atlántida

## Program 2 HONDURAS



Culture, Rural Community-Based Tourism and Nature

Itinerary: 7 days

### Services included:

6 nights' accommodation as indicated, daily breakfast as indicated (some at the hotel, others at the site being visited), transfers from/to the airport and all transfers according to the program (private), all tours include either a traditional lunch or a picnic-style lunch. Program, activities and meetings as indicated, entry fees, and naturalist / local community guide.

### Not included:

Airfare, meals not mentioned, drinks, optional activities, tips and anything else not mentioned.

### Day 1: Welcome to Honduras

Arrival at San Pedro Sula International Airport. Your guide and transport will be waiting to transfer you to La Ceiba (200km). Along the way, we will stop in Tela for lunch.

**Accommodation:** Hotel in La Ceiba (Hostel 1877 or Casa España). Private room, 2 double beds, A/C, private bathroom. Optional (not included): We can organize a tour of the city.

**Meals:** {-/L/-}

### Day 2: Cuero y Salado Wildlife Refuge

We begin our adventure by boarding a small tourist train (motorcycle taxi) at the La Union community, heading towards the Salado Barra community, located in the central zone. At Salado Barra, accompanied by our local guides, you will enjoy a two-hour boat trip through the channels, appreciating the wildlife along the way. You will be able to share a nice lunch with community members and swim at the beach. In the afternoon, after leaving the wildlife refuge, you will enjoy the cultural experience of making cassava, a typical Garifuna food. We guarantee you will have a great adventure!

**Accommodation:** Hotel in La Ceiba (Hostel 1877 or Casa España).

**Meals:** {B/L/-}







### Day 3: Pico Bonito National Park

On this day, we will go to the Zacate River Trail; a pleasant walk through the forest where one can admire the entire ecosystem. After a few hours, we will arrive at a beautiful waterfall more than 40 meters high. Difficulty: Moderate.

You will learn about and have the opportunity to buy artifacts made by the talented local youth. You will also have the opportunity to create your own. Lunch will be served on location. There will be free time available to bathe in the fresh waters of the Zacate River.

**Accommodation:** Hotel in La Ceiba (Hostel 1877 or Casa España).

**Meals:** (B/P/-).

### Day 4: Life on the Farms

On this day, we will visit two different farms. At the agroforestry farm 'Finca El Oasis,' you will have the opportunity to appreciate timber trees, as well as fruit, basic grains and vegetable crops. If you want leave a trace of your visit, you may plant your own tree. Later, at 'Finca El Cayo', you will kayak easily navigable channels where mangroves predominate, reaching a hidden natural area where the river converges with the sea. The experience provides a good opportunity to observe local and migratory birds, as well as wild flora and fauna.

**Accommodation:** Hotel at La Ceiba (Hostel 1877 or Casa España).

**Meals:** (B/L/-).

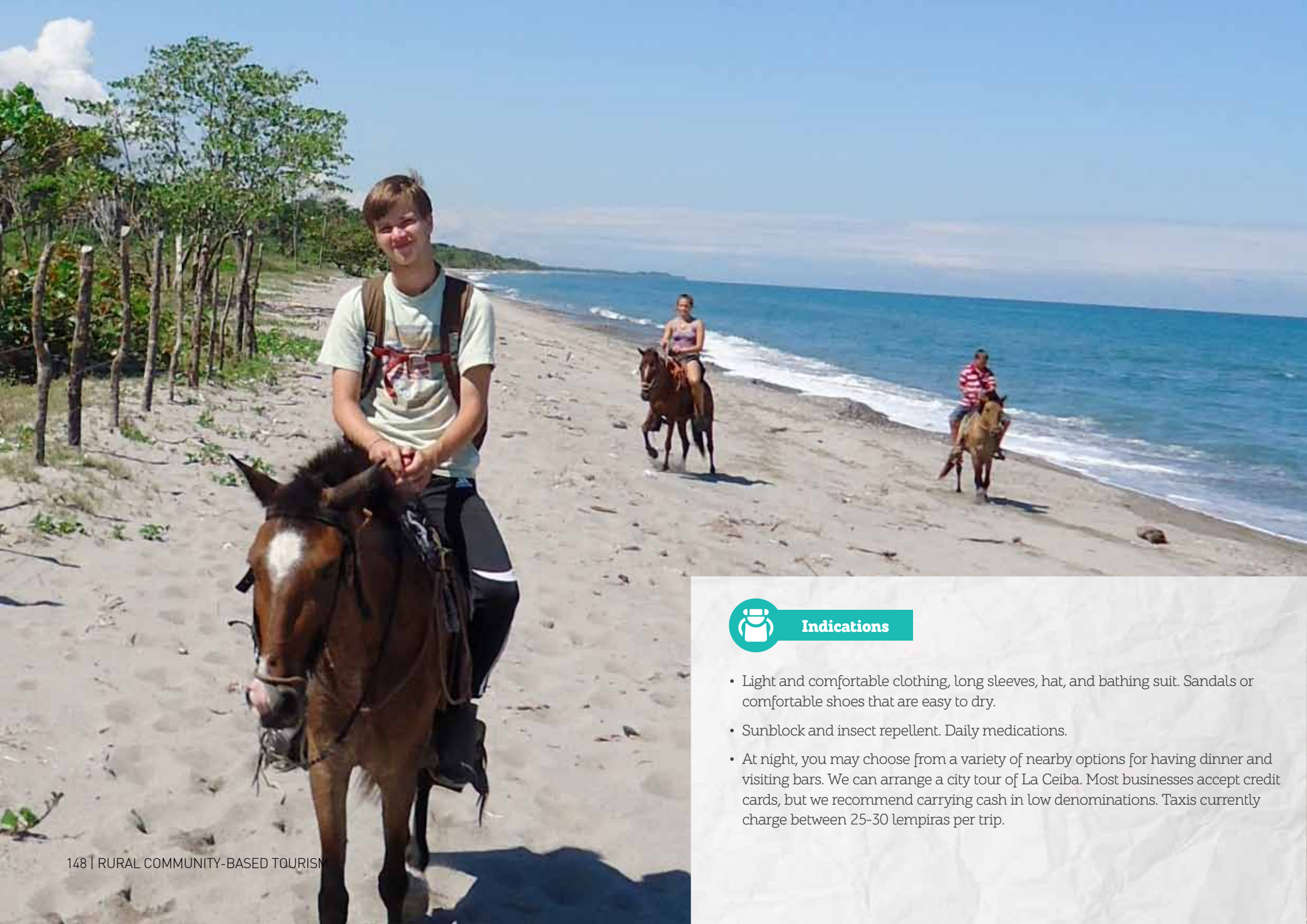
### Day 5: Horseback Ride and El Porvenir Beaches

Enjoy a comfortable horseback ride along the beach while feeling the breeze on your skin. The guide will share the community's stories and history as you tour different places, such as the Juan Lopez River, the 'Barra de los muertos', the Coloradito River and the El Porvenir Forest. The rest of the afternoon will be free for swimming and enjoying the sun and the area's beaches.

**Accommodation:** Hotel in La Ceiba (Hostel 1877 or Casa España).

**Meals:** (B/L/-).





### Indications

- Light and comfortable clothing, long sleeves, hat, and bathing suit. Sandals or comfortable shoes that are easy to dry.
- Sunblock and insect repellent. Daily medications.
- At night, you may choose from a variety of nearby options for having dinner and visiting bars. We can arrange a city tour of La Ceiba. Most businesses accept credit cards, but we recommend carrying cash in low denominations. Taxis currently charge between 25-30 lempiras per trip.





### Day 6: Pineapple and Traditional Cuisine Tour

Learn about processes and preparations that take place within the country's largest pineapple plantations. You will experience a delicious 'mamado de piña,' the traditional way workers stay hydrated. Afterwards, you will learn to cook local Honduran cuisine dishes. The hostess will share the recipe and procedure for making the famous 'baleadas', 'pastelitos', fish soup, 'machuca', among others local delicacies. The group should choose a maximum of 2 recipes to learn.

**Accommodation:** Hotel in La Ceiba (Hostel 1877 or Casa España).

**Meals:** (B/L/-).



### Day 7: ¡Happy Return! Come Back Soon with More Friends

Our adventure reaches its end. We will transfer you to the San Pedro Sula or La Ceiba international airports. Have a great trip and come back soon! We recommend taking afternoon flights. You may consider partaking in Program 1 or visiting the Copan Ruins.



#### Important Exit-Process Information:

As a result of new country regulations, all airline tickets should include the departure tax.

International regulations require passengers to arrive at the airport 3 hours before flight departure.



**Click here to return to index**



# Guatemala





# Guatemala

with Viva Atitlán



**Viva Atitlán** is a network of indigenous associations committed to the conservation of their natural and cultural wealth. They offer visitors the opportunity to share moments of their lives, their culture and traditions in safe and

entertaining environments, making your stay an experience full of adventure, discovery and sport along Lake Atitlán, its forests and surrounding towns.

It was established in 2012 and is the first community-based tourism operator in Guatemala. Although its main objective is to strengthen the **Community Ecotourism Network**

**of Sololá**, it has established partnerships with community associations from other regions of the country with the purpose of offering tourists the chance to meet the great natural and cultural wealth of Guatemala, always giving priority to community initiatives that stand out for their quality in tourist service, authenticity and commitment to the environment.

## Contact information

### Viva Atitlán

Manager: Marlon Calderón Barrios  
Office Address: Calle de Los Salpores 0-83 zona 3 Barrio Jucanyá, Panajachel, Sololá, Guatemala.

Phones: (502) 7762 0159, 7762 0160

Cell: (502) 4052 5113

Email: [gerencia@vivaatitlan.com](mailto:gerencia@vivaatitlan.com)

Website: [www.vivaatitlan.com](http://www.vivaatitlan.com)

Facebook: Viva Atitlán



## Community - Based Tourism Highlights in Guatemala

- » Viva Atitlán is the first community-based tour operator in Guatemala.
- » Our local guides are committed to the sustainable development of their community.
- » Our tours offer a balanced combination of culture, nature and adventure.
- » You will get to know, in depth, the archaeological wealth of the Mayan culture, the most important civilization in Mesoamerica and one of the world's five most important civilizations.
- » Appreciate the living Mayan culture by having the opportunity to interact with it in an authentic way.
- » Visit the most emblematic protected areas in Guatemala, including volcanoes, lakes, rivers, caves, archaeological sites, colonial cities and natural landmarks.
- » Get to know the most representative cuisine of each region visited.
- » With your visit, you support skill formation processes for young people training in sustainable tourism, as well as to the conducting of environmental education workshops in rural areas.
- » You will get to know ancient techniques used in the manufacture of handicrafts, as well as the cultivation and processing of one of the best coffees in the world.



# Culture, Nature and Adventure



## Program 1 GUATEMALA



Itinerary: 11 days  
(can be extended to 21 days)

### Includes:

Transfers, admissions, guides, lodging (double occupancy) and meals where indicated.

### Day 1: Welcome to Guatemala

The adventure begins! After your long journey, you will feel comfort in reaching the beautiful and tranquil city of Antigua Guatemala. Transfer from La Aurora International Airport to Antigua Guatemala.

**Accommodation:** Hotel Villa Colonial.

**Meals:** {- / - / -}

### Day 2: In the Colonial City of Antigua Guatemala

The city of Antigua Guatemala will allow you to travel on a journey of more than 450 years into the past; its entire colonial atmosphere and the beauty of the volcanic landscape come together in harmony for you to enjoy this World Heritage Site.

Breakfast at Hotel Villa Colonial. Historical and Cultural Tour of Antigua Guatemala (Cultural Heritage - UNESCO).

**Accommodation:** Hotel Villa Colonial

**Meals:** {B / - / -}





### Day 3: Towards Tierras Altas del Occidente (The Western Highlands)

At the heart of Guatemala's western highlands, we find Quetzaltenango, a pre-Hispanic city, today the second in economic importance for the country.

Breakfast at Hotel Villa Colonial, transfer to Quetzaltenango and Tour in the historic city center.

**Accommodation:** Hotel S&J Bella Luna

**Meals:** (B / - / -)

### Day 4: A Walk around the Laguna Sagrada (Holy Lagoon)

On this day, you will enjoy the natural beauty of the cloud forest. The Laguna de Cicabal is located in the crater of a volcano; the Mayan Mam people consider it a sacred place for ritual ceremonies.

Breakfast at Hotel S&J Bella Luna and transfer to San Martin Sacatepequez. Once there, visit the Volcano and Laguna Sagrada Chikabal (managed by a community association). Later transfer to Zunil and visit the Fuentes Georginas (hot spring).

**Accommodation:** Hotel S&J Bella Luna

**Meals:** (B / - / -)

### Day 5: Back to the Preclassic Maya Period

The Takalik Abaj archeological site is very important because it represents a transition from the Olmec to the Mayan culture; it is a journey of more than 3,000 years into the past.

Breakfast at Hotel S&J Bella Luna and then transfer to Retalhuleu, where we will visit the archaeological site Takalik Abaj.

**Accommodation:** Takalik Maya Lodge

**Meals:** (B / - / -)

### Day 6: Touring Atitlan, the Most Beautiful Lake in the World

On this day, you will meet Santiago Atitlan, the origin of the Maya Tzutuhil; a vibrant living culture, surrounded by majestic volcanoes and the shores of Lake Atitlan.

Breakfast in Takalik Maya Lodge and transfer to Santiago Atitlan. Lunch at the Restaurant Buen Apetito (typical dish: chicken or beef churrasco). Later, a cultural tour in Santiago Atitlan (religious syncretism)

**Accommodation:** Hotel Bambú

**Meals:** (B / L / -)



### Day 7: Getting to Know the Tzutuhil Maya Culture

On this day, you will appreciate the cultural richness of the Tzutuhil people, several of its most representative art forms and their worldview.

After breakfast at Hotel Bambú, we will take a boat to San Pedro La Laguna to visit the Tzunun Ya Community Museum (geology of Lake Atitlan) and the Association of Teixchel Women (ecological textiles and Mayan worldview). Then, we will travel by boat to San Juan La Laguna for lunch in the Ixox Ajkeem Community Diner (typical dish: chicken Pepián). We end the day with a cultural tour in San Juan La Laguna (primitive painting, textile crafts and medicinal plants).

**Accommodation:** Posada Maya (accommodation in double rooms in organized families' homes. Private room. The bathroom is shared with the host family, who also provide food.

**Meals:** (B / L / D)

### Day 8: Coffee Tour and Extreme Adventure

The quality of Guatemalan coffee is world-renown. On this day, we will take you to meet a community association of organic coffee producers.

After breakfast at Posada Maya, we will move to Santa Clara La Laguna to visit the Chuiraxamolo Ecological Park (interpretive trails and 400-meter canopy). We will share lunch with the United for Better Living Association (ASUVIM, for its Spanish acronym) (typical dish: chicken soup). In the afternoon, we participate in ASUVIM's organic coffee tour. Return to San Juan La Laguna.

**Accommodation:** Posada Maya

**Meals:** (B / L / D)





### Day 9: Mayan spirituality and Atitlan natural beauty

In the morning, breakfast at Posada Maya to then attend a Maya ceremony of gratitude to Mother Earth, where, by planting a tree, you contribute to environmental education in the community. Then, we will move to San Marcos La Laguna where we visit the Tzankujil Park (trails and springboard platform for diving into the lake). Lunch at Tul y Sol Restaurant (typical dish: fish fillet). Boat transfer to Panajachel.

**Accommodation:** Hotel Jardines del Lago

**Meals:** [B / L / -]

### Day 10: Iximché and Tecpan Guatemala

Iximche is a Post Classic Maya period archaeological site, a historical place where the Colonial era initiated, followed by miscegenation and the current Guatemala.

Breakfast at Hotel Jardines del Lago. We then visit the Historical Center and Santander Street (variety of crafts). We will move on to Tecpan and have lunch at the Cape Paulinos restaurant (typical dish: smoked meat and sausages). We end our tour by visiting the Iximche archaeological site (Post Classic Maya). Transfer to Antigua Guatemala.

**Accommodation:** Hotel Villa Colonial

**Meals:** [B / L / -]

### Day 11 (option A): Returning home

Breakfast at Hotel Villa Colonial and transfer to La Aurora Airport.

**Meals:** [B / - / -]





# Archeology, Nature and Adventure

## Program 2 GUATEMALA



.....  
(10 days or, as an extension of Program 1, 21 days)

### Includes:

Transfers, admissions, guides, lodging (double occupancy) and meals where indicated.

### Day 11 (option B): Ascend the Pacaya Volcano

Guatemala's landscapes will forever remain recorded in your mind: the Pacaya volcano is active and its easy access allows a unique geological experience.

Breakfast at the Hotel Villa Colonial. Pacaya Volcano tour. Lunch in Antigua Guatemala and free afternoon to enjoy the Old Town. Transfer to Guatemala City.

**Accommodation:** Hotel Panamericano

**Meals:** (B / - / -)

### Day 12: Heading for the Caribbean through Quirigua

Quirigua is our second archaeological World Heritage site; here, you will meet the highest steles of the Mayan world and their enigmatic meaning.

Transfer to El Rancho and breakfast at Restaurante Sarita. From there, we will go visit the Quirigua Archaeological Site. After the visit, we will move on to the Rio Dulce, where we will have lunch at the Community Restaurant La Cueva del Pirata (specializing in seafood). Afternoon visit to Castillo de San Felipe.

**Accommodation:** Hotel Hacienda Tijax

**Meals:** (B / - / -)





### Day 13: Livingston and Guatemala's Caribbean

Our portion of the Caribbean, although small, has a very particular natural and cultural wealth: its population of Kekchi Maya and Garifuna origin live in harmony and its cuisine is one of its most particular cultural features. After breakfast at the Hotel Hacienda Tijax, we travel by boat to Livingston (opportunity for bird watching). There, we will visit Siete Altares and Playa Blanca. We will have lunch at the Community Restaurant Buga Mama (typical dish: tapado, a fish soup, seafood and coconut milk). In the afternoon, we will enjoy a cultural tour of Livingston.

**Accommodation:** Hotel Villa Caribe  
**Meals:** (B / - / -)

### Day 14: In the Wonderful Rio Dulce, Izabal

On the banks of the Rio Dulce is a community school with young people from different regions of the country. One of its specialties is sustainable tourism, and our visit contributes to their training and development.

Breakfast at the Hotel Villa Caribe. Then, we will travel by boat to Rio Dulce. Afternoon visit to the Café Taitin in Rio Dulce (Aktenamit community project). Then we will go to El Remate, in Peten.

**Accommodation:** Hotel La Casa de Don David  
**Meals:** (B / - / -)

### Day 15: In the Heart of the Mayan World

After breakfast at the Hotel Maya International, we will visit Tikal National Park, our third World Heritage site, undoubtedly the most emblematic city in the Mayan World. Its history, monumental architecture and the surrounding dense vegetation will amaze you.

**Accommodation:** Hotel La Casa de Don David  
**Meals:** (B / - / -)

### Day 16: At Lake Peten Itza

On this day, we visit Yaxha, the last jewel of Mayan archeology in our path. It is considered the best kept secret of the Mayan World's classic period. To end the day, nothing better than to see the sunset over the calm waters of Lake Peten Itza.

**Accommodation:** Hotel La Casa de Don David  
**Meals:** (B / - / -)





### Indicaciones generales

The tour can be adjusted for lower budgets, related to the price of lodging. We have 3 categories according to the preferences and ability to pay of the target market, as follows:

- » Category A: Lodging at a range of \$ 60 to \$ 80 per person per night in double room.
- » Category B: Lodging at a range of \$ 40 to \$ 60 per person per night in double room.
- » Category C: Lodging at a range of \$ 20 to \$ 40 per person per night in double room.





### Day 17: Towards Alta Verapaz

After breakfast at Hotel La Casa de Don David, transfer to the breathtaking Cuevas de Candelaria, considered of great importance to the Mayan civilization and nowadays a shelter for diverse flora and fauna. Later, we will move to Hun Nal Ye Ecological Park (Nature Reserve).

**Accommodation:** Lodge in Hun Nal Ye

**Meals:** (B / - / -)

### Day 18: Exploring Hun Nal Ye, the Birth of a River

On this day, we visited the Hun Nal Ye Ecological Park. Its main attraction is the birth of a river of crystal clear turquoise waters, surrounded by dense vegetation. We will travel along a path to reach the source of the river. Then, we transfer to Coban and have lunch at the Ixkape restaurant (typical dish: Cakik, a turkey and vegetables soup). Transfer to Lanquin.

**Accommodation:** Hostel El Portal de Champey

**Meals:** (B / L / -)

### Day 19: In the Semuc Champey Natural Monument

The heavenly Semuc Champey pools are the perfect end to a long route through northern Guatemala, their charm and biological richness make it a natural monument. We will tour the trails and natural pools. Then we will return to Guatemala City.

**Accommodation:** Hotel Panamericano

**Meals:** (B / - / -)

### Day 20: In the Historic Center of Guatemala City

Back in Guatemala City, with time for various activities and buying colorful Guatemalan handicrafts to bring back home.

After breakfast in the Hotel Panamericano, we tour through the historic center of Guatemala City (relief map, central market and metropolitan cathedral). You can also visit museums and craft markets.

**Accommodation:** Hotel Panamericano

**Meals:** (B / - / -)

### Day 21: Farewell. See You Soon!

After breakfast at Hotel Panamericano, transfer to La Aurora Airport.

**Meals:** (B / - / -)



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# Mexico







# Mexico

## with TOTONAL



**TOTONAL Viajes que iluminan** is a tour operator committed to the promotion of sustainable tourism in Mexico. We have offered experiences since 2010, through which we bring together rural community-based initiatives with local business ventures in urban areas, in order to provide visibility to projects that highlight the value of deep Mexico's cultural and natural heritage. We offer cultural and ecotourism experiences where our love and respect for the Earth and indigenous cultures are very

important aspects of our commitment to sustainability.

**Totonal Viajes que Iluminan** gives you the opportunity to discover the real Mexico; a Mexico that lovingly protects our villages' wealth and wisdom.

### Contact information

#### **Totonal Viajes que Iluminan**

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Facebook: Totonal Viajes que Iluminan



### Community-Based Tourism Highlights in Mexico

- » Sharing experiences with Indigenous peoples of Central and Southern Mexico.
- » Enjoying quiet beaches away from mass tourism.

- » Swimming in waterfalls nestled in beautiful landscapes.
- » Discovering magical towns that keep the charm of deep Mexico's daily life.

- » Learning to create local handicrafts while spending time with rural cooperatives.



# Discover Deep Mexico



## Programa 1 MEXICO

## Nature, Culture and Indigenous Peoples



Itinerary: 15 days

Regions to visit: Mexico City, Puebla and Veracruz.  
Min/Max: 4-14 people

### Services included:

14 nights' accommodation where indicated, meals specified in each program, transfers from and to the Mexico City airport, ground transportation depending on the program, specified visits and activities, admissions to places mentioned, local guides, welcome kit.

### Services not included:

Food and drinks not specified, optional activities, tips and personal expenses.

On this trip you will have the opportunity of discovering the Mexico that is so unknown to many, and that retains its authentic charm. During this tour you will have the chance of spending time with indigenous communities, walk along jungle trails, explore magical towns, sail on trajineras (boats decorated with flowers) as the Aztec traders did, and delight your senses with aromas and flavors. Join us and be seduced by this beautiful country.

### Day 1: Welcome to Mexico

On this first day we will be waiting for you at the Mexico City airport and we will take you to your hotel so that you can relax and have a rest after such a long flight.

**Accommodation:** Hotel Patio 77 (double room). The first sustainable Bed & Breakfast of Mexico City.

**Meals:** (- / - / -)





### **Day 2: Traditional Agriculture in Xochimilco and the Bohemian Neighborhood of Coyoacán**

After breakfast, a cultural tour through the iconic Xochimilco Canals awaits us. This is where the Aztecs practiced agriculture in “chinampas”, one of the best experiences that Mexico offers. During this experience, we will learn from the peasants who quietly guard these organic farming techniques.

In the afternoon we will enjoy the Bohemian neighborhood of Coyoacan and the Frida Kahlo Museum.

**Accommodation:** Hotel Patio 77  
**Meals:** (- / - / -)

### **Day 3: Northern Highlands of Puebla, Zip Line and Craftsmanship Experience**

At 7 am, we will move into the Northern highlands of the state of Puebla (we will stop to have the traditional quesadillas with a pot of cinnamon coffee for breakfast along the way). Our first stop will be the San Gabriel ranch, where we will be able to enjoy a fun zip line tour through the mountains (optional walk in the woods as an alternative to this adrenaline activity) to later enjoy a typical regional meal made by traditional Nahua cooks. In the afternoon, we will visit the village of Tlatlahuitepec, a charming spot in the heart of the mountains where we have the opportunity of interacting with an indigenous women’s cooperative who embroider wool.

**Accommodation:** Estancia San Jorge (double room). Hotel located in the village of Tlatlahuitepec with panoramic views of the mountains. Managed by a local family.  
**Meals:** (- / L / -)

### **Day 4: A Visit to the Magical Town of Cuetzalan**

After breakfast, we will travel to the magical town of Cuetzalan, in the highlands of Puebla. A rural, very charming corner of Mexico, where we will be able to visit an indigenous women’s organization that works with traditional medicine.

Afternoon off.

**Accommodation:** Ecotourism cabins (double room). This accommodation is managed by an indigenous cooperative and has all the amenities (hot water, private bathroom).  
**Meals:** (B / - / -)



### Day 5: Totonac Town of Zozocolco de Hidalgo

This morning, we will move to the Totonac indigenous town of Zozocolco de Hidalgo, to visit its imposing XVII century church that has a panoramic view of the mountains. We will enjoy a walk through its streets to visit a craft workshop and, after enjoying a meal with a cooperative of the region, we will move to the town of Papantla, capital of the Totonac region of Veracruz.

**Accommodation:** Hotel Tajin in the central park of Papantla. Local 3 star hotel, clean and safe.

**Meals:** (B / L / -)

### Day 6: Archaeological Site of Tajin and Council of Indigenous Grandparents

This morning we will visit the archaeological site of Tajin in order to enjoy the Papantla Flyers ritual, where men become eagles, to later move to the Indigenous Arts Regional Centre, where we will be able to interact with the grandparents and see the flying children's school. Meal included. Tonight we will rest on the quiet beach of Costa Esmeralda.

**Accommodation:** Hotel Taboga or Arena (according to availability). 4 star hotel on the seaside, with all the amenities.

**Meals:** (B / L / -)

### Day 7: Day off at the Beach

Day off to have a well-deserved rest and gently rock ourselves in a hammock while feeling the ocean breeze.

**Accommodation:** Hotel Taboga or Arena (according to availability).

**Meals:** (B / - / -)

### Day 8: Totonac Cemetery, Antigua and Tlacotalpan

After breakfast, we will head to our next cultural stop: the Totonac cemetery of Quiahuiztlan. A sacred place for the indigenous people of this region, it is nestled on top of a small mountain. Later, we will make a stop in the Antigua village to discover the first chapel of the colonial era. After lunch, we will continue our journey towards Tlacotalpan, World Heritage Site according to UNESCO. Back to the hotel to rest.

**Accommodation:** Hotel Casa del Río. A charming 3-star hotel, managed by a local family.

**Meals:** (B / - / -)





### Day 9: Waterfalls and Natural Seeds' Workshop

At 8.30 am we will leave for our next destination South of Veracruz. Today, we will enjoy a journey full of nature in the Tuxtla biosphere, in Veracruz. We will take a rural transport truck to get into the heart of this protected biological reserve where we will see beautiful waterfalls. We will have a meal with a rural cooperative in the community of Miguel Hidalgo. In the afternoon, we will learn to make earrings, bracelets and keyrings from natural seeds of the region, tutored by Mrs. Reyna.

**Accommodation:** Ecotourism cabins, managed by the cooperative of the Benito Juárez's Community, with private bathroom (there is no hot water).

**Meals:** (B / L / D)



### Day 10: Trekking through the Jungle, Motorboat Ride and Temazcal

After breakfast, we will enjoy a walk through trails that will lead us to small waterfalls guided by our local host. In the afternoon, we will board a motorboat to cross the volcanic Lake of Catemaco. In the evening, we will enjoy a temazcal ritual, a prehispanic steam bath. It is a purification ritual that indigenous people practiced regularly to strengthen the spirit and cleanse the body. After the temazcal, you will enjoy a cup of tea and fruit as a light dinner.

**Accommodation:** Local 3-star hotel in the town of Catemaco.

**Meals:** (B / L / D)



### Day 11: Kayaking through mangroves

After a peaceful awakening, we will go to a family ranch where an amazing job of reforestation has been done, as well as organic food production. Upon arrival, we will visit this worthy initiative with our hosts, and later we will be able to enjoy a relaxing kayak trip through mangroves.

**Accommodation:** Ecotourism cabins with private bathroom (hot water).

**Meals:** (- / L / D)



### Day 12: Yoga and Fresh Grilled Fish

Today we will relax our body and mind with a relaxing yoga session at dawn. At 11 am we will take our motorboat to reach an unspoiled beach where we will be able to enjoy the warm waters of the Gulf of Mexico. To end this active morning, we will have lunch at a fishermen cooperative, where we will taste a delicious, fresh fish cooked on the grill. Afternoon off to relax and tortillas workshop.

**Accommodation:** Ecotourism cabins with private bathroom (hot water).

**Meals:** (B / L / D)









### Indications for Program 1:

For this trip, it is very important to bring insect repellent, a cap or hat for the sun, comfortable shoes to walk in, swimsuit, and a light backpack to carry during the walks.

### Day 13: Coffee Highlands in Córdoba

We will start our day again with a yoga session. After breakfast, we will move to our next destination in the Veracruz Mountains, in Córdoba. Here, we will enjoy a walk through its quiet central park and the portals where the first treaty of independence of Mexico from the Spanish Crown was signed. In the afternoon, we will enjoy an interesting coffee tasting session.

**Accommodation:** 3-star Comfort Inn Hotel.

**Meals:** (B / - / -)

### Day 14: Palacio de Hierro and Mexico City

After breakfast, we will continue our journey towards Mexico City. But before that, we will make a cultural stop in the mountainous city of Orizaba where Gustavo Eiffel directed the construction of Palacio de Hierro (the Iron Palace), a stunning metallic structure that dates back to 1894 and is the finest example of Art Nouveau in Mexico, which is also listed as the only metal Art Nouveau palace in the world. Visit to the museum of contemporary art and transfer to Mexico City after lunch.

**Accommodation:** 4-star hotel in the historic center of Mexico City.

**Meals:** (- / - / D)

### Day 15: Return home

Transfer to the Mexico City international airport.



# Mayan Culture Encounter under the Caribbean Sun



## Important information for your trip:

International Law requires that passengers be at the airport 3 hours before their flight.

## Program 2 MEXICO



Itinerary: 12 days

Regions to visit: Mayan Riviera, Yucatán Peninsula, Mayan communities.  
Min/Max: 6-14 people

### Services Included::

12 nights' at indicated accommodations, meals specified in each program, transfers from and to the Cancun airport, ground transportation depending on the program, specified visits and activities, admissions to places mentioned, local guides, welcome kit.

**Not included:** Food and drinks not specified, optional activities, tips and personal expenses.

This trip offers a perfect melting pot to discover the true wealth of the Mayan Riviera. Gone are the all-inclusive resorts that leave out Mayan communities and give them a folksy character. We have created this tour to try and balance perfectly the pleasure of enjoying beautiful white sand beaches, swimming with beautiful sea turtles, taking a dip in cenotes (sinkholes), learning how organic gum is made, witnessing the wonder of nature in a cave with non-poisonous snakes and listening to Mayan tales. Are you ready? Prepare to learn and enjoy yourself, we will do the rest!

## Day 1: Welcome to the Mayan Riviera

Arrival at the Cancun International Airport. Transfer to seaside hotel in Tulum.

**Accommodation:** green hotel at the seaside in Tulum.

**Meals:** [- / - / -]





## Day 2: Tulum

Day off to enjoy the beach and visit the Tulum archaeological site.

**Accommodation:** Tulum.

**Meals:** (B / - / - )

## Day 3: Visit Mayan Cooperative in Ek Balam

After breakfast, we will leave for the Ek Balam ceremonial center in Yucatan, where we will spend time with a Mayan cooperative. Day off to enjoy the variety of activities available to visitors, from touring bike trails, zip lines or swimming in a sacred cenote. Cenote is a term that originated from the Mayan word tz'onot that means well or pit. A cenote is a spring water sinkhole with certain depth. For the Mayans, these places were sacred.

**Accommodation:** Ecotourism cabins within the cooperative, with private bathroom and hot water. Cozy and fully serviced.

**Meals:** (B / L / D )

## Day 4: Chichen Itza and the Magical Town of Izamal

After breakfast, we will visit the Valladolid Park to continue our visit to the iconic Mayan ceremonial center of Chichen Itza. In the afternoon, we will go to Izamal to enjoy the rest of the day in this magical town of Yucatan.

**Accommodation:** Hotel Rinconada del Convento which features all amenities.

**Meals:** (B / - / - )

## Day 5: Henequen Hacienda and Mayan Stories

Today we will tour the Sotuta de Peon henequen hacienda, where we will learn about the production of strings made of this natural fiber and we will hear stories about the Mayan culture. In the afternoon, we will go to the Mayan community of Chuhunhub to rest.

**Accommodation:** Fully-serviced ecotourism cabins (hot water and private bathroom)

**Meals:** (B / L / D)



### Day 6: Mayan Community, Medicinal Use of Plants and Melipona Honey

This morning we will prepare, together with members of the cooperative, our regional breakfast using chaya grass, and we will learn about the medicinal uses of plants and honey from the Melipona bees. In the afternoon, we will visit a forest reserve where we will be able to admire ancient trees sacred to the Mayans: the ceiba.

**Accommodation:** Cooperative's cabins.

**Meals:** (B / L / D)

### Day 7: Community Museum and the Señor Community

After breakfast, we will go to the Mayan community of Señor, where we will hear interesting stories about the Caste War that the Maya suffered at the beginning of last century. Later, we will move to the community of Tihosuco to visit the local museum of Castes.

**Accommodation:** 3-star hotel in the town of Felipe Carrillo Puerto.

**Meals:** (B / L / D/- )

### Day 8: Bacalar Lagoon

After enjoying a Yucatecan regional breakfast, we will travel to the Bacalar Lagoon, famous for its colors and fresh water, always at warm temperatures. Here, we will take a motorboat trip to discover cenotes connected to the lagoon. If we wish, we can enjoy an afternoon of kayaking to relax in its calm waters.

**Accommodation:** Rancho Encantado eco-hotel on the edge of the lagoon.

**Meals:** (B / - / - )

### Day 9: Punta Allen

After breakfast, we will leave to visit our little paradise in Punta Allen. One of the main appeals of this place is its proximity to the Banco Chinchorro, a coral atoll declared a nature reserve, and the second largest coral reef in the world (after Australia's great coral reef). This reef is situated in the Caribbean Sea off the coast of Quintana Roo and Belize, therefore allowing a huge biodiversity, very attractive for diving. It is also surrounded by large areas of virgin jungle.

Day off to enjoy the beach.

**Accommodation:** Cuzan cabins at the seaside (mosquito nets, hot water shower, electricity from 7pm).

**Meals:** (B / - / - )





### Day 10: Visit a Women's Cooperative in Punta Allen

We will spend time with a group of 25 women (wives of fishermen) who have created a cooperative that offers activities such as hiking, kayaking and bird watching. Here we will enjoy a relaxing kayaking tour.

**Accommodation:** Cuzan cabins at the seaside (mosquito nets, hot water shower, electricity from 7pm).

**Meals:** (- / L / -)

### Day 11: Sian Kaan Biosphere Reserve and Gum Collector Camp

In the morning, we will say goodbye to our beach paradise to take a boat towards Tulum to visit a cooperative where handmade organic gum is made. Later, we will enjoy a hidden archaeological site in the jungle to reward our senses while floating on the crystal freshwater channels of the Muyil lagoon.

**Accommodation:** Seaside hotel in Tulum (subject to availability). All our options guarantee quality services, including private bathroom and WiFi.

**Meals:** (- / L / -)

### Day 12: Swimming with Turtles in Akumal

Today we will visit the little village of Akumal and we will have the privilege of swimming with beautiful sea turtles with great respect and love.

The rest of the day off to enjoy ourselves.

**Accommodation:** Seaside hotel in Tulum (subject to availability). All our options guarantee quality services, including private bathroom and WiFi.

**Meals:** (- / - / -)

### Día 13 Return home

"See you soon, Mayan world!" Return home from the Cancun airport.

**Meals:** (- / - / -)



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# Puerto Rico





# Puerto Rico

## with JURUTUNGO



**Jurutungo, Turismo y Viajes Responsables** is a tourism platform, based in Puerto Rico, specializing in responsible travel that collaborates with community-based and/or self-managed initiatives, in order to turn your trip into one that is, not only enjoyable, but also beneficial for both visitors and the communities that host them.

Traveling with **Jurutungo**, you support local communities and self-managed initiatives to achieve economic sustainability in a socially and environmentally fair and balanced way.

**Jurutungo, Turismo y Viajes Responsables:** More than travel!

### Contact Information

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### Community-Based Tourism Highlights in Puerto Rico

- » Opportunity to share experiences and knowledge with various local organizations and communities along the tourist route.
- » Volunteer experience in a community organization with broad social recognition, both nationally and internationally.
- » Ability to meet areas of great environmental value (caves, canyons, mangroves, etc.) rarely visited by tourists.
- » Access to a network of local guides with extensive knowledge and passion towards their respective territories.
- » Nocturnal kayak trip in one of the few bioluminescent bays in the world.
- » Interactive experience that brings tourists into the local reality in a constructively and non-invasive way.



# Heading East



## Program 1 PUERTO RICO

## Nature, Culture and Communities



.....  
Itinerary: 8 days

### Services Included:

7 nights' accommodation as indicated, including daily breakfast (3 days), transfers from / to the airport and all transfers according to the program (private), 5 lunches, 3 dinners, program activities and meetings as indicated, welcome kit, etc.

### Not included:

services not mentioned, food not mentioned, drinks, optional activities, tips, etc.

### Day 1: Welcome to Puerto Rico

Arrival at Luis Munoz Marin International Airport. Your guide will welcome you. Transfer to your hotel in Old San Juan and free night to relax.

### Accommodation:

Posada San Francisco (Old San Juan). Simple lodge hostel with double rooms and shared rooms with bunk beds and shared bathrooms.

**Meals:** (- / - / -)

### Day 2: Discovering the “Key of the Indies”

At 9:00 a.m., a guided tour of Old San Juan by experts in the history and architecture of the second oldest Hispanic city in America, who will reveal how it got its name as the “Key to the Indies.” For lunch, we will travel by ferry to the municipality of Cataño to eat in a typical and flavorful restaurant, run by a “salsa” family. In the afternoon, there will be a bicycle tour through the neighborhood of Santurce, exploring both its most traditional and popular side, as well as its most innovative side. Evening free to enjoy the city at your leisure.

**Accommodation:** Posada San Francisco (Old San Juan). Simple lodge hostel with double rooms and shared rooms with bunk beds and shared bathrooms.

**Meals:** (- / L / -)





### Day 3: Puerto Rico Afro

At 9:00 a.m., the group will head toward Piñones, coastal community of mostly African descent and very naturally and culturally rich. There, we enjoy a guided kayak and/or bike tour led by members of a local community organization (Cooperación Piñones se Integra). We will then proceed to have lunch in one of the typical kiosks located within the community. After lunch, the group will head to the town of Loiza to spend time with one of the Puerto Rican families most recognized for its historical cultural work. Here, we will enjoy a 'bomba' workshop (traditional afro-Puerto Rican music and dance style).

**Accommodation:** Posada San Francisco.

**Meals:** (- / L / -)

### Day 4: Coast, Flavors and a Magical Night

At 8:00 a.m., the group will head to the Northeast Ecological Corridor: a protected coastal area of high ecological value where we will take a guided tour with an expert guide. Later, the group will have lunch at a local restaurant, and continue to the fishing community of Maternillo (municipality of Fajardo). We will visit the community museum and spend time with its members, sharing their experiences and knowledge.

Early in the evening, the group will head to the Laguna Grande Nature Reserve of Las Cabezas de San Juan for a kayak night tour to enjoy, in all its splendor, the natural phenomenon of bioluminescence produced by small aquatic organisms when the water moves. After the tour on the lagoon, the group will head to a local restaurant and, afterwards, return to the lodge.

**Accommodation:** Punta Santiago Holiday Center (Humacao Municipality). Camping / publicly-owned villas, for up to six people; both have two bedrooms: one double and one with two bunk beds (pillows and blankets are not included). They have a kitchen, a fridge and a balcony.

**Meals:** (- / L / P / D)





### **Day 5: Wetlands, Cassava and Leatherback Turtles**

At 9:00 a.m., the group will head to the Humacao Nature Reserve. We will be guided by the community organization that manages the use of the space (INECOH) in collaboration with the Department of Natural and Environmental Resources of Puerto Rico. There, we enjoy a guided kayak tour with a member of the community organization to know the history and the ecological values of the space. After the visit, he will have lunch at a local restaurant and proceed to the Punta Yeguas Natural Reserve (Yabucoa Municipality), where a member of a local community organization will show us their agro-ecological project. We will have the opportunity to participate in a workshop to learn how to make local cassava bread. Upon completion, we will go to dinner at a local restaurant and proceed to an environmental education center aimed at protecting the leatherback turtle (the world's largest sea turtle) that nests in the nearby beaches. From February to August, we are able to access the beaches and observe the hatching of their nests.

**Accommodation:** Punta Santiago Holiday Center (Humacao Municipality).

**Meals:** (B / L / D)





## Day 6: Sea and Mountain

7:00 a.m. departure towards the south of the island to Jobos Bay, where the group will meet with an association of artisanal fishermen and talk about their way of life on board their ships and the places where they work.

After the tour, you will enjoy fresh local fish in a nearby restaurant. Afterwards, we proceed to the Las Bocas Canyon, in the island's mountainous interior, where we enjoy a guided tour along the canyon by a member of a local community group. Once finished, we will go to a municipally owned hotel in the town of Comerio to dine and unwind after a busy day.

**Accommodation:** Hotel Media Luna (Comerio). Municipally-owned hotel (unrated, with the facilities of a 3 star hotel).

**Meals:** (B / L / D)

## Day 7: Afro-Cultural Past and Present

8:00 a.m. departure towards El Josco Bravo, where we will meet an exemplary agro-ecological farm worked by enthusiastic young farmers. From there, we will go to Hacienda La Esperanza, a former nineteenth century sugar plantation that, after years of neglect, has been restored and its rich natural environment rehabilitated for the purposes of conservation and environmental education. We will take a tour of the old facilities where sugar was manufactured, while also enjoying the natural surroundings of the coast and the island's northern karst area. After the visit, return to San Juan for a free last night in the country.

**Accommodation:** Posada San Francisco (Old San Juan). Simple lodge hostel with double rooms and shared rooms with bunk beds and shared bathrooms.

**Meals:** (B / L / -)

## Day 8: Goodbye, Puerto Rico!!

Transfer to Luis Muñóz Marín International Airport. Have a good trip and come back soon!

**Meals:** (- / - / -)



# Heading West

## Program 2 PUERTO RICO

### Program 2: . Nature, Culture and Communities



Itinerary: 8 days

#### Services included:

7 nights' accommodation as indicated, incl. daily breakfast, transfers from / to the airport and all transfers according to the program (private), five lunches, 1 picnic, 6 dinners, program activities and meetings as indicated by program, welcome kit, etc.

#### Services not included:

services not mentioned, food not mentioned, drinks, optional activities, tips, etc.

#### Day 1: Welcome to Puerto Rico

Arrival at Luis Muñóz Marín International Airport. Your guide will welcome you. Transfer to your hotel in Old San Juan and free night to relax.

#### Accommodation:

Posada San Francisco (Old San Juan). Simple lodge hostel with double rooms and shared rooms with bunk beds and shared bathrooms.

**Meals:** (- / - / -)

#### Day 2: Landowners and Tainos on the North Coast

8:00 a.m. departure towards Hacienda La Esperanza, a former nineteenth century sugar plantation that, after years of neglect, has been restored and its rich natural environment rehabilitated for the purposes of conservation and environmental education. We will take a tour of the old facilities where sugar was manufactured, while also enjoying the natural surroundings of the coast and the island's northern karst area. After the visit to the farm, we will proceed to lunch at a local restaurant and then to a guided tour of the Cueva del Indio, where you can see different prehistoric petroglyphs of Taino origin in a unique historical and cultural space. We will continue towards the town of Arecibo, where we will meet a group of local artists who have self-organized to make several murals as a proposal for urban revitalization.

**Accommodation:** Arecibo Inn (Arecibo municipality). Private Hotel (no rating, with the facilities of a hotel of 2-3 stars)

**Meals:** (B / L / D)







### Day 3: In the Land of Karst

7:00 a.m. departure towards the Cambalache Forest, where we will have an ornithological-type trip led by a member of the Puerto Rico Ornithological Society (PROS). You will visit a cave hidden inside the karst area in the northern region and enjoy its whimsical geological shapes with an expert caver. During the tour, due to the extension of the cave, we will provide water and a picnic lunch to enjoy inside the cave. After the visit, the group will head to the lodge located on the shores of Lake (reservoir) Caonillas, to dine and relax after a busy day.

**Accommodation:** Lake Caonillas Vacation Center (Utuado Municipality). Publicly-owned cabins for up to six people have one bedroom with a queen bed and a room with four twin size sofa beds. (Pillows and sheets are not included). It has a kitchen, a refrigerator and a balcony with a panoramic view of Lake Caonillas.

**Meals:** (D / P / C)

### Day 4: In the Caguana Mountains

Start the day with breakfast to a spectacular view of Lake Caonillas and (8:30 a.m.) departure to the Caguana Indian Ceremonial Center. Said Ceremonial Center is of Taino origin and one of the most important for the pre-Columbian Antilles, retaining important archaeological remains. We will learn the more in-depth history and practical and symbolic elements of this deposit in a guided tour led by specialized personnel. Then, we will have lunch in a nearby local restaurant to later set off on a hiking trail of about four hours along the rugged and lush bed of the river Tanamá, accompanied by certified local guides. Once finished, the group will head towards the self-managed community project Casa Pueblo, where we will spend the night in cabins equipped for visitors.

**Accommodation:** Casa Pueblo Cabins. Rustic lodging, with double bunk beds, bathrooms and capacity for 40 people.

**Meals:** (B / L / D)

### Day 5: Forests and the People's Crops

Breakfast at Casa Pueblo and guided tour of the various self-managed initiatives by this organization, which is one of the most important community initiatives consolidated in Puerto Rico with over 30 years of history. We will visit the forest they managed to preserve in loom of a mega mining project. We will also visit the 100% Arabic coffee crops, among others. Lunch will take place in the organization's dining room and, in the afternoon, we have the opportunity to participate in voluntary work together with members of Casa Pueblo on tasks that they deem appropriate. Both dinner and lodging will take place on their premises.

**Accommodation:** Casa Pueblo Cabins

**Meals:** (B / L / D)





### General Indications:

The aforementioned activities will be conducted with local bilingual guides (Spanish / English) belonging to organizations or community groups that have extensive experience and who do their work with great enthusiasm.

The lodgings and restaurants mentioned are local stores, in some cases publicly owned (resort area of Punta Santiago and Hotel Media Luna), not belonging to large multinational chains and are respectful of fair labor and environmental legislation.



### Important information for entry process:

- Puerto Rico, whose political status is subject to the jurisdiction of the United States in borders and customs, must be entered according to US law. It is therefore relevant to know whether or not you need a visa to visit the country. In the case of citizens of the European Union, who don't need an entry visa, you must complete a travel authorization called ESTA, which can be completed over the Internet and has a duration of two years from issuing.

Important Exit process information:

- There are no fees or departure taxes.
- International regulations require passengers to arrive at the airport at least 3 hours before flight departure.



## Day 6: Dry Forest and Colonial Architecture

Departure to the southwest of the island, where you can watch the change from ever-lush vegetation to a semi-arid and thorny one, as is the case of the Guanica Forest. This forest is the best example of a semi-arid area of Puerto Rico having rich biodiversity, earning it international recognition as a UNESCO World Biosphere Reserve in 1981. To get to know the forest more deeply, an expert guide will accompany us throughout the whole visit. The forest has an area of coastline with beaches ideal for a refreshing swim under the hot sun. After the visit to the forest, the group will head to the town of San Germán, where we will have a lunch stop at a typical local restaurant to enjoy the architecture and atmosphere of Puerto Rico's second oldest

town. After, we will head towards our lodging, located opposite the Boqueron beach in Cabo Rojo. Dinner at a local restaurant in the town of Boqueron.

**Accommodation:** Boqueron Vacation Center (Cabo Rojo Municipality). Camping / Cabins for up to six people; both have two bedrooms: one double and one with two bunk beds (pillows and blankets are not included). They have a kitchen, fridge and balcony.

**Meals:** (B / L / D)

## Day 7: Salt, Sea and Capricious Limestone

Departure to the Cabo Rojo Reserve, where we will visit the nineteenth century lighthouse, located on top of a limestone plateau that drops steeply into the Caribbean Sea. Near the lighthouse are salt mines whose exploitation dates back to the early sixteenth century, considered one of the oldest in America, continuously used since then. We will take a tour of the Salinas Interpretive Center of Cabo Rojo, managed by a local community organization. After the visit, we will have lunch at a local restaurant and move on to the Guaniquilla Nature Reserve, where we will take a guided tour of a lagoon with unique rock formations. To end the day, the group will head to La Parguera for dinner at a local restaurant and a nighttime kayak route

in the bioluminescent bay, where you can enjoy the natural phenomenon of bioluminescence produced by small aquatic organisms in moving water.

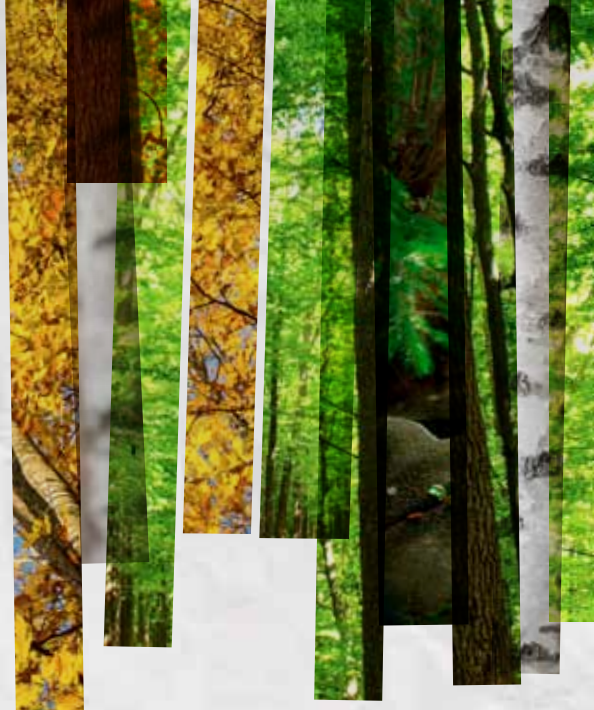
**Accommodation:** Boqueron Vacation Center.

**Meals:** (B / L / D)

## Day 8: Goodbye, Puerto Rico!

Transfer to Luis Muñoz Marín International Airport. Have a good trip and come back soon!





# Rural Community-based Tourism

Latin American Catalogue

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