

## Ecuador Day 5

What a day of aerobic activity, adrenaline and fun filled! After breakfast we rented mountain bikes and rode about 18 km along the road from Banos to Puyo. Thankfully most of it was downhill. Along the way we stopped and took a cable car ride. Traversing the wide gorge, huge boulders 300 feet below looked like pebbles. Once over and back we jumped back on the bikes and took off for our final biking stop, Pailon del Diablo, and a hike down to its beautiful water fall 360 feet below. Pictures cannot do it justice as the water was coming out of the mountain at an unbelievable pace. Five at a time we walked across the swinging bridge to get a better view of the falls. Unbelievable! After hiking out we jumped back on the bus for a short hop to a bridge where a few brave souls bungee jumped. Enough about that!

Another short bus ride took us to the Rio Pastaza where our adrenaline filled day continued with a rafting adventure. Gregory, the head rafting guide, took us through our instructions before we boarded the rafts. Runoff from the volcano and rains had turned the river to a muddy torrent of water. Our crew included a fellow from Switzerland and a couple from Chile. We stuck them in the front. It just seemed like the thing to do since they were the only ones in the raft wearing wetsuits. During the two hour float we encountered some class 4 rapids that, despite their best attempt, could not toss us out of the raft. Though the water was cold, our spirits were warm as each rapid ended in a “high five” of paddles!

After warm showers at the Sangay hotel we gathered for dinner as ...

... our adventure continues!

Jamie Walker