

Formal Itinerary and Price Quote For "2012 Come To Galapagos Post Marathon Package", 10 days, May 11 through 20, maximum group size 12.

Notes:

-For the sake of an enhanced Galapagos Experience this tour was designed to keep our arriving international runners away from the crush of runners arriving from the continent and subsequent strain on visitor sites here on San Cristobal for the days immediately surrounding the event. Only 250 off island runners are allowed, however this is a small island and we're certain the result of designing these tours in this way will be a better experience for all.

-At the end of the price quote section are details about the race and some comments and reviews from runners in 2010 and 2011



Fri. May 11: 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.



Sat. May 12: Flight to San Cristobal Galapagos where you'll be met by running event coordinators. Typical arrival time 1PM. Lunch, orientation, race registration with looping slide show of course. Traditional "pasta diner" is served on the naval base.



Galapagos Notes:

Your bilingual Galapagos National Park guide will be available dawn to dusk May 14 through May 18 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 need some help with something (extra help with a weak swimmer, for example) we are always available.

On San Cristobal you will be staying at Casa de Nelly or Casa Blanca. These were the first B&Bs here though the accommodations are more apartment/hotel like than traditional B&Bs, first row of photos below, Casa de Nelly, second row casa Blanca.



On Isabela you'll be staying at either Casa de Marita, first row of photos below or La Laguna second row. This tour is focused more toward adventure and exploration rather than shopping and fine dining, though you will be eating better than the vast majority of visitors here. Breakfasts are had at the hotel. All other meals are provided by the premier restaurants here, Miramar its award winning chef Santiago Teran. We mix and match a little on Isabela.



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.

Race registration and PM pasta diner photos below.



Race registration bibs, chips and pre-race "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. Marathon starts at 6 AM, half marathon at 7:30 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: 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. This is a rest and recovery day.



Your hotel fronts a long sand beach where occasionally flamingos can be seen wading in the surf.



Tues. May 15; Volcano, Sierra Negra, see the tortoise breeding station, lunch at a private tortoise farm, Campo Duro, lava tubes/tunnels, "wall of tears", be stalking flamingos, penguins and marine iguanas.



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



Wed. May 16: AM 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. Mid day you will have your return flight to San Cristobal where in the PM you will fish with locals.



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.



Thur. May 17: 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.



Fri. May 18: All day tour of the far side of the island, beginning early AM: 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.



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

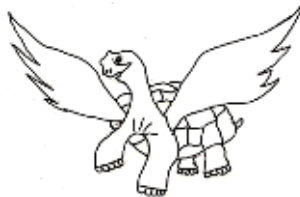
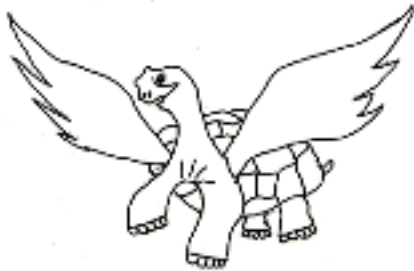
made farming here a non profitable enterprise. We know generally months in advance how many people are coming and can go to the farmers and tell them on this date we are going to need X number of tomatoes, lettuce, etc. Many of these crops they can plant and grow knowing they will have a secure market for them.



Sat. May 19: 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.



Sun. May 20: 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 in the Galapagos

- All breakfasts, lunches, dinners, and non-alcoholic beverages, some snacks in the Galapagos.
- Two nights double occupancy Sheraton Hotel, Guayaquil May 11 and May 19
- Round trip air between Guayaquil and Galapagos. Guayaquil-San Cristobal May 12 and San Cristobal-Guayaquil May 19
- Bilingual Galapagos National Park guide May 14 thru May 18
- Five nights (double occupancy) Casa de Nelly or Casa Blanca San Cristobal May 12, 13 and May 16, 17 and 18
- An all day privately chartered boat tour to islets and far side of island (see details on itinerary) May 17
- All day tour of the far side of the island (tortoises/ see itinerary) May 18
- Inter island flights San Cristobal-Isabela May 14 and Isabela-San Cristobal May 16
- Two nights (double occupancy) Casa de Marita or La Laguna, Isabela May 14 and 15
- Tours of Isabela including: Sierra Negra (active volcano), penguins, tortoise breeding ground and flamingos. Chartered boat to Shark Island May 15 and 16
- Fishing with locals May 16
- Unlimited snorkeling, exploring, surfing, animal watching, swimming with the help of your guide
- Snorkeling equipment for duration of Galapagos leg of tour

Not included: Food while in Guayaquil (though breakfasts are included with hotels), 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 \$2,965. Maximum group size 12

Single Supplement \$1,000

Deposit \$500 per person to reserve your space.

Payment in full is due sixty days prior to departure. **March 11, 2012**

Also below find reviews, photos and comments of the 2010 Come To Galapagos Marathon.

We are holding the marathon in May this year at the request of the airlines that fly between the continent and the Galapagos and to run the race at a time of year that will afford less likelihood of drizzle in the highlands. In 2010, we had so much drizzle that we had to change the course to keep it off a road that was just too muddy. The trade off is that it will likely be a little warmer and sunnier in May than it is in August.



We are offering three packages this year; the "post marathon package", 10 days Fri. May 11 through Sun. May 20, the "training package", 18 days April 28 through May 15 this package is tentative depending on interest. We will need a minimum of six participants. This package will not only allow runners time to acclimate to the climate here and enjoy the same great Galapagos experiences, but also the ability to train on all four of the populated Galapagos islands. The Come to Galapagos Marathon is predominantly down hill, starting at near the highest elevation on the island and descending to sea level. For this reason the course is a little challenging. The training sessions will allow runners to descend from the highlands of all four populated islands. New this year we are also offering a 6 day, five night cruise tour directly after the marathon on a locally owned cruise ship the Encantada.

The tour packages are basically all inclusive so that all you really need do is arrive in Ecuador and everything else is taken care of.

Also new this year and by request of many of the town's families are junior races for kids of five and two kilometers.

The marathon course starts at 574 meters above sea level on the highest part of the paved road which crosses the island. It ends in the soccer stadium in town at 19 meters above sea level. The course is run on asphalt, cement or inlaid blocks with the exception of two stretches of dirt road, 4 kilometers and 2.3 kilometers. These two stretches are within the first 18 kilometers of the race. There are two stretches that run along the coast. The runners will pass through 5 vegetation zones (miconia, scalesia, transitional, arid and costal). Figuring in all of the undulations the course has an approximate net downhill of 808 meters (2,650.9 ft.) and an approximate net uphill of 234 meters (767.7 ft.). The last 10 kilometers have a net rise of 75 meters (246 ft.) and fall of 95 meters (311.5 ft.). The last 3 kilometers are flat. We will be sending cross sections of the elevation changes in the races so you'll know what to look forward to.

The half marathon is run entirely on asphalt, cement or inlaid blocks. It starts at 574 meters above sea level on the highest part of the paved road which crosses the island. It ends in the soccer stadium in town at 19 meters above sea level, has an approximate net downhill of 584 meters (1,916 ft.) and an approximate net uphill of 42 meters (137.8 ft.).

The 10K course is run entirely on asphalt, cement or inlaid blocks. It begins and ends at the Soccer stadium in town, basically circumnavigates the town with a net up hill and down hill of 75 meters (246 ft.)

-At the beginning of the Marathon and half marathon the temperature will be around 68 degrees, with a five to 10 knot breeze, some mornings stronger and possibly there will be some drizzle. Runners may want to begin running with a windbreaker. We will attach a second "mini bib" to your windbreaker. This will allow you to discard it at one of the first four aid stations, the last of these four is at kilometer 12.5. These stations are ready to receive your jacket, store it and have it waiting for you with your back pack at the end of the race.

-If there is drizzle the first 2 kilometers of the race are on a wide dirt road, it may be a little slippery. Be careful, at kilometer 1.9 you will reach asphalt.

-At the end of the race the temperature will be around 75 degrees, may be sunny, partly sunny or overcast.

-Each kilometer is marked with a sign. The half marathon markers are at the $\frac{1}{4}$ (5.4 kilometers) mark, $\frac{1}{2}$ (10.8 kilometers) mark and $\frac{3}{4}$ (16.3 kilometers) mark. The half marathon course is actually 21.7 kilometers long.

-There is one way, controlled traffic on some of the roads you will be running, though there will not be much traffic as it is a Sunday morning. On the two sections of one lane dirt road, those roads will be closed.

-There are bathrooms on the course at K 17 and 29

-There are limited bathroom facilities (two) at the start of the marathon and half marathon due to the lack of portable bathrooms in the Galapagos and national park directives. Please do your best to void yourself before you get on the bus. As you probably know "your best" has as much to do with the time of your last meal and what that meal consisted of as it has to do with anything else.

-Aid stations with water and electrolyte drink occur every 2.5 kilometers (often less) in the first 27 Kilometers of the race. After that every 1.5 Kilometer (often less)

-Sponges, and bananas will be available at aid stations you will pass at approximately these kilometers, 21, 26, 29, 32, 36, 39 and 41

The race is an international event attracting runners from several countries in North and South America. For environmental reasons, **enrollment is limited to two hundred and fifty off island entrants.**