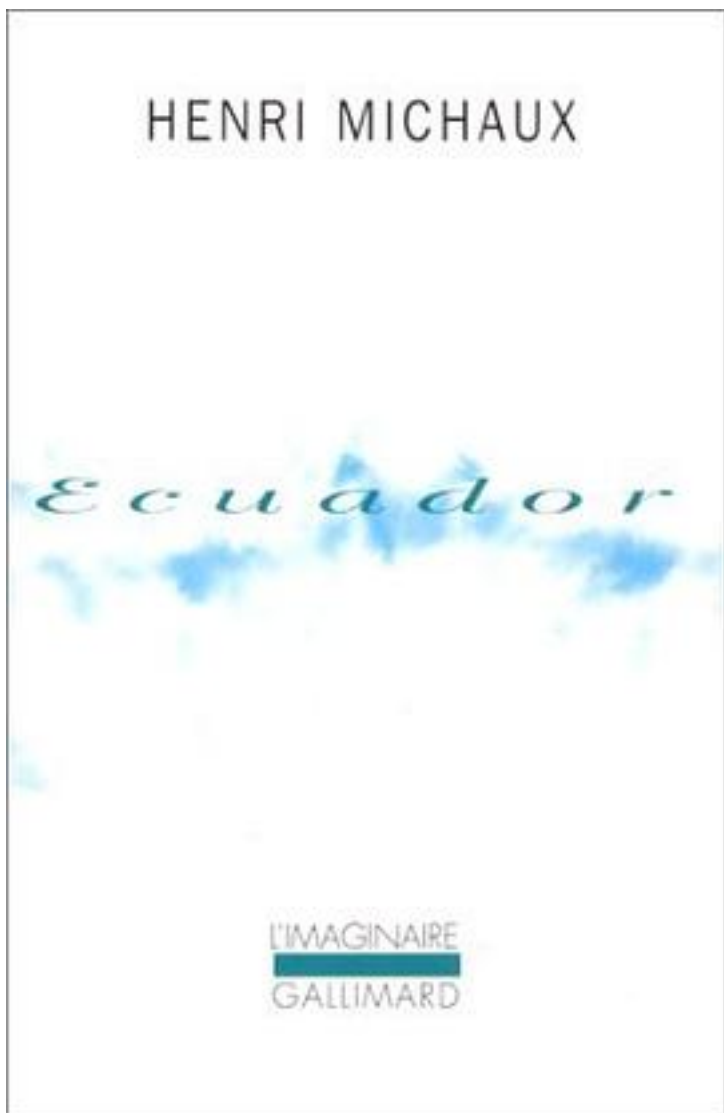


# Ecuador



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Providing painstakingly detailed information for safely and securely navigating some of Latin America's most rewarding excursions, this guide is for both avid climbers attempting Chimborazo's 20,700-foot summit or recreational trekkers looking to get off the beaten path. From the heights of the Andes and the cloud forests to the Amazon, coastal rainforests, and the low-lying beaches, time-tested travel advice and updated route descriptions are offered on how to select the best outing to suit each individual's interests, abilities, and time constraints. It includes step-by-step instructions on how, when, and where to approach each trail guide climbers, hikers, bikers, and trekkers through these often unmarked paths.

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