Last Updated: December 21, 2012

MyStyle Quito 3-Day - Comfort - TSEQM3C

3 days: Ecuador

What's Included

1 MyStyle tour of your choice, Arrival transfer.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Trip Style

Comfort: **Great adventures with a few extra frills along the way.**

Looking for a little extra from your adventure but don’t want to skip out on all the genuine experiences? Comfort is your ticket. These trips offer upgraded accommodations and more inclusions while still delivering plenty of freedom to pursue spontaneous situations on your own.

Please note: The Comfort Travel Style is a renamed edition of the G-Plus, our collection of comfort-themed adventures. Same great trips, more descriptive name!

Service Level

Upgraded:

- All the adventure you want, with a softer landing
- Handpicked, character-rich accommodations with upgraded amenities services
- Upgraded and private transport, including flights to maximize time
- More included meals, activities and transfers

Physical Grading

1: You'll have to walk around on your own, climb some stairs and carry your own bag. Easy does it.

Itinerary

Day 1 Arrive in Quito

You will be met at the Airport by your G Adventures Experience Officer and transferred to your centrally located hotel in Quito. The G Adventures Experience Officer will go over the details of your stay and arrange your choice of tours. Enjoy the rest of the day in Quito at leisure.

Located 2850m (9348 feet) above sea level, the Ecuadorian capital of Quito enjoys a wonderful spring like climate, despite its location only 22km (14 miles) south of the Equator. It is in a valley flanked by mountains, and on a clear day, several snow-capped volcanoes are visible from the capital. As well as being in a beautiful location, it is rich in history and much of the old colonial town is well preserved. In 1978 UNESCO declared Quito a world heritage site, and any new development in Quito's Old Town is now strictly controlled.

Life in Quito tends to be peaceful, though the drivers are fond of using their car horns. There are approximately 2,000,000 inhabitants in the metropolitan area, but the pace is relaxed and the residents hospitable. Quito is separated into two basic sections, the Old and the New Towns.

The Old City is full of interesting historical buildings, including many churches. Among the most interesting are the Catedral de Quito, which is located on the Plaza de la Independencia, was built between 1550 and 1562 and is one of the first neoclassical works in Quito, and La Compañía de Jésus Church, considered one of the most beautiful in the Americas. The decorations in the Compañía

contain approximately one and a half tons of gold, and construction of the church took 170 years (1605-1775).

Quito has a large population of foreigners and is a popular destination for travellers, resulting in a varied and vibrant nightlife, where salsotecas and other dance clubs abound. For a real Ecuadorian experience though, be sure and drop by a peña if you can. These are great places for meeting locals and dancing as well as enjoying local cooking.

Day 2 Quito (B)

One tour is included in your MyStyle tour. From the equator line, Spanish lessons, shopping or horse riding, MyStyle travel allows you to choose the tours and activities that are of interest to you.

City Tour and Equator Line
Can you really balance an egg upright on the equator? The answer to this and many other mysteries await you on this tour encompassing Quito city and "Mitad del Mundo" (the middle of the earth, or, equatorial line).

Otavalo Market
Explore the colourful handicrafts market at Otavalo - with perhaps the world's largest selection of woollies, this is one of South America's biggest and most interesting markets! Bargain as much as possible before heading back to Quito.

Cotopaxi and Saquisili Market
Visit the Parque National Cotopaxi, home to Cotopaxi Volcano (5897m/19342 ft). the beautiful cone-shaped, snow covered volcano is Ecuador’s second highest peak and the highest active volcano in the world. Continue on to the famed Saquisili Market (Thursdays only) to pick up beautiful handicrafts and trinkets to take home.

Cotopaxi Biking
This rugged adventure starts with a ride on dirt roads through volcanic ash and stunning mountain vistas before a stop at 3700m to check out some ancient Inca ruins. Head downhill through gorgeous pine forests to end your exhilarating day.

Bellavista Cloud Forest
The sights and sounds of this vibrant, thriving place will enchant you. Your local guides will show you all of the secrets the jungle has to offer and help you spot some the fascinating wildlife.

Papallacta Hot Springs
A visit to this famous hot springs can be as relaxing or as full an activity as you wish. Revel in the rejuvenating mineral-filled hot springs which are known to provide many health benefits.

Pululahua Crater by Horseback
This ancient volcanic crater is now a lush, beautiful valley. There's a huge amount of bio-diversity here and the rich volcanic soil provides a perfect environment for crops and dramatic natural flora alike. Enjoy a gentle horseback ride through the most scenic regions.

Shop till you Drop
It's always hard to find the best places to shop while you're on holiday. Ecuador is a great place to buy all sorts of handicrafts, so it's a good idea to start off right. Our guide will take you to all of the best markets and artisan shops and give you a few lessons on how to bargain!

Quito Dinner and Folklore show (Sunday Only)
Ecuadorians are famed for their musical talents, reflective of their fascinating culture and history. Enjoy dinner at a traditional restaurant with a music and folkloric show to entertain you.

Orchid Farm and Mindo Cloud Forest
Visit the green, lush cloud forest to learn about the exuberant flora and elusive fauna - you'll enjoy a guided hike for some unforgettable photo opportunities before making a stop to learn about the exquisite, fabled orchid at a nearby farm.

Quito Day Spa
Why? Because you deserve to be pampered. Visit a local day Spa in Quito for a relaxing massage and facial - what better way to unwind after a busy travel schedule?

Planeterra Project

Today, you visit a social project in Quito supported by G Adventures. This foundation helps children that work and live on the streets of Quito. Your visit will allow you to interact with the kids by helping them practice their English, assist with the daily chores and understanding the hardships these children face each day.

Spanish Lesson
Make your holiday in this Latin part of the world that little bit more enjoyable by learning some basic Spanish phrases. You'll find it makes bargaining in markets, ordering dinner in restaurants, and asking directions much, much easier!

Day 3 Depart Quito (B)

Enjoy your last day in Quito.

Please note that a departure transfer can be arranged instead of an arrival transfer if preferred.

What's Included

1 MyStyle tour of your choice, Arrival transfer.

Highlights

Quito

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

You have a choice of one included tour on this trip, while we will do our best to secure the tours you are interested in, all tours are subject to availability in destination.

Group Leader Description

The tour that you have selected is an independent iStyle tour. You will receive information about your tour upon arrival and will have a local G Adventures Experience Officer to assist you with settling in and choosing which of the icluded tours you would like to take.

Group Size Notes

No Minimum

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of traveling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group. Patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included

2 Breakfasts.

Meals

Continental breakfast included.

Meal Budget

Allow USD55-75 for meals not included.

Transport

Transfers in car, van or shuttle

About our Transportation

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

Local Flights

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Single Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Comfort Hotel (2 nts)

About Accommodation

A variety of accommodation standards are available for Independent tours, see your dossier for the accommodation class specific to your tour. Please remember that hotel/lodge/resort standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel . Porterage is not included, but can be arranged directly at most hotels.

Joining Hotel

Please see your tour voucher for specific name and address of your joining hotel for day 1 of this tour.

Joining Instructions

An arrival transfer is included for this tour.
**Please note, the arrival transfer included occurs on Day 1 of the tour. If you plan to arrive prior to Day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.

The Quito International Airport is approximately an hour outside of the city centre where your joining hotel is located.The easiest way to get there is via taxi (approximately $30-40 USD). Immediately after the customs and immigration area, as you head to the exits,

you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures Office Quito, Ecuador
During office hours (Weekdays 9am-6pm Local Time)
From outside Ecuador: +593 2250 6610
From within Ecuador: 022 506 610

After hours Emergency number
From outside Ecuador: +593 999 506 000
From within Ecuador: 0999 506 000

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack (whatever you find easiest to carry) however suitcases are acceptable for this style of tour. A good size daypack is also essential.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash

- Credit or debit card (see personal spending money)
- G Adventures vouchers and dossier
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- Cover for backpacks
- Pocketknife
- Flashlight
- Concealable money belt
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals - Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, DEET bug repellant, extra prescription drugs you may be taking).

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Aboard the expedition ships Explorer and Andrea laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. Please bring USD banknotes in denominations smaller than 100, as they can be hard to exchange in Ecuador. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash! CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD $40.80

Tipping

It is customary in Latin America to tip service providers such as waiters, and local guide(s) at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveler from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Please take care when wandering about the city on your own, as pick pockets and purse-snatchers are common, particularly in the Old Town. Be safe and leave your passport, credit cards, traveller's cheques and cash you don't need in the hotel's safety deposit box. Most Quiteños are honest and genuinely helpful and friendly, but be safe and enjoy the city!

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that an average level of fitness and mobility is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.
-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.