

# Sumak Kausay 4 Days / 3 Nights

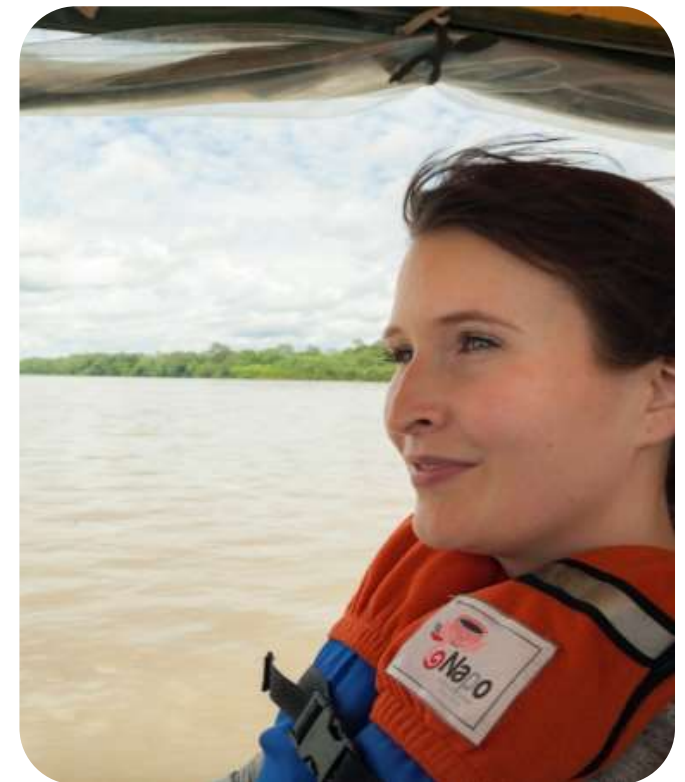
The good life or Sumak Kausay means "full life" from the indigenous viewpoint, aspire to live well and live "better." This is possible when there is harmony between human beings with their past, their peers, their community, their roots culture, spirituality and nature, with the members of the kichwa community.

## DAY 1

Arriving at Napo Cultural Center, you have the outstanding chance to step onto the aboriginal territory of the kichwa Añangu community, whose members will welcome you with a traditional and refreshing ice cold "wayusa", the local hotel manager will give quick instructions and immediately will take you to your comfortable room with views of the rainforest in order to get ready for the first activity in the afternoon.

Hike along "Playas" trail to experience amazon wildlife for the first time in the river islands and shores amidst of one of the most biologically diverse places on Earth.

Kayaking is also available as an optional activity for around 45 min. to enjoy an overwhelming and colorful sunset in the vastness of Napo River. Then head back to your cabin, rest a little bit and be prepared for a well-deserved dinner. After dinner sleep with the relaxing sounds of the amazon.



# Sumak Kausay 4 Days / 3 Nights



## DAY 2

Early breakfast and then head in the motor boat to one of the highlights of Yasuni Biosphere Reserve, the parrot clay lick in the riverside of River Napo, bring your binoculars and camera lenses to see flocks of blue-headed, yellow-crowned parrots and even dusky-headed parakeets, from the boat.



Then walk around 30 min, through “pericos” trail to reach the blind in the forest with a direct view to the amazing parakeet clay lick, which brings visitors face to face with up to 11 species of parrots and parakeets (including parrotlets and macaws), sometimes even mammals like howler monkeys, tapir and peccaries come to this place to drink water and get vital minerals for their body.

# Sumak Kausay 4 Days / 3 Nights

We end this morning with a visit to the intercultural interpretation center "Kuri Muyu" which means golden seed in native language, handled by the women of the community also known as "mamakuna" learn about the kichwa culture, crafts, customs and traditional use of natural resources directly from the people of the aboriginal community.

We return to the center of the community to have lunch at the dining hall and take a break in the lodge before hiking one hour in order to climb up the observation tower reaching 35 meters above the surface with high chances to spot a variety of birds, howler monkeys, squirrel monkeys, toucans, parrots and sloths.

Time for dinner followed by a unique activity at Napo river, onboard the ancestral catamaran to know more about their legends and traditional chants, while women grill some delicious snacks in the fire.





# Sumak Kausay 4 Days / 3 Nights

## DAY 3

Enjoy the sunrise at breakfast, visit the sustainable community projects, talk about the worldview Kichwa Addition to medicinal and walk in the Mama Cuna road, excellent opportunity to see more wildlife, ceiba trees, strangler, bamboo cane, vines and shrubs endemic from Yasuní.

In the afternoon after a delicious local lunch paddle around “Añangu” stream, a black water ecosystem where you can spot monkeys jumping from tree to tree, caiman and sometimes even giant river otters trying to catch fish.

Upon arriving you will have time to settle back and prepare for a traditional typical dinner to taste local flavors of the amazon, such as “maito” which is grilled fish wrapped in a “bijao” leaf and if you have an adventurous palate try the grilled worms of the “chonta” locally known as “chontakuru”.

After dinner, prepare your flashlight for a night walk around the lodge to see different kind of insects, reptiles and even nocturnal mammals like the night monkeys.



# Sumak Kausay 4 Days / 3 Nights

## DAY 4

To close with a flourish, take part on the optional “wayusada” ritual, in which at dawn around 4:30 am is the time when the kichwa family share together the sacred “wayusa” and has been a way to pass their ancient knowledge to the new generations, here you also share traditional chants and have the chance to “interpret dreams” with the wisest “mamakuna” at the community, a mystique experience indeed.

Then head back for breakfast, while our staff pick you luggage for your return to Coca town, onboard our comfortable motor boats for the last chance to appreciate the Ecuadorian rainforest landscape, until you reach “La Mision” river port.

