

EXPERIENCES MENU
WOMAN TRAVEL COLLECTION | 2023



The art of travel
design

Lets Co-create authentic experiences and add value to your trip design with our curated **Menu of Experiences**, an exceptional sales tool for agents to fully customize programs depending on special guests travel interests, values and motivations when exploring Ecuador and Galapagos.

Choose the perfect add-ons to combine with our core day or multiday programs; and shape Women travel Experiences embracing our ancestral beliefs and wisdom deep rooted through connection with the elements of Mother Earth at the Equator!

4 STEPS TO GET A TAILORED
TRANSFORMATIVE WOMEN JOURNEY

P . A . T . H

Prepare

We listen and ask thoughtful questions about interests, memories and passions, we customize and craft every detail in our trips long before guests' arrival. Let's create a collaborative space to exchange inspiration.

Adventure

Taking action through nature immersion, community engagement and a respectful approach to other cultures and cosmovision. While on travel, we will create a circle of reflection to value the experience of our journey.

Think

By travelling with intention for a positive outcome that reconnects with your purpose and generate wellness to your body, mind and spirit. Try the new, build physical strength, eat well, be present, disconnect to connect!

Honor

Integrating a trip celebration and local rituals. Return with great memories, new skills and increased gratitude for an outstanding life journey to be cherished and shared with family and friends.

A photograph of two women standing in a lush garden, engaged in conversation. The woman on the left has curly hair and is wearing a dark sleeveless top, while the woman on the right has long straight hair and is wearing a blue tank top. They are positioned behind a wire mesh fence. The background is filled with tall trees and dense foliage, with sunlight filtering through the leaves, creating a warm, golden glow. The overall scene is peaceful and inspiring.

Inspiration
To create woman
travel journeys

Ways to travel are diverse, and the best catalyst to secure "the outstanding" and differ from other travelling experiences and women retreats is when you blend and amazing destination, with programs that are carefully curated integrating: experiential learning, personal wellbeing, safe adventure management, local interaction and a wise balance between challenge and comfort.


**WOMEN OF
AIR:**

Curious, intellectual, seeking knowledge



EMBODIMENT SAN CRISTOBAL – GALAPAGOS

Connect since day one to become an empowered version of yourself through the living of your intentions. Breathe, stretch and set your intentions, we will create space for your fullest self-expression to be present and unleashed.



YOGA SAN CRISTOBAL – GALAPAGOS

Creative flows to help connect your body, mind, and spirit. Ignite your energy, each class will be accommodated as per group pace. Morning practices to ground you into the present moment and start every day full of fresh energy or evenings with a gentle practice to wind down for rest.



NATURALIST ILLUSTRATION COTOPAXI - ANDES

In this experience you will be able to open your eyes to the beautiful natural world. We will walk through the dry forest of Tilipulo Hacienda where we will watch land owls, long-tailed hummingbirds, agaves, various cactus and more. Pick the plant or animal you want to illustrate. Will take pictures, live specimens to illustrate them using water color, colored pencil and pencil. Illustration will captivate you due to its power to transform and sensitize.



ANCESTRAL WEAVING TECHNIQUES IMBABURA - ANDES

Experience Ecuador's rich cultural diversity through the eyes of empowered local woman that also are key to preserve Ecuadorian Communities ancestral traditions, wisdom and artisanal work. As we travel through our Andean Villages get marveled by the weaving art of "Luzmila" in Peguche and the Andean scenes captured on her weavings and rugs.



GIFTED HANDS EMBROIDERY LESSONS ZULETA- ANDES

Pre-Colombian Andean cultures boast a long tradition of weaving abilities. The most talented weavers could produce material with as many as five hundred two-ply woolen wefts per inch. Become part of the famous creative tradition of Zuleta and try your hand at embroidery with the help of our friendly local woman experts!

WOMEN OF

WATER: Nourish and gestate while being fluid



**SEA KAYAKING SAN CRISTÓBAL,
SANTA CRUZ, ISABELA - GALAPAGOS**

Kayak along the coastal bays and coves in comfortable sea expedition kayaks. We will start with a comprehensive safety brief by our expert guides, after which you can embark on the water and enjoy the company of the region's famous blue footed boobies, frigate birds, sea lions, and sea turtles. A kayak is a sustainable way to explore these waters and the least invasive to local species on the cliffs and water.



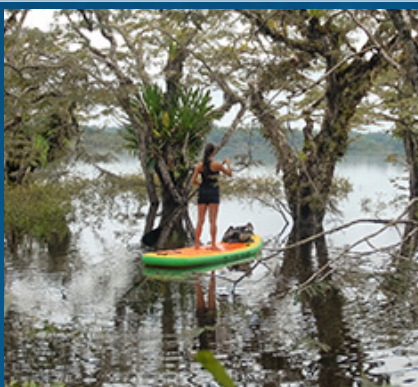
**STAND UP PADDLE BOARD (SUP) SAN CRISTOBAL,
SANTA CRUZ, ISABELA - GALAPAGOS**

Explore calm waters along the coastline, islets, and bays in the three islands. We will paddle into these serene waters through channels bordered by towering lava walls. The water is so clear, we will be able to see rays, tropical fish, white-tipped reef sharks cruising below. We can also paddle right up to the fearless blue-footed boobies, lava gulls, herons, sally lightfoot crabs, and marine iguanas perched along the cliffs.



**BOOGIE BOARD EXPERIENCE SAN CRISTOBAL
& ISABELA GALAPAGOS**

An exciting and fun activity! We will start with a safety briefing after which our expert guides will teach you how to use your boards. Then we'll grab a boogie board and catch some waves in front of our hotel. This is a great way to spend some time in the water, try a new skill, keep a look out for boobies, marine iguanas and sea lions!



STAND UP PADDLE BOARD IN THE RAINFOREST AMAZON

The Cuyabeno Reserve is the largest river lake system in the Ecuadorian Amazon. As you paddle along its waterways, you'll encounter its amazing display of beauty, wildlife and astounding biodiversity. Is a complex system of lagoons, channels and rivers in the flooded tropical rain forest. Paddle the river lakes and waterways and marvel at hundreds of species of tropical birds, monkeys, reptiles, pink river dolphins, and possibly the Amazonian manatee.



WOMEN OF

FIRE:

Provide heat and transform. Driven by passion



ANDEAN CULINARY WORKSHOP AND COOKING CLASS QUITO – ANDES

Walk through the San Francisco Market in Quito's Old Town, and handpick ingredients with the help of a local Chef. Afterwards, prepare a meal with the ingredients you have picked and learn some practical yet traditional Andean recipes with which you can impress dinner guests back home!



MYSTICAL EXPERIENCE WITH A SHAMAN OTAVALO – ANDES

Immerse yourself in Otavalo healing culture by taking part in an authentic healing ritual performed by a shaman. This ancestral healer will use medicinal plants, eggs, candles, tobacco and even a guinea pig for the ceremony. Feel the ritual energy and experience the Andean way of life and ceremonies.



SUNSET PORK BBQ WITH PRIVATE COCKTAILS PARTY ISABELA – GALAPAGOS

Enjoy a wild pork barbeque 'Casa Baronesa', as you watch the sun set over the ocean. This traditional meal is hunted for in the island highlands and prepared by our expert local chef. Celebrate your group sisterhood and admire Isabela island's stunning scenery while drinking delicious tropical cocktails!

WOMEN OF EARTH:

Structure and root with deep connection to land



PACHAMANCA UNDER EARTH COOKING RITUAL PEGUCHE - ANDES

Andean ceremonial kitchen where food is prepared and cooked inside the mother earth. The pachamanca is performed in ceremonies such as the Solstices and Equinoxes of the agricultural calendar, marriage, welcome, farewell, gratitude to Father Sun and Mother Earth for food and also to thank for our life.



THE AGAVE ROUTE SPIRITUAL DRINK EXPERIENCE POMASQUI - ANDES

The agave synthesizes light to generate an elixir that the native peoples called Miske and even said to be like ingesting life itself. Is the first drink with a designation of origin in Ecuador. Local producers are 95% indigenous women over 50 years of age, who dedicate this way of life to support their families. We tell their story because they are an intangible heritage and the heart of each of the agave bottles.



ORGANIC GALAPAGOS COFFEE TOUR SANTA CRUZ - GALAPAGOS

Coffee drinkers shouldn't miss this great opportunity to visit a local organic farm where the Galapagos' famous organic coffee is made. Learn about the sustainable ways in which farmers produce this coffee, ensuring that it's bird friendly! After experiencing one of Ecuador's best coffees. This is a truly sensory experience that will delight foodies.



FARM TO TABLE COOKING CLASS SANTA CRUZ HIGHLANDS - GALAPAGOS

Prepare a delicious creole meal farm to table sourced, try fresh tropical fruit and veggies organically raised that come from a Women entrepreneurship Finca, understand conservation efforts food related. Get immersed in a unique cooking experience at a charming local property in the woods of the highlands and enjoy a homemade lunch cooked with heart.



COASTAL RIDE ON FAT BIKES | ISABELA GALAPAGOS

Take a FAT bike out for a spin on one of the most beautiful trails in the Galapagos. This ride takes us through variety of coastal ecosystems: beautiful white sandy beach, dense mangrove thickets, and alongside a lava tunnel. Along the way well see Galapagos giant tortoises, mangrove finches, American oystercatchers, herons, flamingos and marine iguanas. We'll continue to the Wall of Tears, a relic of Isabela's history as a past penal colony.



**NEOTROPIC
EXPEDITIONS**

Inspiration is the destination

INTERNATIONAL +593 2 604 6800

www.neotropicexpeditions.com

www.opuntiahotels.com

