

## 1. THE HIGHLANDS

The Andean region is commonly known as “la Sierra” and is formed by the following provinces (from North to South): Carchi, Imbabura, Pichincha, Cotopaxi, Tungurahua, Chimborazo, Cañar, Azuay and Loja. Even though this region covers only one fifth of the total surface of the country of Ecuador, approximately 45% of the whole population live along the valleys of the Andean mountain range. The highlands main features are:

- \* Majestic snow-capped mountains
- \* “Avenue of the Volcanoes”
- \* Active volcanoes: Cotopaxi being one of the highest active volcanoes on earth
- \* Colourful Indian markets and artisan centres
- \* Colonial towns and ancient haciendas
- \* Hot springs
- \* Humid cloud forests
- \* Highly cultural and natural diversity
- \* A high number of National Parks: Cotopaxi National Park, Chimborazo National Park, Antisana National Park, Cajas National Park, Llanganates National Park, Ecological Reserves of Cotacachi-Cayapas
- \* The capital of Ecuador – Quito – which was declared World Heritage Site by UNESCO in the 1970s for having the best preserved and least altered historical centre in Latin America
- \* Cuenca is the third largest city of the country and World Heritage Site since 1999
- \* Spectacular train rides like the zigzagging ride of the Devil’s Nose with its sharp angles
- \* Wide lodging options, from moderate hotels to the most elegant 5 star hotels and resorts

The main cities are Quito, Otavalo, Cuenca, Riobamba, Baños, Loja and Ibarra. All those cities mentioned are linked to other cities in the country either by air or by bus.

### 1.1. QUITO



**Quito** is surrounded by snowcapped mountains. It is known for its treasures of Colonial churches, monasteries, paintings, sculptures and carvings. The magnificent blend of Spanish, Flemish and Moorish architecture is one of the reasons why the city was declared “Patrimony of Mankind” in 1978 by UNESCO. Altogether the city offers 86 churches and monasteries from the 16<sup>th</sup> and 17<sup>th</sup> century. Quito is known as the “Convent of America”. This attractive city is located only 22km away from the “Middle of the World”, the Equatorial Line.

## Quito - Excursions

### City Tour Quito (4h)



Enjoy a sightseeing tour of the city of Quito (altitude of approx. 2.850m / 9.350ft.) to get a first impression of the variety of the religious and cultural sites. During your visit in the old part of the city, you can still breathe the colonial history of Ecuador. Your guide will take you for a walk through the culturally diverse history of Quito. Have a closer look at the heart of the city of Quito: the Independence Square with the Government and the Bishops Palace, as well as the Cathedral. On the way to San Francisco Square, you will visit the church of La

Compañía, which has the most ornate and richly sculptured façade and interior. Afterwards, step inside the church of San Francisco. If time allows, you will be taken to a viewpoint from where you can overlook the city.

**\*\*Remark:** *On Sundays, the visits of the churches might be restricted due to religious services.*

### City Tour Quito incl. Equatorial Line Monument (5h)

Enjoy a sightseeing tour of the city of Quito (altitude of approx. 2.850m / 9.350ft.) to get a first impression of the variety of religious and cultural sites. During your visit in the old part of the city, you can still breathe the colonial history of Ecuador. Your guide will take you for a walk through the culturally diverse history of Quito. Have a closer look at the heart of the city of Quito: the Independence Square with the Government and the Bishops Palace, as well as the Cathedral. On the way to San Francisco Square, you will visit the church of La Compañía, which has the most ornate and richly sculptured façade and interior. Afterwards, step inside the church of San Francisco. If time allows, you will be taken to a viewpoint from where you can overlook the city.

The tour goes on to the Equatorial Line Monument called “Middle of the World”. Here you get a truly special experience to stand in both, the Northern and Southern Hemispheres simultaneously. The Equatorial Monument marks the spot where an 18th century French scientific expedition led by Charles Marie de la Condamine established the exact position of the Equator. The area has been built as a typical colonial town, with restaurants, gift shops and Post Office with philatelic sales. Visit the monument and the Ethnographical Museum, which shows the history of the Indian cultures of Ecuador.

**\*\*Remark:** *On Sundays, the visits of the churches might be restricted due to religious services.*

### Cableway “Teleferico” (3h)

Take a ride with the highest cableway in South America and get to know the amazing city, Quito, in a totally different way. As the cableway is built right on the skirts of the volcano Pichincha, you have the opportunity to walk around on the moderate trekking routes or you may just relax in a nice café on the top. The cableway rises from 2.950m (9.679ft.) up to 4.050m (13.287ft.) of height. Don't miss this terrific view over the whole city. Bring warm clothes!

### **City Tour Quito incl. Cableway – “Teleferico” (7h)**

Enjoy a sightseeing-tour of the city of Quito (altitude of approx. 2.850m / 9.350ft.) to get a first impression of the variety of religious and cultural sites. During your visit in the old part of the city, you can feel the colonial history of Ecuador. Your guide will take you for a walk through the culturally diverse history of Quito. Have a closer look at the heart of the city of Quito: the Independence Square with the Government and the Bishops Palace, as well as the Cathedral. On the way to San Francisco Square, you will visit the church of La Compañía, which has the most ornate and richly sculptured façade and interior. Afterwards, step inside the church of San Francisco.

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**\*\*Remark:** *On Sundays, the visits of the churches might be restricted due to religious services.*

### **Otavalo Indian Market (8h)**

You will visit the famous handicraft market of Otavalo. The road descends into the spectacular fertile Guayllabamba gorge and village. With a bit of luck, a few minutes later you might have the opportunity of enjoying spectacular views of snow-capped Cayambe. The equatorial Line goes directly through the glacier of the immense volcano, which shows the highest point worldwide on the equatorial line. On the way through this wonderful landscape you can see the Lago San Pablo with its great background – the rock massive Taita Imbabura.

After arriving in Otavalo, you will discover the worldwide known Indian handicrafts market with its central square “Plaza de los Ponchos”. The indigenous residents of the area have achieved economic prosperity as a result of their skills in weaving. You will find tremendous variety of designs in belts, tapestries, ponchos and other clothing items. Community residents have a long tradition as artisans and traders. This is typical indigenous city where tourists can see families wearing their colourful garments and speaking Quichua as their first tongue and Spanish as their second. You will enjoy the unique variety of handicrafts of this colourful market.

Continue to Cotacachi. The small town Cotacachi itself is Ecuador's centre of leatherworks. You can stroll along the small streets choosing one of the various shops as your favourite.

### **Cotopaxi National Park incl. Market (8h)**

Today you will visit the National Park Cotopaxi. The highland zone protected since 1975. With its 33.000ha it is one of the most attractive ecological reserves of the country. On a walk near the shallow lake “Laguna de Limpiopungo” at the altitude of almost 4.000m (13.123ft.), you will have the chance to learn about the typical vegetation, the so-called “Páramo” and in additional, you have a beautiful view of Cotopaxi (5.897m / 19.347ft.) in the background.

After a short ride you will visit one of the typical Indian markets in the area where you can learn about the life of indigenous people. The market offers a colourful variety of handicrafts, a variety of food and herbs as well as authentic tools and household articles. You will meet Indians wearing their typical dress, which varies from one community to the next, selling their products and animals.

**\*\*Remark:** *On Mondays and Fridays, the tour only includes the visit of the Cotopaxi National Park. No market visits are included on these days.*

### **Mindo Cloudforest (8h)**

An approximately 2h drive will bring you west of Quito to the small subtropical town Mindo, which is located behind the mountain chain of Pichincha volcano 1.250m (4.101ft.) above sea level. The Mindeños themselves say that they own a piece of the best of both regions, of the highlands and of the coast: the tropical heat and the proximity to the capital in the highland. On your way down to the valley, by serpentine roads, the change of vegetation and climate is obvious. During the whole year the temperature is between 18 and 24°C (64-75°F) and the frequency of rain fall is as high as everywhere on the Andean foothills.

Mindo and its surrounding offer the possibility to discover cloud forest, an extraordinary richness of about 500 types of birds. The nature reserve Bosque Protector Mindo-Nambillo is home to toucans, parrots, herons, kingfisher, humming birds, monkeys or big cats among others. You may see wonderful orchids and various medical plants here. The small and idyllic town which adapts itself to eco-tourism has some simple guest-houses and restaurants but there is still not too much tourist industry. A walk to the Cascada (waterfall) and a visit of the butterfly and/or orchid farm are both worth doing.

### **Antisana Paramo incl. Lunch (8h)**

Today you will be taken to the Antisana Natural Reserve, named after the fourth highest mountain in the Ecuadorian Andes (5.705m). The Antisana is a twin volcano located around 55km in the eastern cordillera. This is a spectacular excursion to the highlands of Ecuador, into the paramo, rich in endemic flora and unusual fauna, with lava fields (lahars) which were formed in the last big eruption in 1773. The climb and spectacular scenery on Antisana begins with close-up views of a massive glacial moraine, dating back to 11.000 years ago, jagged rocky peaks and a vast sweep of paramo vegetation above the tree line.

For groups, lunch will be served at a typical Hacienda. Up in the paramo (approx. altitude of 4.000m/13.123ft.) you will do an approx. 2h walk and observe the small but beautiful paramo flowers hugging the ground among the lichens and paramo straw: yellow composites, gentians, Red Indian paintbrush and, chuquiraguas. Andean birds abound, in a diversity of species such as the curunculated caracaras, the highly endangered black-faced ibis, brown speckled teal, Andean lapwings, Andean gulls, finches, etc. The area is one of the few places in Ecuador where the Andean condor still remains and if you are lucky you might spot it.

**\*\* Remark:** For 1-5 pax, the lunch will be served as a picnic.

### **Thermal Baths of Papallacta (8h)**

An approximately 2h ride, crossing the Eastern Andean Chain (4.100m/13.451ft.), will take you to the small Andean village Papallacta which is famous for its thermal baths. The hot springs are known as the most beautiful and cleanest ones in the country. You will visit the baths of Papallacta which are located 3.220m (10.564ft.) above sea level. Enjoy the pleasant effect of the warm, odourless thermal water surrounded by a wonderful landscape. The thermal baths of Papallacta are located in an area of about 250ha and well known for its rough paramo landscape which almost appears unreal. You can also go for a walk to explore the typical flora and fauna of this region.

Opening Times for Attractions in Quito				
Site	Weekdays		Weekends	
Cathedral Museum	Mon – Fri	09.30h – 17.30h	Sat Sun	09.30h – 17.00h closed
San Agustin Monastery	Mon – Fri	09.00h – 12.30h 14.00h – 17.00h	Sat Sun	09.00h – 13.00h closed
San Francisco Monastery	Mon – Fri	09.00h – 17.30h	Sat Sun	09.00h – 17.30h 09.00h – 12.30h
Santo Domingo Monastery	Mon – Fri	06.00h – 12.00h 16.00h – 19.30h	Sat Sun	06.00h – 12.00h 16.00h – 19.30h 06.00h – 13.00h 17.00h – 19.00h
La Compania Church	Mon – Fri	9.30h – 17.30h	Sat Sun	09.00h – 16.30h 13.00h – 16.30h
La Merced Church	Mon – Fri	06.00h – 11.30h 15.00h – 18.30h	Sat Sun	09.00h – 11.00h 06.00h – 13.00h
La Basilica	Mon – Fri	07.00h – 09.00h 18.00h – 19.00h	Sat Sun	06.00h – 18.30h 06.00h – 18.30h
Mirador Basilica	Mon – Fri	09.30h – 17.30h	Sat - Sun	09.30h – 17.30h
Teleferico	Tue – Thu Fr + Mo	09.00h – 18.00h 08.00h – 20.00h	Sat – Sun	08.00h – 20.00h
Palacio de Carondelet	Tue – Fri	09.30h – 11.00h 13.00h – 16.00h	Sat Sun	09.00h – 11.30h 13.00h – 16.00h
Guayasamin Capilla del Hombre	Tue – Fri	10.00h – 17.00h	Sat – Sun	10.00h – 17.00h
El Alabado Museum	Mon - Tue	09.00h – 17.30h	Sat	09.00h–17.30h

	Wed Thu - Fri	13.30h – 17.30h 09.00h – 17.30h	Sun	09.00h–17.30h
Casa Urrutia	Tue – Fri	10.00h – 18.00h	Sat Sun	09.30h – 17.00h 09.30h – 17.00h
Museo de la Ciudad	Tue – Fri	09.30h – 17.30h	Sat – Sun	09.00h – 17.30h
Museo del Agua	Tue – Fri	09.00h – 17.30h	Sat – Sun	09.00h – 17.30h
Museo Interactivo MIC	Wed – Fri	09.00h – 17.30h	Sat – Sun	09.00h – 17.30h
Museo Mindalae	Mon – Fri	09.30h – 17.30h	Sat Sun	09.30h – 17.30h closed
Intiñan	Mon – Fri	09.30h – 17.00h	Sat – Sun	09.30h – 17.00h
Mitad del Mundo	Mon – Thu Fri	09.00h – 18.00h 09.00h – 18.00h	Sat – Sun	09.00h – 18.00h
Templo de la Patria	Tue – Fri	09.00h – 17.30h	Sat - Sun	09.00h – 17.30h
Jardin Botanico	Mon – Fri	08.00h – 16.45h	Sat – Sun	09.00h – 16.45h
Itchimbia	Mon – Fri	09.00h – 17.00h	Sat – Sun	10.00h – 18.00h

## 1.2. OTAVALO



**Otavalo** is a famous town which consists of rather modern buildings and it is noted for its textiles. You will discover the worldwide known Indian handicrafts market. These indigenous residents of the area have achieved economic prosperity as a result of their skill in weaving a tremendous variety of designs in belts, tapestries, ponchos and other clothing items. Community residents have a long tradition as artisans and traders. They commonly travel to Europe and other countries in America to sell their goods. This typical indigenous city where tourists can experience families wearing their colourful traditional clothes and speaking Quichua as their first tongue and Spanish as their second, you will enjoy the unique variety of handicrafts that offers this giant colorful market and most lightly you will purchase some souvenirs such as hand-woven blankets and colorful belts.

## 1.3. PAPALLACTA



**Papallacta** is situated approximately 2 hours from Quito. Crossing the Eastern Andean Chain (4.100m / 1.3451 ft.), will bring you to the small Andean village Papallacta, which is famous for its thermal baths. The hot springs are known as the most beautiful and cleanest ones in the country and are located 3.220m (10.564 ft.) above sea level. Enjoy the pleasant effect of the warm, odourless thermal water surrounded by a wonderful landscape. The thermal baths of Papallacta are located in an area of about 250ha and well-known for its rough paramo landscape which almost appears unreal. After enjoying the pools you may go for a walk to get to know the typical flora and fauna of this region.

## 1.4. CLOUD FOREST



The **cloud forest** of Ecuador can be found for example near the city of Mindo and covering the steep slopes of the Andean mountains of Ecuador. It is situated in the system of Protected Areas of Ecuador at an altitude between 1.180 and 4.780m (3.871-15.682ft). The lush, misty and cool cloud forest is characterized by a persistent, frequent or seasonal low-level cloud cover. These evergreen forests offer an incredible biodiversity; so much that even the north western Andeans are declared a biodiversity hotspot. Furthermore, freshwater rivers and waterfalls can be explored as well as adventure sports like tubing, rappel and mountain biking can be experienced.

## 1.5. COTOPAXI NATIONAL PARK



The **National Park Cotopaxi** is a protected area situated south of Quito. The area is protected since 1975. With its 33.000ha it is one of the most attractive ecological reserves of the country. The volcano is located within its boundaries and is one of the tallest active volcanoes in the world. The shallow lake “Laguna de Limpiopungo” at an altitude of almost 4.000m (13.123ft) invites for a wonderful walk. You will have the chance to learn about the typical vegetation of the so-called “Páramo” and you will gaze in wonder

at the beautiful view of Cotopaxi (5.897m / 19.347ft).

## 1.6. BAÑOS



**Baños** is a city located in central Ecuador. It is a major tourist centre in the province of Tungurahua. The city of Baños is said to be one of the most popular tourist attractions in Ecuador and famous for the small shops selling wooden parrots and for its production of taffy which is made from cane sugar. Furthermore, it is known as the gateway to the Amazon due to its location on the Pastaza River in the Amazon River basin. Nearby there are beautiful waterfalls that can be observed.

## 1.7. RIOBAMBA



**Riobamba** is the capital of the province of Chimborazo in central Ecuador and located at the Chambo River Valley of the Andes. It is one of the biggest cities of the Highland region.

The historic centre of Riobamba is very beautiful with a number of well-preserved churches. Furthermore, an open-air market offers indigenous artisans such as textiles, handcrafts, leather goods, beer and dairy products. Besides this, Riobamba is also an important trade center of cattle-ranching and other agricultural production.



## 1.8. CUENCA



At an approximate altitude of 2.500m (8.202ft.), **Cuenca** is located in the centre of southern Ecuador. The city is famous for its colonial buildings and its centre is listed as UNESCO World Heritage Trust Site due to its many historical buildings. Approximately 2 hours outside of Cuenca a well preserved Inca complex can be found. It is the most important monument of pre-Spanish culture in Ecuador. The ruins are located on a grass-covered hill at an altitude of about 3.100m (10.171ft.). Even before the construction of the sun-temple (1450-1480) this place had an important spiritual significance for the Incas. In 1470, Yupanqui, the king of the Inca, subjugated the local Cañari tribe and presumably built the town of Ingapirca. The ruins rest on a moonlit high plateau. Not far from the city of Cuenca is the National Park Cajas. It is one of Ecuador's natural

wonders – it's a must for every fan of trekking. Cajas lies at an altitude between 3200m to 4500m (10.500-14.764 ft.) and spreads over 28.544 ha which hosts numerous species of flora and fauna and impressive rock formations. Its 235 glacial lakes feed into breath-taking waterfalls, as its rivers descend toward the Pacific while others flow towards the Amazonian region. There are approximately 125 species of birds inhabiting Cajas which includes: the condor, the violet-tailed metal tail, sword-billed, shining sunbeam, sparkling violet-ear, etc.

### Cuenca - Excursions

#### **City Tour and Panama hat factory (4h)**

During your approx. 4h city tour in Cuenca, founded in 1557 on an Inca settlement valley, you still breathe the colonial air of Ecuadorian history. The city is located at approx. 2500m (8.202ft) above sea level. For most Ecuadorian inhabitants – and for travellers – this centre of art, ceramic, panama hats as well as products of silver and gold is the most beautiful city in Ecuador. Due to the special atmosphere and early 19th century architecture Cuenca was declared “Cultural Patrimony of Mankind” by the UNESCO in November 1999. During the city sight-seeing you will see the historical buildings, located along the Tomebamba River, the “Todos los Santos” ruins, the flower market and the main square with the old and new cathedral. Furthermore, you will be led to a Panama hat factory.

#### **Full Day Tour Cuenca incl. City, Museum, Art Galleries, Shopping and Lunch (8h)**

Additionally to the city tour you will fill the day with shopping, visiting art galleries or museums. Cuenca is considered the main crafts centre of the country, specializing in jewellery, paja toquilla, leather and all types of ceramics. It will be possible to visit iron, wood carvings, textiles, basketry, fireworks and candy workshops. Cuenca is also home to several art galleries of famous artists, painters, and sculptors such as Eduardo Vega (ceramics), Manuel Pulla (various objects), Jorge Chalco and Tomas Ochoa (paintings), Simon Cordero (jewellery) among others. Regarding museums, you could choose among The Banco Central (archaeology, ethnography, on-site ruins and the Inca gardens), Museo de las Culturas Aborigenes (archaeology and history of Ecuadorian cultures), Museo del Monasterio de las Conceptas (religious art and history of a cloister from 1500's) and other interesting museums. During this tour lunch will be served at one of Cuenca's traditional restaurants.

**Full Day Tour Ingapirca incl. Lunch (8h)**

After an hour and a half along the Pan-American Highway enjoying amazing countryside, and Andean sceneries, you will reach the most important and well preserved Inca complex in the country, Ingapirca, which was originally a worshipping temple of the sun. Visit the Inca ruins of Ingapirca, the most important monument of pre-Spanish culture in Ecuador. The ruins are located on a grass-covered hill at an altitude of about 3.100m (10.171ft). Even before the construction of the sun-temple (1450-1480) this place had an important spiritual significance for the Incas. In 1470, Yupanqui, the king of the Inca, subjugated the local Cañari tribe and presumably built the town of Ingapirca. On a walk through the former place where the Incas lived and held their ceremonies, you will learn about their beliefs and rituals as well as about the way they constructed this ordination place, which has the shape of a puma. The ruins rest on a moonlit high plateau in a wide valley. Lunch included in a local restaurant or packed lunch.

**Full Day Tour Handicraft Villages incl. Gualaceo, Chordeleg, Sigsig and Lunch (8h)**

Cuenca is surrounded by villages where skilled artisans work wonders. Among those are Gualaceo, with its markets specially crowded on Fridays and Sundays, where you can observe hand woven shawls, ponchos and lots of fruits and vegetables. You also visit Bulcay for Ikat weaving and Chordeleg "Chorro de Oro" (waterfall of gold); a village specialized in jewellery mainly gold and silver with fine filigree work, handmade ceramic pottery and the chance to observe people weaving panama hats and other items out of paja toquilla straw. One of the highlights of the trip is the visit to Ecuagenera, an important orchid growing laboratory which aim is to study and to preserve the different species existent through time. During the visit you can observe hundreds of species and learn about these amazing and beautiful plants. Lunch is included in a country side hacienda.

**Full Day Tour El Cajas National Park incl. Lunch (8h)**

Cajas National Park, situated in the majestic Andeans, is one of Ecuador's natural wonders that must be added to the repertoire of all fans of trekking. Cajas lies at an altitude between 3200m and 4500m (10.500-14.764ft) and boasts 28.544 ha of numerous species of flora and fauna and impressive rock formations. Its 235 glacial lakes feed into breath-taking waterfalls, as its rivers descend toward the Pacific while others flow towards the Amazonian region. There are approximately 125 species of birds inhabiting Cajas which includes: the condor, the violet-tailed metal tail, sword-billed, shining sunbeam, sparkling violet-ear, etc. Cajas is blanketed with paramo (high altitude grasslands), consisting of impressive micro flora with colourful flowers, mosses, lichens, and other fungi. El Cajas is definitely a paradise for all hikers and avid birdwatchers; an experience one cannot miss. Enjoy trout for lunch at a typical restaurant near the park entrance before going back to Cuenca or a picnic if you prefer longer hike.

Opening Times for Attractions in Cuenca				
Site	Weekdays		Weekends	
Catedral Nueva	Mon – Fri	08.00h – 18.00h	Sat Sun	09.00h – 14.00h Religious services
Museo Catedral Vieja	Mon – Fri	09.00h – 17.30h	Sat - Sun	09.00h – 16.00h
Plaza Rotary	Mon – Fri	08.00h – 18.00h	Sat Sun	08.00h – 18.00h 08.00h – 15.00h
Casa de la Mujer	Mon – Fri	09.30h – 17.00h	Sat Sun	09.30h – 17.00h closed
Museo Pumapungo	Tue – Fri Mon	08.00h – 17.30h closed	Sat - Sun	10.00h – 16.00h
Museo Culturas Aborigenes	Mon – Fri	09.00h – 18.00h	Sat Sun	09.00h – 13.30h closed
Museo de las Conceptas	Mon – Fri	09.00h – 18.30h	Sat - Sun	10.00h – 13.00h
Museo Arte Moderno	Mon – Fri	08.30h – 13.00h 15.00h – 18.30h	Sat	09.00h – 13.00h
Museo Cidap	Mon – Fri	08.00h – 17.00h	Sat Sun	10.00h – 16.00h closed
Galeria Eduardo Vega	Mon – Fri	08.00h – 17.30h	Sat - Sun	09.30h – 13.30h
Sombreros Homero Ortega	Mon – Fri	08.00h – 12.30h 14.30h – 17.30h	Sat Sun	08.30h – 12.00h closed
Museo Sombrero Barranco	Mon – Fri	09.00h – 18.00h	Sat Sun	09.00h – 16.30h 10.00h – 13.00h
Ruinas Todos los Santos	Mon – Fri	09.30h – 18.00h	Sat Sun	09.00h – 13.00h closed
Ingapirca	Mon – Fri	09.00h – 17.30h	Sat - Sun	09.00h – 17.30h
Ruinas de Cojitambo	Mon – Fri	08.00h – 19.00h	Sat - Sun	08.00h – 19.00h

Ecuagenera (orchids)	Mon – Fri	08.00h – 18.00h	Sat	08.00h – 12.00h
			Sun	closed

## 1.9 VILCABAMBA



**Vilcabamba** is a small village in the southern region of Ecuador and belongs to the province of Loja. It is situated only 45km (28mi) from the identically named city of Loja. The Mandango Mountain overlooking the valley, also called the “sleeping Inca” is said to protect the city from earthquakes and other natural disasters. Usually tourists like to visit Vilcabamba due to its historical and scenic valley as the landscape keeps you in touch with nature. Also the longevity of its inhabitants fascinates its visitors. It is said that the population of Vilcabamba generally grow to

a very old age – 100 years is an average age here.