

Selina



COLIVE RETREAT
ECUADOR



DESTINATION | CONCEPT

Ecuador is one of those countries that when you visit you get mesmerized. Usually people just know us for Galapagos and the Ecuadorian line, but in a few hours you can pass through the high mountains and volcanoes, amazon, old towns and the beach. It's diversity and size is perfect for any traveler. If you want to step on the north and south side of the ecuadorian line, challenge your body with the altitude, connect with the Pachamama in the amazon and enjoy the adventurous city surrounded by volcanoes - This is the perfect retreat for you!

QUITO

"The black sheep"

Big city | Volcanoes | Craters |
Hikes | Nightlife | Arts & Culture |

Highlight Selina - Cowork space

Highlight neighborhood - La
Carolina Park | Bars

Must see - Historical Center |
Cotopaxi | Quilotoa

BANOS

"Adventurous | Volcano"

Small town | Volcanoes | Hikes |
Nightlife | Adventurous sports

Highlight Selina - Family dinner

Highlight neighborhood - At the
main square - Restaurants | Bars

Must see| do - Waterfalls | Big
Swing | Rafting

TENA

"Connect with the pachamama"

Jungle | Amazon | Biodiversity |
Wellness | Adventurous sports |
Traditional culture

Highlight Selina - Initiation Ritual

Highlight neighborhood - By the
river

Must see - Napo River | Local
community | Pashcayaku waterfall



PASHCAYAKU WATERFALL

HIGHLIGHT

Besides its beauty, it's a place where the indigenous used to go early morning to connect with pachama and clear their energy and protect their bodies and soul.

INCLUDE

Transportation
Guide
Entrance
Box Lunch
Swim in the Pashcayaku Waterfall

TIME: 10:00 am

DURATION: 4 hours

WHAT SHOULD I BRING?

Sneakers, sunscreen, repellent, swimwear, dry clothes, towel, legging

\$35 P/P | \$30 P/P 10 pax

\$25 P/P 15 pax





PAIKAWEE LAGOON

HIGHLIGHT

Natural 1km round lagoon | Amazon jungle | Diversity of animal species, at night, you can observe the famous Paiche, alligators and nocturnal birds

INCLUDE

Private Land Transportation
Night Navigation through Paikawe Reserve
Naturalist Guide
Night walk to see reptiles and insects
Dinner of typical food prepare by a Family of the place.

TIME

05:00 - 9:00 PM

DURATION

3- 4 Hours

WHAT SHOULD I BRING?

Leggings, Comfortable Clothe, Rubber Boots, Rain Poncho, repellent, sunscreen, hat and sunglasses.

\$30 P/P *Min 2 pax | \$25 P/P > 10 pax





FULL DAY NAPO RIVER

HIGHLIGHT

Yasuni National Park, the most diverse jungle in the world - Perfect to see an immense variety of animals (Monkeys, birds, caymans, ducks, cormorants) and to get to know the local culture, how the people live in the communities and try some new experiences!

INCLUDE

Private Land and River Transportation
Elaboration of ceramic crafts with natural clay Box Lunch
Elaboration and tasting of artisan chocolate Elaboration of handicrafts with vegetable fibers
Naturalist Guide.
Feed young alligators in their habitat
Buoy tour on the Arajuno river

TIME

8:30 AM

DURATION

8-9 Hours

WHAT SHOULD I BRING?

Comfortable clothing, leggings swimwear, lace Shoes, sandals, repellent, sunscreen, hat and sunglasses.

\$75 P/P *Min 4 pax | \$65 P/P 10 pax | \$55 P/P 15 pax





WATERFALL ROUTE

HIGHLIGHT

Waterfalls: "La Virgen.", "Agoyán.", "Manto de la Novia.", "Pailón del Diablo.", "Machay."
Walk through the gate of heaven.
Practice of Canopy and / or Bungee jumping and Tarabita. | Tree house | Flight of the condor | The biggest swing

INCLUDE

Private transportation
Certified guide
Photo and videos

TIME: 8:30 AM

DURATION: 9 hours

WHAT SHOULD I BRING?

Swimsuit, towel, shoes, sandals (for river), sunglasses (with smt to hold them), sunscreen, lip balm, hat, repellent, water

\$50 3P | \$35 5P | \$20 10P





RAFTING

HIGHLIGHT

Pastaza River - Located in an ecological corridor between the Llanganates and Sangay National Parks

INCLUDE

Private transportation,
Guides
Lunch,
Top-of-the-line canyoning equipment (wetsuit, helmet
harness and carabiners)
Travel insurance
Photos with HD

TIME: 9:00 AM

DURATION: 4 hours

WHAT SHOULD I BRING?

USB or SD card to collect photos and videos after
the tour (4GB), swimsuit, towel, river tennis/sandals,
sunglasses with restraint strap, baseball cap,
sunscreen and lip balm, personal water bottle (1 liter)

\$30 P/P





PARAGLIDING

HIGHLIGHT

Feeling the thrill of flying within a landscape between the Tungurahua volcano, Los Altares and the snowy Chimborazo -The highest volcano of Ecuador and the closest volcano to the Sun in the world

INCLUDE

Transport
Flying Instructor
Security talk
Equipment

TIME: 2:30 PM

DURATION: 4 hours

WHAT SHOULD I BRING?

Warm clothes, sunglasses, sunscreen, shoes, water, snacks.

\$60 P/P





CLIMBING

HIGHLIGHT

The best rock climbing in Ecuador is in one place, the Tungurahua basalt in the Canton of Baños, formed by volcanic rock on the banks of the San Martín canyon. Natural rock walls for all people

INCLUDE

All equipment
Private transportation
Snacks

TIME: 9:00 AM

DURATION: 4 hours

WHAT SHOULD I WEAR?

Comfortable clothes, water

\$30 P/P





COTOPAXI

HIGHLIGHT

Cotopaxi National Park •
Limpiopungo Lagoon 3800 mts
• Jose Rivas Refuge 4800 mts
• Rose Farm • Pujilí Indigenous
Market

INCLUDE

Private Transportation,
Certified Bilingual Guide,
Lunch

TIME 07:00 AM

DURATION Full Day

WHAT SHOULD I BRING?

Windbreaker, rain jacket, warm
clothes, sunscreen, sunglasses

\$65 P/P





HISTORICAL QUITO



FREE WALKING TOUR: The Origin and Daily Life
of Quito's Historic Centre

TIME: 6:00PM | **DURATION:** 3hours | Free





CASA AGAVE

HIGHLIGHT: Best 6 New touristic projects in ECUADOR

INCLUDES

Botanic Garden
Museum
Distillery factory
Tasting 6 samples
Cocktail

TIME: 7PM

DURATION: 3 hours

\$20 PP Includes transportation



WEB

VIDEO



LA FLORESTA Y LA MARISCAL

Art Scene and Contemporary
Life of Quito

TIME: 6:00 PM

DURATION: 3 hours | Free



DESTINATION | PROGRAMMING v1

Week 2	TENA - BANOS	BANOS				BANOS - QUITO	QUITO
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
6:00 AM							
7:00 AM	DAILY WELLNESS	DAILY WELLNESS					
8:00 AM		Sunrise Walk - La Virgen					
9:00 AM							
10:00 AM		GET SHIT DONE		GET SHIT DONE			
11:00 AM							
12:00 PM		Active Pause 30'		Breath exercises - Stress relieve 30"			
1:00 PM	GET SHIT DONE		GET SHIT DONE		GET SHIT DONE	Tour Ruta de Las Cascadas + Manos de Dios (\$35) Rafting Paragliding Climbing ***	
2:00 PM							
3:00 PM							
4:00 PM							Departure Quito - Airport
5:00 PM							
6:00 PM		Pailon del Diablo (\$)	Workhop	Workshop	Sunset Walk		
7:00 PM	Salsa Class						
8:00 PM	Thermal Pool (\$6)		Karaoke Night	Bar hopping			
9:00 PM		Family Dinner (\$10)			Party Bus (\$12)		
10:00 PM							
11:00 PM							
12:00 AM							