

ECO-PLANET ADVENTURE

Presents you with:

EXPEDITION AMAZON

LEVEL 3 - Xtreme Challenge

14 DAYS

January 16, 2011 to January 29, 2011

**Eco Challenge Jungle Expedition
at Ecuador's Tropical Rainforest**



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Eco-Planet Adventure **EXPEDITION AMAZON**

"ADVENTURE IS THE STATE OF MIND THAT LEADS YOU TO WHERE OTHERS FEAR TO TREAD"

Welcome aboard our Jungle adventure EXPEDITION AMAZON - an Exploration journey on uncharted grounds in the Amazon Basin - where the footprints of men are sparse, yet tracks from wildlife are always abundant! Lead by Mickey Grosman, highly trained FDI Special Forces veteran and survivalist of the elements, Expedition Amazon will get your adrenalin pumping in a never-before-seen experience, deep within the dense Primary tropical Rainforest of Ecuador!

Eco-Planet Adventure is the emerging leader in providing authentic yet extraordinary travel experience of a challenging multi-sport and jungle exploration adventure.

Exploring the Amazon in small groups of no more than eight adventurers, we strive to keep the jungle Eco-system in balance without interfere its existing environment. We stand for law impact, yet mind-blowing adventures.

EXPEDITION AMAZON takes a "road-less traveled" approach to the untouched rainforest in exploration and survival through eco-conscious expeditions. Trekking, canoeing, kayaking and interacting with local tribal communities are only few of the activities we run. Deep in the jungle, we explore the untouched Rainforest and the amazingly diverse eco system, learning about its plants and specious, interacting with wildlife, and practice jungle survival skills. We sleep in tents, eat from the Rainforest with a mixture of traditional cooking and a variety of food we find from Fish to Plants, and learn to take only what we need and use all of what we take.

To cherry top this great Jungle experience you are about to board, we mix in our trip additional challenging sport adventures such as Mountain-bike rides down Volcanoes, White water rafting, Descending spectacular waterfalls canyons, and trips that takes us to some of the world famous landmarks of Ecuador such as the Equator and the most unique outdoor market of Otavalo.

You will return home with unbelievable stories, and pictures to share with family and friends and in addition, to a deeper appreciation of the world we live in.

EXPEDITION AMAZON is a physically and mentally challenging extraordinary experience. It requires endurance abilities, team work, good spirit and your sense of adventure, in order to meet all the trip's challenges.

ABOUT MICKEY, ECO-PLANET ADVENTURE FOUNDER

Years ago, with a far-reaching vision and lots of imagination, Mickey Grosman began dreaming of running Challenging Adventures in locations where no traditional travel companies go. His urge for challenges kept him coming back to the Amazon Rainforest where he was inspired to spread the thrill of Eco-adventures travel approach and the passion for Ecuador's wild nature, with adventurers like himself.

Months of preparations, logistics, innovations and creativity - while staying in the rural jungle and living among the Amazon indigenous - resulted in this amazing adventure that he is about to share with you. Mickey Grosman, the founder of ECO-PLANET ADVENTURE, his life experience and years of service in the IDF-Israeli Defense Special Forces, accompanied by his immense energy and endless courage, prepared him to overcome any obstacles on his way to achieve such a dream-adventure.

ABOUT THE INDIGENOUS PEOPLE OF THE AMAZON BASIN

Sharing his Eco-adventures dream and plans with his friends of the Amazon and providing logistical solutions, Mickey found the Amazonia indigenous to be very curious but somewhat skeptical. No adventure travelers have visited yet their land - located deep within the dense jungle of the Amazon basin. Logistically, having travelers coming their locations has not been possible, as no roads lead into the remote Rainforest, nor have any river routes followed directly from civilization back to their neck of the woods. Mickey presented the tribes with his eco-adventure plans and technical solutions while focusing on the creation of a coexistent relationship between Nature, the Amazonian indigenous, and Eco-Planet adventurers.

Understanding their culture and traditional values by listening to their needs, we, at Eco-Planet Adventure support the development of ecotourism among the small remote communities of Ecuador and provide them with an alternative source of income and a direct economic incentive that strongly and undoubted benefits the Rainforest conservation and reforestation.

The indigenous of the Amazon basin that host ECO PLANET ADVENTURES are grateful for the support and care pointed their direction, in the shape and in the name of Eco-Tourism and Eco-challenge adventures. They are fully involved in the daily activities of our adventures and share with us their life experience in the forest.





Eco-Planet Adventure
EXPEDITION AMAZON - JAN. 2011
14 days - 15 nights

Adventure duration: January 16th to 29th, 2011

(International Travel days need to be added based on your departure city and country)

Expedition Route & Itinerary

Arriving Quito - Ecuador's Capital City on Saturday, January 15th, 2011

- International travel day.
- Trip briefing will be held on the evening of January 15th.



Night Accommodations at Hotel QUITO
<http://www.hotelquito.com/>

Day 1: January 16th, 2010 – A day dedicated to body adjustment and acclimatizing to the Andes high altitude environment. Quito: 9250ft altitude.

Visiting **La Mitad del Mundo** (The Middle of the World). The Equator point as measured by the Global Positioning System, where we will witness several experiments that demonstrate the Coriolis Effect of the hemisphere and explore the History and culture of the Ecuadorian Andeans.



An afternoon tour of Quito's new and old city.



Night Accommodations at Hotel QUITO

Day 2 –Cotopaxi Volcano - located south of the Equator along the Avenue of Volcanoes - La Cienega., a 203 mile long valley between the major cordillera ranges. Massive and standing alone, these volcanoes provide abstract views, snow-covered contrast to the green equatorial lushness - exploring its extraordinary geological conditions, flora and fauna, the home for the Andes Deer and fox, puma, condor, wild horses and llamas. High altitude climbing in cold weather from about 15,000 ft towards the Cotopaxi's glacier base located at about 5 km/16,500 ft elevation. Mountain bike ride (optional) down the steep slope and down to the tropical. Day 2 ends at the colorful and unique town of Baños that sits at the Tungurahua Volcano foothill.



Night Accommodations at a local hostel in Baños

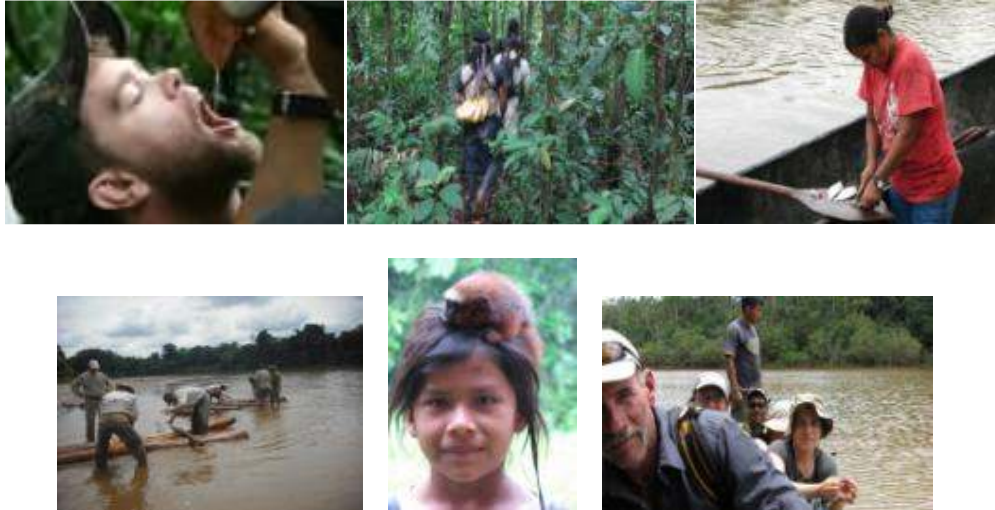
Day 3 - Flight from Shell airfield to Lorocachi airfield, about 300 miles deep into the rural jungle of the Amazon basin. Meet with Eco-Planet's indigenous jungle crew members who will escort us along the expedition. Dugout canoe ride along the Curaray River will take us to Victoria's Jungle community - An authentic Amazon village that hosts Eco-Planet Adventures.



- 8 days Jungle expedition begins at Victoria - an indigenous Citchua Amazonian tribal community, and continues to Baumeno - the Yasuní indigenous Huaorani tribal community.
- Nocturnal explorations, supported by night vision goggles.
- Accommodation: Sleeping in tents along the river lagoons or on the raised river banks.
- Food source is a variety of fish we catch, yuccas, plantain, chicha and food trading with by-pass local boaters / hunters. We also bring aboard basic conventional food supply.



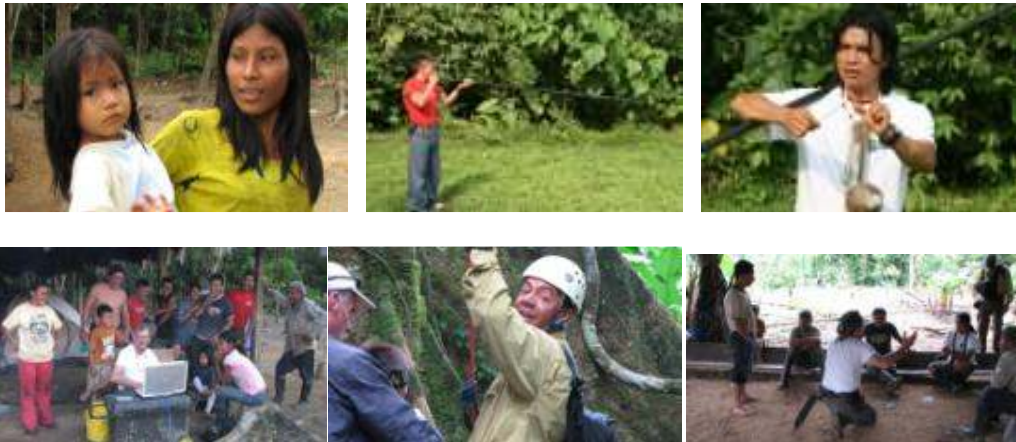
Day 4 – A dedicated day for basic jungle survival training. Jungle survival training and getting acquainted with the jungle environment will run daily along the expedition route while dealing with the Amazon jungle elements on a real time - "BOOT ON THE GROUND" Adventure.



Days 5–6-7-8-9 – Eco-Planet Expedition and the Amazon rainforest exploration continues and includes daily jungle trekking and dugout canoe rides along Rio Curaray and down to the Peru boarder , where Rio Curaray and Rio Cononaco meets and where the Amazon wildlife rules. Expedition continues up the Rio Cononaco stream towards Baumeno.



Day 10 – Expedition Amazon expected final destination is at a jungle village of the Huaorani tribe in Baumeno, where we will witness the traditional life of the indigenous people. Cultural interaction with the tribal community and local jungle sport competitions will call for the end of the Amazon basin exploration adventure.



Day 11 – Embarking the jungle by a plane back to Shell. Eco-Planet Adventure will continue up the Andes back to Baños - a colorful town that sits at the foothill cliff of Volcano Tungurahua. Baños de Agua Santa is refuge for more than 60 waterfalls that offers the most tranquility time so needed for body recovering following jungle expedition... The town also offers party and joy. Baños has an entertainment district with bars, discos, karaoke and other entertainment centers, which offer tourists the warmth of the local people. It is a safe place to enjoy all kinds of music and the best cocktails. Don't miss the nightly party bus trip to the observation mountain over the Tungurahua Volcano and the local fire ritual conducted each night on the mountain top.



Night Accommodations at a local hostel in Baños

Day 12 – Mountain and River sports: Morning White water rafting adventure, level 3 to 4, down the Rio Pastaza magnificence canyons at the foothills of the Tungurahua volcano. Afternoon Waterfall canyons descending adventure, rappelling down the most spectacular array of 6 to 7 waterfall cascades - some of 100 feet and higher. Instructions and safety rules provide by professionals at the sites. Descending gear provided at the site. Free evening at the town of Baños.



Night Accommodations at a local hostel in Baños

Day 13 - Free morning at Baños where you can go on various sport activities of your choice provided by the local community such as: horseback riding, four-wheel driving and more. Or try one of the famous local SPAs that operate out of the Tungurahua Volcano thermal waters of more than 130 F. degrees and that offer several therapies such as: fang therapy, PEDI therapy, massages, box baths, aromatherapy, etc. These therapies are well known in helping strengthen the spirit of the visitors. Nothing like a SPA in the clouds! Check out Luna Runtun SPA.



- Leaving Baños around 3:00 pm back to Quito.

Night Accommodations at Hotel Quito

Day 14 – Visiting the Otavalo artisan market in the **Plaza de Ponchos** in Otavalo north to Quito. It is undoubtedly one of the most important and spectacular markets in all of Latin America and the largest in all of South America.

You will experience here mainly the local Andean culture and spend an unforgettable morning among them. It's the best place to stock up on souvenirs and gifts for everyone back home!



Final destination of this Challenging trip is at the Cuicocha Crater Lake that lies at the foothill of the extinct volcán **Cotocachi** in the cordillera occidental of the Ecuadorian Andes. A volcanic eruption caused the dome of the Cuicocha to collapse inward; its glacier melted and formed a lake within the new giant crater. The Crater Lake is located at about 10,000ft altitude and its waters are blue green. There are two islets formed of 3 lava domes.



Night Accommodations at a local hotel in Quito

Sunday, January 30, 2011: Back home international travel day.



Itinerary Subject To Changes

Eco Planet Adventure EXPEDITION AMAZON - January 16th 2011

Trip duration: 14 days – 15 nights
Land Trip cost: \$3570 per person

- Cost is for land trip only and does not include international airfare and international taxes.
- Included in the cost are inland transportation, hotel accommodations, and all breakfast meals while on Ecuador's highland and 3 meals a day while on the Rainforest grounds.
- Excluded are: local Lunches and dinners while on the highland. Such will be of your own choice at locations we recommend. All cost of activities on your free day at Baños, day 13, is excluded too.
- All Ecuador's highland trips and jungle expedition are accompanied by E-PA trip leaders.
- When planning your trip, add to the trip duration your international travel time to and from Ecuador.
- Prior to each trip we offer a virtual video meeting, a platform to discuss the final trip details and where all questions and inquires are asked and answers are given.

SAFETY AND SECURITY

Eco-Planet expedition is led by highly trained Special Forces veterans and experienced and accredited native of the jungle guides trained in jungle survival.

Emergency support by SPOT tracking and rescue devise <http://www.findmespot.com> and by Satellite emergency phone.

SPOT TRACKING DEVICE



WHAT IS SPOT - a handheld Satellite Communication & Safety Device

SPOT dispatch emergency responders to your GPS location.

Let's family and friends know where you are and that you're okay.

Send and save your location and allow your friends to track your progress using Google Maps™. your entire route can be displayed and reboots itself every 10 minutes, allowing friends and family the ability to track your progress in real time.



To reserve your trip on line go to: <http://www.ecoplanetadventure.com/reservation.html>



www.ecoplanetadventure.com

Preparing for your Adventure trip to Ecuador

WHAT TO PACK

While choosing and packing the items below keep in mind that wearing Earth color clothing is required; shades of browns, khakis and greens. These colors will camouflage our presence in the jungle and afford us a better opportunity to spot monkeys and other wildlife.

Jungle expedition gear should be very light due to weight restrictions on the small plane flight to the jungle. Prior to leaving for the jungle you will be asked to pack your personal clothing and jungle gear into your small duffle bag, to be sufficient for a time period of only 9 days. Your main travel bag/s with the other clothing and gear will be stored at the hotel until your returning from the jungle adventure.

We weigh each individual plus gear prior to flight departure. Any extra weight nonessential items will be stored at boxes and kept until our return from the jungle adventure.

Due to insects presence along the jungle expedition it is recommended for you to wear long sleeves & collared shirts, long light pants along with a safari hat in order to protect the neck, head, arms, & legs from insect bites.

We will often hike over wet, muddy and slippery terrain so your hiking boots should offer good traction. With 2 pairs you will be able to rotate boots for optimum dryness.

Due to climate diversity in Ecuador you should pack in addition to the jungle wear also windbreakers, light and warm clothing, for the chilly & freezing weather up on the Andes mountains.

NOTE: The clothing and gear brand items below are suggestions / recommendations only and can be substitute with similar or other items you might already have and/or feel will better serve you.

JUNGLE CLOTHING:

- Good hiking boots - high top ankle ([NRS Workboot Wetshoe](#))
(Low cut shoes or sneakers would not be accepted for the jungle expedition)
- Light water shoes
- Wool socks (Smartwool) - 4 pairs
- Long sleeve earth colors light shirts (Eco-mesh shirt recommended) – 3 shirts
- Short sleeve earth colors shirts
- Cool max underwear – 3 pairs
- Long light pants – 3 pairs
- Quick drying travel towels – 2
- Mosquito head nets or Bug Out Jackets
- Speedo and/or any other swimwear
- Safari hat
- Bandana or Buff
- Sunglasses.
- Light rain jacket/windbreaker with hood
- Light wool or fleece sweater

COTOPAXI CLIMBING and DESCENDING:

- Sun block (due to a very high Ultra Violet level at this location)
- Windbreaker glasses
- Coat and warm clothing for freezing temperature
- Warm hat
- Gloves
- Hiking poles

EXPEDITION GEAR:

- Small duffle bag to pack for only a 6 days jungle expedition.
- Camelback type backpack (2-3 liter size)
- Water proof dry bag for personal gear and clothing.
- Water purifier bottle (katadyn - Exstream Purifier Bottle)
- Extra water purifier Filter
- LED lights (headlight/flashlight) – 2 sets suggested
- Extra batteries for led light
- Roll up sleeping mattress (Therm a rest) Extra light weight mattress
- Thermo-Lite 2.0 Bivvy Sack -Ultra light alternative to a summer-light sleeping bag.
- Hand gloves
- Anti-Chafing Skin Protection product (bodyglide)
- Bug repellent
- Organic bath soap
- Organic, Bio-graded hand-wash laundry soap.
- Whistle – a must to bring.
- Multi tools (Home Depot).
- Duct tape
- Magnesium lighter
- Electrolytes supplement supply (Hammer nutrition)
- Energy food / bars of your choice. (supply of 4 to 6 bars a day for 5 days)
- Camera/video, extra chips and extra batteries.

GEAR WE PROVIDE:

- Camping equipment including tents, hammocks and kitchen gear.
- Mountain bikes, white water rafting, descending / rappelling equipment & gear.

MANDATORY VACCINATIONS

- Yellow Fever

RECOMMENDED VACCINATIONS:

- Hepatitis A
- Hepatitis B
- Anti-tetanus

Yellow Fever is not a risk, but to avoid the disease getting started, the Ecuadorian government made it mandatory for all people who enter the Amazon rainforest region to have a yellow fever vaccination. It is mandatory to bring the vaccination certificate or a color copy of it with you. It is recommended to get a shot at least 10 days before you come. For more info go to: <http://wwwn.cdc.gov/travel/destinationEcuador.aspx#notices>



Together we are committed to leaving a positive footprint in each region we explore, helping to preserve the past and enrich the future.

Physical Preparing TIPS

Eco-Planet Adventure

Preparing Physically for Eco-Expeditions

In 5 Easy Steps

Step 1 – Walking: The most effective form of exercise for nearly all people is walking. For those who are already in solid physical condition, you can substitute running here. You should be able to walk at a brisk pace (roughly 4 miles an hour) starting with a distance of 2 miles and working up to 8 miles adding about 1 mile week to your walk.

Step 2 – Monitoring: You are going to be getting more fit as you prepare. As part of this you should monitor your fitness. Two good ways to do this are monitoring your weight and your heart rate. Record your weight daily by weighing yourself every morning (naked) after wake up, but before eating. Record your heart rate at the same time. Both your heart rate and your weight should decline as you get more fit.

Step 3 – Diet: Diets do not work. However that is not a license to eat anything. You should be eating a solidly nutritious diet. I recommend unlimited helpings of fruits and vegetables. The USDA puts out a great set of dietary guidelines at <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGCConsumerBrochure.pdf> Follow them.

Step 4 – Weight bearing exercise: A major part of overall fitness is strength. The way to become strong is to engage in resistance training such as lifting weights or doing weight based exercise. A great workout that does not require actual weights is push-ups and sit-ups, but you will likely want a more varied workout. A gym is a good place to do this – but with a few simple weight routines, it is easy to get this workout at home.

Step 5 – Do exercises you like: A list of good exercises are at <http://www.webmd.com/osteoporosis/living-with-osteoporosis-7/exercise-weight-bearing>, in addition other exercises such as sports, bike riding, swimming are all good. Find one you like and do it.

You Have a Goal – To be involved in adventurous activity requires a level of fitness. You have a goal, so keep at it.



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