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Sorry! There are no remaining departures for "Ecuador Beaches, Amazon & Highlands" (SEQQ), [but here are some similar trips](#).



## **Ecuador Beaches, Amazon & Highlands**

14 days, Quito to Quito

Trip code SEQQ

## What's included

- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Baños
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Manta full-day tour
- Agua Blanca Community Visit
- Isla de la Plata full-day excursion
- Internal flight
- Shandia Biking & Community Experience
- Amazon Jungle Experience
- Papallacta Hot Springs Visit
- All transport between destinations and to/from included activities

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 June 5th, 2019 and onwards

# Itinerary

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**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.

There are no activities planned until the evening. Please check at the hotel reception for a welcome note from your G Representative advising on the time and location of the welcome meeting.



## Today's Activities

### 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/Manta

Take an early morning flight to Manta. Located on Ecuador's central coast, Manta is port city known for its fishing industry. Get familiarized with this bustling city with a guided tour of the Cancebi Museum and Tagua workshop, and a visit to Montecristi.

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### Meals included

Breakfast

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### Today's Activities

Plane

Quito - Manta

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Manta Full-Day Tour

Manta

Immerse yourself in Manta's rich history and culture with a guided tour of the city's sites. Visit the Cancebi Museum to learn about local fishing practices and traditions, and view historical artefacts. See the fishing market in action, meet local fisherman and opt to buy some of the fresh produce. Visit a working Tagua factory to see how this natural material is transformed into buttons, jewellery and ornaments. Finish the day with a trip to Montecristi, famous for the hats of the same name.

Day 3

## Manta/Puerto López

Travel to Puerto Lopez. On the way, visit the Agua Blanca Community. Hike, check out the museum and take a mud bath. Enjoy lunch in the community before continuing to Puerto Lopez. Enjoy free time on arrival.

Located within the Machalilla National Park, the Agua Blanca community is one of the oldest archaeological sites in South America. Marvel at the natural archaeological wonders here which include temples, houses and ancient artefacts. Visit the community's brightly painted church and museum and browse the local artisan's market for unique souvenirs.



### Meals included

Breakfast | Lunch



### Today's Activities

Local Bus

Manta - Puerto López

2h

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

Agua Blanca Community Museum

Puerto López

Visit an indigenous community and hike through the grounds with a local guide. Stop to soak in therapeutic mud, learn about flora and fauna, or wander through the archaeological museum.

Day 4

## Puerto López

Embark on a day-trip to Isla del Plata, home to a variety of seabirds including blue-footed boobies and fantastic snorkelling that rivals the Galápagos.

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### Meals included

Breakfast | Lunch

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### Today's Activities

Day Trip to Isla de la Plata

Isla de La Plata

Explore Isla de la Plata, affectionately known as the “poor man’s Galápagos.” Be sure to bring your camera to this wildlife watching haven. Meet colonies of nesting blue-footed boobies and a number of other sea birds. View the migrating whales (June to October) and dolphins around the island.

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### Optional Activities - Day 4

Snorkelling

Puerto López

25USD

Grab a mask and fins and hit the surf. Discover the coral reef around Isla de la Plata, and keep an eye out for turtles, manta rays, and, a wide range of marine life.

Day 5

## Puerto López

Enjoy free time to explore. Optional activities include hiking in Machalilla National Park, relaxing on white-sand beaches, or whale-watching (when in season).

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### Meals included

Breakfast

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### Today's Activities

Free Time

Puerto López

Choose to get active or relax in the beach town of Puerto Lopez and the beautiful Machalilla National Park that surrounds it.

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### Optional Activities - Day 5

Los Frailes Beach

Punta Los Frailes

Free

Grab a tuk-tuk to the park entrance and make your way to one of its beaches. Chill out on the incredibly soft white sand, take a dip, and enjoy.

Machalilla National Park Hike

Machalilla

15USD

Go trekking at Machalilla National Park, Ecuador's only coastal national park, which covers more than 40,000 ha of tropical dry forest and cloud forest as well as 20,000 ha of Pacific Ocean. Explore the park's coastline, which contains the country's only coral formations (just off the mainland). Get your blood pumping with some day hikes to soak in the beautiful scenery and learn about the area. Be sure to keep an eye out for local wildlife.

Day 6

## Puerto López/Quito

Transfer to Guayaquil and fly back to Quito. The rest of the day is free to explore on your own. Options include taking a city tour, riding the cable car up the nearby volcano, or relaxing in one of the city's many cafés and restaurants. This evening, opt to enjoy a night out on the town with the group.



### Meals included

Breakfast



### Today's Activities

Free Time

Quito

Make a most of a free day in Ecuador's lively capital.

Local Bus

Puerto López - Guayaquil

3h

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



### Optional Activities - Day 6

Quito City Tour & Equator Line

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m. and ends around 5 p.m.

Teleférico

Quito

9USD

Enjoy spectacular views of Quito from this sky tram up Volcán Pichincha. Choose to go for a hike at the top, or just come along for the ride.

Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the early evening.

Day 7

## Quito

Enjoy a free day to get out and explore the many sights Quito has to offer.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Quito

Enjoy a free day to explore Ecuador's capital.

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### Optional Activities - Day 7

Quito City Tour & Equator Line

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m. and ends around 5 p.m.

Teleférico

Quito

9USD

Enjoy spectacular views of Quito from this sky tram up Volcán Pichincha. Choose to go for a hike at the top, or just come along for the ride.

Optional Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of

the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the early evening.

Day 8

## Quito/Baños

Travel to Baños and be spoiled over the next few days by the abundance of optional outdoor activities in the area like hiking, ziplining, and canyoning. Today, choose to take it easy and relax in local hot springs.



### Meals included

Breakfast



### Today's Activities

Local Bus

Quito - Baños

4h

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

Free Time

Baños

Enjoy a relaxing soak in the local hot springs and some free time to explore this adventurous town.



### Optional Activities - Day 8

Pailon del Diablo Optional Visit

Baños

2km

El Pailón del Diablo is located about 30 minutes outside of Baños. Choose to visit these powerful falls that plunge 80m down.

Total distance: 2km (1.3 miles)

Total elevation: 148m (485ft)

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.

Enjoy a free day to take full advantage of all the activities in this adventurous town.

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



## Optional Activities - Day 9

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.

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.

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.

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.

Hiking - Baños

Baños

Free

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

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.

Day 10

## Baños/Tena

Travel by bus into the Amazon Jungle. Spend two nights in rustic jungle huts in a local Quichua community. Enjoy nature walks and learn about local culture.

Descend into the Amazon Jungle region. Notice the scenery change dramatically heading from the mountains into the lush, tropical Amazon rainforest.

Stay with a Quichua family and enjoy the hospitality of these wonderful people, and experience life in the jungle firsthand.



### Meals included

Lunch | Dinner



### Today's Activities

Local Bus

Baños - Tena

3h30m

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

Private Vehicle

Tena

45m

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

#### ACTIVITY

Learn about local traditional beliefs and customs on this cultural jungle experience in the Ecuadorian Amazon close to Napo River. Stay in rustic wooden huts with a local Quichua family as hosts near the community of Cando. They've introduced countless visitors to local living and a completely different way of doing things – one that may give you a different perspective on life.

Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.

Enjoy a full day in the Amazon learning about local life in the jungle. Spend the night in rustic jungle huts in a Quichua community.

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### **Meals included**

Breakfast | Lunch | Dinner

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### **Today's Activities**

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Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.

Day 12

## Tena/Papallacta

Cycle to the nearby community of Shandia and discover the beauty of the Amazon with a member of the community as your guide. Later, take a local bus to Papallacta and relax in the natural mineral hot pools with volcanic views.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Tena - Papallacta

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

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.

Day 13

## Papallacta/Quito

Enjoy a relaxing morning at the hot springs before travelling back to Quito for free time to explore.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Papallacta - Quito

1h30m

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

#### ACTIVITY

Enjoy access to the private hot springs at the accommodation in Papallacta.

Day 14

## Quito

Depart at any time.

We recommend booking pre or post nights in Quito for additional time to explore. The optional activities may require additional time, speak to your CEO for assistance booking these activities on trip.



### Meals included

Breakfast



### Optional Activities - Day 14

Quito City Tour & Equator Line

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m. and ends around 5 p.m.

Otavalo Market - Full Day Trip

Otavalo - Quito

Discover some amazing local art, tapestries, and textiles at Otavalo's famous artisan market, the largest handicraft market in South America. Wander the stalls to meet local artists, and find one-of-a-kind souvenirs. Head north from Quito along the Pan-American highway for 2.5 hours. On the way, visit the village of Calderon to see colourful figures made of bread and visit Cayambe to taste typical 'biscochos' (local biscuits). Try your hand at haggling in the market - it's expected for every purchase. A good negotiator could get at least 20 per cent off the starting price. After, continue on to the leather market at Cotacachi or Peguche the weaving town. The market is open daily, however Saturdays are the busiest.

This trip takes roughly 8 hours, departs daily at 8 am.

Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the early evening.

## What's included

- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
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- Your Discover Moment: Baños
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Manta full-day tour
- Agua Blanca Community Visit
- Isla de la Plata full-day excursion
- Internal flight
- Shandia Biking & Community Experience
- Amazon Jungle Experience
- Papallacta Hot Springs Visit
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Learn about Manta's local fishing traditions, Take a mud bath in Agua Blanca, Spot blue-footed boobies on Isla del Plata, Get adventurous with ziplining or canyoning in Baños, Stay overnight in jungle huts in the Amazon, Relax in natural mineral hot pools in Papallacta

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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.

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

Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.

## **How large will the group be?**

Max 16, avg 12

## **What meals are included in this trip?**

11 breakfasts, 4 lunches, 2 dinners

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

Eating is a large 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?**

Local bus, private vehicle, plane.

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour 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.

## **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 (11 nts), simple village cabañas/homestay (2 nts, multi-share).

## **What is the joining hotel?**

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

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

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

The best way to get to the hotel from the airport is by taxi - this should cost approximately 6-10 USD and is a 20-25 minute ride.

## **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 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 Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

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

## Are there any additional packing suggestions I should consider?

Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. This is especially true on the Inca Trail, at which time warmer clothing is essential.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

# What should be on my packing list?

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

## 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](#)

## 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.

## 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!

## Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, 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. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

# What activities are optional on this trip?

## Puerto López

- Snorkelling (25USD per person)

## Punta Los Frailes

- Los Frailes Beach (Free)

## Machalilla

- Machalilla National Park Hike  
(15USD per person)

## Quito

- Quito City Tour & Equator Line
- Teleférico (9USD per person)
- Optional Welcome Meeting for Travellers on Combos

## Cotopaxi

- Cotopaxi Volcano - Full Day

## Baños

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

## Otavalo

- Otavalo Market - Full Day Trip

## 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.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **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.