



# **Mindo Biking**

## **Three-day Biking Adventure**



# Day One

## Activities :

- Birding, Nature and Trekking
- Cock of Rock Lek
- San Tadeo Bird Watching
- Visit to Milpe Bird Sanctuary

## Includes:

- Transportation
- Sack breakfast
- Birdwatching equipment
- Purified drinking water and fruit
- Lunch

## Does NOT include:

- Dinner, lodging



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# Day One Itinerary

05h00 Pick up at hotel and departure to  
Cock of the Rock lek + San Tadeo birds

07h30 Sack breakfast

09h00 Departure to Milpe Bird Sanctuary

10h00 Arrival to Milpe

12h30 Departure to San Miguel de Los Bancos

13h00 Lunch at Mirador Río Blanco

14h00 Return to Mindo

15h00 Free afternoon

End of Day



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## *San Tadeo Bird Watching*

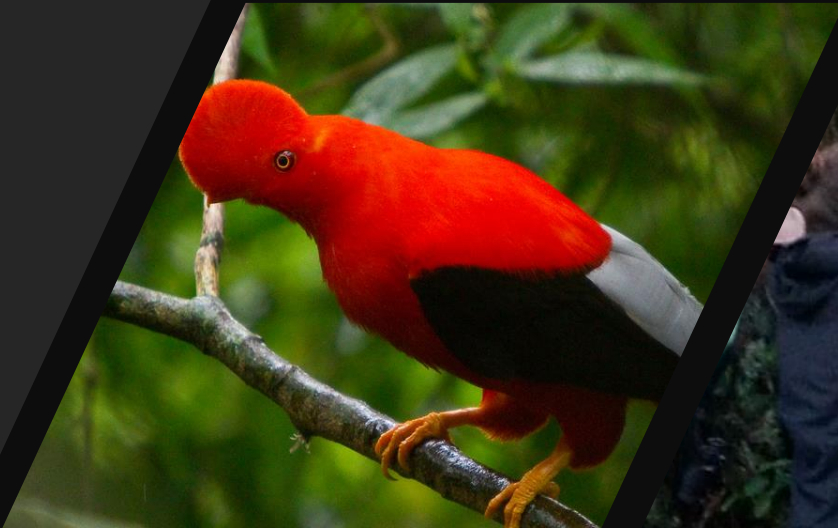
- Privately owned protected cloud forest located at 15 minutes from Mindo
- Renowned for its Cock-of-the-Rock lek
- And a variety of beautifully colored tanagers, barbets, euphonias, tucanets, arasaris, hummingbirds and more...



# Cock of the Rock Lek

Just a 15 minute hike up to a hidden spot will grant you over one hour of delight while you observe the gathering of a dozen scarlet-colored male birds executing their regular performance for one endearing female.

Known as a “lek” this performance led by several “cock of the rock” male birds will completely engage you and leave you smiling for the rest of the day!





After visiting the lek we stop at a cozy observation deck where we enjoy a warm cup of local coffee, tea, snacks and some more birdwatching.

This scene is filled with colorful birds eating local fruit, taking morning showers and pretentiously posing for our cameras.

## Scene 2: Colorful Birds

Tanagers, Euphonias,  
Thrushes, Toucan barbet...



Last but not least...

Our birdwatching journey ends with a magical encounter with at least 20 species of these fairy-like birds.

Each one different and special, these tiny beings pack a treasure trove of mystifying features that will remind you of the beauty of life.

### Scene 3: The hummingbird nook

## *Milpe Bird Sanctuary*

- A 100 HA protected forest located at 1020 to 1150 asl
- A Chocó Andean Foothills Rainforest habitat managed by The Mindo Cloudforest Foundation
- Adjacent to 'Milpe Gardens' which has access to the Chahuayacu river valley and makes a great addition to their ample trail system.





# Day Two

## Activities :

- Full Day Cycling
- Pacto, Mashpi, Pachijal

## Includes:

- Transportation
- Breakfast
- Bicycle and equipment
- Purified drinking water and fruit
- Picnic at the river

## Does NOT include:

- Dinner, lodging



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# Day Two Itinerary

- 06h00 Pick up at hotel and departure to Pacto
- 07h20 Breakfast in Pacto
- 08h15 Departure to Mashpi and Pachijal
- 14h30 Estimated arrival to Pachijal River
  - Swimming, resting and picnic
- 16h00 Estimated return to Mindo

End of Day



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## Pacto – Mashpi – Pachijal

- 32 km intermediate –advance level
- Breakfast and kick off in Pacto
- Bike through Mashpi Cloud Forest Conservation Área
- End with a cozy picnic at Pachijal River



# Day Three

## Activities :

- Butterflies
- Waterfall Sanctuary
- Chocolate Tour
- Guided Night Walk

## Includes:

- Transportation
- Entrances to all attractions
- Fruit and snacks
- Purified drinking water

## Does NOT include:

- Breakfast, lunch, dinner, lodging



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# Day Three Itinerary

- 08h45 Meet up at Mindo Biking
- 09h00 Departure to Butterfly Farm by vehicle
- 09h15 Visit Mindo's Butterfly Farm
- 10h15 Departure to Waterfall Sanctuary
- 10h45 Ride cable car and visit the waterfalls
- 13h00 Return to town in vehicle
- 13h30 Lunch in El Quetzal de Mindo (at own expense)
- 15h00 El Quetzal de Mindo Chocolate Tour
- 16h00 Free afternoon
- 19h00 Pick up at Hotel for Mindo Night Walk
- 21h00 Drop off at Hotel

End of Tour



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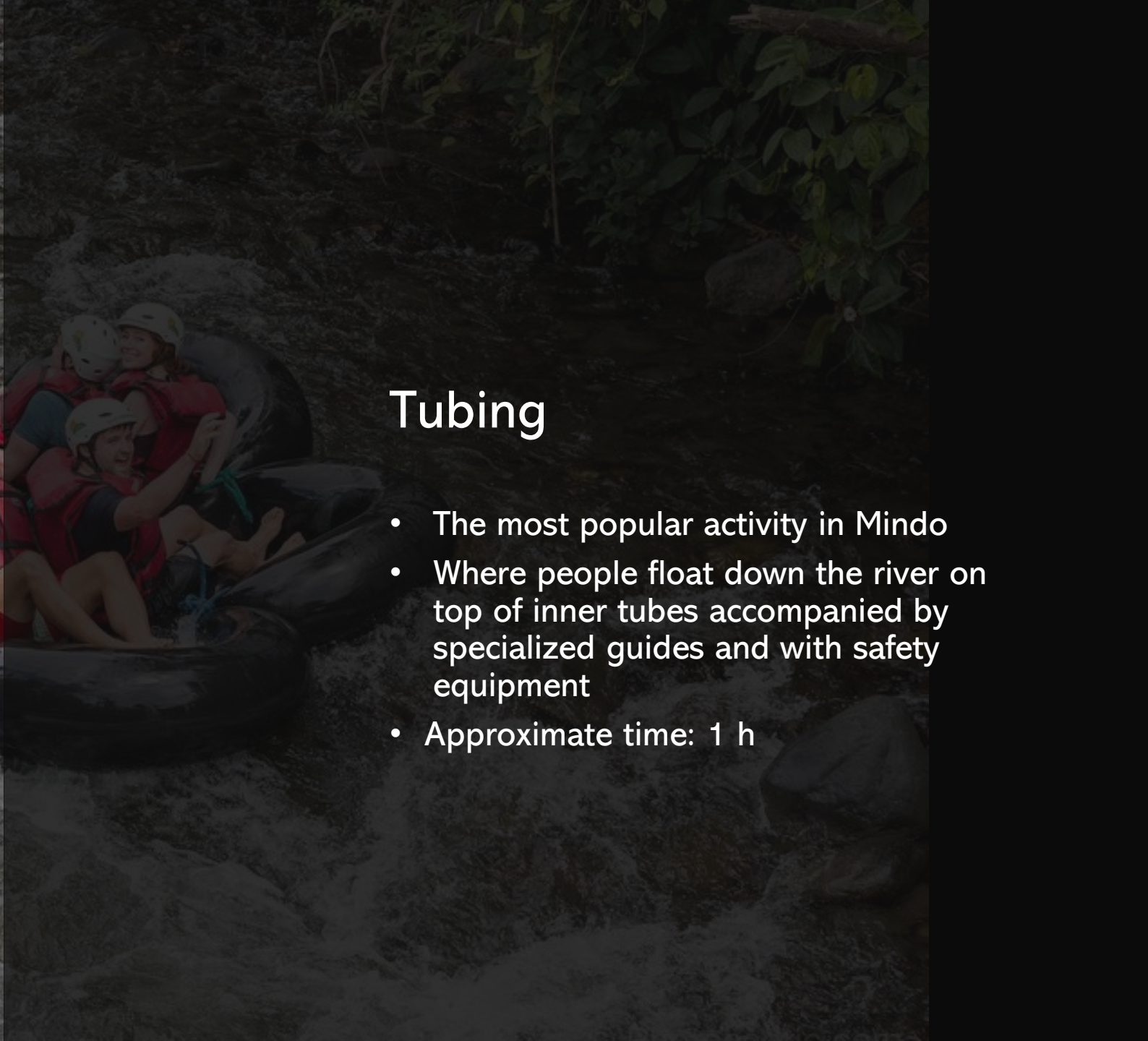
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## Butterfly Farm

- Interactive garden with information on native butterfly species
- Located at 3 km from the town of Mindo
- Open from 9am to 4 pm
- Best time to visit: 9am-12pm
- Activities include:
- Photography and learning
- Approximate time: 1.5 h



## Tubing

- The most popular activity in Mindo
- Where people float down the river on top of inner tubes accompanied by specialized guides and with safety equipment
- Approximate time: 1 h



## Mindo Chocolate Tour

- Learn each step of how small batch chocolate is made from the bean to the bar. Finishing with a decadent array of chocolate tastings and pairings.
- Located in town
- Hours: 10:00 am-5:00 pm





## *Mindo Night Walks*

- Guided walks through the cloud forest in search of nocturnal animals
- Knowledgeable guides provide a fun and educational experience
- Starts at 7 pm
- Lasts approximately 2 hours
- Located at 3.5 km from town

# 3-Day Biking Adventure Package

Includes the following (please refer to itinerary)

- Entrances to all attractions
- Breakfast and lunch (on some days)
- Bicycle and equipment rental for all activities
- Specialized guides
- Purified drinking water
- Local transportation

Does NOT include

- Anything not described in the itinerary
- Taxes (12% IVA)
- Lodging and transfers

## OPTIONAL SERVICES

Transfers from/to Quito Airport = \$80.00

Assistance with lodging reservations

Additional Information:

Please specify any food allergies, special medical conditions or any other specific needs

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Thank you for your interest  
in Mindo Biking

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Mindo, Ecuador

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