



Nature is
calling
Ecuador

TRAVEL WITH US!!!



Escape to the Tranquility of Nature:

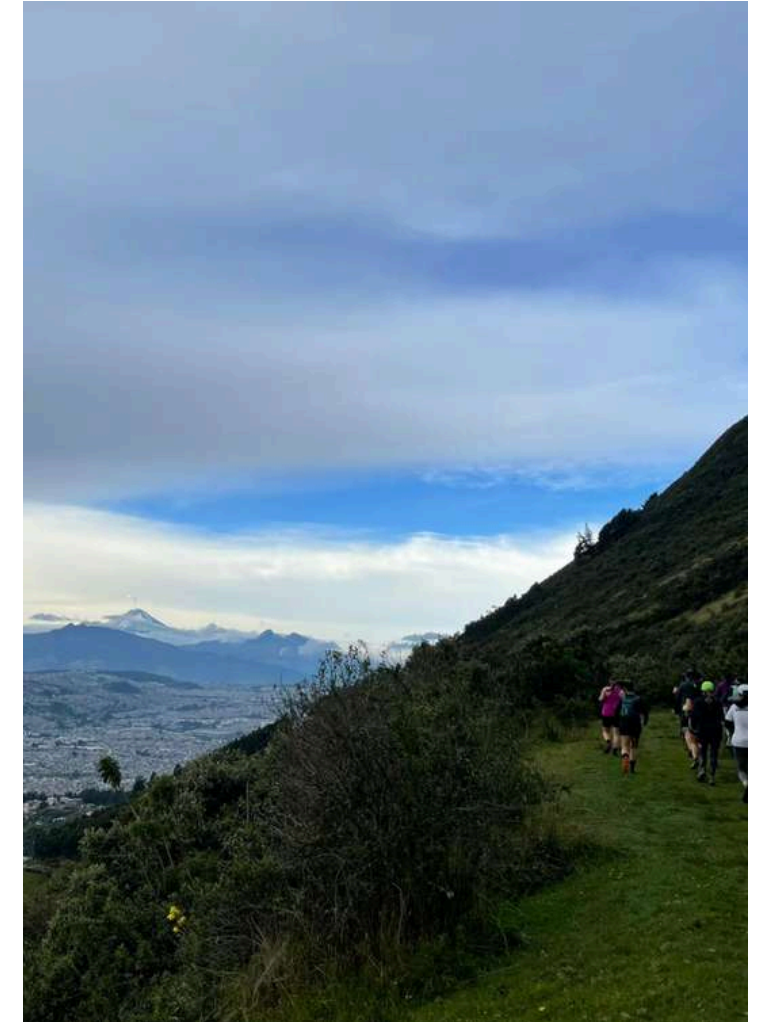
Discover Our Wellness Retreat

**UPCOMING RETREATS
BALANCE YOUR ENERGIES**

Ecuador

**A GREAT PLACE TO CONNECT WITH THE
PEACEFUL ENERGY OF NATURE**

Welcome to our wellness retreat, where tranquility meets adventure. Nestled amidst the untouched beauty of Ecuador, our retreat offers an unforgettable getaway for nature-loving visitors seeking solace and rejuvenation.



Soul on the Trail:

A Running & Renewal Journey in the Ecuadorian Andes



🌸 About the Retreat

The Second Spring: A Trail Retreat for Women in Transition

Location: Quito & the Ecuadorian Andes

Duration: 7 Days / 6 Nights

Dates: November 12-18, 2026

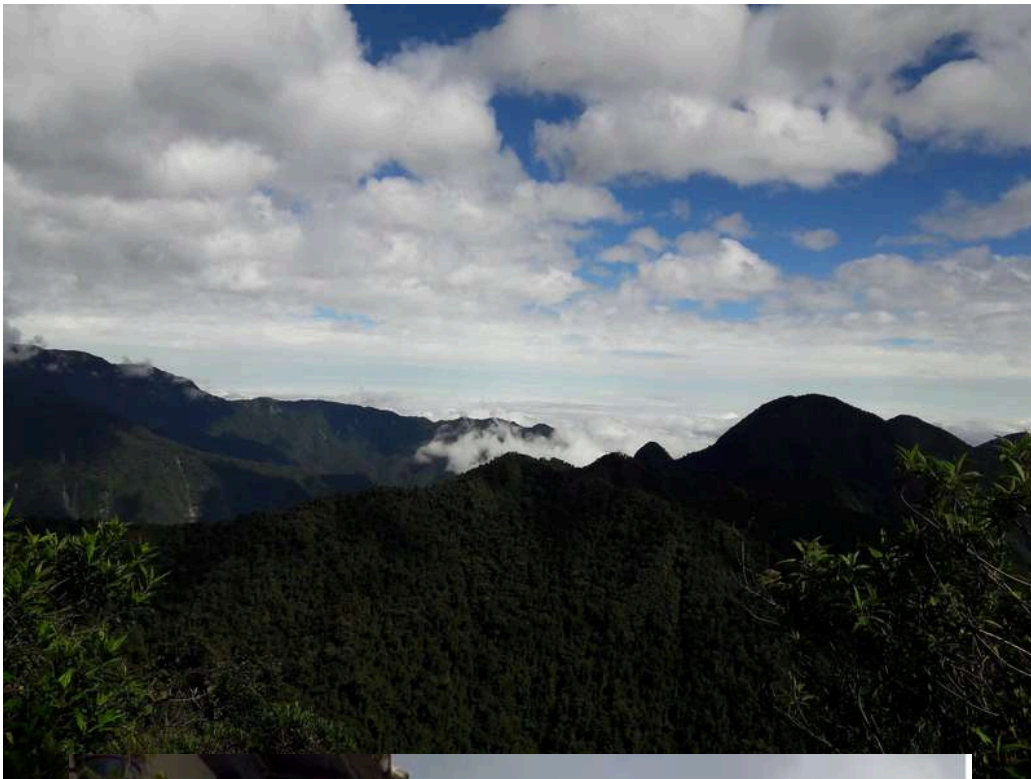
Focus: Gentle running, mindful walks, nature connection, self-care, and female empowerment during hormonal change

Level: Suitable for active women with moderate walking/running capacity
You are not slowing down — you're shifting.

This one-of-a-kind wellness retreat is designed for women navigating the powerful transition of perimenopause and menopause — a stage of life that calls for renewal, reconnection, and restoration.

Join a group of like-minded women on an empowering journey through the majestic Andes of Ecuador. Through mindful trail running, intentional walking, yoga, guided journaling, and moments of deep rest, we'll honor the changes in our bodies while embracing the strength and wisdom that comes with them.

This retreat is not about pushing limits — it's about rediscovering your rhythm, nourishing yourself through movement, and finding joy in your evolving identity.



🌿 What to Expect:

- Gentle trail runs and scenic walks in the highlands and cloud forest
- Wellness practices including yoga, stretching, and meditation
- Restorative time in nature and local spa therapies
- Sound healing and group reflection focused on relaxation and inner renewal
- Cultural experiences with Ecuadorian community
- Visits to condor conservation projects, and more
- Explore the UNESCO World Heritage Site of Quito's downtown

🌟 This Retreat is For You If:

- You're feeling the mental, emotional, or physical effects of hormonal transition
- You want to move your body in beautiful, natural settings without pressure
- You're craving connection with other women in a supportive, non-judgmental space
- You believe that midlife is a new beginning — and you want to live it fully.

“Let the mountains hold you. Let your breath guide you. Let this be your moment”



Set in the peaceful Andean highlands, **Hacienda Zuleta** offers the perfect environment for rest, movement, and renewal. With expansive trails, cozy fireplaces, a wellness spa, and locally sourced meals, it's a sanctuary for women seeking balance during hormonal transitions.

Here, you'll enjoy:

- Gentle trail running & walking in open nature
- Massage and spa treatments to ease physical tension
- Time for reflection by the fire or in the gardens
- Visits to the Andean condor project and local community
- A deep sense of connection to Ecuadorian culture and nature

A place where your body feels supported and your mind can breathe — Zuleta is a highlight of your healing journey.



Cooking made with Ecuadorian love!

Inspired by the rich flavors of Ecuador, the retreat menu showcases fresh seafood, Andean grains, and tropical fruits, allowing you to savor the region's essence. Every meal is designed to complement your run, walk, yoga, meditation, and wellness activities, enhancing your overall retreat experience.

Meals are a blend of vibrant seasonal fruits, fresh herbs, and farm-to-table produce that awaken your senses and promote well-being.

One of Zuleta's greatest gifts is its farm-to-table cuisine. Meals are thoughtfully prepared with:

- Organic vegetables from the hacienda's garden
- Locally sourced proteins like trout, eggs, and farm-raised meats
- Fresh fruits and herbal teas to support hormonal balance
- Balanced menus designed to nourish, restore energy, and aid recovery after daily movement



Itinerary

DAY 1/ November 12th: Arrival – Time for Yourself

- Activity:
 - Private transfer from the airport to a boutique hotel in Quito
 - Warm welcome and retreat kit delivery
 - Free time to rest and adjust to altitude
- Goal: Create a moment of pause and begin to disconnect from daily stress
- Overnight: GO Quito Hotel
- Meals: Welcome dinner

DAY 2/ November 13th: Historic Quito & Cooking class

- Activity:
 - 4 miles (6, 43 km)guided walk through Quito's Old Town (Santo Domingo, San Francisco, San Marcos, Mama Cuchara, Basílica)
 - Healthy cooking class
 - Chocolate Tasting experiences
 - Gentle restorative yoga at sunset
- Focus: Gentle movement, mindful pleasure, and adjust to altitude
- Overnight: GO Quito
- Meals: Breakfast and lunch





* **DAY 3/ November 14th: Hummingbirds, Silence & Reconnection**

- Activity:
 - Mindful walk/run (5 miles -8 km) in Yanacocha Reserve (11,500 feet :3,500 meters) surrounded by Andean cloud forest. Fresh mountain air and peaceful surroundings
 - Birdwatching: It is a paradise for bird lovers, home to an incredible variety of hummingbirds and endemic species.
 - Visit Villa Doris at Nono town, a local initiative where they can connect with the region's way of life and enjoy a warm, authentic welcome
 - Quiet time in nature for reflection
- Focus: Mental calm, anxiety reduction, emotional reconnection
- Overnight: GO Quito
- Meals: Breakfast and lunch

DAY 4/ November 15th: Zuleta Valley, Condors, Community – Body, Mind & Landscape

- Activity:
 - Transfer to Hacienda Zuleta (scenic rural highlands)
 - Light walk or gentle run along scenic trails (4 miles – 6.5 km), gradually gaining altitude, with guidance on essential running and trekking techniques to move efficiently and connect with the Andean landscape.
 - Visit to the Andean Condor Conservation Project and local community
- Focus: Vitality in motion, nature as inspiration
- Overnight: Hacienda Zuleta
- Meals: Breakfast, lunch, and dinner included

DAY 5/ November 16th: Cuicocha Lake – Water & Emotion

- Activity:
 - Enjoy a mindful walk/run around the breathtaking Cuicocha volcanic crater lake at 3,000 meters altitude (9,840 ft)
 - This scenic 12 km (7,5 miles) trail invites you to connect movement, breath, and nature while experiencing one of Ecuador's most beautiful volcanic settings. Along the way, our guide will share mindful running techniques and insights into the unique ecosystem of the Andes.
 - Afternoon of self-care: massage and spa time
- Focus: Restoration, self-connection & mindful renewal
- Overnight: Hacienda Zuleta
- Meals: Breakfast, lunch, and dinner

DAY 6/ November 17th: Zuleta Valley- Community & Deep Rest

- Activity:
 - Gentle recovery walk/run through the Andean landscapes of Hacienda Zuleta
 - After stretching, visit the Zuleta community handicraft store before returning to Quito
 - Sound Healing Session: A restorative experience using sound vibrations and guided relaxation to promote emotional release, inner balance, deep calm, and renewed energy.
 - Farewell dinner
 - Focus: Emotional release, deep reflection, inner renewal
 - Overnight: GO Quito
 - Meals: Breakfast, lunch, and dinner





DAY 7/ November 18th: Farewell – Rebirth

- Activity:
 - Private transfer to the airport
 - Time to say goodbye to the group
- Meals: Breakfast
- Goal: Closure of the journey, clarity, renewed inner strength

Take a moment to reflect on how far you have come and the personal growth you have achieved during this retreat. Cherish the memories and insights gained, and know that the connection to nature and the bond we shared will forever remain within us.



Optional: Extend Your Stay in Ecuador- Galapagos Islands

After the retreat ends, you have the option to extend your stay in Ecuador. Whether you want to continue relaxing or explore more of this extraordinary country, we'll be happy to help you plan an unforgettable extension.

Options include:

- Galápagos Islands cruises or land-based adventures
- Amazon rainforest eco-lodges
- Private tours tailored to your interests and pace



Choose Your Retreat Package:

USD\$ 4.854 per person based on single occupancy

USD\$ 4.357 per person based on double occupancy

Rate includes:

- Private Transportation
- Private Transfer service
- English speaking naturalist and running guide
- Guided Mindful Trail Runs
- Kundalini Yoga teacher and Sound therapist
- Accommodation in Go Quito hotel (premium room) or similar
- Accommodation in Hacienda Zuleta (Deluxe room)
- Meals described on the itinerary above B (breakfast), L (lunch), D (dinner)
- Entrance fees
- Activities described on the itinerary above
- Massages at Zuleta spa
- Farewell dinner
- Local taxes

Rate does not include:

- International flight tickets
- Drinks (soft & alcoholics)
- Personal Expenses
- Activities not mentioned
- Extras
- **Trip and medical Insurance is required to take the retreat**



BOOK WITH US !!!

Call: +593-999896205

info@bluefootedtravel.com

www.bluefootedtravel.com