



*Cultural Adventures:
Tours for the Young-at-Heart*

Galapagos Yoga Retreat

September 8 - 16, 2017

Yoga, you and the Galapagos Islands are a perfect combination. During this retreat you will refresh both your body and spirit while walking among giant tortoises and snorkeling with sea lions on the Galapagos. Each day will include a morning and evening yoga practice. The location of the practice will vary depending on the daily activity but will include beaches, the malecon or boardwalk, and a seafront gazebo.

- **Morning Yoga** practice will focus on mindfulness, creating flexibility and a sense of calm, while exploring a variety of yoga postures. Breathing practices will be included. The intensity of the class is flexible and will be adjusted to meet the individual needs of each student.
- **Evening Stretch and Restorative** poses will bring a feeling of calmness, peace and general well being! A perfect way to end the day.
- **Join us for all or some of the yoga sessions—it's up to you.**

Itinerary:

Sept 8 – Arrive in Guayaquil - Arrive in Guayaquil, Ecuador's largest city. You will be met at the airport and driven to our hotel. Grand Hotel or equivalent

Sept 9 – Loberia Beach, San Cristobal Island – Morning flight to San Cristobal Island, Galapagos. Visit Loberia Beach to view marine iguanas and sea birds. Then snorkel with sea lions or enjoy their antics as you relax. (B, L, D)

Sept 10 - Frigate Hill & Interpretation Center, San Cristobal Island– After our morning yoga we'll visit the Interpretation Center to learn about the history, biology, and geology of the islands. Next we'll walk up Frigate Hill to enjoy a magnificent harbor view. After a relaxing lunch we'll take a dingy tour around the bay to observe harbor activities, look for sea turtles and watch sea lions climb on fishermen's boats. You might then decide to swim, kayak or just relax before enjoying dinner with the group. (B, L, D)

Sept 11 - Kicker Rock, San Cristobal Island - All aboard as we sail to Kicker Rock to enjoy the colonies of sea lions, floating sea turtles and sea birds. Lunch will be served onboard. Swim, snorkel and roll up your pants as you explore Puerto Grande, the best beach of the Galapagos. Dinner is on your own so you can try out one of the local restaurants. We'll gather after dinner for our evening restorative yoga session. (B, L)

Sept 12– Turtle Rearing Center, San Cristobal Island - Today we'll explore the San Cristobal highlands beginning with a visit to the Cerro Colorado land tortoise-rearing center. There we'll learn about the conservation plans of the National Park Service and observe large land tortoises resting under the trees. A walk around El Junco Lake, the only permanent, fresh water lake in the Galapagos is next. Back at the harbor you'll have a chance to view the underwater animals as you ride in a glass-bottom boat. As local musicians perform, we'll enjoy a Galapagos dinner. (B, L, D)

Sept 13 – Free Roaming Tortoises & Darwin Center, Santa Cruz Island - We take a motor launch to Santa Cruz Island and then head to the highlands to walk through lava tunnels and among giant land tortoises. We'll have a picnic lunch in the highlands. This afternoon you can explore the town and local fish market or relax before our visit the Charles Darwin Center. Dinner with the group at a local restaurant ends the day. (B, L, D)

Sept 14 - Santa Cruz & Uninhabited Island tour - Today we will have an exciting yacht tour to an uninhabited island with plenty of wildlife to observe. Depending on the itinerary determined by the National Park to avoid crowding, our day might be spent on So Plazas, Santa Fe or Seymour Island. You'll be able to snorkel before returning to port at around 5 PM. You might like to join the locals for a meal at the Fish Market or on the street of the food kiosks before our evening yoga session. (B, L)

Sept 15 - Tortuga Bay, Santa Cruz Island - Beautiful Tortuga Bay is our destination this morning. We'll walk along this pristine, white sand beach and watch for marine iguanas, pelicans, and flamingos. You can observe the animals and relax on the beach or snorkel for a final time. Before dinner we'll take a boat and explore some of the small inlets to observe the birds and animals close up. The day ends with a farewell dinner at the harbor. (B, D)

Sept 16 – Flight to mainland Ecuador – The trip ends when you arrive back at the Guayaquil airport in the late afternoon. (B)

What's included:

- Hotel w private bath in Guayaquil the night you arrive in Ecuador
- Hotel w private bath for four nights on San Cristobal Island
- Hotel w private bath for three nights on Santa Cruz Island
- Round trip flight Guayaquil - Galapagos
- Airport transfers in Guayaquil & on the Galapagos
- Eight breakfasts; six lunches; five dinners
- Special trips & activities described in the itinerary

An optional visit to Quito is available before the retreat begins.

Trip Fee: \$2895 per double occupancy; Single supplement \$270

Receive a \$200 discount if payment is made in full by February 7, 2017.

Included: All hotels, flight from mainland Ecuador to the Galapagos, two yoga sessions daily, land and sea transportation, tours, snorkeling equipment, airport transfers, guides, escort and 19 meals.

Not included: International flight to Ecuador, the \$120 Galapagos Park fee.

Group size is limited to 16 travelers.

Participant's Background Information:

- * US citizens do not need a visa to visit Ecuador.
- * No immunizations are required for this trip.
- * The US dollar is the currency of Ecuador.
- * Participants must be able to climb a few flights of stairs and walk on uneven surfaces up to a half-mile at a moderate pace over the course of the day.
- * Basic travel insurance with medical evacuation coverage is mandatory.
- * Deposit of \$750 will reserve your spot. Payment of the balance is due by May 1, 2017. Refunds, less \$150, will be returned upon written request until May 8. After this date, no refunds of any type will be made.

If you are ready to relax and reconnect with yourself while enjoying the amazing sights on the Galapagos send in your deposit of \$750 now. Write deposit checks to Cultural Adventures and mail to: Connie Champlin, 129 Cranberry Lane, Centerville, MA 02632.

For more information go to www.culturaladventures.info or contact Connie Champlin at 317-908-1220 or at cchamp@culturaladventures.info.