

# Program 4D/3N in Sinchipura



## *Day 1*

- Welcoming and information at the RICANCIE office in Tena.
- Departure by bus until the suspension bridge on the Jatun Yaku river, walk until the community lodge.
- Welcoming and allocation of the rooms.
- Short walk around the community.
- Visit to a family house, where you will learn about Kichwa cultura, its stories and legends.
- Lunch
- Hike through the forest until the Pasu Urku natural viewpoint. On the way, you will see medicinal plants, edible fruits and plants, timber-yielding trees. You will learn about the history of the Llanganates National Park.
- Dinner

## *Day 2*

- Breakfast
- Visit to the community crops, where you will participate in the sowing and harvesting process of the area's products.
- Preparation of the chicha, Kichwa traditional drink.
- Lunch
- Swim in the Ilukulin river. In case of normal river height, you can go tubing.
- Crafts making with rainforest material.
- Dinner

## *Day 3*

- Breakfast
- Practice of traditional sport
- Visit to the museum on the Kichwa cultura.

- Lunch
- Hike to the Puma Rumi rock carving.
- Survival techniques in the rainforest and making of traditional traps.
- Dinner
- Farewell and cultural exchange night, with dance by the community children.



#### *Day 4*

- Breakfast
- Ride by car to the Waysa Yaku blue lagoon, where you will learn about the legend of the Cando stone (KANDU RUMI). Swim in the lagoon and observation of limestones.
- Lunch (at the lagoon)
- Departure from the lodge until Tena.
- Evaluation of the tour goodbye