

PURPOSE EXPEDITION ECUADOR

August 21-31, 2021

*Tapping into Our Higher Purpose with the
People of the Amazon and Andes*

Itinerary

Day 1, August 21st: Arrival

Arriving to Quito, (usually at night) you will be met at the airport and transferred to a comfortable hotel for a good night sleep to be ready for an early departure the next day.

Day 2, August 22nd: Quito - San Clemente Community

From Quito, traveling north, we will arrive in Cayambe and visit an astrological observatory in the middle of the world latitude $0^{\circ}0'0''$, the Equator. Here we will learn and dive deep into the Indigenous understanding of the four directions under the Andean Vision of the Cosmos. This is a powerful piece we channel to unlock our next level of purpose as we continue on...

Traveling onto Otavalo, we will visit the amazing markets that make this small city famous. Indigenous Otavaleños excel in the production and sale of textiles. It is a skill they have cultivated and nurtured and as a result, they are one of the wealthiest indigenous groups in Ecuador. In addition, the people here are very proud of their ancestral heritage. The majority of the population still wears the traditional clothing and maintains the ancient traditions and customs. Saturday is the day almost the entire city converts itself into a street market - the largest in Ecuador and one of the largest in all of South America

We will arrive in San Clemente, a Kichua Karanqui indigenous community. They work in agriculture using the old techniques and knowledge; very organic, combining certain plants to protect them and not use chemicals. At the beginning of the 90's they developed a very interesting lodging program, using the houses of the local people to host visitors. We will have comfortable accommodations in a real Andean atmosphere. San Clemente and its people are the perfect place to detach from the busy world, calm the noise of the mind and start feeling a connection with nature and with ourselves.

Day 3, August 23rd: San Clemente Community

The community is located at the base of the Imbabura Volcano, which is the most powerful Apu (sacred mountain) of the region. We will spend the day with our local friends, learning about their agricultural calendar, hiking in their large medicinal plant garden, and doing activities such as plowing, planting, harvesting, cooking or anything the families have planned for that day.

Late in the afternoon, we will participate in a traditional Andean cleansing ceremony with Tayta Elias one of the elders of the community, and a revered Kichua Shaman. We will be grounding ourselves and purifying before we journey to meet the Amazon jungle.

We will spend our second night in San Clemente will have comfortable accommodations in a real Andean atmosphere. Here is where our healing will begin healing (there is always something to heal and/or complete) We will spend our second night in San Clemente.

Day 4, August 24th: San Clemente - Rio Verde

From San Clemente we will travel south through the “Avenue of the Volcanoes.” Volcanoes have powerful meaning to the people of the Andes, they represent Gods and are called the Apus. If the weather is clear we will see the volcanoes Antisana (5753 m s/m / 18874 feet s/m), Sincholagua (4898 m s/m / 16069 feet s/m), Paschoa (4199 m s/m / 13776 feet s/m), and Rumiñahui (4712 m s/m / 15459 feet s/m). This route allows us to learn first hand about Andean natural history and see Cotopaxi, the tallest active volcano in the world (5897 m s/m / 19347 feet s/m). We will stop and have a ritual to plug into this life force to support us on our journey.

We will descend through the slopes of the Eastern Range to the Amazon and have the opportunity to see the transition of the life zones from the Andean valleys. We will stay at Miramelindo Lodge in the Cloud Forest, have a wonderful vegan lunch, rest and enjoy an Embodying Purpose workshop.

Day 5, August 25th: Rio Verde - Kapawi Ecolodge

After 40 minutes' drive we will get to Shell Village, to take small air crafts and fly over the Amazon Forest for 50 minutes approximately. This is one of the high lights of the journey, flying over the immensity of this majestic natural wonder, give to us a real perspective of what the Amazon is.

We will arrive to Kuzutkau community from where we will take a motor canoe for a 45 minutes navigation on the Capahuari River until Kapawi Ecolodge. We'll enjoy a delicious vegan lunch, rest and at mid-afternoon we will do an introductory hike in the forest introducing our self to this pristine world and allowing the forest to know us.

Kapawi Eco-Lodge

Due to the isolation and lack of hunting in this area, there are wonderful possibilities for viewing wild life: howler monkeys, macaws, marmosets, tamarind monkeys, an incredible variety of bird life, and possibly, the pink dolphin.

Kapawi Lodge is a project that now belongs to the Achuar Nation. It was built through an alliance with a private tourism corporation in Ecuador. The corporation invested \$1.7 million US dollars, without buying the land, and with the obligation to give back the Lodge (and the business for the Lodge) to the Achuar after 15 years. This happened in 2011, now the Achuar are the owners and operators of this community-based tourism project. We will spend the next several days immersed in the highest life force frequency on the planet, the sacred and pristine Amazon forest while supporting this project and the protection of land.

After dinner we will do a nocturnal walk to observe the insects and reptiles (and maybe jaguars) that come alive at night. It will be the perfect opportunity to hear the sounds, feel the air and enjoy the sensuousness of the tropical rainforest at night. We'll practice embodying our power while communicating with the forest and anchoring in a new level of empowered leadership in our lives.

Day 6, August 26th: Kapawi

The Lodge offers many varied options: jungle hikes (for all levels), night hikes, bird watching (every morning), wildlife viewing, cultural experiences with the Achuar, kayaking, canoeing, tubing and swimming.

Most activities include an Achuar guide who will provide information about the wildlife, plants and trees of the forest. The system of trails open for hiking offers a variety of ecosystems: terra firma forest (small hills that have never flooded); varzea (forest which floods seasonally); igapos (forest which is always flooded). We will explore the river/ lake system and small tributaries of the Capahuari River, a beautiful river where the lodge is located. Here it is possible to see pink dolphins (fresh water river dolphins), and float with the easy current near the Lodge.

Today we will hike in primary forest (easy 3 hours hike) and visit an Achuar community to learn about their environment, their culture, gastronomy and their everyday life. In addition, they are very curious people and will want to hear all about us.

Day 7, August 27th: Kapawi

Today is a ceremonial day which will allow us to share the spiritual world of the Achuar. At 4:00 am, we will gather in the communal hut of the Lodge for a Wuayusa tea ceremony, where we will share with the Achuar elders our dreams.

The Achuar

The Achuar is a “dream sharing” culture. For them their dreams rule their daily life. They do the Wuayusa ceremony every morning, during their whole life. It is a moment to share dreams among each other and, and also to transmit the oral tradition - to teach the children how to make baskets, fishing nets, and ceramics, to relate stories and ensure that their customs and rituals are carried on.

Another important function of the Wuayusa ceremony is to provide the time and space for important negotiations, solution of conflicts, decisions about alliances and political arrangements and other important issues that affect the entire community. After breakfast, we will fast for the rest of the day (there are flexibility for those who have special needs). Then we will have a couple of hours of free time to meditate, and prepare for the day.

In the afternoon will take a river trip to the Shaman’s community, and then hike with him to a waterfall (Arutam) - a sacred ceremonial site, where we will have the opportunity to participate in a purification bath. We will return through the forest in silence (time for personal meditation). In the Shaman’s community our camp for the night will be waiting for us. Everything you will need will be there for you - camping mattress, sheets, blanket, pillow, towel and mosquito net in addition to your personal necessities. After dark, we will participate in a Natem ceremony (optional).

Day 8, August 28th: Kapawi

After breakfast, we will be invited into the Shaman’s house to visit with him and his family, and also to share our experience of the ceremony from the night before. We may receive insights from the Shaman about our experience. After saying goodbye to our hosts we will take the canoe back to the Lodge for rest, relaxation and integration.

In the afternoon there will be time for swimming and floating down stream in the river - very relaxing! There is a good possibilities to swim with the pink dolphins. We’ll convene together for a delicious clean dinner as we have already been cleansing and in purification and have space for sharing.

Day 9, August 29th: Kapawi - Shell - Papallacta

Today we head toward the thermal springs to ground even further and enjoy the warm healing waters of Mother Earth. From the border of the Upper Amazon Basin we will ascend the Eastern range through one of the most pristine cloud forests in the Sumaco and Antizana Volcanoes Natural Reserves, until Papallacta village where we will stay at the Termas de Papallacta Lodge and Spa, located at an altitude of 3,250 m (10600 feet).

A unique and friendly atmosphere, in the midst of a unique natural environment, provides a combination of hot springs and comfort to facilitate a deep rest and relaxation experience.

Day 10, August 30th: Papallacta

We will spend all day enjoying the hot springs, doing an easy hike in the cloud forest valley and have time to use the spa. In the evening we'll enjoy our second Embodying Purpose workshop which will help us integrate the experience from our journey and create a vision for our how we will embody who we have become in our lives. Stephanie will lead this workshop, an intentional and powerful way to complete our Purpose Expedition and the beautiful offerings we have received in this land of such massive abundance.

Day 11, August 31st: Papallacta transfer OUT Quito Airport

Papallacta to Quito International Airport for international flights.

Optional: If you have a late flight you can stay in Papallacta or do a Quito City Tour before your transfer to the airport.

Payment Details:

Cost: \$3,790.00 per person (double occupancy)

- 1st Deposit to reserve the space \$1,000
- 2nd payment: \$1,790.00 by April 31, 2021
- Final payment: \$1,000.00 by June 13, 2021

Single Supplement: + \$1,870.00

How to Reserve Your Space:

All reservations are subject to availability. For information about how to reserve your space and make your deposit for the journey, please contact Linda Leyerle at lleyerle@aol.com.

In Ecuador it is not possible to reserve rooms without a copy of the traveler's passport.

Linda will give you details about how to send a copy to us.

Time is of the essence so please respond as soon as possible if you are interested in this journey.

Cost includes: Private tour bus or van for travel during the journey, flights in aircrafts in the Amazon, all meals, hotels, tips for restaurants and hotels, water during meals, local guide and/or community leaders to share history and cultural information. Facilitation and space holding with Stephanie Trager and Daniel Kouperman.

Cost does NOT include: Roundtrip airfare to Quito, Ecuador, soft drinks and alcoholic beverages, tips for the local guides, shaman (healings), and private bus driver, personal items, and souvenirs.

This journey is for individuals ready to have an educational/experiential experience. Persons with physical or psychiatric challenges may find this journey too difficult or uncomfortable.

We recommend a visit with your doctor at least 6 weeks in advance of departure. No immunizations are required unless you will be entering Ecuador from a country with Yellow Fever - in which case you will need a Yellow Fever immunization and be prepared to show proof.

No visas are required for most people entering Ecuador (US, Canadian, EU, Australia and New Zealand citizens). If you have questions about this, please let Linda know. Your passport must be valid at least 6 months after the date of your return (January 31st, 2022).

Once you have reserved your space, we will send you more information - packing lists, info about the country, etc. You will be fully prepared for the journey. Also, Linda is always available by email for any questions or concerns - whatever they may be.

Cancellations & Refunds: Due to availability of space on our journey and the time required to process trip reservations, your deposit will not be refundable if received after April 31, 2021. We highly recommend purchasing travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your trip. You can find many options on the internet.

Responsibilities: ANDEAN PATHS and/or Intentional Paradigms reserves the right to accept or reject any person as a participant at any time, and to make changes in the itinerary whenever deemed necessary for the comfort, convenience, and safety of our participants, and to cancel a journey at any time. In the event a journey is cancelled, ANDEAN PATHS and/or Intentional Paradigms shall have no responsibility beyond the refund of monies paid to it by program participants as listed. By registering, the participant agrees that neither ANDEAN PATHS or Intentional Paradigms nor their affiliates shall be liable for any damages, loss or

expense occasioned by any act or omission by any supplier providing services to any program participant. Reasons that Andean Paths might cancel a program include, but are not limited to, issues around safety due to impassable roads, protests in Ecuador, or similar unforeseen events.

By Andean Paths ©