



## Leucan HUMA Challenge (Adventure in Ecuador)

**Dates** – September 25 to October 9, 2010

**Grade 5 – Moderate** - 4 days trek, cycling, rafting & horse-back riding

**Accommodation** - 10 nights hotel/hacienda/lodge and 3 nights camping

**Goal for money raising** - approximately CA\$6,690\*

### The charity you are supporting

Leucan is a non-profit organization founded in 1978. Its mission is to enhance the well-being, healing and recovery of children with cancer and ensure support for their families.

In the last ten years Leucan, which receives no government grants, has witnessed impressive growth and diversification of its services to families. Leucan plays a key role in pediatric oncology, and works jointly with collaborators in its field, with a comprehensive approach to care. As soon as the diagnosis is made, Leucan provides various support services to children with cancer and their families across Quebec. These services are adapted to suit their needs all along the different possible stages of the illness: welcome, emotional assistance and support services, financial assistance, massage therapy, hosting and support services in playrooms, socio-recreational activities, school life services as well as end-of-life and bereavement follow-up services.

Leucan is active in the four pediatric oncology centres in Quebec: Sainte-Justine UHC, Montreal Children's Hospital of the McGill University Health Centre, Centre mère-enfant du CHUQ and CHUS. It provides nearly one million dollars annually in costs associated with research in pediatric oncology. Donations collected from Leucan HUMA Challenge (Adventure in Ecuador) will

finance clinical research, which helps provide the children with the best existing treatment protocols and a greater chance for a successful recovery.

Besides its head office in Montreal, Leucan is present in nine regions in Quebec and has more than 8,400 members.

Visit Leucan's website at [www.leucan.qc.ca](http://www.leucan.qc.ca).

### Your Challenge

Surrounded by a landscape of mountains and volcanoes with snowy tops, this active challenge, to the profit of the children of Leucan, will take you on an adventure in the heart of the Andes. We will start with a stop in Quito in order to visit this beautiful capital and its XVI<sup>th</sup> century colonial center. We will then drive towards Cotopaxi National Park, where the world's highest active volcano stands proudly, covered by glaciers and eternal snow caps. After seven days of trekking, cycling and horse-back riding in the Andes, we will then walk, canoe and raft while discovering the seductive beauties of the Amazonian fauna and flora. Your Challenge will not start when you enter the Amazon, but as soon as your registration is completed, as you will have to start collecting donations and begin your physical training. Prepare yourself to live a unique experience that will greatly help our children and families.

\* The fundraising target, based on a minimum of 10 participants, is split between the trip cost (approx CA\$3,690) and the minimum donation to Leucan (min. of CA\$3,000). If the group size is 6 to 9, there will be a supplement of CA\$400 per participant. However if we have more than 14 travelers the trip cost will be reduced.  
Minimum 6 participants and maximum 25 participants.



## Welcome to World Expeditions

At World Expeditions we are passionate about off-the-beaten-track experiences since it provides our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable & tailored for the enjoyment of our small groups or individuals – philosophies that have been part of our culture since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising, World Expeditions can make it happen for you.

## Itinerary at a glance

DAY 1	Flight from Canada and arrival in Quito
DAY 2	Quito – cable car & hiking
DAY 3	Cotopaxi – horse-back riding
DAY 4	Cotopaxi – trek and cycling
DAY 5	Riobamba – starting the trek
DAYS 6-8	Trekking in the El Altar
DAY 9	Baños – Cycling Puyo
DAY 10	Rafting on the Napo River
DAY 11	Amazon
DAY 12	Amazon – Quito
DAY 13	Otavalo market
DAY 14	Departure and flight to Canada
DAY 15	Arrival in Canada

## Inclusion

- Group flight from Montreal
- Accommodation: 10 nights hotel/hacienda & lodge; 3 nights camping (twin share)
- All group transfers from/to the airport
- Meals as indicated in itinerary (**B** – Breakfast **L** – Lunch **D** – Dinner)
- Emergency medical kit
- Certified local guide
- Private transport throughout trip
- Activities as indicated in itinerary
- Camping equipment (except sleeping bag & mat), cook and mules during the trek
- 21-speed bike; bike helmet

## Exclusion

- Departure tax (approx US\$42)
- Meals not included (approx US\$30-40)
- Travel Insurance (mandatory: CA\$182 + provincial tax – up to 60 years)
- Sleeping bag (0 °C) and mat
- Tipping and personal expenses (bottled and alcoholic drinks, laundry, phone calls, etc.)
- Optional activities
- Passport and vaccination fees

## Fast Facts

- Visas are exempt for passport holders from Canada. All other nationalities should check with their nearest embassy or consulate.
- This trip is escorted by a certified local guide, speaking French, English and Spanish.

## Detailed itinerary

### Day 1 (Sep. 25): Departure from Canada

Arrival in the capital of Ecuador (Quito) at Mariscal Sucre Airport in the afternoon or evening depending on our flight schedule. After customs formalities, you will be met by a representative or your guide from our local agency. We will then be transferred to the group hotel. Welcome cocktail and night at the hotel.

### Day 2 (Sep. 26): Quito – cable car & hiking to Pichincha volcano

This morning, we will walk the city discovering the beauty of Quito and its XVI century colonial center, listed as a UNESCO cultural heritage site and considered as one of the richest of Latin America. You will then ride the cable car offering great panoramic views, until we reach the foot of the Pichincha Volcano (4100m) where we will commence our trek to the summit (4500m). After enjoying the breathtaking views we return to our hotel in Quito. **B-L-D**

### Day 3 (Sep. 27): Quito – Cotopaxi

This morning we travel along the Ecuador Volcano Alley to reach a charming eco hacienda, located at the foot of the famous Cotopaxi, the countries' 2<sup>nd</sup> highest volcano. We settle into the hacienda and commence our horse-back riding "chagra" style (Ecuadorian cowboys) on the "paramo" (Ecuadorian altiplano) mountainside of the Cotopaxi. We have dinner and stay overnight at the hacienda. **B-L-D**

#### **Day 4 (Sep. 28): Cotopaxi – Riobamba (2 to 4 hours)**

After breakfast we commence hiking in the Cotopaxi Volcano National Park. Our climb starts at 4500m and we make our way to the refuge at 4800m where we enjoy a picnic lunch. In the afternoon, we take a short hike on the Cotopaxi Glacier followed by an incredible mountain bike descent on the slope of the volcano (about 20km). We continue onto Riobamba, located at the foot of one of the world's highest volcano: the Chimborazo (6310m). City tour of Riobamba (2750m) and overnight at the hotel. **B-L-D**

#### **Day 5 (Sep. 29): Beginning of the Altar trek (4 to 5 hours)**

We depart Riobamba for Releche hacienda: the starting point of our trek. If the weather is favourable, we should enjoy a fantastic view of the El Altar Volcano surrounded by the majestic Andes. The Incas once named it "Capac Urcu" – the king-mountain. The trek will last 4 to 5 hours in the Collanes Valley, in the heart of the Sangay National Park. Return to the hacienda for overnight accommodation. (3200m). **B-L-D**

#### **Day 6 (Sep. 30): Trek (6 to 7 hours)**

Our group equipment will be loaded onto mules and our group will trek within the Collanes Valley, at the foot of the El Altar volcano. Our camp site set up will face the spectacular north face of Obispo Peak. **B-L-D**

#### **Day 7 (Oct. 1st): Trek (about 8 hours)**

We have a full day as we attempt an ascent of the Altar Volcano up onto the horseshoe-shaped crater (4200m) where we can benefit from amazing views of the Yellow Lake, the glacier and the superb rock face. Return to the camp site (3500m). **B-L-D**

#### **Day 8 (Oct. 2): Altar to Baños (4 hours)**

Today our trekking is more relaxed as we make our way to the Mandur Lagoon (4400m), and then continue to the "Italians' camp site". We will then travel by road to the small thermal town of Baños where we stay overnight at a local hotel. **B-L-D**

#### **Day 9 (Oct. 3): Baños – Puyo by bike (about 50 km)**

We swap our boots for bikes as we ride from Baños to the "Gate to the Amazon": Puyo. We follow a spectacular road with Andean, sub-tropical and tropical landscapes. We make a short stop at the Pailon del Diablo waterfall, known as one of the 10 major waterfalls of the world. For the

first 20km, you will be riding on gravel road and the last 30km, on paved road. Arrival in the afternoon at our scenic camp site in the Amazonian forest. **B-L-D**

#### **Day 10 (Oct. 4): Puyo – Rafting – Misahualli**

After breakfast, we ride toward the Amazonian region of Tena to reach the Jatunyacu River. Jumping off our bikes we head to the water for a sensational rafting descent (class III) of the river all the way to Puerto Napo village. We relax with lunch and swimming at the beach. We transfer by vehicle to the Napo River, a tributary of the Amazon, and travel by dugout-canoe to our comfortable lodge in the forest. **B-L-D**

#### **Day 11 (Oct. 5): Amazon - Misahualli**

Today for approximately 3 hours, we will discover the forest by foot and by canoe where our indigenous guide introduces us to the fauna and flora of the surrounding area. In the afternoon, there is the option to hike to an animal refuge or enjoy other activities such as: swimming, fishing or learning how to use the Amazonian blow-pipe, a very effective traditional hunting weapon. Dinner and night at the jungle lodge. **B-L-D**

#### **Day 12 (Oct. 6): Road to Quito**

We enjoy a relaxing breakfast as we listen to the sounds of the forest around us. We farewell our hosts before commencing our journey back to Quito. Evening at leisure. Stay overnight at the hotel.

**B-L-D**

#### **Day 13 (Oct. 7): Otavalo market**

After breakfast, we will ride the Pan-American Highway up to the beautiful Andean region of Otavalo. We stop at the gorgeous San Pablo Lake, displaying a magical reflection of the Imbabura Volcano. Visit the Otavalo Market, famous for its wide display of authentic indigenous products, probably one of the most colourful and most appreciated Latin American markets, offering a multitude of fabrics and crafts. We will then return to Quito for our farewell dinner, enjoying our last Ecuadorian night. **B-L-D**

#### **Day 14 (Oct. 8): Quito – return flight**

We end our challenge after breakfast and have some leisure time to visit and discover the city before our transfer to the airport for our outbound flight. **B**

#### **Day 15 (Oct. 9): Arrival in Canada**

**Note:** *This itinerary may change at any time due to weather, trail conditions and other factors beyond our control. Our guide will always make a final decision after assessing the situation and liaising with our local guide and the group members.*



## Accommodation

When choosing hotels and haciendas, our first criteria are cleanliness and comfort, in addition to local flavour. All accommodation is based in tourist class properties, with private bathrooms. The camping will be in twin share tents.

*If you are a single traveller, we will try to twin you with another traveler of the same sex. If you wish not to share your accommodation, then we will ask a CA\$200 charge for the request.*

## Bike

We use aluminium 21-speeds bikes with Shimano accessories. You will also be supplied with additional equipment such as: pump, inner tube & repair kit.

## The country and its people

The Andes, also called Sierra, covers about a quarter of the country's territory. Between the two parallel mountain ranges going all the way from north to south lays a series of high plateaux. Some peaks reach up to 6100m. A few of those peaks are actually volcanoes, such as the Cotopaxi in the northern part of Ecuador. With a

height of 5 897m in altitude, it makes it the world's highest active volcano. The eastern basin, called Oriente, covers about half of the country. This dense tropical forest lies at the foot of the Andes, in the Amazonian basin. Many rivers, such as the Rio Napo, the Agua Rico and the Pastaza cross this region, adding to the Amazon water flow. The Galapagos Islands are located approximately 1000km off the Pacific coast and covers 7800 square kilometres. Most are volcanic islands where unique wildlife and flora can be observed. Approximately 10% of the population, mainly from European root, are forming the most wealthy and influent group of Ecuador. Approximately 40% of the population is made up of pure-blooded Indians whose forbearers were the Incas and speak Quechua. Approximately 40% of the population is made up of Mestizos - a mixture of Spanish and Indian. Most Ecuadorians speaks Spanish.

## Climate

The climate of Ecuador varies according to the altitude. The coastal plains and the Amazon are warm and humid. The temperature in the lowlands turns around 30°C. In the Andes, plateau have a continuous spring climate and a temperature oscillating around 15-20°C in daytime and 6-9 °C at night. The temperature tends to drop in higher altitude; the snow covers the peaks of more than 4 880 metres

## Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions is the proud recipient of the inaugural Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from <http://www.humachallenge.com/responsible-travel>

## How to book

In order to book your place on the Leucan HUMA Challenge, you only need to download a booking form one of the following website ([www.humachallenge.com](http://www.humachallenge.com) or [www.leucan.qc.ca/defihuma/en](http://www.leucan.qc.ca/defihuma/en)), fill it in and send it to HUMA Challenge with your registration fee of CA\$300. You will then receive, by mail or by email, a participation confirmation kit with all the necessary information needed to start your fundraising. You should be prepared to fundraise a minimum of CA\$6,690 (trip cost: CA\$3,690, minimum Leucan donation: CA\$3,000) in order to participate in the Leucan HUMA Challenge. Once your subscription is completed, your HUMA Challenge will start right away: the fundraising, your personal physical training and preparation for your trip to a foreign country which is in itself a big but rewarding challenge for many travellers! Feel free to contact us for more information.

If you choose to join our adventure, you must be ready to meet new friends for life, help others in need and be part of a great team as motivated as you can be!

*HUMA Challenge, the charity adventure!*

## How to contact us

HUMA Challenge/World Expeditions  
613 241-4346 or 1 888 486-HUMA (4862)  
[info@humachallenge.com](mailto:info@humachallenge.com)  
[www.humachallenge.com/adventure-challenges](http://www.humachallenge.com/adventure-challenges)

### **For more information on Leucan and fundraising:**

Suzie Mailloux  
Coordinator, Financial development Leucan  
514 731-3696, ext. 211 or 1 800 361-9643  
[suzie.mailloux@leucan.qc.ca](mailto:suzie.mailloux@leucan.qc.ca)  
[www.leucan.qc.ca/defihuma/en](http://www.leucan.qc.ca/defihuma/en)

