

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Ecuador



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

SOME PROGRAMME EVENTS MAY BE COMBINED BASED ON THE NEEDS OF THE EXPEDITION & THE SCHOOL

Welcome to Ecuador

Immerse yourself into the colourful culture of Quito and trek through volcanic landscapes and the skyscraping peaks of the Andes.

Set off to explore the jungle where you will learn about life in an Amazonian community and experience a true adventure rafting down the exciting Río Napo.

Along the way, multi-day trekking to the dramatic Laguna Quilotoa, time spent supporting wildlife conservation projects, and visits to vibrant indigenous markets offer a powerful mix of challenge, cultural connection and purpose. From high-altitude mountains to dense rainforest, Ecuador delivers an unforgettable journey of exploration, impact and adventure, making it one of the world's most exciting and unique destinations for groups!



WHY ECUADOR FOR AN EXPEDITION?

- » Multi day treks through volcanic landscapes
- » Help preserve precious environments and traditions
- » Enjoy a white-water rafting adventure on the Río Napo
- » Stand with one foot in the northern hemisphere and the other in the southern
- » Visit the gateway of the Amazon Rainforest
- » Explore the famous Otavalo markets

The Land of the Four Worlds

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY : 28 DAYS

SEASON: SPRING, SUMMER & AUTUMN ONLY

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 and 2: Travel from the UK and arrive in Quito

Day 3: Orientation and exploration of Quito's historic Old Town

Day 4: Visit Mitad del Mundo, the Middle of the World

Day 5: Explore Rucu Pichincha and enjoy high altitude mountain views

Day 6: Travel to Laguna Quilotoa via Mindo cloud forest

Day 7 to 10: Trek the Quilotoa region and camp under the Andean stars

Day 11: Travel to Tena, gateway to the Amazon

Day 12 to 16: Service learning with a wildlife rescue centre near Tena

Day 17 and 18: Jungle experience with local guides in Amazon rainforest

Day 19: White water rafting on the Upper Rio Napo

Day 20: Travel to Otavalo and explore the Andean highlands

Day 21: Visit the famous Otavalo markets

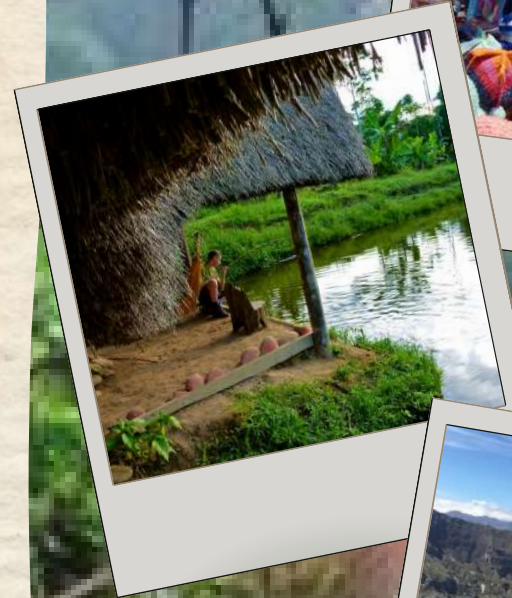
Day 22: Trek Laguna Cuicocha volcanic crater lake

Day 23: Travel to Mindo cloud forest

Day 24 and 25: Experience the Mindo cloud forest trails and wildlife

Day 26: Travel back to Quito

Day 27 and 28: Depart Quito and return to the UK





Your Expedition Starts

Day 1-2

Arrival

Depart the UK and begin your journey to Ecuador, the Land of the Four Worlds. On arrival in Quito, settle into your accommodation and take in the views of the Andean capital. These first days will allow you to rest, get to know your team and your leaders and acclimatise to the high altitude before the adventure begins.

Day 3

Orientation and Historic Quito

Spend your first full day adjusting to your surroundings and organising arrangements with your in country providers. You will explore Quito's UNESCO listed Old Town, discovering its colonial architecture, plazas and vibrant culture. This day helps you settle into Andean life and prepares you for the phases ahead.

The Middle of the World

Day 4

Mitad del Mundo

Today you will visit Mitad del Mundo, the Middle of the World. This iconic monument marks the equator line where you can stand with one foot in each hemisphere. Enjoy the museums, viewpoints and interactive displays that explain Ecuador's unique geographical position.



Day 5

Rucu Pichincha

Spend the day exploring Rucu Pichincha, one of the mountains overlooking Quito.

Travel by cable car before hiking into the high Andean landscape, enjoying sweeping views of the city and surrounding volcanoes. This is an incredible introduction to the altitude and scenery of the Ecuadorian Andes.

Begin Your Trek

Day 6

Travel to Laguna Quilotoa

Depart Quito and travel northwest to Mindo, a lush cloud forest town renowned for its waterfalls, wildlife and birdlife. After a peaceful stop, continue your journey towards the Quilotoa region where you will settle in before beginning your trek. This transition from cloud forest to high altitude plains offers a beautiful change of scenery.



Day 7 -10

Laguna Quilotoa Trek

Over the next three days you will take on the Laguna Quilotoa trek, following trails through remote Andean villages and dramatic landscapes. Camp under the clear skies and experience nights filled with stars at high altitude. Along the way you will enjoy breathtaking views of the Quilotoa crater lake and surrounding mountains.

This trekking phase offers a chance to disconnect, immerse yourself in nature and experience life in the rural Andes.





Day 11

Travel to Tena

Travel from the high Andes to Tena, a journey that typically takes five to six hours. As you descend from the cooler mountain climate into tropical lowlands, the landscape transforms into dense jungle. Tena is known as a gateway to the Amazon and will be your base for the next phase.

Day 12-16

Service Learning Phase

Join an NGO wildlife rescue centre near Tena for your service learning project. Here you will support the rehabilitation of animals rescued from illegal trafficking, helping staff with daily tasks and learning more about Amazonian conservation challenges.

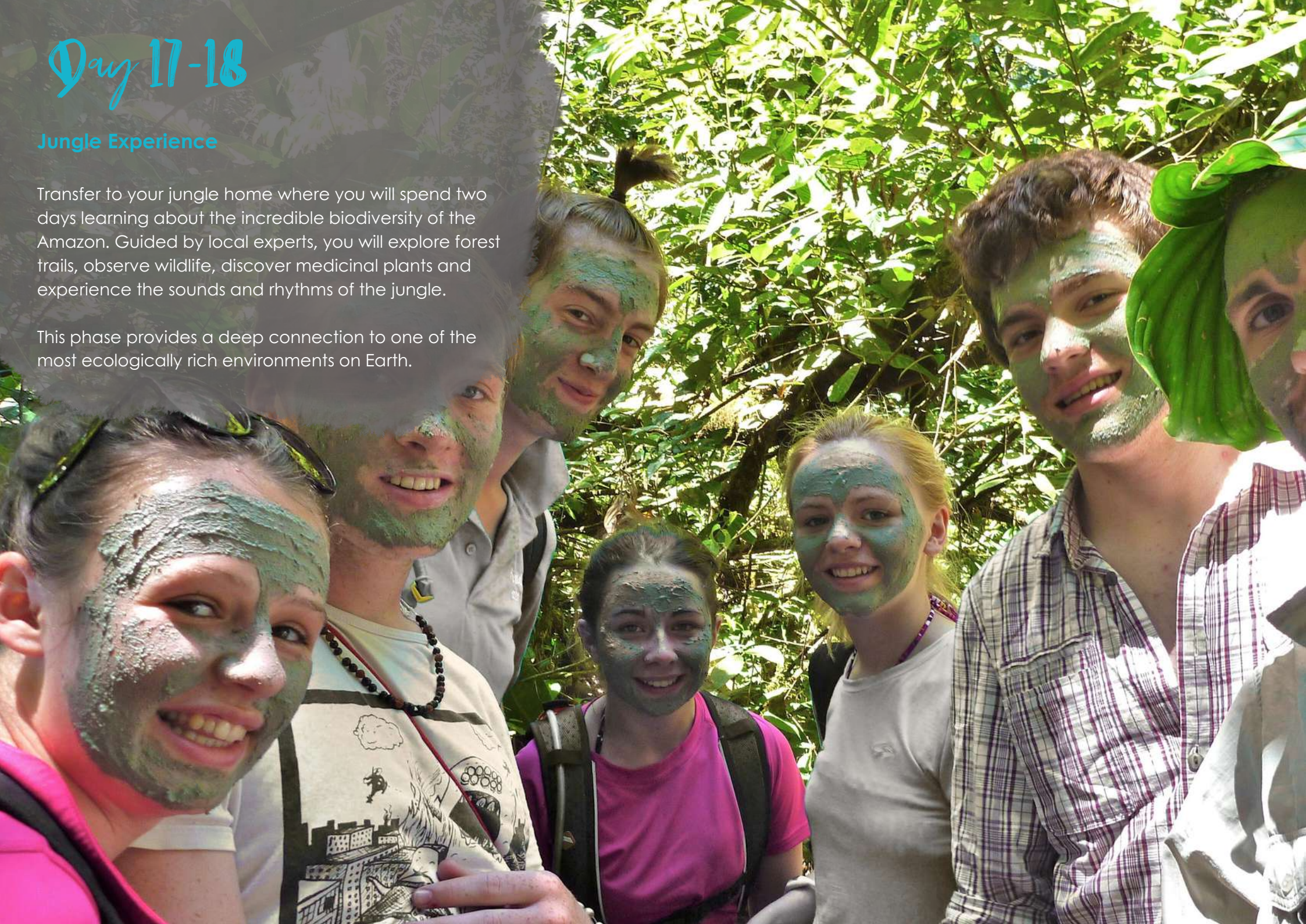
You may support food preparation, enclosure care, enrichment activities or monitoring tasks. These days provide meaningful insight into wildlife protection and the impact of conservation work in the Amazon region.

Day 17-18

Jungle Experience

Transfer to your jungle home where you will spend two days learning about the incredible biodiversity of the Amazon. Guided by local experts, you will explore forest trails, observe wildlife, discover medicinal plants and experience the sounds and rhythms of the jungle.

This phase provides a deep connection to one of the most ecologically rich environments on Earth.



A group of people are white water rafting down a river. They are wearing helmets and life jackets, and are using paddles to navigate the rapids. The water is turbulent and white with foam. The raft is a grey inflatable boat with orange straps. The background shows a steep, rocky riverbank.

Day 19

White Water Rafting

Spend today rafting 25 kilometres along the Upper Rio Napo. The river offers exhilarating grade three rapids, making for a fun and exciting adventure. You will also enjoy calmer sections that allow you to soak in the jungle surroundings from the water.

Day 20

Travel to Otavalo

As you leave Tena, the jungle gives way to misty cloud forests and winding mountain roads. Arrive in Otavalo, a vibrant Andean town known for its Indigenous culture and artisan markets. Settle in and enjoy the change in pace and altitude.

Day 21

Otavalo Markets

Explore the famous Otavalo markets, one of the largest Indigenous markets in South America. This is the perfect place to pick up handmade textiles, crafts and souvenirs while experiencing local traditions and community life.

Day 22

Trek Laguna Cuicocha

Hike the 12 kilometre crater rim of Laguna Cuicocha, a volcanic lake formed over 3000 years ago. The high altitude trail offers spectacular views across the water, with two small islands breaking the surface of the deep blue crater lake.

Day 23

Travel to Mindo

Travel from Otavalo to Mindo, moving from high Andean landscapes into lush cloud forest. Mindo is known for its biodiversity, hummingbirds, waterfalls and peaceful riverside setting, offering a refreshing contrast to the high mountain environment.

Day 24-25

Mindo Cloud Forest

Spend two days enjoying the Mindo Cloud Forest, exploring its trails and experiencing its rich birdlife. This phase offers a perfect blend of relaxation and gentle adventure, with opportunities to visit waterfalls, butterfly gardens or zip line above the forest canopy.



Explore Quito

Day 26

Travel to Quito

Return to Quito for your final night in Ecuador. You may choose to explore more of the city, visit local cafés or simply relax and enjoy the final evening of your expedition.



Day 27-28

Depart Quito

Say farewell to Ecuador and begin your journey back to the UK. After an expedition filled with trekking, conservation work and discovery across the Andes and Amazon, you will return home with unforgettable experiences and new skills.

 Home...

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

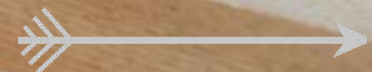
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award