

## **Earth to City Ecuador -- Mountains**

### **Mulalillo Itinerary for Sunday, Jan. 4, 2009 – Friday, Jan. 9, 2009\*\***

#### SUNDAY

~6 p.m. – Arrive in Salcedo\*

Go to Gladys' house in Mulalillo

#### MONDAY

~6:30 a.m. – milk cows

Breakfast

Cut alfalfa and feed guinea pigs and rabbits at Don Klever's place

Lunch

Make cheese and bottle yogurt at cheese and yogurt facility

~5 p.m. – teach English to local kids and adults

Dinner\*\*\*

Learn to weave bags (optional)

#### TUESDAY

~6:30 a.m. – milk cows

Breakfast

Help out with daily farming at the Asociacion AEICAEM – a large farm bought cooperatively by 50 members

Explanation of mingas – a system where residents put in mandatory labor to complete large projects like constructing an asphalt road (completed), or installing a sewage processing system (currently underway)

Lunch

Festival of the Three Kings in Patatin

Dinner

#### WEDNESDAY

~6:30 a.m. – milk cows

Breakfast

In San Diego, paramo community over 4,000m above sea level, beat barley with sticks to separate edible part from chaff

Harvest wild mushrooms

Lunch

Sheer sheep

~5 p.m. – Teach English to local kids and adults

Dinner with wild mushrooms

Presentation on medicinal herbs given by Don Bolivar

#### THURSDAY

~6:30 a.m. - make breakfast

Breakfast

Sell produce harvested from AEICAEM at market in Salcedo

Lunch in Salcedo, including typical Salcedo ice cream

Kill and skin guinea pigs for picnic lunch Friday  
Dinner

#### FRIDAY

~6:30 a.m. – milk cows

Breakfast

Go to hot springs in Luchan or local flower plantation – Bring herbs for high altitudes and rubber boots if going to Luchan

Guinea pig lunch

Farewell at Gladys' place

\*Salcedo is located between Quito and Ambato, about 10 minutes after the city

Latacunga

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

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