

Full-day Excursion Wednesday 11 March

Timetable (note early start, sorry!)

- Breakfast **7h15-8h00**
- Buses leave at 8h15 sharp
- Seven Waterfalls Park ~ 9h30 – 12h30
- Lunch in town of Salinas ~ 14h00 – 15h00
- Chachimbiro thermal baths ~ 16h00
- Buses leave Chachimbiro at 19h00 sharp!
- Dinner back at Hacienda Chorlavi ~ 20h00

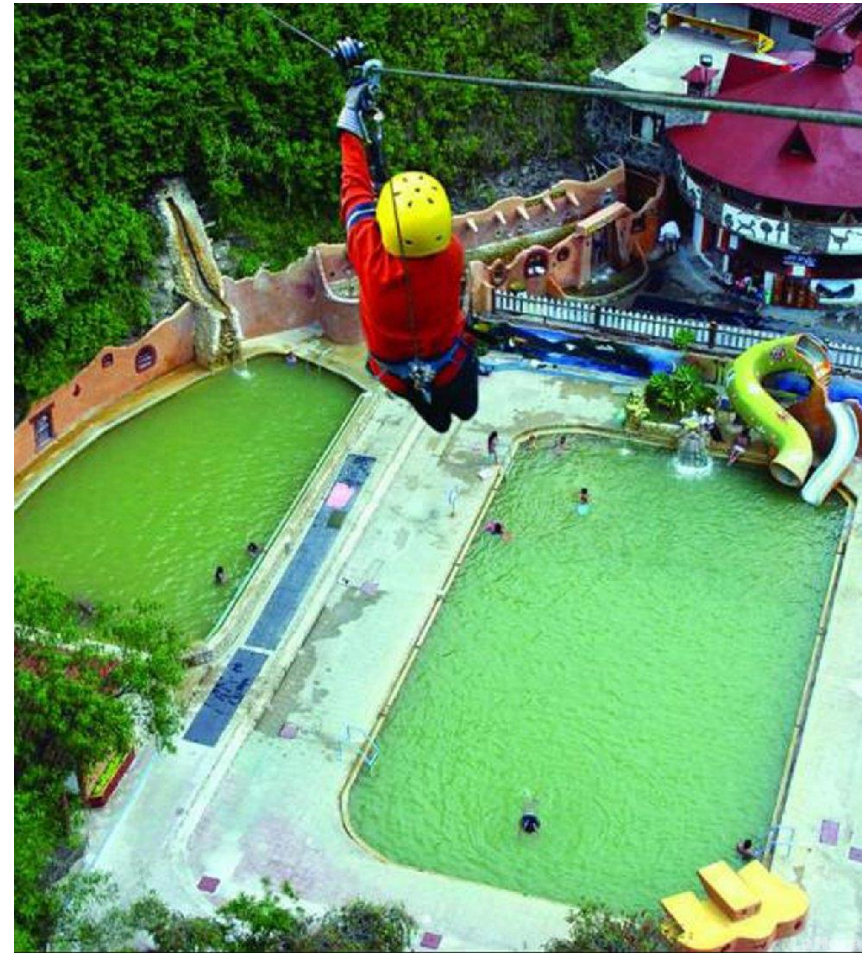
Seven Waterfalls

- This park is a natural reserve and the weather will be warm and humid
 - Slightly lower altitude than Ibarra
- Guided walking tour visiting the different waterfalls and discovering the flora and fauna of the Ecuadorian tropical forests
- The paths that we will take to visit the waterfalls will be uneven and rocky, and can be muddy in places
 - Take care not to slip
- If you want you can swim in the natural pools
- You need to bring:
 - Comfortable clothes for walking
 - A change of clothes for after the visit (you may get wet and muddy!)
 - Sports/walking shoes (can rent at Seven Waterfalls reserve)
 - Hat
 - Sunscreen
 - Bathing suit or suitable clothes for swimming in natural pools
 - Towel (can borrow from hotel reception this afternoon)
 - Insect repellent
 - Plastic storage for wet clothes
 - Bottle of water



Termas Santa Agua Chachimbiro

- After eating lunch in the town of Salinas, we go on to the thermal baths at Chachimbiro, including:
 - Complex of swimming pools and spas
 - Hydro-massage
 - Sauna
 - Turkish baths
 - Bar
- Need to pay for extras such as the zip line, horse riding, etc.



Bookings made for everyone

- We expect essentially all of the participants to go on the excursion
 - Please contact Kate now if you cannot go because of exceptional circumstances
 - No lunch arranged at the hotel if you miss the bus in the morning!
- If you miss the bus for the return journey, it's your problem to get back to the hacienda at your own expense