SPICE ROADS
CYCLING

TRAILS

RIDING ECUADOR'S AVENUE OF VOLCANOES

Tour Code
ECU-AOV

10 DAYS
9 NIGHTS

Destinations	Ecuador
Tour Meets	Quito
Tour Ends	Quito
Fly in to	Mariscal Sucre International Airport (UIO)
Fly out of	Mariscal Sucre International Airport (UIO)
Group Size	4-14 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**318** km Total cycling distance
45 km Avg distance / day	**888** m Avg climbing / day

PRICING

Price	US$ 3,500
Bike Hire (Mountain Bike)	US$ 335
Bike Hire (Full Suspension Mountain Bike)	US$ 560
Bike Hire (E-Bike)	US$ 560
Single Supplement	US$ 560

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

07 Nov - 16 Nov 2026
19 Dec - 28 Dec 2026
06 Feb - 15 Feb 2027
08 May - 17 May 2027
03 Jul - 12 Jul 2027
04 Sep - 13 Sep 2027
06 Nov - 15 Nov 2027
18 Dec - 27 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Lunch
- ✓ Entrance fees
- ✓ Trekking

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 326 km over seven cycling days. Starting with an acclimatisation ride in Quito, we then move south through the "Avenue of Volcanoes", consistently cycling above 3,000 metres through the Andean highlands. Every day begins with a vehicle transfer between 30 minutes and 1.5 hours to keep the distances and gains manageable and focus on the most scenic routes. On a few days, we also have short post-ride transfers to avoid busy highways. Mountain biking in the Ecuadorian Andes is tough yet lets us experience the region's scale, stillness, indigenous heritage, and agricultural ingenuity in a raw and unfiltered way.

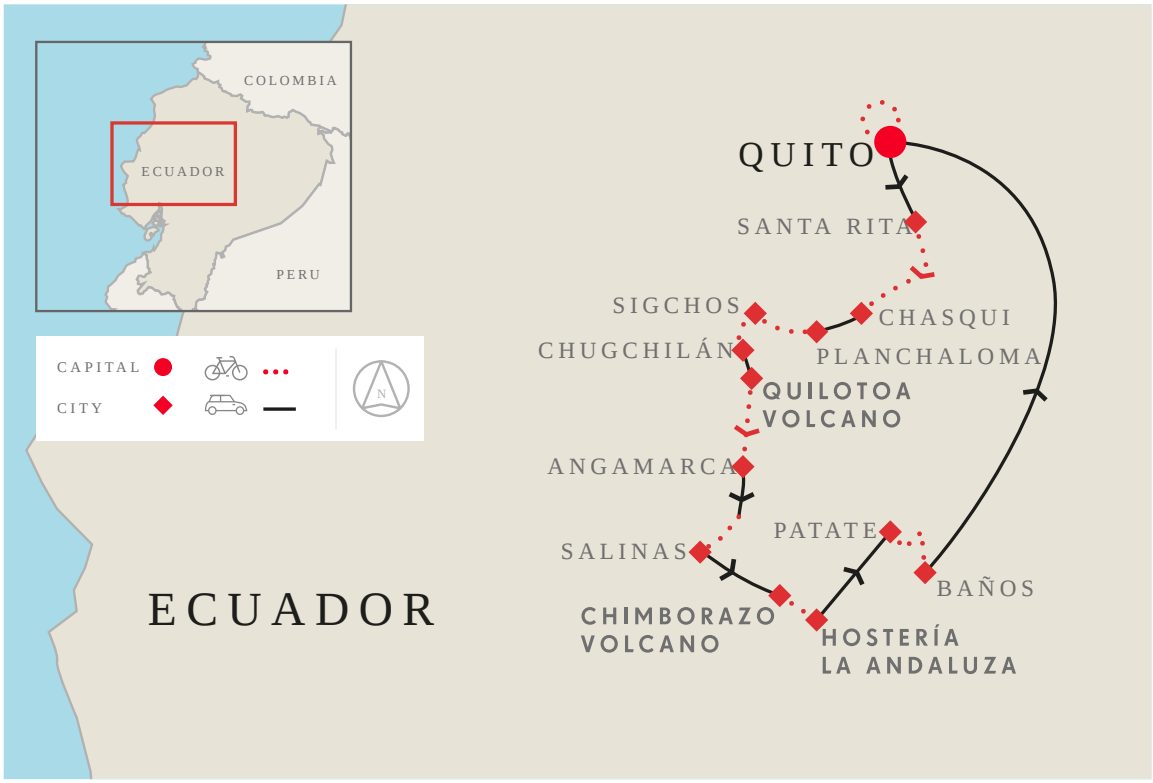
Non-cycling highlights include a chocolate tasting in Quito, a visit to the crater lake of Quilotoa, the artisanal cooperatives in Salinas de Bolívar, standing near the base of Chimborazo Volcano (the closest point on the planet to the sun), and hiking to the Pailón del Diablo waterfall.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: The tour is suitable for cyclists possessing a good level of physical fitness. While the average distance is under 50 km, we are in the Andes and cycling on mixed surfaces routes so expect lots of climbs and descents, many of them on unpaved surfaces. We are at altitudes that can reach up to 4,000 metres, a factor which should not be underestimated. You should be comfortable on a mountain bike and have experience navigating on rocky roads for extended periods. There are no overly technical sections, but confidence and concentration are essential to enjoy the routes to the fullest. There are no rest days, though we have the afternoons free to relax and recharge and our last day is spent off the bikes in Baños before returning to Quito. A support vehicle follows the group throughout the journey, though please note it cannot always follow directly, instead meeting the riders at regular intervals.

Biking Conditions: The route is designed with an approximate 25/75 split between paved and unpaved surfaces. The condition of the unpaved sections varies widely, ranging from hard-packed and level to loose, bumpy terrain; meanwhile, paved roads are either tarmac or concrete and, though often smooth, can contain potholes and debris. Although much of the journey follows quiet countryside roads or dirt tracks with minimal traffic, we will occasionally share the space with cars, motorbikes and buses. There are a handful of unavoidable sections along provincial main roads, though these are few and far between. Rain is common in the Ecuadorian Andes year-round and the Avenue of Volcanoes, in particular, can be prone to fog, but heavy downpours are usually brief. We generally ride rain or shine, though at the guide's discretion — or based on your own comfort level — modifications to the route can be made. Whether the roads are muddy from rain or dusty from the sun, it is all part of the Andean adventure!

Accommodation: In Quito (Days 1, 2, and 9), we stay in a boutique colonial-style manor nestled in the city's art district. Days 3–5 take us into the heart of the mountains, staying in rustic, family-run lodges and guest houses. These are chosen for their warmth and proximity to the trails; expect log fires, home-cooked communal meals, and plenty of Andean character. Day 7 is a standout, as we overnight at a grand, historic hacienda at the foot of Chimborazo. On Day 8, we stay at a quirky boutique hotel in Baños. The Andes get cold at night and, depending on the hotel, methods for heating can vary. Expect a combination of wood-burning stoves, space heaters, or the classic Andean tradition of electric blankets and hot water bottles. Please be aware that some older properties, while charming, may show signs of wear and tear. Room sizes can vary, and beds may be firmer than you are used to. Don't expect all hotel staff to speak English. For larger groups, we may need to use more than one property and, in case of limited availability, switch to an alternative from the one listed in the itinerary.



Day 1: Meet in Quito

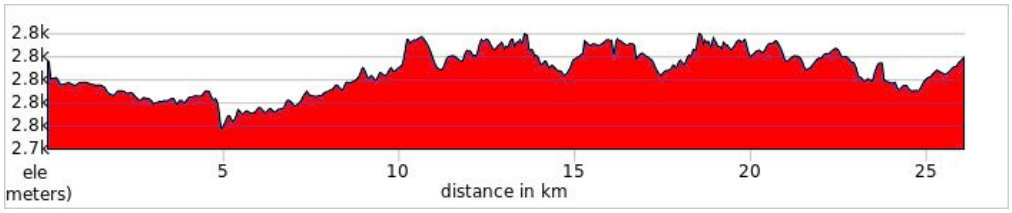
Welcome to Quito, Ecuador's charming capital city sitting at 2,850 metres above sea level! Wrapped around the slopes of Pichincha volcano and surrounded by Andean peaks, Quito is the ideal launchpad for our Ecuadorian highland adventure. Living (and cycling) at this altitude takes some getting used to, so arrival day is all about taking it easy. Not to worry, we have a full day to explore the city the following day. After picking you up from the airport, you'll have some time to unwind before we meet for our trip briefing and welcome dinner.

Casa Aliso Dinner

Day 2: Quito Historic City Ride

You wouldn't expect a densely populated city of nearly three million people to be a good place for a gentle warm-up ride. Yet, because our arrival coincides with **Quito's Sunday 'Ciclopaseo'** — a weekly event that sees a large swathe of the city completely closed to motorised vehicles — we can explore the city by bike without the stress of the usual congestion. Starting from Bicentenario Park, we ride south along broad avenues straight into the **UNESCO-recognised Old Town**. The 16th-century Spanish colonial architecture here is regarded as the best-preserved of any historic centre in Latin America. We ride past iconic plazas, endless rows of colourful houses, and grand churches before treating ourselves to a **chocolate tasting experience** to discover the secrets of Ecuador's finest cacao. Post-lunch, we cycle back to the hotel where you have the rest of the day at leisure.

Casa Aliso Breakfast, Lunch

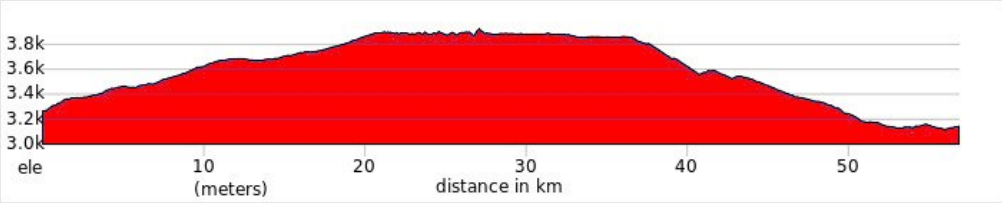


Ride 26km +278m -269m

Day 3: Quito → Cotopaxi Volcano

It is time to leave the city behind and head south into the raw wilderness of **Ecuador's Avenue of Volcanoes**. We drive around 1.5 hours to our cycling start point in the Santa Rita Reserve and begin our steady ascent on a mix of cobbled paths, dirt roads, and single-track etched into the slopes of the surrounding volcanoes. Chief among them is the mighty **Cotopaxi, one of the world's highest active volcanoes** (5,897m ASL), unmistakable with its near-perfect conical shape dominating the horizon. The area is also designated as a national park, home to wild horses, Andean deer, llamas, and foxes. Our route takes us directly through this untamed terrain under the watchful eye of Cotopaxi, as we ride across fields of volcanic debris from past eruptions and reach a maximum altitude of nearly 4,000m ASL. After around 45km, we begin to shake off the gains and grit on our tyres with a paved descent to tonight's cosy mountain lodge in the foothills of Cotopaxi volcano.

Cuello de Luna Breakfast, Lunch, Dinner

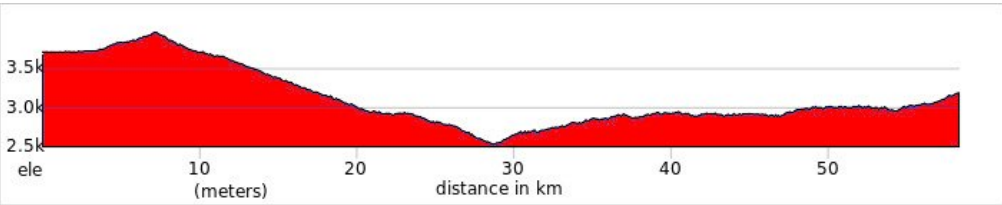


Ride 57km +895m -1019m

Day 4: Cotopaxi → Chugchilan

We start with a 30-minute transfer and get ready to dial up the challenge! This morning, we take to the trails leading up to Guingopana, a sacred mountain where locals still make offerings to the Apus (mountain spirits) for clear water and fertile crops. At the top, we are rewarded with sweeping views before launching into a spectacular 20 km descent, transitioning from the wind-swept beauty of the páramo to lush Andean patchwork farms clinging to the mountainsides. Weaving through this peaceful, high-altitude agrarian world on paved and gravel roads, we can appreciate the hardiness of the communities who have been growing potatoes, quinoa, and broad beans here for generations. After cycling to the bottom of a canyon, we ascend to the town of Sigchos for lunch at a local family's home. A final stretch then leads us to a cosy retreat in the village of Chugchilán for some well-earned relaxation.

Hostal Mama Hilda Breakfast, Lunch, Dinner

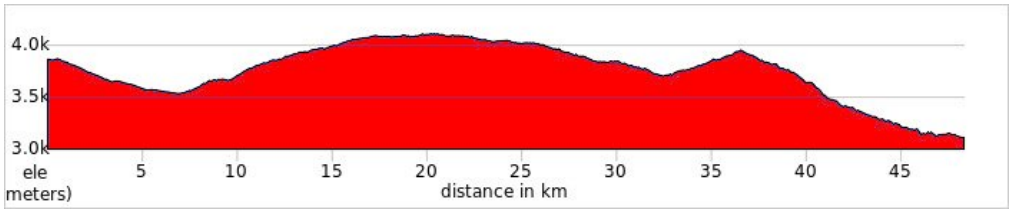


Ride 58km +1407m -1935m

Day 5: Quilotoa Volcano → Angamarca

This morning, we drive 45 minutes to one of Ecuador's most iconic sights: the **Quilotoa Lagoon. This massive crater lake's turquoise waters and powerful atmosphere are a sacred site for the indigenous communities of the Cotopaxi region**. We get on our bikes near the lake and ease into today's ride with a gentle 10 km descent on a well-paved road that skirts the edge of the Toachi River Canyon, a deep fissure in the earth with sheer rock walls plunging down hundreds of metres. After passing through the market town of Zumbahua, it's back into lower gear as we climb into the páramo at 4,000 metres ASL. By 25 km, the terrain evens out and we enjoy a steady rhythm before a final climb and crowning downhill to Angamarca, a secluded parish nestled in a remote valley. **Part of today's route follows the legendary Trans-Ecuadorian Bikepacking route.**

Barro Lodge Breakfast, Lunch, Dinner

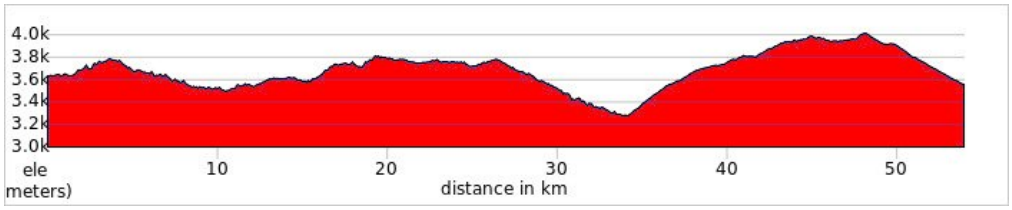


Ride 48km +937m -1689m

Day 6: Angamarca → Salinas de Guaranda

Get ready for a serious day of mountain biking in the Ecuadorian Andes. Following a 45-minute drive to our start point, we dart off on dirt trails and grassy tracks that rise and fall with the contours of the Central Sierra, Ecuador's mountainous spine. Riding along the high ridges is unlike anything else; the massive shapes of mountains loom in and out of the clouds until the sun pierces through, revealing the vast valleys opening up below. We take a steady pace, letting this moody atmosphere wash over us as we tackle the rugged terrain to reach the colourful little town of Salinas de Guaranda. The afternoon is spent exploring this exemplary hub of artisanal craftsmanship, famous throughout Ecuador for its cooperatives producing cheeses and chocolates. Sampling is highly encouraged!

El Refugio Breakfast, Lunch, Dinner

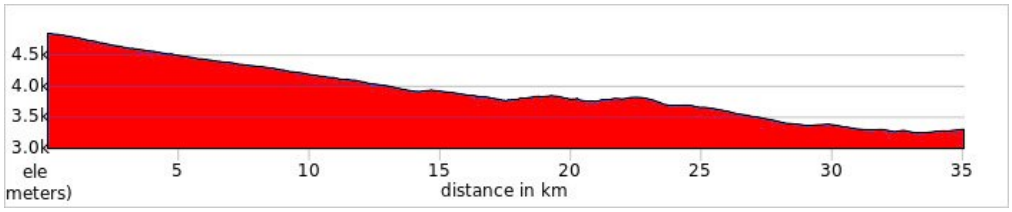


Ride 54km +1539m -1610m

Day 7: Salinas de Guaranda → Chimborazo Volcano → La Andaluza

Today is a different kind of day with the mantra: drive up and ride down! And when we say up, we mean Ecuador's highest motorable point at the **base of Chimborazo volcano**, the country's highest peak at over 6,000 metres ASL. The mountain's most impressive claim to fame, however, is that due to the Earth's bulge at the equator, its summit is the **closest point on the planet to the sun**. From Salinas, it takes about 1.5 hours to the base camp where we saddle up and relish in a **spectacular descent**, transitioning from barren, rock-strewn tundra to fields of quinoa, potatoes, and carrots that thrive in the volcanic soil of the lower slopes. Our downhill is on a mix of gravel and pavement, with nothing too technical, making for a thrilling yet manageable downhill mountain biking feat. We finish our ride near the Pan-American Highway and skip the traffic with a short transfer to a beautiful hacienda — a refurbished historic rural estate in the shadow of the great volcano we just cycled down from.

Hostería La Andaluza Breakfast, Lunch, Dinner

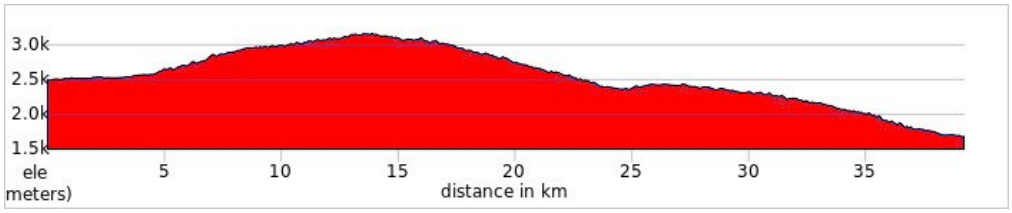


Ride 35km +252m -1798m

Day 8: La Andaluza → Patate → Baños

The day begins with a 1.5-hour transfer into the south-eastern fringes of the Avenue of Volcanoes. This is a transitional zone where the high paramos give way to the subtropical cloud forest sitting above the **Amazon Basin**. As with all great transitions, they are best experienced by bike! Our route begins with a gradual 10 km ascent through cattle pastures and lush vegetation. After cresting a ridge, we crown our Ecuadorian bike adventure with a **22 km descent to Baños, the "Gateway to the Amazon"**. We roll towards a local restaurant in time for lunch and then transfer a short distance to our hotel in this lively town, guarded over by the watchful presence of the great Tungurahua volcano. The rest of the day is free to sample "melcocha" (traditional taffy), have a coffee in the main plaza overlooking the cathedral built from dark volcanic stone, or go craft brewery hopping. After the epic adventure we've had, tonight we celebrate over a farewell dinner.

Hotel La Floresta Breakfast, Lunch, Dinner



Ride 39km +911 m -1722m

Day 9: Baños → Quito

We spend the morning in Baños before heading back to Quito. For those looking for a final dose of adventure we head out of town to the famous **Pailón del Diablo (Devil's Cauldron), an extremely powerful waterfall** that thunders into a deep rock basin with such force that it creates its own permanent mist. Getting there involves a **short hike**. If you're craving a more relaxed start to the day, you can soothe your muscles at a **hot spring or spa**. Either way, we reconvene for lunch and, in the early afternoon, make the three-hour drive to Quito.

Casa Aliso Breakfast, Lunch

Day 10: Departure

If you have a flight today, we'll get you to the airport in good time. Ecuador is also the gateway to the Galápagos Islands — one of the most concentrated wildlife experiences on the planet, just two hours from Quito by plane. Giant tortoises, marine iguanas, blue-footed boobies, sea lions: the archipelago is unlike anywhere else. We offer a Galápagos extension that connects directly to this tour and handles all the logistics. Ask us about the Galápagos add-on when you book.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide Trek or similar mountain bikes, with the choice of full suspension or hardtail depending on your preference. We also have E-bikes available for hire, but they are limited in number and size — please email us to check on availability. If you bring your own bike, please make sure it is a mountain bike in good mechanical order. Please do not bring a gravel or a hybrid bike as they are not suited to the terrain.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Travellers from Australia, the United Kingdom, the US, Canada and the EU do not need a visa to enter Ecuador for a visit of fewer than 90 days. You must be able to show proof of onward or return travel within that period. Citizens of certain countries are required to obtain a tourist visa prior to arrival, which can be processed through Ecuadorian embassies and consulates abroad. You can check whether you need a visa using the link here. If you require a visa, please contact the embassy or consulate nearest to you well in advance of your departure date.

All travellers are advised to carry a valid passport with at least six months of validity remaining beyond their intended stay. Entry requirements can change, so we recommend checking with the Ecuadorian embassy or your country's foreign affairs department for the most current information before you travel.

Health

Recommended vaccinations include typhoid, polio, tetanus and Hepatitis A. A Yellow Fever certificate may be required if arriving from an infected country, and is strongly recommended for travel to Amazon regions. Altitude can be a significant factor in Ecuador's highlands — Quito sits at approximately 2,850 m above sea level — so allow time to acclimatize before strenuous cycling. See here for more recommendations. Please consult your doctor or physician for the most up-to-date advice.

Weather

Ecuador's climate is shaped more by altitude and region than by season. The highland (sierra) region, where most cycling takes place, has two main seasons: a dry season from June to September and a wetter period from October to May, though brief afternoon showers can occur year-round. Temperatures in Quito and the highlands typically range from 8°C to 22°C (46°F to 72°F), and mornings and evenings can be cold. Layers are essential — a fleece, a waterproof jacket and cold-weather cycling gear such as arm warmers and a gilet are all strongly recommended. At lower elevations, temperatures rise considerably, and the equatorial sun is intense at all altitudes, so sun cream and a good head covering are a must.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature traditional Ecuadorian highland dishes such as locro de papa (potato soup), llapingachos (potato cakes) and fresh trout from Andean lakes. Any special dietary requirements can be catered for — please let us know at the time of booking. In more remote areas, options may be limited, but we always do our best to accommodate your needs.

Drink

Keeping you completely hydrated is a job we take very seriously. Water, refreshments and soft drinks are included in the tour price while riding. Soft drinks, alcoholic beverages and other beverages during meals are NOT included. Beer and other alcoholic drinks are almost always available but are not included in the tour price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender, and if we cannot match you up, we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend setting aside a few extra US Dollars for possible incidentals that might arise. Ecuador's official currency is the US Dollar, which makes budgeting straightforward for most travellers. It is always wise to carry some cash in case of ATM absence or card issues, particularly in smaller towns and rural areas. It is also customary to tip local tour guides and drivers; the amount should reflect the level of service you receive.

Money

Ecuador uses the US Dollar (USD) as its official currency, making it one of the easiest destinations for international travellers when it comes to managing money. Coins in circulation include US cents and a set of locally minted Ecuadorian coins of equivalent value. ATMs are widely available in Quito and larger towns, but can be scarce in rural and highland areas. We recommend withdrawing cash before heading into more remote regions. Ensure your bank cards are enabled for international use and notify your bank before departure to avoid any disruption.

Be Aware

Ecuador, like many countries, has areas where petty crime can occur, particularly in larger cities and busy tourist areas. Common incidents include pickpocketing and bag snatching in crowded markets, bus terminals and city centres. It is advisable to stay vigilant in busy areas, avoid displaying valuables such as expensive jewellery or large amounts of cash, and use ATMs during daylight hours in secure locations. Always follow the guidance of your SpiceRoads guide regarding local safety conditions.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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