



## ECUADOR FAMILY JOURNEY: VOLCANOES AND THE AMAZON

9 days, Quito to Quito

Trip code SEQNF

## WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Quito
- Your Family Journeys Moment: Yaku Water Museum with a Local Expert, Quito
- Your Hands-On Moment: Mitad del Mundo Stop & Private Visit to the Intiñan museum, Quito
- Your Local Living Moment: Kichwa Family Visit, Tena
- Complimentary arrival transfer
- Historical walking tour of Quito
- Mitad del Mundo and the Intiñan Museum visit
- Lunch overlooking the crater of Pululahua Volcano
- Papallacta thermal pools
- Amazon rainforest jungle (3 nt) stay
- Guided jungle walk
- Local community visit and taste of regional specialties
- River tubing
- Chocolate house visit
- Misicocha Reserve Jungle Trek
- Butterfly House Experience
- Free time in Quito, Papallacta, & the Amazon Jungle
- All tips included for activities and meals, except for Expedition Leaders and portage
- 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 October 27th, 2025 and onwards

# ITINERARY

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## 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.

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details. Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

**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

Day 1

## QUITO

Welcome to Quito—your arrival transfer to the hotel is included. Check in and get excited to meet your fellow travelers during a welcome meeting this evening where all families can bond before the Journey ahead.

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### ACCOMMODATION

NH Collection Royal Quito (or similar) Hotel

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### TODAY'S ACTIVITIES

#### ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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.

Arrival Transfer

Mariscal Sucre International Airport - Quito

1h

40km

You will be met at the airport and transferred to the hotel to start your adventure.

Day 2

## QUITO

Begin at the Yaku water museum for a visit with one of the local experts, who will guide you through the interactive and playful exhibits that encourage reflection on the importance of water to life and to our planet. It's a great way for the family to learn about environmental conservation in an entertaining and memorable way. Continue to the historical centre of Quito for a walking tour of some of the city's important and historical sites like the main plaza and the beautiful church of La Compañía.

After lunch at a local restaurant, stop at a local artisanal chocolate shop for some samples and to learn about the cacao and chocolate making process. The earliest people known to have used the cacao plant are the ancient Mayo-Chinchipe people of what's now Ecuador!

Enjoy the rest of the day and evening with free time to explore or to relax.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

NH Collection Royal Quito (or similar) Hotel



### TODAY'S ACTIVITIES

#### ACTIVITY

Dedicated to the topic of water, Yaku is an interactive museum that strives to give visitors a strong attachment to this liquid gold through a variety of educational and playful experiences. Visit with a local expert guide and recognize the value of water to life on our planet as you wander through different exhibits like the ecological trail or the Mediagua eco-friendly house.

Quito Walking Tour **Quito** 15m-5h 3km

Your Expedition Leaders will lead the group on a downtown walking tour of Quito. Walk past important city landmarks like, the Main Square and Compañía de Jesus.

Yumbos Chocolate Experience **Quito**

Visit Yumbos artisanal chocolate shop and learn about the processes of creating chocolate from fermentation to final product, all demonstrated live here. Learn all about cacao, where chocolate

comes from, and specifically how it's made. The earliest people known to have made use of the cacao plant were the ancient Mayo-Chinchiipe living in what is now Ecuador. Taste some of these delicious sweet treats to cap off the experience.

Free Time [Quito](#)

Enjoy the remainder of the afternoon and evening free to do as you please with your family. Explore more of Quito together and choose to partake in some of the locally offered optional activities.

Day 3

## QUITO/PAPALLACTA

After breakfast, travel north to the Middle of the World where you'll stop for pictures at the iconic Ciudad Mitad del Mundo monument located at the equator line—a family photo opportunity that you'll cherish forever. Continue to the Intiñan museum to learn about the significance of our planet's equator with fun experiments like seeing if you can balance an egg on a nail or walking along the equatorial line with your eyes closed. After playing scientist, have a delicious lunch overlooking the crater of Pululahua Volcano then travel to the village of Papallacta, nestled in the mountains. Take the rest of the day to soak in the hotel's restorative thermal springs. The warm, mineral-rich waters are perfect for relaxing and letting the kids splash around at the end of the day.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Hotel Termas Papallacta (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Quito - Papallacta

3h-3h30m

146km

Settle in and scan the scenery from the comfort of your private vehicle between Quito and Papallacta. Stop along the way to the Mitad del Mundo complex and the Intiñan Museum.

#### ACTIVITY

25 Kms. (16 miles) north of Quito marks the exact Middle of the World, latitude 0°. Here you can stand with a foot on each hemisphere. Visit the Intiñan site museum (pathway of the sun) which shows the diversity of Ecuador's native groups. On the 00°00'00" line at the museum, you will have the opportunity to interact with phenomena that occur in nature which can only be tested on the magnetic equatorial line.

The private experience includes an in-depth look at Ecuadorian culture with clever map booklets and numerous interactive exhibits for the entire family to enjoy. Witness the complex Coriolis Effect with demonstrations like watching water go down a drain with no whirlpool, or eggs balancing on the head of a nail, and even the loss of muscle strength felt when standing precisely on the equator line. Later, head up to Pululahua crater view point, which is one of the two inhabited volcanic calderas in the world and have lunch overlooking the crater.

Visit to the Papallacta Hot Springs

Papallacta

1h

Spend time enjoying the soothing warm waters of the Papallacta Hot Springs. The pools vary in temperature and are perfect to relax your body as you circle through and admire the views of the Antisana Volcano in the distance.

Day 4

## PAPALLACTA

Enjoy a day in Papallacta to take advantage of the hotel's hot springs and pools created by the area's high volcanic activity, and combined with the glacial meltwater, creating the perfect natural spa. The area was discovered by the Incas, and recognized for its fertile volcanic soil, high altitude and cold year-round weather. You can also enjoy other optional activities like going to the spa or hiking nearby trails where it may be possible on clear days to see the imposing Antisana Volcano. Regroup in the evening for a delicious dinner at the hotel.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hotel Termas Papallacta (or similar) Hotel



### TODAY'S ACTIVITIES

Visit to the Papallacta Hot Springs

Papallacta

1h

Spend time enjoying the soothing warm waters of the Papallacta Hot Springs. The pools vary in temperature and are perfect to relax your body as you circle through and admire the views of the Antisana Volcano in the distance.

Free Time

Papallacta

Take advantage of free time in Papallacta and choose to partake in the many amenities and activities offered by the lodge. Enjoy another calming soak in the mineral pools as a family or hike in the gorgeous surrounding landscape with a guide along the Island or River trails.

Day 5

## PAPALLACTA TO THE AMAZON JUNGLE

Travel by private vehicle from Papallacta out of the mountains and into the Amazon Jungle. Hop on a motorized canoe for a short ride to your rainforest lodge where you'll fill up on lunch before a visit to a local Kichwa family, and discover how daily life blends traditional indigenous knowledge with modest modern changes. Learn about local cooking, taste freshly prepared chicha, and experience how hunting is taught through blowgun practice—complete with a balsa wood target waiting for your best shot. Return to the lodge for a free evening and delicious dinner of local ingredients and drift to sleep with the sounds of the forest around you.

\*There may be activities available at the lodge that are not part of this itinerary



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Casa del Suizo (or similar) Lodge



## TODAY'S ACTIVITIES

Private Vehicle

Papallacta - Ahuano

4h-4h30m

198km

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

Motorized Canoe

Ahuano

15m

Climb in and move swiftly through the water to the next stop.

### ACTIVITY

Enjoy time to discover how daily life blends traditional Kichwa knowledge with a few modest modern techniques. Learn about local cooking, taste freshly prepared chicha, and experience how hunting is taught through blowgun practice—complete with a balsa wood target that is waiting for your best shot.

Free Time

Tena

Take advantage of a few hours of free time at the lodge located along the bank of the Arajuno River. From the balcony of your cabaña, you can relax in a hammock or deck chair and observe hummingbirds, or visit the open-air lounge with a pool and full-service bar.

Day 6

## THE AMAZON JUNGLE

After breakfast at the lodge, head out with your local guide on a jungle hike to discover the incredible biodiversity of the rainforest. Learn about the fascinating plant life and its traditional medicinal uses, with knowledge that has been passed down through generations, while immersing yourself in the sights and sounds of the jungle.

Following the hike, enjoy an exhilarating tubing adventure on the Arajuno River. Float downstream on an inner tube for a relaxing and peaceful journey while taking in the beauty of the surrounding rainforest and its natural scenery along the riverbanks.

Return to the lodge for another delicious lunch and some time to relax during the warmest part of the day.

In the afternoon, visit the "Chocolate House" and discover the journey of cacao from fruit to artisanal chocolate in a hands-on experience led by local experts. Watch the transformation unfold as freshly harvested beans are roasted, ground, and melted into a rich and flavorful treat—an intimate celebration of tradition and local culture. The remainder of the evening is free to relax at the lodge.

\*There may be activities available at the lodge that are not part of this itinerary.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Casa del Suizo (or similar) Lodge



### TODAY'S ACTIVITIES

Jungle Hike Tena 1h30m

Get a hands-on jungle experience in the Cosano Reserve, a private rainforest just across the river from your hotel. The old-growth rainforest is known for its incredible biodiversity and is home to many species of tropical birds, monkeys, and unique plant life. From the lookout point, you can follow the paths of the Arajuno and Napo Rivers as far as you can see.

Arajuno River Tubing Tena 3h30m

Enjoy a float down the Arajuno River on a peaceful and relaxing inner tube ride. Your guide will accompany you in a motorized canoe to bring you back to the end of the run.

#### 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.

#### Free Time Tena

Enjoy free time at the lodge between today's activities to further experience the gorgeous jungle environment right outside your rooms.

Day 7

## THE AMAZON JUNGLE

Your day begins with a hike through the jungle to the Misicocha Reserve. Trek along footpaths through secondary forest, keeping an eye out for wildlife like monkeys and tropical birds while learning more about the flora and fauna from the expert local guide. Make stops at areas of higher ground for scenic panoramic views across the jungle canopy before a gentle ride downstream on a balsa wood raft. In the afternoon after lunch and some time to relax, head to the Butterfly House to learn about the care of the butterflies and enter the “winged room” where hundreds of butterflies, in a multitude of colours, flutter about. The rest of the evening is free to relax at the lodge and to enjoy another hearty dinner of fresh, local ingredients.

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### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Casa del Suizo (or similar) Lodge



### TODAY'S ACTIVITIES

Misicocha Reserve Jungle Trek Tena 3h30m

Hike through secondary forest on paths of different lengths and difficulty. Walk through creeks and up hills to reach scenic viewpoints as you enjoy the fresh morning air as a family.

Butterfly House Tena

Reached by a short walk through a quiet riverside community, this living exhibition offers an up-close look at a variety of local butterfly species. Observe how they are carefully fed and raised, and gain insight into the remarkable process of metamorphosis that shapes their transformation.

Free Time Tena

Spend free time at the lodge in the Amazon surrounded by the sounds of the jungle.

Day 8

## THE AMAZON JUNGLE TO QUITO

Enjoy an early breakfast buffet at the lodge before transferring back to civilization by canoe and private vehicle. Continue to Quito and arrive at your accommodations outside the city. Enjoy a free afternoon to utilize the activities at the hotel. Tonight, sit down for a final group dinner together and share stories of your once-in-a-lifetime family journey to Ecuador and to the Amazon Jungle, creating unforgettable memories for all.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Rincón de Puembo BW Signature Collection (or similar) Hotel



### TODAY'S ACTIVITIES

Motorized Canoe Ahuano 30m

Climb in and move swiftly through the water to the next stop.

Private Vehicle Tena - Quito 5h 230km

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

Free Time Quito

Spend free time enjoying the amenities at the hotel property in Quito like the pool or horseback riding.

Depart at any time.

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## Meals included

Breakfast

## What's included

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## What are the main highlights of this trip?

Visit a local artisanal chocolate shop and learn about cacao and the plants' significance to the area's indigenous people. Explore the Yaku Water Museum with a local expert and learn about the history of how water is used in the city with interactive exhibits and activities. Set out on wildlife walks and canoe excursions through the rainforest with expert guides during a 3-night stay in the Amazon Jungle.

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

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## **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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All parents/guardians are required to supervise their children at all times throughout the tour and may not leave their child under the supervision of the Expedition Leader, local guides, drivers, etc. Children are not to be left unattended.

Please note that on all Family Adventures one adult can only accompany up to two minors. If you have over two minors planning on travelling then a second adult will be required to attend.

### **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.

## **What is the group leader like?**

All National Geographic Family Journeys with G Adventures group trips are accompanied by two of our National Geographic Expedition Leaders. The aim of the Expedition 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 20

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

8 breakfasts, 5 lunches, 5 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 Expedition Leader 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?**

Private van, motorized canoe, walking.

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

Hotels (3 nts), jungle lodge (3 nts), hot springs resort (2 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## What kind of accommodation can I expect on this trip?

Rooming is based on double occupancy (2 passengers / 2 beds per room); all other room configurations are on request and cannot be guaranteed. We will try to accommodate triples/quad requests whenever possible and it's important to note that rooming configuration can change from city to city and 2 single beds are the standard configuration in a room.

Please remember that hotel/lodge standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel.

On our Ecuador trip, we use various different types of accommodations that are unique to the various environments experienced on this trip. From a jungle lodge in The Amazon to a hot springs resort at Papallacta, these are wonderful places to stay.

## 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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): +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

## 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.

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

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 medium-sized soft suitcase, duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

Rubber boots are very good for hiking in the rainforest, they help protect feet from plants and insects close to the ground as well as deep water. The lodge offers the use of boots as a courtesy to our guests, available from size 5 to size 12.

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.

# 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

## 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.)

**Smart Dress:**

- Smart outfit (For evenings out)

**Warm Weather:**

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

## Should I be tipping on my trip?

Local tipping is included on this Family trip which covers local guides, drivers and gratuity for included meals. At the end of your trip if you felt your two National Geographic Expedition Leaders did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$30-40 USD per person, per week can be used.

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service.

## What activities are optional on this trip?

- No optional activities

## 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 Expedition Leader 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. 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 onset 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?

\*There may be activities available at the Amazon lodge that are not part of this itinerary.

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 Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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 are the trip specific safety considerations?

### Quito Safety Tips

It is a good idea in general not to carry your critical belongings (passport, valuables, etc.) while exploring the city. All valuables can be left in the safety deposit box in your room or at reception. It is also a good idea to carry a copy of the hotel address at all times (ask the hotel reception for a business card of the hotel). Please do not walk by yourself in the surroundings of the hotel in Quito and be sure to have the hotel arrange a taxi if you want to go out on your own.

## 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 Expedition Leaders 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.