

## Ecuador Cultural Adventure

January 4-15, 2019

Trip Difficulty Rating: Intermediate

### Fees:

\$1200 (Student) / \$1600 (Non-Student)

- Prices reflect the TXST student and non-student classification and **does not include** airfare to and from the international airport in Quito, Ecuador.
- Cancellation prior to the full payment date will be refunded the full amount, less the deposit amount. Cancellation after the final registration date will not receive a refund.
- **IMPORTANT NOTE: Do not book your flight to Ecuador until this trip has met the minimum registration requirement of 10 participants. Registrations will be confirmed no later than November 26, giving you more than a month in advance to book your flights.**

### Dates & Times:

<b>Pre-Trip Meeting:</b>	Wednesday - November 28 @ 6:00pm
<b>Pre-Trip Location</b>	Outdoor Center - Sewell Park
<b>Trip Departs:</b>	Friday- January 4 – Quito Airport, Ecuador
<b>Trip Returns:</b>	Tuesday - January 15 – Quito Airport, Ecuador
<b>50% Deposit Due:</b>	Friday - October 26
<b>Full Payment Due:</b>	Friday - November 16

### Travel Information:

The Ecuador Cultural Adventure trip will begin and end at the International Airport in Ecuador. All participants are expected to arrive at the Quito airport no later than midnight on Friday, January 4. Anyone arriving prior to this date and time is responsible for all of their expenses including lodging, transportation, and food. For your return flight on Tuesday, January 15, it is recommended that you book a midday departure time so that you do not miss your flight as a result of any delays in-country. Your guides will meet you at a predetermined location in the airport at midnight, then you will start your adventure!

### What to Expect:

This trip is the ultimate student experience for exploring Ecuador. On this epic 12-day adventure, we will spend 2 days in Ecuador's capital, exploring local markets and touring the old city. We then travel to a water-filled, volcanic crater by bus, where we will hike down to the water's edge (and swim if you so choose!).

Next will be the start of a four-day backpacking trip through the region surrounding Chimborazo, culminating in the town of Baños, where thermal springs, waterfall tours, and visits to a jungle city await.

The last portion of our trip will include a hiking tour of Cotopaxi National Park, and a day tour of a traditional town and market experience. Lodging will range from shared rooms in hostels with other travelers to tent camping while backpacking. As many meals as possible will be included and provided for, but we will also seek affordable eateries when the cultural experience is sought after. Be prepared for a truly unique experience into the culture, spirit, and wilderness of Ecuador.

Ecuador is considered one of the 17 countries where the planet's highest biodiversity is concentrated. Straddling the equator, Ecuador is home to one of the world's highest active volcanoes. Ecuador's tallest mountain is also the most distant point from the center of the Earth!

With an average altitude of 3,600ft (Quito sits around 9,000ft), everyday activities will take more effort while your body acclimatizes to the elevation.

Participants on this adventure will need to be prepared and flexible for circumstances that may require us to adapt our itinerary on the go.

The nature of a group expedition requires the full cooperation of every participant with the trip leaders and other members of the group. Humor, flexibility, involvement, and an open mind to new experiences will create a rewarding experience for all.

### **What to Bring:**

**When packing, please keep in mind that cold and harsh weather conditions are possible.** Good equipment can protect your body from these elements and really make a difference in your comfort level.

*The following list is meant to assist you in determining what equipment you will need to bring. Trip guides will review this list at the pre-trip meeting and will make changes and suggestions as needed.*

- Hiking boots—Durable, supportive, waterproof
- Clothes – recommended quick-drying, synthetic clothing including:
  - long sleeve shirts, t-shirts, pants, shorts, synthetic or wool socks, long underwear top and bottom, heavy fleece, jacket for rain and cold.
- Warm cap or hat for cold weather
- Hat and Sunglasses
- Bandana
- Pack towel
- Gloves
- Water bottles - at least 1 liter each
- Flashlight or headlamp
- Toiletry items - sunscreen, bug spray, lip balm, toothbrush, personal meds
- Money for meals on the road, public bathrooms, incidentals and souvenirs
- Set of clothes to for travel days to and from Ecuador

### **Outdoor Recreation Will Provide:**

- Transportation, camping, and lodging logistics
- All meals (all non-included meals will be outlined ahead of time)
- Internal Frame Backpack (available upon request)
- All group and personal camping gear: tents, cooking equipment, water filters, etc.

### **Medical Insurance:**

- Texas State University and Campus Recreation cannot be held responsible for any injury, property loss or damaged equipment while participating in an Outdoor Recreation activity.
- All participants must be covered by medical insurance, and may not participate without proof of insurance.
  - You will not be permitted to participate if we have not received a copy of your insurance card prior to the trip departure.
- Travel insurance is optional but recommended.

### **Required Forms:**

- All participants will be required to complete a medical authorization form, a health history form, and a release and indemnification agreement.
- These documents are due at the pre-trip meeting.

### **Refunds, Cancellations and Transfers:**

- Please contact the Outdoor Center in regards to all refunds, cancellations and transfers.

- Outdoor Recreation reserves the right to cancel the trip due to insufficient registrations, inclement weather or other unforeseeable circumstances. If such a cancellation is necessary, the participant may choose between transferring to another available activity or being issued a full refund.
- For all other approved refunds, the University Accounting Office will mail refund checks in approximately 4-6 weeks.
- **If for any reason you decide not to go on the trip the morning of the trip departure or if you are running late, please call us!**

#### **Pre-Trip Meetings:**

- Pre-trip meetings are mandatory for all participants.
- Participants who do not attend the pre-trip meeting for the Outdoor Recreation trip they are registered for will forfeit their spot on the trip and will not be eligible for a refund.

#### **Physical Fitness:**

- All trips require varying degrees of physical fitness. Please take the trip rating seriously. We are not qualified to evaluate your fitness level so you must evaluate your fitness level as appropriate for any given trip. If you are unsure of your physical condition you should consult with a physician before the trip.
- If you are unable to participate fully in a trip due to inadequate fitness your course fee will not be refunded. Additionally, it is very important that you not misrepresent your fitness level as doing so could cause the trip itinerary to be altered mid-trip to accommodate you. Having to alter a trip itinerary will have a negative impact on the experience of your peers and could lead to an emergency or rescue situation.

#### **Dietary Preferences:**

- § If you have any special dietary needs or food allergies please make them well known when you register for your trip. If you have a special dietary requirement you may be required to pay an additional food supplement fee. This fee will be used to purchase food specifically to meet your dietary preference or need. If you have any questions or concerns regarding menu planning and preparation please contact us.

#### **Weather:**

- § In the event of inclement weather, do not assume the trip is or will be cancelled. The Outdoor Recreation Program will make that decision based on the weather report obtained for the area where the activity is planned and regardless of current conditions in San Marcos. You will be contacted if the trip is cancelled or if the departure time has changed. Please show up and assume the trip will go if you haven't heard otherwise from our staff prior to the trip departure.

#### **The Fine Print:**

- The Outdoor Recreation program staff makes every effort to provide you with an enjoyable trip. You will assume the responsibility for many decisions affecting yourself during the activity, however, the guides have final authority and will not hesitate to dismiss those whose conduct is detrimental to themselves, the group or the activity site.
- Participants should be aware that outdoor activities can be physically demanding with inherent elements of risk and danger beyond our control. These risks include, but are not limited to the potential for accidents or illness while traveling to and from the activity sites, or while participating in activities in rugged mountain, wilderness and river terrain. While we do not assume liability for personal injury or death, every effort is made to minimize these risks.
- **No alcohol or drugs are allowed on any Outdoor Recreation program trip.**

#### **Important Phone Numbers:**

**Outdoor Center**                      512.245.2004                      Sewell Park                      512.245.0320 [fax]