

Formal Itinerary and Price Quote For "2012 Come To Galapagos Training Marathon Package", 18 days, April 28 through May 15, maximum group size 12.



Notes:

-The Come To Galapagos Marathon is a challenging course in that it is predominately downhill. It is also a very scenic course, crossing several vegetation zones as it descends from the highlands to the coast. Participants in the Come To Galapagos Marathon Training Package will have the chance to train for this by descending from the highlands of four Galapagos Islands.

-This is a somewhat unique "package" in that it incorporates "supervised/guided" and unsupervised time here in the Galapagos, allows time to acclimate to the climate, train, relax and enjoy the wonders of the Galapagos on a more relaxed and intimate level, a level few visitors get to experience.

-We have set it up in such a way as to give you a thorough education about the Galapagos and the challenges we face here in the beginning of the tour so that you will feel confident in the later unsupervised days.

-The word training actually only signifies acclimating. It is assumed as athletes, participants are aware of the physical challenge of running a marathon and that two weeks is no where near enough time to train for a marathon.

-We will be providing meals May 1 thru 7, the night of the race May 14 and race day May 15. All other meals will be had at restaurants and

locations of your choice. We will have given you a good orientation with regard to existing restaurants and grocery stores.



Sat. April 28: Arrive from US on flights scheduled by travelers. Sheraton Hotel shuttle receives guests. We like the Sheraton in Guayaquil because it is close to the airport and very reliable with its shuttle services and

help. It is also adjacent to a mall and has a casino. Despite any propaganda you may read or hear there really isn't much reason to be anywhere else in Guayaquil except ready to leave.



Sun. April 29: Flight to San Cristobal Galapagos where you'll be met by running event coordinators and your Galapagos National Park guide. Typical arrival time 1PM. Lunch, orientation, and then out to fish with the local fishermen.



Fish with locals. This is a trip out with the local fishermen where they'll explain/discuss how they fished in the past, what's happened to the fisheries, what's happening now and then you'll go catch some fish for the night's meal which you will have with the fisherman's family. We were pioneers in developing this fishing with locals program with the National Park. The commercial fishermen must give up their commercial fishing license irrevocably to be able to have the license to take visitors out fishing. Our visitors currently support three



fishermen families. The fishing with locals program's impact on the environment is that instead of harvesting thousands of fish a year to survive, a fisherman only need harvest hundreds, all of which are eaten here thus also reducing the carbon footprint of importing or exporting food. That is sustainable. For the fishermen themselves this allows them direct contact with people from outside the Galapagos (one of our "hearts" is sponsoring a fisherman's son to study in the US) and for our visitors it allows them a glimpse into a different life style and a first hand account of the history of life in the Galapagos.



Galapagos Notes:

Your bilingual Galapagos National Park guide will be available dawn to dusk April 29 through May 6 for whatever you may need. He/she has a thorough knowledge of the geology, biology, history, current status and gossip of the Galapagos, as well as the experience of living here and knows when and where to be in order to make the most of your time, whether it's iguana watching, sunset viewing, snorkeling or hammock location. These are some of the nicest, most personable people you have ever met. You will be meeting us personally and should your guide or yourselves need some help with something we are always available. We have assigned "coordinators" for this group May 7, 8, and 14. See itinerary below for details.

On San Cristobal you will be staying at Casa de Nelly, one of the first B&Bs here though the accommodations are more apartment like, first row of photos below. On Isabela at Casa de Marita, second row of photos below (we may have you in Hotel La Laguna, bottom photo depending on availability). This tour is focused more toward adventure and exploration rather than shopping or fine dining, though the meals you have with us will be better than most. We will be providing meals April 29 thru May 5, the night of the race May 12 and race day May 13.

All other meals will be had at restaurants and locations of your choice. We will have given you a good orientation with regard to existing restaurants and grocery stores.



Casa de Marita



Casa de Marita



Note Flamingos in front of hotel

Should anyone wish to, Salsa dancing is available some late nights at the local's club where you'll be the only gringos in the place and the locals will likely be buying drinks and showing you some steps.

It is entirely possible to snorkel every dawn and sunset with the sea life. Your guide has years of experience snorkeling with everyone from deep water free divers to complete novices. Most of them are certified Dive Masters. Their goal is to be sure you enjoy all the riches of the Galapagos to the fullest and quite a few of those riches are to be found underwater.



Mon. April 30: AM training session. Your Galapagos National Park guide will take the group up to the highlands to the starting point of the marathon and half marathon for the first Galapagos training session. Runners can run as far as they would like to train, followed by a pickup vehicle. After training there will be a tour of the entire marathon course.



The marathon and half marathon begin below this giant wind turbine. With a little luck, the clouds will part and expose the view from this site of both sides of the island, distant islands and islets. In the marathon, the aid stations disperse water and Gatorade in plastic bags. It takes a little practice to get the hang of drinking liquids



in this manner while running, but once you do you'll understand how functional it actually is. We'll have some bags of liquids available for you to practice with during your training runs.

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April 30 PM: Guided snorkel expedition "Sea Turtle Quest". There is a cove where at the right tide sea turtles post up on the bottom for the sucker fish to clean their shells. They go into a kind of trance and as long as you don't thrash around too much, you can swim down, hang onto a rock and stare them in the face for as long as you can hold your breath. The correct tide is medium going out until it is low. Low tide on April 30, 2012 on Sn Cristobal is 3:29 PM.



Note turtle and quantity of fish above



Tues. May 1: All day chartered boat trip to tip of the island and islets. Snorkeling with sharks, rays, turtles and sea lions. Visit nesting grounds of Frigate Birds, Pelicans, Boobies, Tropical birds, etc. Roam gorgeous, deserted, pristine beaches that could make travel posters cry.



Typical morning, Galapagos



Note ten year old with sea turtle just beyond reach



Note sea iguana eating underwater



Friendly and curious sea lion pups.



Wed. May 2: All day tour of the far side of the island. Commune with the Giant Tortoises in their reserve, visit the local farms where much of the food provided is grown, bananas, bamboo, papaya, guavas etc. People are often surprised at how entertaining this visit actually is. Visit Puerto Chino (pristine isolated beach) and El Junco, the highest elevation on the island and volcano crater now filled with water. Training run returning to the pueblo of San Cristobal.



We have also been pioneering a program with local farmers to purchase produce from them. The town has grown accustomed to purchasing its produce from the continent where the large corporate farms can afford to grow, ship the produce and sell for a price that has made farming here a non profitable enterprise. We know generally months in advance how many people are coming and can go to the farmers and tell them on this date we are going to need X number of tomatoes, lettuce, etc. Many of these crops they can plant and grow knowing they will have a secure market for them.



Thur. May 3: Early morning travel to Isabela Island. This involves a short inter island plane flight. The flight is very scenic and an opportunity few tourists receive to view the Galapagos Islands from the air. The plane lands in Puerto Villamil, Isabela where you will check into Casa de Marita or Hotel La Laguna. You will have had a light breakfast before flying.



Your hotel (both) fronts a long sand beach where occasionally flamingos can be seen wading in the surf. Sometimes weather, energy levels or constantly changing flight schedules play a part in how your time on Isabela shakes out. You have essentially two full days with your guide on Isabela. You will be hiking to a volcano, Sierra Negra, see the tortoise breeding station, lunch at a private tortoise farm, Campo Duro, be stalking flamingos, penguins and marine iguanas. You will have a chartered boat trip to Shark Island where sharks can be seen "sleeping" from above and where there is a wonderful snorkel site a short distance away. You will have a training run descending from the highlands. It is just hard to plan which you'll be doing when until you arrive.



Bus on Isabela follows runners



Fri. May 4: As mentioned above we're taking a flexible approach to your time on Isabela. The ability to do this is unique among Galapagos tour operators who are forced to follow strict itineraries dictated by the "packaged" (canned) tours they market.



That is my son stalking iguanas and penguins directly in front of the hotel on Isabela



Sat. May 5: Chartered boat trip to Floreana (pop. 85) with your guide. You will leave early in the morning. The channel crossing takes an hour and a half and often affords the opportunity to see whales, flying rays and dolphins. The tour

of Floreana involves a glimpse into the past, before there were any tourists here. You will enjoy this day more if you are familiar with the story of the Baronessa. The absolute best source for this story is a book by John Treherne titled, "The Galapagos Affair" published in 1983 and 1987. Might be hard to find, but entirely worth it. If you can't find it, I'll send you a Friends and Family letter which discusses the case. You'll spend the night in the rustic cabins on the waters edge.





Sun. May 6: AM training run down from the highlands of Floreana. Then you'll take the same boat from Floreana to Puerto Ayora, Santa Cruz, the tourist capital of the Galapagos. You'll tour the sites in the highlands of Santa Cruz, Los Gemelos and Lava Tube/Tunnels, visit Lonesome George at the Charles Darwin Station. You will be staying at a B&B run by some friends of ours in Puerto Ayora, Lodge Chevere (Cool Lodge).



Floreana Bus





Mon. May 7: AM training run down from the highlands of Santa Cruz to the far side of the island. We'll have water and towels to refresh before you hop on the short ferry ride which will take you to the island of Baltra where you will catch your return flight to San Cristobal.



Sun. May 8 through May 12: You'll be on your own to train, swim, relax on the island of San Cristobal. At this point you will be familiar with the various sites, with your snorkel gear etc. and of course our office is always open if you need anything. Also Javier and Nelly Agama (the owners of the B&B where you'll be staying) are very courteous and helpful. May 12 is race registration day where you'll pick up your bibs, chips and various pre-race swag. There is a pasta dinner that night for all runners.



Pre race registration bibs and "swag"



Governor receives his "chip" explanation



Pasta diner entertainment



Race director gives final briefing



Sun. May 13: Race day. Van takes you to race site. The Marathon and half marathon have the same start and end point. Both races will begin at 7 AM. More race details available below tour quote.



This is a rural course, you will not be running through throngs of people in city streets. Beware of wild giant tortoises which occasionally can be seen crossing the roads.



The sections which follow dirt roads are relatively flat. You will be passing farms with pigs and cows. Yes, that is a rainbow over the town where the race finishes.



In the parts of the course that run along the coast, beware of sea lions which will occasionally situate themselves in the middle of the road.



At the 42,180 meter mark!



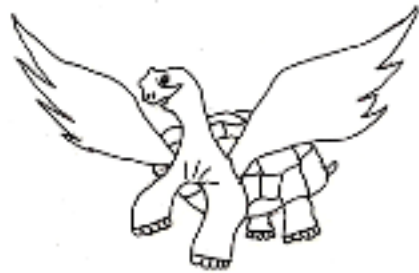
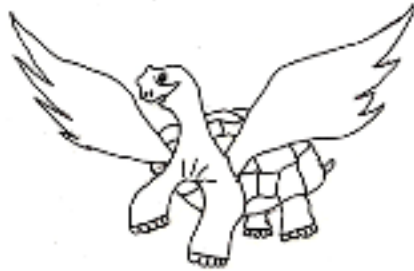
Naval escorts for all finishers.



Mon. May 14: Return flight to Guayaquil. You will need to be in the airport at approximately 11 AM. Early AM snorkel is possible or you may want to go just sit and sip Galapagos coffee or take some final photos. Sheraton Shuttle Service receives guests in Guayaquil.



Tues. May 15: Return International Flight. Sheraton shuttle insures that all arrive in the international terminal with your luggage, photos, smiles on your faces and hopefully a place in your hearts for Ecuador and the Galapagos.



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Included:

- All airport transfers in Guayaquil and the Galapagos
- All ground transportation to tours and boat trips listed in the above itinerary
- Meals included: All breakfasts, lunches, dinners, and non-alcoholic beverages April 29 thru May 6, diner the night of the race May 12 and lunch and diner race day May 13. All other meals will be had at restaurants and locations of your choice.
- Two nights double occupancy Sheraton Hotel, Guayaquil April 28 and May 14
- Round trip air between Guayaquil and Galapagos. Guayaquil-San Cristobal April 29 and San Cristobal-Guayaquil May 14
- Bilingual Galapagos National Park guide April 29 thru May 6

- Eleven nights (double occupancy) Casa de Nelly San Cristobal April 29 through May 2 and May 7 through 13
- An all day privately chartered boat tour to islets and far side of island (see details on itinerary) May 1
- All day tour of the far side of the island (tortoises/see itinerary) May 2
- Inter island flights San Cristobal-Isabela May 3 and Baltra-San Cristobal May 7
- Two nights (double occupancy) Casa de Marita or Hotel La Laguna, Isabela May 3 and 4
- Tours of Isabela including: Sierra Negra (active volcano), penguins, tortoise breeding ground and flamingos. Chartered boat to Shark Island May 3 and 4
- Chartered boat trip Isabela to Floreana May 5
- One night (double occupancy) cabanas Floreana May 5
- Chartered boat trip Floreana to Santa Cruz May 6
- One night(double occupancy)at B&B Lodge Chevere Santa Cruz May 6
- Unlimited snorkeling, exploring, surfing, animal watching, swimming with the help of your guide
- Snorkeling equipment for duration of your time in the Galapagos
- Meals in the Galapagos April 29 thru May 7, diner the night of the race May 12 and breakfast lunch and diner race day May 13

Not included: Food while in Guayaquil (though breakfasts are included with hotels), meals May 8 through lunch May 12, Race registration (\$80, \$60 or \$40) International airfare, airport taxes (Quito \$42, Isabela \$15), Galapagos National Park entrance and transit/entrance card fee (\$110), alcoholic beverages and tips.

Per person cost 6 to 12 in group \$4,195
 Single Supplement \$1,250

Deposit \$500 per person to reserve your space.