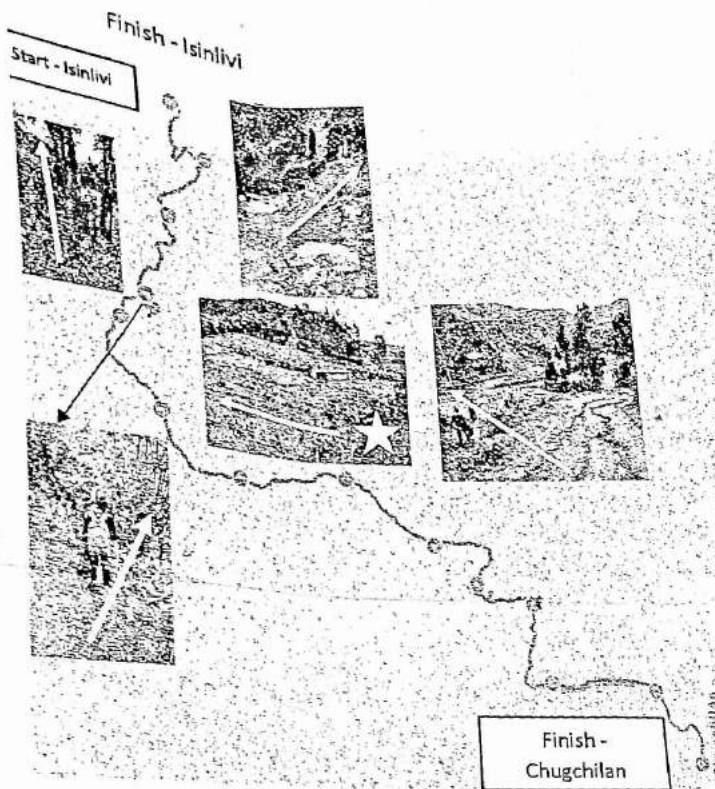


Day 1: Sigchos - Isinlivi - 3 - 4 hours - 12 km/7,8 miles

0. start from the bakery close from the station and continue to the right corner of the town until you come to an intersection with signs and roads to Chugchilan and Isinlivi; turn left
1. soon you reach the sign "Insilvi 14km" (pic). It is possible to go both ways but if you enjoy trail turn right and follow the red/yellow sings until you join the main road.
2. past the church on the right hand ; ignore the road to the right on the first left-hand curve after the church; take the next road on the right (pic) and after some minutes when the road starts to climb take the downhill on the left !!it is a small path!! (pic)
3. turn right when you reach the road; soon you will come to a left-hand corner with another trail leading off to the right (pic), take this trail road and follow until you reach another road
4. turn right here; follow the road along the river on the left-hand side around 30 minutes
6. until you see two houses on the left and behind the white one with a little farm turn left on the grass driveway (pic), it will turn into trail leading down to the river; cross a bridge on the right, turn right and walk along the riverbank until you see a path going up the hill about 100 m; step on the stones if it is muddy;
7. go up to the road and turn left; soon you get to another intersection; turn here right (pic) and follow the road; make 4 curves and pass the house on the right-hand side; continue straight (pic) on the small crossing; after a right-hand curve there is a small trail leading up the hill on the left-hand site (pic). If this is the hardest part of the track!!; turn right on the small intersection; follow this trail all the way up; cross two fences that you can open;
8. on the top turn right on the road; walk around 45 minutes on this road to reach Isinlivi
11. turn right before the church, pick on of the hostels; if the weather is nice continue along the road to the top of a small hill with a cross on the top for great views

Distance	11-12 km
Min. altitude	2527 m
Max. altitude	2950 m
Ascent	490 m
Descent	374 m

- Food is possible to buy in Sigchos, Isinlivi, Chugchilan, way to Quilotoa
- Don't forget swimming suite if you stay in Lullu Lama (jacuzzi)
- There are red/yellow signs but not all of them show directions to this track



Day 2: Isinlivi – Chugchilan – 4 – 6 hours – 12 km/7,8 miles

All along the way you will find yellow and red points. If you follow these marks, you will find the way very easily

0. Start the trail going down past the kitchen window of the Llullu Lama Hostel. Follow this trail steeply down to the small river.
1. About 30 meters before you would cross the river you will see a bridge down below. Don't go down but turn right on the rocky trail that starts with a yellow sign on a big stone (pic)
2. Follow the river on the right riverbank, cross a small log bridge a little downstream and keep following the trail. The trail follows the river but climbs higher up pretty steep and turns more on the left. You pass a small house on your left hand with a field on the right hand and continue towards a long trees (pic). You have a good view on the river that is way more lower. When you see a little farm in front of you, go left. Go through the pasture with the farm on your right hand (pic *).

At the end of the pasture turn right and follow the trail that stays more or less at the same level.

At the next fork keep left (don't cross the little stream by going right). After you start descending with the cliffs on the left hand side, keep on the left until you encounter an intersection with electricity cables above your head.

3. Turn left from the main path (pic) on the little trail; you might cross a mud and continue the trail with cliffs in front of you; keep following the trail with right-hand curve with a little descending until you come to the next fork (pic); turn right and watch your steps, it can be slippery and very narrow; open or walk around a wooden fence; when you reach the river keep following the path with the river on the right-hand side;

4. after around 10 minutes take the small trail going up and keep following until you get to a big clearing

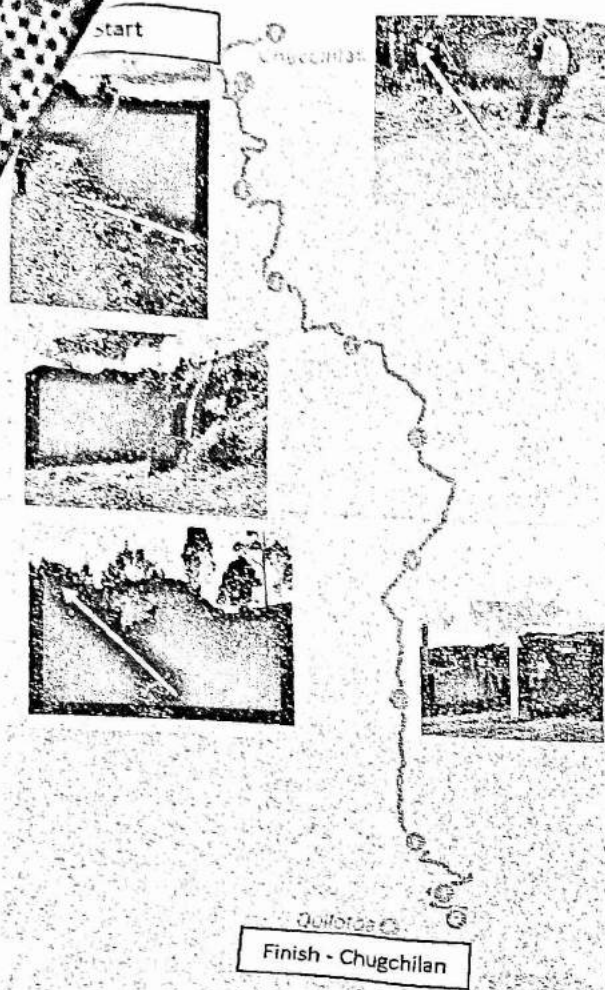
5. cross the clearing close from the river; you might see a red/yellow marks on a rock, cross a bridge made of a thick tree trunk and go further upstream on the left;

5. ignore the bridge on the left and keep going straight;

7. you hit a bigger road and turn left here with the sign to Chugchilan

3. after you reach a village with a church and school; follow the signs and go right up the hill; the trail leads you steeply up the hill and turns more level on a sandy area; when you reach the houses turn left to the opposite for a beautiful view on the top; facing the houses turn left and continue until you reach a main road; turn left and go around 45 minutes uphill to the Chugchilan

Distance	12 km
Min. altitude	2621 m
Max. altitude	3172 m
Ascent	571 m
Descent	328 m



Chugchilan – Quilotoa (option 3) 10 km/6 miles – 4-6 h

0. Begin your hike at hostel Cloud Forest and go up through the village, passing the church and the square; reach the library (biblioteca) on your left; go down the road, passing Hostel El Vaquero on the left; turn left that shows the big sign „Quilotoa 10,24 km“; follow the signs „la Moya“ until you come to the crossing with new sign „Aventura Quilotoa Extrema“ turn left here;
2. on the right-hand side you have a small forrest (pic), you can turn right and end up on the road again; after around a minute turn right to the small path with sign „Quilotoa“ (pic) and follow this road with the rocks on the right-hand side
3. cross the bridge over the abbyss and continue with a steep trail until you come to an open meadow with the white cliffs on your right-hand (pic) ;
4. continue on the very steep trail with the cliffs on the right; this part is hard, sometimes you go between two walls and also have to help with your hands from time to time; after you see two houses, you are on the top; enjoy the view and then continue on the left by following the green sign „Quilotoa 7,7 km“
5. with animal farm on the left you follow the road until you come to a village and turn on right behind he hall; go straight to the send path that starts from the green house where is possible to buy some snacks;
6. turn left on the fork and on the next one turn right with the green sign „ Quilotoa 4,75 km“; turn to the grass trail under the cables and continue on the steep trail with small stones until you hit the road with the wall in front of you (pic);
7. turn left and then left again before a wooden cottage (pic); follow the steep trail

When you reach the house on the left-hand side, enjoy the view and continue on the steep path until you see the signs; you reached the Crater!

To get to the village

- 1) turn right and follow the path along the ridge with the lagoon on your left – 1 hour
 - 2) turn left, pass by the small wooden building and follow the path along the crater with the lagoon on your right - 3-4 hours
- The path turns steepy and sandy and passes by the highest peak of the crater (3939m asl)

Distance	12 km
Min. altitude	2621 m
Max. altitude	3172 m
Ascent	571 m
Descent	328 m

values without the lake itself