

Earth to City Ecuador – Coast

Esmeraldas Itinerary for Sunday, Jan. 11 - Friday, Jan. 16, 2009**

SUNDAY

Leave for Sua in morning*

Arrive at Don Francisco Salvatierra's house in Sua, in front of the shrimp pool and pig farm

Dinner at Marlene's house (Don Salva's daughter)

MONDAY

Breakfast at Marlene's house

~9:30 a.m. – pick mangoes from trees

Make fruit shakes at Julio's cousin's beachfront bar

Go to Finca La Mathilda to cut down plantains, pull up yucca, help with the day's farming

Make typical Ecuadorean dish, llapingachos de yuca, in Marlene's house

Late lunch/early dinner of llapingachos de yuca***

Snack

TUESDAY

Breakfast at Don Salva's house

~8 a.m. – make roof out of rampira leaves under guidance of Miguel "Coico", natural construction expert

11 a.m. – leave by bus or ranchera to Estero Platano, arrive at Senora Tomasa and Senor Fulton's house, and Lucho Moreno's house

(Note: There is no telephone reception in Estero Platano)

Lunch in Estero Platano

Visit workshop where artisans make lamp shades out of mate nuts, jewelry out of coconut shells, etc.

~4 p.m. – Go pout with Colorado to fish for pargo and other seafood

Dinner

WEDNESDAY

Breakfast at Tomasa/Fulton's house

~9 a.m. – visit Lucho Moreno's cacao farm

~12 p.m. – go out on reef to catch sea cucumbers and spear octopus

Lunch in Estero Platano

Free time on beach

Barbecue seafood catch on beach and make octopus ceviche for dinner

THURSDAY

Breakfast at Tomasa/Fulton's house

Roast, peel and grind cacao to make chocolate balls

Lunch in Estero Platano

1 p.m. – Leave by ranchero for Atacames

~3 p.m. – Arrive at coconut plantation in front of Hostal La Tolita, cut down and drink coconuts

Dinner in Atacames

Free time/discoteca in Atacames

FRIDAY

~6:30 a.m. – Leave to catch crabs in Atacames

Hot chocolate breakfast at Marlene's house

Cook encocado de cangrejo – a typical dish with crabs in coconut sauce

Goodbye lunch with encocado

*Sua is about 7 hours from Quito by bus, or 1/2 hour by plane

**Itineraries vary a little from week to week, depending on the weather, the harvest season, the tides, people's schedules, etc.

***If tourist/volunteers are interested, the Earth to City guide can give one-hour Spanish lessons after dinner