



# *Runa Adventures*

## **OSO ROUTE**

### **CRATERS TO CLOUDS**

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#### **Welcome: August 14th, 2025**

At 10:00 AM, a shuttle will pick up participants from both Quito airport terminals and nearby hotels. For those already in the country, an additional shuttle will depart from Plaza Foch in Quito at 11:00 AM. The group will then embark on a city tour of Quito, followed by lunch at the equator monument.

In the afternoon, participants will travel to Yunguilla, where they will settle in before a 4:00 PM technical meeting. This gathering will provide an opportunity to get to know each other, review the trek details, and address any questions. The day will conclude with a farm-to-table meal, followed by free time to prepare and rest before the trek begins the next morning.

Miles: 0

Meals: Lunch, Dinner

Accommodations: Community of Yunguilla

#### **Pululahua - Yunguilla: August 15th, 2025**

The journey begins at the edge of the Pululahua crater. Descend into the Geobotanical Reserve Pululahua, winding through one of the world's few inhabited volcanic craters. After reaching an elevation of 5,000 ft, start the ascent to the Yunguilla Sustainable Preserve at 8,800 ft. Along the way, you'll encounter the first glimpses of the cloud forest.

Miles: 21

Meals: Breakfast, Trail Provisions, Dinner

Accommodations: Community of Yunguilla



## **Santa Lucia - Maquipucuna: August 16th, 2025**

After an early breakfast, we will begin the most challenging day of the week. We will cross through the community of Yunguilla and see how the people work in harmony with nature to farm and restore the environment at the same time. We will traverse the old growth cloud forest through the Santa Lucia Reserve. This zone is home to 400 species of birds and more than 2,000 species of plants. This route will traverse steep ridges and weather permitting the group can take in breathtaking views of Pululahua crater, Cotacachi Mountain and the dense forest canopy. The 20 mile day will end at Maquipucuna Ecolodge where you will be met with a warm meal, a river perfect for ice baths and comfortable accommodations.

Miles: 19

Meals: Breakfast, Trail Provisions, Dinner

Accommodations: Maquipucuna Ecolodge

## **Maquipucuna- Yunguilla: August 17th, 2025**

We will start our third day at the Ecolodge Maquipucuna within the pristine mountain rainforest where we will ascend back to Yunguilla through a trail that is more than 1,000 years old. This historic trail dates back to the Yumbo indigenous culture. The Yumbos predate the Incas in this region. This path was used as a thoroughfare for trade between the Andes mountain region and the coastal region. These paths are called "Culucos" after hundreds of years of foot traffic they have been worn down creating a type of eco-tunnel in some places the walls tower up to 13 feet. Arriving at the community of Yunguilla we will recognize the incredible accomplishment of all participants with a special meal and celebration.

After our celebration, shuttles will depart Yunguilla at 8:00 PM, heading to the airport and to Quito for those continuing on to other excursions in Ecuador.

Miles: 14

Meals: Breakfast, Trail Provisions, Dinner

Accommodations: None

# ITINERARY

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## *Day 1 - Welcome*

10:00 AM - Airport transfers  
Afternoon - City Tour  
4:00 PM - Welcome Meeting  
6:00 PM - Dinner  
7:00 PM - Free time/Prep/Sleep

## *Day 2 - Pululahua - Yunguilla*

7:00 AM - Breakfast  
8:00 AM - Drive to start  
9:00 AM - Trek begins - Pululahua crater  
Mile 5 - Hydration/snack station  
Mile 13 - Hydration/snack/drop bag station  
Mile 21 - Finish  
6:00 PM or Upon Arrival - Dinner

## *Day 3 - Santa Lucia - Maquipucuna*

7:00 AM - Breakfast  
8:00 AM - Depart  
Mile 9 - Hydration/snack/drop bag station  
Mile 17 - Mini snack  
Mile 19 - Finish  
6:00 PM or Upon Arrival - Dinner

## *Day 4 - Maquipucuna - Yunguilla*

7:00 AM - Breakfast  
8:00 AM - Depart  
Mile 6 - Hydration/snack/drop bag station  
Mile 10 - Hydration/snack station  
Mile 14 - Finish  
5:00 PM - Celebration meal and festivities  
8:00 PM - Airport Transfers

Disclaimer: Itinerary subject to change without notice.

# DETAILS

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The cost of your trip includes:

- All lodging according to itinerary
- Meals and trail provisions
- All park/reserve permits
- Scheduled in-country transportation
- Trail logistics

The cost of your trip does NOT include:

- Flights to/from Quito, where the expedition begins
- Additional nights in hotel outside of the itinerary
- Tips for local staff
- Travel, rescue, or any other type of insurance
- Hospitalization or evacuation costs
- Alcohol
- Other personal expenses

## Transportation

We use private vehicles for this expedition. Once you arrive in Ecuador, ground transportation is arranged for you including your airport arrival and departure transfers within the scheduled itinerary. Transportation outside the scheduled itinerary (early arrival/late departure) is available at an additional cost.

We will offer transfers from the airport and central Quito to Craters to Clouds on the morning of August 14th. Outgoing transfers on the evening of August 17th will offer options to the airport and central Quito as well.



## Itinerary Accommodations

Community of Yunguilla – Yunguilla will be our home base for this adventure, where we will spend two of the three nights. Accommodations are in a homestay setting, meaning you'll stay with a local family in their home. You can expect a private room, a bathroom, and, in most cases, WiFi. Take this opportunity to connect with your hosts and immerse yourself in the local culture as part of this enriching experience.

Maquipucuna Eco Lodge – For one night, we will stay at the Maquipucuna Eco Lodge, a serene retreat nestled in the cloud forest. This ecolodge offers comfortable accommodations surrounded by lush nature, providing a unique opportunity to experience the region's incredible biodiversity. Rooms are well-equipped with ensuite bathrooms, hot showers, and WiFi. Jump in to the Umachaca River to refresh after the long day on your feet.

## Airport Accommodations

We recommend staying at the Wyndham Quito Airport or Holiday Inn Quito Airport, both of which offer free shuttles from the airport. These arrangements are not included in the itinerary for Craters to Clouds

## Food

All meals are provided as outlined above, with a focus on fresh, locally grown ingredients to nourish and energize you throughout your adventure. Expect delicious meals that reflect the flavors and traditions of the region. If you have any dietary restrictions or preferences, please indicate them on the registration form in advance. We want to ensure that every meal meets your needs, so proper planning allows us to accommodate you to the best of our ability.