

# Upper Amazon Experience



Sunday Nov 1st - 7th

## Sunday 1st:

10:00 am	Depart UIO
11:30 pm	Lunch in Baeza
2:00 pm	Arrive in Archidona
4:00 pm	Waterfall Adventure

## Monday 2nd:

7:30 am	Yoga
9:00 am	Breakfast
10:00 am	Depart for Waterfall (Misahualli)
1:00 pm	Lunch in Misahualli
2:00 pm	Indigenous Community Encounter
7:30 pm	Dinner in Tena
9:00 pm	Gear Check for Hollin

## Tuesday 3rd:

7:00 am	Yoga
8:00 am	Breakfast
9:00 am	Depart for the Hollin



### Wednesday 3rd:

Day 2/ Night 2 on the River

### Thursday 4th:

**4:00 pm** Come Off the River  
**7:30 am** Dinner in Archidona

### Friday 5th:

**9:00 am** Post Rafting Morning Yin  
**10:30 am** Breakfast  
**11:30 am** Grand Canyon Waterfall and Nature Hike (Lunch on the Trail)  
**7:30 pm** Dinner in Tena

### Saturday 6th:

**7:30 am** Yoga  
**9:00 am** Breakfast  
**10:00 am** Tastayaku Cacao Tour  
**1:00 pm** Lunch in Archidona  
**2:00 pm** Depart for Papallacta  
**3:30 pm** Optional Guided hike in Papallacata  
**5:00 pm** Soak (pools are open 24 hours a day)  
**7:30 pm** Dinner

### Sunday 7th:

**6:00 am** Soak  
**9:00 am** Breakfast  
**10:00 am** Soak  
**11:00 am** Depart for UIO

