Instructor: Dr. Stefano Varese, Professor Emeritus of NAS <svarese@outlook.com>
On-Site Coordinator-OSC: Grace Park <ghpark@ucdavis.edu>
Local Ecuadorean Guide: Ana Erazo <anitaerazo01@hotmail.com>
In country operating agency: Greentrek Sustainable Travel <www.greentrek.org>

The program schedule, including the daily itinerary and planned activities, are subject to change at the discretion of the instructor.

**DAY 1: Sunday, July 1st. Arrival & Transfer to Hostel in Quito**

Arrival to Ecuador. (Transfer Tababela-Quito is not included). (Available upon request, contact us at tours@greentrek.org)
Lodging at Hostel Quito.

**DAY 2: Monday, July 2nd. Quito City Tour (Meals included: B)**

7:00 am-8:00 am: Breakfast
8:00 am-9:30 am: Introduction Lecture & Presentations (Stefano), OSC Grace Park, Guide Ana Erazo
Reading Assignment:
Wikipedia. n.d. “Indigenous Peoples of Ecuador” and “Pre-Columbian Ecuador.”
Read appropriate sections of Lonely Planet Guide

10:30 am-4:30 pm: City Tour
San Francisco de Quito, is the capital city of Ecuador, and at an elevation of 2,800 meters above sea level, it is the highest capital city in the world. The historic center of Quito has one of the largest, least-altered and best-preserved historic centers in the Americas. Quito, was one of the first World Cultural Heritage Sites declared by UNESCO in 1978.

12 pm-1 pm: Lunch in old town (pay on own)

4:30 pm: Return to the hostel. Free time to rest and/or shop

6:00 pm-9:00 pm: Introduction, Seminar & Dinner (pay on own)

**DAY 3: Tuesday, July 3. Quito to Mindo, Chocó Cloudforest (Meals included: B & D)**
7:00 am-8:00 am: Breakfast
8:00 am-1:00 pm: After breakfast we will travel by bus to the quiet & beautiful town of Mindo located on the Western Andean slopes. This area is one of the most visited cloud forests of Ecuador, it is located in the natural Reserve Mindo-Nambillo Protected Forest of 14,170 hectares (35,000 acres); there are hundreds of bird species (more than 400 species have been recorded here). The Mindo region together with the Intag Valley are known for being among the best area of Ecuador for coffee and cocoa growing.

9:00-10:30 am: On-the-Move Check-in
1:30 pm-2:30 pm: Arrival to Mindo & Lunch (pay on own)
3:00 pm-4:00 pm: Visit a small local chocolate “factory” and learn how organically grown cacao is transformed into delicious chocolate bars.
4:30 pm-6:30 pm: Arrival to Intillacta Reserve and Lodge.
7:00 pm: Dinner
8:00 pm- 9:00 pm: Presentation of UCD students and instructors to the family members and personnel of Intillacta.

Day 4: Tuesday July 4. Intillacta Reserve, Chocó Cloudforest (Meals included: B, L & D)
** Beginning this day, in Intillacta, a few students will also help with meal preparation in rotation **
Link to project website: http://www.tucanopy.com/en/intillacta
The Intillacta reserve is family-owned project looking for more sustainable livelihoods based on principles of agro-ecology and nature conservation. Environmental awareness is a crosscutting issue in all activities of the Reserve, where visitors and volunteers receive lectures on ecology, climate change, the importance of ecosystem conservation and ethics in the use of natural resources of the planet. The three-generation members of the family that created and now manage the Reserve are all committed social and environmental activists and researchers that have a lot to teach us on how “to walk the talk” on the fundamental issue of global warming, development and deep respect for nature and the earth. Here coffee cultivation and production is used as environmentally appropriate technology for reforestation and forest conservation.
7:00 am-8.00 am: Breakfast
8:00 am-12:00 pm: Conversation with Intillacta Residents: Introduction to Intillacta Reserve: During the morning we will receive an introduction to the work carried out at the reserve and walk through their organic gardens & restored forests learning about sustainable practices.
12:00 pm-2:00 pm: Lunch
2:00 pm-3:30 pm: Volunteer work in organic vegetable garden & organic shade grown coffee plantation.
4:00 pm-6:30 pm: Conversation with Intillacta Reserve Residents: Confronting mining, and forms of popular/civil resistance
7:00 pm: Dinner

Day 5: Thursday, July 5th. Intillacta Reserve, Chocó Cloudforest (Meals included: B, L & D)
7:00 am-8.00 am: Breakfast
8:00 am-12:00 pm: Volunteer work in organic vegetable garden, organic shade grown coffee plantation and/or cooking (learn Ecuadorian cuisine)
12:00 pm-2:00 pm: Lunch
2:00 pm-3:30 pm: Volunteer work and/or work on your course project
4:00 pm-6:30 pm: Lecture (Stefano).
Reading Assignment: Shade, Lindsay. 2015. “Sustainable development or sacrifice zone? Politics below the surface in post-neoliberal Ecuador”
7:00 pm: Dinner
8:00 pm: After dinner activity: video, discussion of projects, or otherwise

Read: Lonely Planet: sections on Mindo and Intag

DAY 6: Friday, July 6th, Intillacta Reserve, Chocó Cloudforest (Meals included: B, L & D)
7:00 am-8:00 am: Breakfast
8:00 am-12:00 pm: Volunteering day. Optional activity canopy zip line through the forest! To be arranged directly at the reserve (fee not included in UCD program)
12:00 pm-2:00 pm: Lunch
2:00 pm-3:30 pm: Volunteering or work on your academic project
4:00-6:30 pm: Conversation with Intillacta Reserve Residents: Women’s Movement in Mining
7:00 pm: Dinner
8:00 pm: After dinner activity: video, discussion of projects, or otherwise

DAY 7: Saturday July 7th, Intillacta to Intag Cloud Forest Reserve, Chocó Cloudforest (Meals included: B & D)

Link to project website: http://www.intagcloudforest.com
7:00 am-8:00 am: Breakfast
8:30 am-4:00 pm: Travel (Watch video: Under Rich Earth)

Today we will travel by bus to one of the many highlights of this trip, we will drive north to the Province of the Lakes, the Imbabura province, to the cloud forests of the Intag Valley. You will stop for lunch on the way (pay on own). In this area we will also find out how purely organic mountain coffee is cultivated and processed. The inhabitants of this area are also struggling to protect their natural environment as some international mining companies are trying to set big scale operations. We will learn about the struggles that the local inhabitants are facing in order to conserve their forests as productive landscapes. Lectures will be given by locals regarding their current state of affairs in terms of conservation issues and struggles with mining companies.

9:30 am- 10:30 am: video: Under Rich Earth
10:30 am-11:30 am: On-the-Move Check-in
12:30-2:00 pm Lunch on the Way
4:00 pm: Arrival to Intag Cloud Forest Reserve, welcome and distribution in rooms.
5:00-7:00 pm: Conversation with Carlos Zorilla: Mining Struggles in Intag Region, Talk about Intag's social and environmental background (history where we are, uniqueness, challenges. First talk on the struggle against mining development, includes a 30 minutes for questions and answers.

DAY 8: Sunday, July 8th, Intag Cloud Forest Reserve, Chocó Cloudforest (Meals included: B, L & D)
8:00 am-9:00 am: Breakfast
9:00 am-12:30 pm: Conversation with local farmer and conservationist Roberto Castro: Introduction to cloud forest & walk to primary forest
1:00 pm-2:00 pm: Lunch
2:30 pm-4:30 pm: Conversation with Carlos Zorilla: Farm & cloud forest agroecology talk
7:00 pm: Dinner

Readings
DAY 9: Monday, July 9th. Intag Cloud Forest Reserve, Chocó cloud forest (Meals included: B, L & D)
7:00 am-8.00 am: Breakfast
8:30 am-10:00 am: Conversation with Intag Women’s Coop: Introduction to Cabuya Fiber and Weaving Processes.
10:00 am: We will walk with our host families to their house and do activities with them for the rest of the day.

DAYS: Tuesday 10th, Wednesday 11th, & Thursday 12th. Intag Homestays, Chocó cloud forest (Meals included: B, L & D)
Homestays in Santa Rosa; accompany the hosting families in their daily activities.

DAY 13: Friday July 13th. Santa Rosa to Junin, Intag Region, Chocó Cloudforest (Meals included: B, L & D)
Link to project website: http://www.junincloudforest.com
7:00 am-8:00 am: Breakfast
8:30 am-10:00 am: Travel to Nangulvi Hotsprings
10:00 am-1:30 pm: Nangulvi Hotsprings and Lunch; lunch there or near by
1:30 pm-3:00 pm: On-the-Move Check-in
3:00 pm: Arrival to Junin Cloud Forest Ecotourism project, welcome and distribution in rooms.
4:30-6:30 pm: Conversation with Junin Residents: Welcome and Introduction to Mining Struggles
We will learn about the mining struggles that the community of Junin is facing. Local experts on the mining struggle will share their point of view regarding this controversial subject.
7:00 pm: Dinner

DAY 14: Saturday, July 14th. Peguche (Otavalo)-Casa Sol, Sierra Region (Meals included: B, L & D)
7:00 am-8:00 am: Breakfast
10:00 am-11:30: On-the-move Check-In
10:00 am-12:30 pm: Travel to Peguche a short ride away from Intag. You will stay in Casa Sol Hotel. Free time after lunch.
Topic of these days in the Northern Andes: Indigenous Movements in the Andes
Reading Assignment:
Lonely Planet, “Northern Highlands” (whole chapter)

DAY 15: Sunday, July 15th. Otavalo Market, Sierra Region (Meals included: B, L & D)
7:00 am-8:00 am: Breakfast
9:00 am - 4:00 pm: Full day in Otavalo market.
The Indigenous Otavaleño people are known for weaving textiles, usually made of wool (traditionally deep black), which are sold at the famous Saturday market. There is a very wide range of handicrafts available in the Plaza de los Ponchos, and the many local shops including textiles such as handmade blankets, tablecloths, hammocks and much more. Return to our hotel in the afternoon.

7:00 pm: Dinner
8:00 pm - 9:30 pm: Group Discussion

Research Project outline due.
(The RPO can be handwritten and must have: 1- a tentative title; 2- a summary of the central idea/s of the project; 3- sources; 4- “methodology”)

DAY 16: Monday, July 16th. Travel to San Clemente, Sierra Region (Meals included: B, L & D)
Link to project website: http://sanclementetours.com/ing_index.php
7:00-8:00 am: Breakfast
Visit to the Karanki Indigenous community-based tourism experience in San Clemente. We will learn about their history, their territory and communities, and their goals for a sustainable community development.

9:00 am - 12:00 pm: Conversations with San Clemente Local Experts: History of San Clemente, Andean Cosmovisions, and Andean Agro-ecology. We will learn about their community tourism project and then walk around to visit their medicinal plant garden & learn about the Karanki people knowledge of medicinal plants and their use. We will also learn about the Andean Calendar and how the Karanki communities plan their year around the seasonal cycles. We will learn about the Alpacas, the native Andean camelid that has co-evolved for millennia in close relation with the Andean indigenous people of Ecuador, Peru, Bolivia and Northern Chile and Argentina.

12:00 - 1:30 pm: Lunch
1:30 - 4:30 pm: Workshop/Seminar
4:30 - 5:00 pm: Break
5:00 - 6:00 pm: History of the Hacienda and the indigenous farmers’ struggle for recuperating their ancestral lands.

6:00 - 7:00 pm: Lodging with host families


DAY 17: Tuesday, July 17th. San Clemente, Sierra Region (Meals included: B, L & D)

7:00 am - 8:00 am: Breakfast
8:00 am - 12:00 pm: Daily Activities with host families.

12:00 pm - 2:00 pm: Lunch
2:00 pm - 5:00 pm: Spend some time reading and writing or resting or walking around the community with members of your host family. Ask questions and try to establish meaningful conversations with your hosts.

7:00 pm: Dinner

8:00 pm - 9:30 pm: Class meeting: Lecture/Discussion
Lodging with host families

DAY 18: Wednesday, July 18th. San Clemente to Tena, Amazon (Meals included: B & D)

7:00 am - 8:00 am: Breakfast
After breakfast we pack and get ready to move to the Amazon gateway: the city of Tena.
Tena, the capital of the Napo Province, is an attractive and quiet town in the Amazon rainforest. Originally founded by missionary explorers, Tena has emerged as one of the top tourist attractions. The town is a popular launching point for traveling to the jungle, for kayaking and rafting tours in Ecuador's Amazon rainforest region. Today will be a full day of bus trip (approx. 6 hours). We will stop on route for lunch and “munchies”. Be prepared for possible car sickness by taking “Dramamine” pills.

8:30 am-4:00 pm: Travel to Tena, Lodging in Hostel. Laundry service available at the hostel for a reasonable price.

10:00-11:30 am: On-the-Move Check-in

7:00 pm: Dinner

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**DAY 19: Thursday, July 19th. Tena, Amazon (Meals included: B, L & D)**

7:00 am-8:00 am: Breakfast

9:00 am-11:00 am: Visit of Amazonico. In the morning will explore the Tena area, we’ll visit a Wildlife Rescue Center (http://www.amazonicorescuecenter.com/). The Center receives animals that have been captured for illegal wildlife trade or kept as pets. The animals are rehabilitated and when possible reintroduced to their habitat. Others are kept in the Center, providing them with suitable enclosures.

11:00 am-11:30 pm: Visit to a local cultural museum to learn about the Kichwa people of the upper basin of the Napo River.

11:30 pm-2:00 pm: Lunch on site and visit museum.

2:00 pm-2:30 pm: Travel to Tamia Yura.

2:30 pm-6:30 pm: in the afternoon we will travel to Tamia Yura (http://tamiayura.atwebpages.com/main-en.html) a community based ecotourism project that runs a botanical garden where we will learn about the different uses of many species of plants of the Amazon. Our local guide will take us around the forest explaining about medicinal plants as well as plants used for construction & handicrafts.

6:30 pm: Return to hostel lodging in Tena. Laundry service available at the hostel.

7:00 pm: Dinner

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**DAY 20: Friday, July 20th. Tena, Amazon (Meals included: B, L & D)**

7:00 am-8:00 am: Breakfast

8:00 am-10:00 am: Lecture (Stefano)

10:00 am-4:00 pm: Today there is an optional river rafting activity, cost not included on the program. Open day to explore Tena on your own, you can visit the Parque Amazonico, la Isla situated on the center of town, There are many different kinds of birds, butterflies, insects and other animals; some, such as the boa constrictors and turtles are caged, while others, including monkeys and tapirs, are free to roam. If you leave, instead of choosing to just kick back, read and relax, you need to be back at the hostel by 4:00 pm.

4:00 pm-6:30 pm Resting & working on your at the Hostel Pakay:

Laundry service available at the hostel.

7:00 pm: Dinner

After dinner - Class Topic: Ethics of Resistance and Sustainability


DAY 21: Saturday July 21. Travel to Huaorani (or Waorani) Territory (Meals included: B, L & D)

6:30 am-7:30 am: Breakfast
7:30 am-12:30 pm: We will travel to the amazon city of Coca by bus in order to reach the Auca road, to get into Huaorani Territory. Lunch in Coca.

After lunch we will travel by bus to reach the Auca road, to get into Huaorani Territory. The Auca road, which refers to the kichwa word for “savage” was built in the 1970’s on Waorani territory for Texaco Oil exploration. Our last bus stop is at a small bridge over the Shiripuno river. You will leave your heavy luggage on the bus (Your luggage will be taken back to your lodging in Quito) and travel with just a small backpack.

2:30pm-5:30 pm. You will travel upstream the Shiripuno river using motorized canoes (3 hours approx.) to reach our campsite: the Huaorani community of Queweriono.

Lodging inside wooden houses with mosquito nets and sleeping mats, shared “bathrooms” and dry letrines.

DAYS Sunday 22nd & Monday 23rd- Huaorani Territory (Meals included: B, L & D)

The Huaorani, also known as the Waos, are native Amerindians from the Amazonian Region of Ecuador who have marked differences from other ethnic groups from Ecuador. They comprise almost 4,000 inhabitants and speak Waoterero, an isolated language not known to be related to any other Amazonian language. Their ancestral lands are threatened by oil exploration and illegal logging. In the past the Waorani were able to protect their culture and lands from both indigenous rivals and settlers.

Lodging inside wooden houses with mosquito nets and sleeping mats, shared “bathrooms” and dry letrines.

DAY 24 Tuesday, July 24. From Waorani territory to Tena (Meals included: B & L)

7:00 am-8:00 am: Breakfast
8:00 am -1:00 pm: we will leave Waorani territory by canoe and go back downstream to the Shiripuno bridge where the bus will be waiting to transfer us back to Tena. Lunch in Coca. After lunch you will travel by bus to Tena.

7:00 pm: Dinner (pay on own)

DAY 25: Wednesday July 25th. Sarayaku Kichwa Territory (Meals included: B, L & D)

See these videos on line:
https://www.youtube.com/watch?v=Ma1QSmtuiLQ
https://www.youtube.com/watch?v=qzro0X4vCYU
See this website: http://sarayaku.org/

6:00 am-7:00 am: Breakfast
7:30-8:30 am: We will travel to the Amazon city of Puyo by bus in order to reach the Bobonaza river port and continue by canoe into Sarayaku Territory.
10:00 am: Arrival at the port of Latasas.
10:30 am: Departure by canoe bound for Sarayaku.
1:00 pm: A box lunch will be served on the banks of the Bobonaza River. Continuing the journey, we will enjoy the flora and fauna along the the Bobonaza River with its beaches and backwaters.
4:30 pm: Arrival to Sarayaku. Welcome and accommodation. Dinner and time to rest.
7:00 pm: In the evening, the staff will prepare a fresh dinner for you.

DAY 26: Thursday July 26th. Sarayaku, Kichwa Territory (Meals included: B, L & D)

6:00-7:30 am: Breakfast
8:00 am-1:00 pm: Walk through the jungle, visit wayuri palm areas, a plant used for housing & construction, during the tour you can enjoy a series of plants, orchids, giant trees, as well as a great biodiversity of birds and
butterflies.
The Kichwa guides will share all their skills and wisdom about life in the jungle.
Then we will arrive to the Hill of the Monkey where the Sisa Ñampí (Flower Path) Center is located. The
indigenous conservation and preservation project of Sarayaku’s natural ecosystem.
1:00-3:00 pm: Lunch and rest. From the mountain, we’ll observe Sarayaku Center and the Green Sea of the
forest. Then return home.
3:00-5:00 pm: Lecture (Stefano and local Sarayaku-Kuna Lecturer)
6:00 pm: Dinner
7:30 pm: Video: La Frontera de Flores, and/or a discussion with a political leader about the vision of various
life projects in Sarayaku.

**DAY 27: Friday July 27, Sarayaku, Kichwa Territory (Meals included: B, L & D)**

6:30 am-8:00 am: Breakfast
8:30 am-4:00 pm: Canoe Trip: today we will travel towards the Sarayakillo and Bobonaza River. Visit the
sacred tree of Uchuputo Ruya, there is an option to do some fishing and take a refreshing natural bath. There will
be a picnic lunch.
4:00 pm: Traditional games and free afternoon.
6:00 pm: Dinner

**DAY 28: Saturday July 28, Sarayaku Kichwa Territory (Meals included: B, L & D)**

7:30 am-8:30 am: Breakfast.
9:00 am-12:30 am: canoe ride and forest hike. We’ll visit to the community, the central square, the House of
Assembly, the only Catholic church from the time of the Spaniards. This time we will have an exchange
dialogue with the Tayak Apu - President of Sarayaku, or with some other community leader. We will visit some
families to purchase handicrafts and souvenirs.
12:30-2:00 pm: Lunch.
Free afternoon
6:00 pm: Dinner

**DAY 29: Sunday July 28th, Sarayaku Kichwa Territory to Quito (Meals included: B & L)**

7:00 am-8:00 am: Breakfast.
8:00 am- 9.30 am: Return towards Puyo by aircraft. From the air you can enjoy a breathtaking panorama of the
Amazon forest, the lung of the world.
10:30 am: Arrival at Shell-Puyo airport and transfer by bus to Quito. On the way you will stop at the Papallacta
Hot Springs for a relaxing bath on these unique thermal waters.
7:00 pm: Estimated arrival to Quito
7:00 pm: Dinner (pay on own).

**DAY 30: Monday July 30, Quito (Meals included: B & D)**

7:00 am-8:00 am: breakfast
8:00 am- 10:00 am: informal sharing of projects and activity
10:30 am-4:30 pm: Free time (time to wrap up your project and turn it in).
Lunch (Pay on own).
4:30 pm-6:30 pm: Course evaluation and closing
7:00 pm: We will board the bus that will take us to a downtown restaurant to celebrate the end of the program in
Ecuador.
After dinner we’ll return to our hostel in Quito.

**Day 31: Tuesday July 31, Quito (Meals included: B)**

7:00 am-8:00 am: Breakfast
End of the program, travel home to the U.S.