



## **Ecuador: The Amazon, Cloud Forests & Crater Lakes**

9 days, Quito to Quito

Trip code SEQT

## What's included

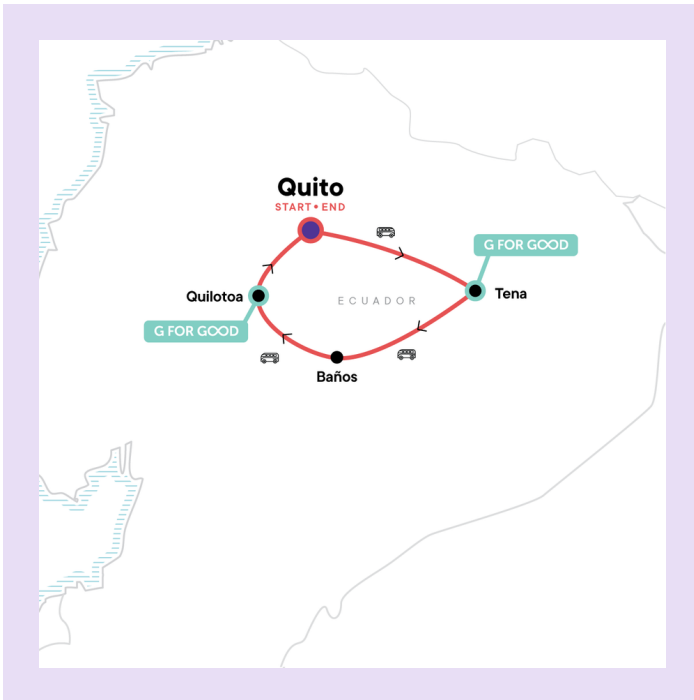
- Your G for Good Moment: Shandia Community Lodge, Shandia
- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
- Your G for Good Moment: Entrance + Community living experience in Guayama Grande, Quilotoa
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Baños
- Your Big Night Out Moment: Quito
- Cacao and Chocolate Experience
- Amazon Jungle Walk & Pimpilala Waterfalls Visit
- Community Artisan Workshop Visit
- Guayama Community Project Visit
- La Carolina Park Orientation Walk
- Free time in Tena, Baños, Quilotoa, & Quito
- All transport between destinations and to/from included activities

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**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 April 11th, 2025 and onwards

# Itinerary



## Itinerary Notes

Please note that the Quito international airport (UIO, Mariscal Sucre) will be closed on the following dates in 2026 for preventative maintenance on the runway: April 11; May 9, 16 & 30; June 6; September 5, 12 & 26; October 3 between the hours of 2am and 2pm. As well as October 17 between the hours of 6am and 6pm. For passengers flying in or out of Quito on these dates, please double check flight schedules with your airline in case of changes. Internal flights within Ecuador and Galapagos will be adjusted accordingly and any changes to schedules will be communicated at the welcome briefing.

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Quito

Arrive at any time and prepare for an epic adventure through Ecuador's highlights and hidden gems. It will be 1000% better than watching reels of these beautiful places! Attend a welcome meeting in the evening and then choose to hang out with the group afterwards for an optional dinner in Quito. Break the ice, get to know each other, and share your best travel stories before making new ones together over the next nine days.

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### Accommodation

Hotel Air Suites (or similar)

Hotel

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### Today's Activities

#### ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

## Quito/Tena

Hop on a bus and travel into the lush Amazon Jungle and your community lodge stay in the rainforest. Learn about local food production and everything there is to know about cacao. If in season, collect cacao pods from the nearby plants. At the end of the experience, the group will enjoy a taste of this sweet treat amid the sounds of the forest. It is here you will experience life in the jungle firsthand and connect with the local indigenous culture. It's the perfect way to fall in love with the Amazon you have been learning about since you were younger.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Shandia Lodge (or similar)

Homestay



### Today's Activities

Local Bus

Quito - Tena

6h

189km

Climb aboard, grab a seat, and enjoy the ride.

Cacao and Chocolate Experience

Tena

Expand your knowledge of local food production and learn everything there is to know about cacao. If it's in season, collect cacao pods from the nearby plants and learn about the history of cacao in Ecuador. While the plant has been harvested since the early 16th century, the late 19th century saw the beginning of the Ecuadorian cacao boom. The plant remains a key export and is fundamental in supporting local communities across the country. Roast and de-shell the beans, then re-heat the beans with milk and cinnamon into a fondue to be eaten with local fruits. When finished, enjoy a fire-side traditional jungle snack.

#### ACTIVITY

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous

culture and provide opportunities for the future. Watch a chocolate making demonstration and learn about their cultivation of cacao and their traditional agriculture practices. Meals of local ingredients grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

Put the pedal to the metal on a cycling excursion to the Indigenous Shandia community. This rural village is surrounded by rivers and the fertile Amazon landscape. Take in the beauty as you ride through the jungle. And take pride in being able to help support the preservation of the community's indigenous culture. Afterwards, spend free time at the lodge and choose to enjoy some of the activities available to visitors. Choose to walk to the nearby beach along the river and try to spot wildlife in the jungle. Later go on an included walk to the Pimpilala Waterfalls and perhaps there will be time for a quick dip into the natural pool formed at the base of the falls. Group selfie, anyone?



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Shandia Lodge (or similar)

Homestay



## Today's Activities

ACTIVITY

6km

Cycle to the Indigenous Shandia community, a rural village surrounded by rivers and lush Amazonian landscapes. With the support of G Adventures and Planeterra, the community has developed new culturally immersive experiences led by the village's youth. Spend 40 minutes cycling from Shandia lodge stopping along the way to take in the beauty of the Amazon. These cultural tours are seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. This provides an economic opportunity for youth who traditionally would have left the community to find work. Leave Shandia community knowing your visit is creating opportunities for a new generation in the community and contributing to the preservation of their culture.

Free Time

Shandia

Take advantage of free time to enjoy the activities available at the lodge.

Pimpilala Waterfalls Visit

Tena

3h

Head into the jungle today where you will see a variety of plants (medicinal, timber, and fruit), and animals including birds, monkeys, and insects. As you walk learn more about the uses and relationships between these plants and the indigenous people in the area. The group will also visit the Pimpilala Waterfalls and perhaps there will be time for a quick dip into the natural pool formed at the base of the falls.

#### ACTIVITY

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. Watch a chocolate making demonstration and learn about their cultivation of cacao and their traditional agriculture practices. Meals of local ingredients grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

Day 4

## Tena/Baños

Experience a slice of local life on a public bus ride between Tena and Baños. Download those road trip playlists and stare at the passing scenery. Arrive in the afternoon and get settled. The town is surrounded by lush cloud forest and has an abundance of outdoor optional activities for travellers to indulge in. Maybe soak in the nearby hot springs to relax after bumping along on the bus. But rest up because you're in the adventure capital of Ecuador and tomorrow there's no time to waste.

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### Meals included

Breakfast

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### Accommodation

Napolitano Apart Hotel (or similar)

Hotel

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### Today's Activities

Local Bus

Tena - Baños

3h

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Baños

Enjoy free time in Baños, a town famous for outdoor activities. Visit the local hot springs, or simply relax in town.

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### Optional Activities - Day 4

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means "little hell" in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak - watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Day 5

## Baños

Discover your adventurous spirit on this full free day to enjoy the epic outdoor adventure activities in Baños. Nestled at the foot of the active Tungurahua volcano, this town is a gorgeous place to hangout for the day. From ziplining to canyoning and visiting the famous Casa del Arbol, you won't have time to worry about what to do next. And maybe end the day with a group dance party to see if you can make the next viral Tik Tok.

Opt to pre-book the "Baños Canyoning Adventure" or "Baños Ziplining Adventure Bundle" activity on the checkout page ahead of time to include one of these optionals on your tour.



### Meals included

Breakfast



### Accommodation

Napolitano Apart Hotel (or similar)

Hotel



### Optional Activities - Day 5

Baños Ziplining Adventure Bundle

Baños

25USD

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second zipline to finish off this adrenaline-filled adventure. Please keep in mind this is a level 3/5 physical activity. Good mobility, no fear of heights, and a strong fitness level are required for you to have an enjoyable experience.

Mountain Bike Rental

Baños

10USD

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Horseback Riding - Baños

Baños

25USD

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Hiking - Baños

Baños

Free

Head to the mountains for some amazing treks; Baños provides the perfect natural setting for outdoor adventure.

Whitewater Rafting

Baños

30USD

Hit the rapids in the adrenaline capital of Ecuador. Choose a river that suits your experience level; there a number with varying ranges of difficulty. Enjoy amazing Andean scenery and a fun-filled ride!

Baños Canyoning Adventure

Baños

Jump, slide, rappel, swim and float around Cascadas de Chamana on this canyoning adventure, while enjoying the stunning scenery near Sangay National Park. Please keep in mind this is a level 4/5 physical activity. Good mobility and a strong fitness level are required for you to have an enjoyable experience.

Visit Casa del Arbol

Baños

Perched on a hilltop behind Baños is La Casa del Arbol, sporting epic views of the Tungurahua volcano on a clear day. It was used previously to monitor the volcano's activity, but now has become a popular attraction because of the iconic image of a swing attached to the treehouse. Visit the viewpoint where you can choose to try whooshing over the abyss for yourself to feel the thrill of swinging on the edge of the world.

Leave Baños behind to travel to Quilotoa and its stunning caldera lake formed by a volcanic eruption. It's a popular destination for hikers and nature lovers. Along the route the group will stop for a visit to an art workshop and gallery that celebrates the indigenous art of the region, showcasing the breathtaking works in Tigua's artistic community. Here, you can meet local artisans and learn about their techniques. Upon arrival to the town of Quilotoa the group will hike down to the lake in the centre of the crater to enjoy the dramatic surrounding landscape and turquoise coloured water. Check-in to your eco-friendly accommodations in the evening located high in the Ecuadoran Andes at over 10,400 feet in elevation (3200 meters above sea level) with views that will make you fall in love. Who wants to move here and stay forever?



### Meals included

Breakfast | Dinner



### Accommodation

The Black Sheep Inn (or similar)

Inn



### Today's Activities

Private Vehicle

Quilotoa

3h45m

149km

Settle in and scan the scenery from the comfort of your private vehicle. There will be a stop along the way at a community artist workshop.

Community Artisan Workshop Visit

Ecuador

1h

Nestled in the heart of Tigua, you will find a vibrant gallery that celebrates the local indigenous art of the region. Visit here and see the beautiful works of Julio Toaquiza, a pioneer in Tigua's artistic community. The kaleidoscope of colors and intricate designs that tell stories of the Andes and its people. Each piece reflects the rich cultural heritage of the Tigua community, making it not just an art gallery, but a living museum of the traditions and values that shape this beautiful region. Meet local artisans, learn about their techniques, and consider participating in a workshop to create your own piece of art.

Quilotoa Community Entrance

Quilotoa

2h30m

1km

This popular hike down to Quilotoa's crater is relatively short, but steep. It offers gorgeous views and a chance to experience the mesmerizing water up close. The way down is shorter, but steep and the ascent back up can be more challenging due to the high altitude. Once down at the crater choose to relax by the water or maybe rent a kayak for a unique experience while here in Ecuador.

Feel the warmth and impact of community connection today on a visit to the Guayama Community project nearby. Learn about the culture and lifestyle of the area's indigenous peoples while supporting the sustainable development of this project. Discover the Kichuas Panzaleos culture project led by the local population. Lunch will be had on your own at the on site restaurant. You'll be welcomed into their indigenous community with open arms and leave with a deeper love of this region and its people. Later, relax back at your accommodations in Quilotoa, play some cards, swap travel stories, and laugh together as a group.

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### Meals included

Breakfast | Dinner

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### Accommodation

The Black Sheep Inn (or similar)

Inn

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### Today's Activities

#### ACTIVITY

The Guayama Grande Community Tourism Cultural Center offers travellers a meaningful experience where they can learn about the culture and lifestyle of the area's indigenous peoples, while also supporting the sustainable development of this centre. Enjoy the landscape's natural beauty surrounded by mountains. Learn about daily life in the quichua agricultural community, walk through the farming area with a local guide to learn about the community's traditional crafts, crop seasonality, and their project to eliminate pesticide use. Then head out to the fields to watch the planting or harvesting process, depending on the season. Feel welcome by the community and leave with a deeper connection and appreciation of this land and its people.

Free Time

Quilotoa

Free time will be had back at the accommodations. Choose to hang out as a group or head into town for a night of fun, laughter, and some cold beverages. You can also choose to hike again in the area or find a stunning view of the crater as the sun begins to set.

Day 8

## Quilotoa/Quito

After breakfast, travel back to Quito swapping stories with your travel crew on the ride back. Take some time to grab lunch on your own, maybe find some potato soup, or fried cheese empanadas, or fresh ceviche. Then, come back together with everyone for an orientation walk at La Carolina Park with its natural oasis within the city. The night belongs to you and it's time to let loose. Find somewhere to dance your heart out and let the beat move your soul.

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### Meals included

Breakfast

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### Accommodation

Hotel Air Suites (or similar)

Hotel



## Today's Activities

Private Vehicle

Quilotoa - Quito

5h

Settle in and scan the scenery from the convenience of a private vehicle.

La Carolina Park Orientation Walk

Quito

1h

Set off on an orientation walking tour with your CEO of La Carolina Park. This large, 165-acre urban park can be found in the heart of Quito. It features a botanical garden with diverse ecosystems, including high-altitude Andean grasslands, cloud forest, wetlands, and Amazon. Walk around a bit and get a sense of its immense size and importance as a recreational space for locals within the city. Then choose to enjoy extra time here yourself if you desire.

Free Time

Quito

The night is yours in Quito. Find a local spot for a delicious dinner on your own and maybe dance the night away with your travel family by your side. What are your best dance moves?

### ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the lively Ecuadorian city of Quito.

Day 9

## Quito

Depart at any time. Or maybe stay longer to explore more of Quito on your own.



## Meals included

Breakfast



## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

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## What are the main highlights of this trip?

Stay deep in the Amazon jungle surrounded by the sounds and sights of the wild, Bike through a local community and learn how chocolate is made from bean to bar, Chill or thrill in Baños with hot springs hikes and giant canyon swings, Hike down to a lake at the centre of the crater in Quilotoa and choose to paddle across its turquoise waters, Experience Ecuador's Indigenous culture through community-led activities

## Itinerary Notes

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## Is there a disclaimer I should read before booking this trip?

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

## Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

## Are there Itinerary notes?

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## What important notes should I be aware of before the trip?

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### 1. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### 2. THE TUNGURAHUA VOLCANO

Please note this tour travels to Baños. The Tungurahua volcano in the area around Baños is constantly active. G Adventures have operated countless tours to the Baños area over the years without incident. However, we are obligated to point out that travel to the area is at your own risk, to exercise caution when travelling in the area. Further, we urge you to check your insurance coverage with your insurance provider prior to travel to the Baños area.

### 3. CONFIRM YOUR DETAILS

G Adventures requires your passport number, full name and date of birth at the time of booking. Please make sure you give this information to your travel agent.

Once you have confirmed your booking please give us your international flight details and advise us if you have any important issues such as allergies, special diets, etc.

## What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## How large will the group be?

Max 16, Avg. 14.

## What meals are included in this trip?

8 breakfasts, 2 lunches, 4 dinners

## **What are the meals like on this trip?**

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally, meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what, and with whom to eat. It also gives you more budgeting flexibility, though generally, food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

Public bus, private vehicle, taxi

## **Is there an extra cost for travelling solo?**

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels (4 nts), Community Lodge (2 nts), Eco-friendly Inn (2 nts, multi-share).

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Nights 6 & 7

## **What are the joining instructions?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## **What happens if I experience problems when arriving?**

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

## Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +593 999 350 112

After hours Emergency number: +51 997 582 712

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

# What should be on my packing list?

## Amazon:

- Knee-length socks
- Loose-fitting, light coloured hiking pants
- Loose-fitting, light coloured long-sleeved shirts
- Pack liners to waterproof bags

## Cold weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

**Essentials:**

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

## When can I do my laundry on this trip?

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.

## What are the visas and entry requirements for my trip?

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 is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Where can I read detailed notes about this trip?

Important notes about visiting the Amazon:

How to keep things dry:

We recommend that passengers bring zip-lock plastic bags or dry sacks for your lenses and camera equipment. A waterproof backpack will also help you to protect your camera gear or anything else you wish to keep completely dry. The humidity is high in the rainforest, however, if you follow the advice about packing appropriate belongings it should not be an issue.

The weather in the Amazon:

Year-round temperature average is 82°F (28°C), nights can be cooler. Since Ecuador is located right on the equator, the country does not experience extreme weather changes, and the weather is surprisingly comfortable all year round.

Please be prepared for rain.

Digital camera users need only beware (as SLR users) that moisture can fog their lenses rapidly. Silica gel in the camera carrying case should do the job and remember to put your camera back in the case when not using it. Bring plastic zip-lock bags for protecting your gear.

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

## What should I know about currency, credit cards, and exchanging money while on this tour?

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 \$100 USD (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](http://www.xe.com)

## How much emergency money should I bring on this trip?

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!

## What activities are optional on this trip?

### Baños

- Hot Springs - Baños (4USD per person)
- Mountain Bike Rental (10USD per person)
- Whitewater Rafting (30USD per person)
- Baños Ziplining Adventure Bundle (25USD per person)
- Horseback Riding - Baños (25USD per person)
- Baños Canyoning Adventure
- Hiking - Baños (Free)
- Visit Casa del Arbol

## Are there any health considerations I should know before travelling?

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 traveller 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.

Please note your Adventure travels to high altitude, in Quito and the highlands. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

## What do I need to know to about safety and security on my trip?

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

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 people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

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 evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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/](http://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.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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 the operator. 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.

## 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.