



## **Ecuador Multisport**

9 days, Quito to Quito

Trip code SEEM

## What's included

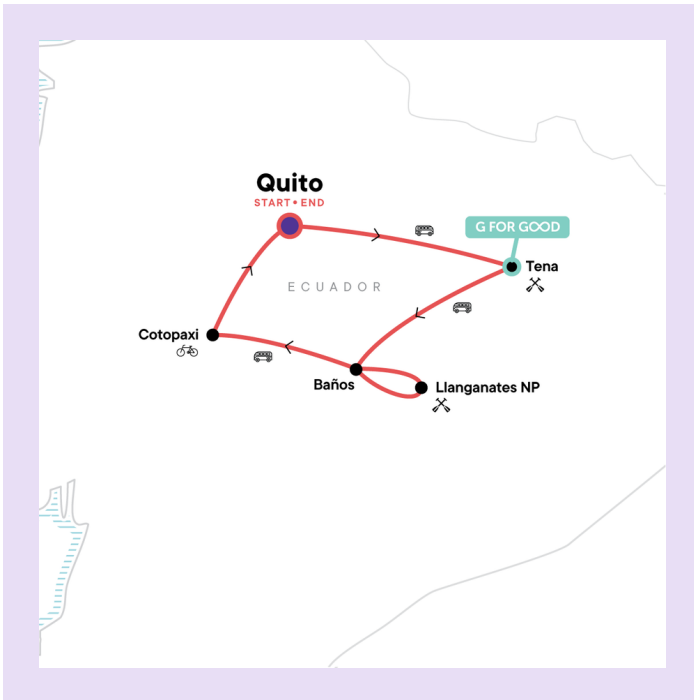
- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
- Your G for Good Moment: Shandia Community Lodge, Shandia
- Your Welcome Moment: Meet Your CEO and Group
- Whitewater rafting excursion on the Jatunyaku River in the Amazon Jungle (full-day)
- Pailon del Diablo Waterfall Visit
- Casa del Arbol Visit
- Trekking in Llanganates National Park
- Mountain bike excursion
- Camp includes tent and sleeping bag
- 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 December 19th, 2024 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.

Visitors arriving in Quito will likely feel the effects of the altitude. Symptoms include shortness of breath, headaches, general lethargy, and a reduced appetite. This is no cause for alarm; it is simply your body's way of coping with the altitude. It may take a little time to acclimatize, but before long you probably will not even notice it. Take it easy for the first day or two, and reduce alcohol and cigarette consumption to minimize the effects. Be sure to drink plenty of water and do not attempt too much in any given day.

Opt to pre-book the "Quito City Tour & Equator Line" activity on the checkout page ahead of time to include this optional on your tour.



### Accommodation

Hotel Eugenia (or similar)

Hotel



### 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.



### Optional Activities - Day 1

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.

Day 2

## Quito/Tena

Travel by bus into the Amazon Basin and enjoy the incredible scenery en route to the jungle town of Tena. Watch as it changes from towering mountains to lush jungle, passing by waterfalls and deep river valleys. Upon arrival, get active and cycle to the nearby community of Shandia, where you'll discover the beauty of the Amazon with a member of the local community as your guide.



### 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.

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.

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. 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 Indigenous lodge 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 3

## Tena

Navigate the wild Jatunyaku River in the surrounding lush cloud forest. The cool water and air make this an excellent change from the tropical Amazon climate. Return to Tena for the night.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Shandia Lodge (or similar)

Homestay



### Today's Activities

Jatunyacu River Whitewater Rafting Excursion

Rio Jatunyacu

Experience the thrill of whitewater rafting on a full-day excursion on River Jatunyacu, a wide and relatively calm waterway, with some large waves. Take on Class 3+ rapids, which include a good balance of rapids and open water. Give it a try, even if new to the sport – this experience is accessible for anyone without any previous rafting experience.

Day 4

## Tena/Baños

Travel by local bus to Baños, a town surrounded by lush cloud forest. In the afternoon, you will visit Pailón del Diablo and walk up the winding steps to the waterfall. Then, visit the famous Casa del Arbol perched on a hilltop where you can see Volcán Tungurahua on a clear day. Perhaps test your fear of heights and try one of the swings that whoosh over the huge drop below dubbed the "edge of the world".



### Meals included

Breakfast



### Accommodation

Xperience Hotel (or similar)

Hotel



### Today's Activities

Local Bus

Tena - Baños

3h-4h

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

Pailon del Diablo Waterfall Visit

Baños

1h30m

El Pailón del Diablo is located about 30 minutes outside of Baños. The Spanish name translates to "The Devil's Cauldron" in English. These powerful falls are 80m high and pull their strength from Rio Verde. The group will take a short walk to the falls before returning to the van.

Total distance: 2km (1.3 miles)

Total elevation: 148m (485ft)

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.

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/Llanganates National Park

Transfer by private vehicle to the start point of the trek into Llanganates National Park. Enjoy spectacular scenery of the Tunguragua Volcano while trekking into the park through lush cloud forest. Spend the night camping under the stars enjoying nature at its best.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Baños - Llanganates National Park

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

Llanganates National Park Trek Day 1

Llanganates National Park

5h-6h

18km

Embark on an exhilarating trek in the Andean moorland of Llanganates National Park, famous for its amazing landscapes and storied mystery. Legend has it that the Inca General Ruminahui has a large sum of gold hidden somewhere in the Tungurahua mountain range. Start the hike at 3,200m (10,498 ft) above sea level and travel upwards to 3,800m (12,467 ft). See a variety of changes in vegetation while trekking to higher elevations. Expect stunning views of the Tungurahua Volcano and the Sangay Volcano (if visibility is good). You could see some varieties of birds and the Spectacled Bear. On the way to camp, cross through communities such as El Triunfo and Cruz Loma. Later in the day you will arrive at the campsite which is at 2600 meters above sea level. Spend a night camping at a local trout farm in the National Park with the opportunity to catch and prepare fresh fish.

Day 6

## Llanganates National Park/Baños

Rise early and continue trekking in Llanganates National Park before returning to Baños in the afternoon. Opt to visit the local hot springs.

Continue trekking and return by foot to the entrance of Llanganates National Park to take a transfer back to Baños. Opt to visit local hot springs to relax and rest aching muscles or continue the adventure with canyoning.



### Meals included

Breakfast



### Accommodation

Xperience Hotel (or similar)

Hotel



### Today's Activities

Llanganates National Park Trek Day 2

Llanganates National Park

4h-5h

14km

Wake up and take in the amazing landscape of the Llanganates National Park from the comfort of your tents. After breakfast at camp, continue trekking and enjoy the magnificent views while descending through this unique environment. Start at 3,800m (12,467 ft) and return to the entrance to the park. It will take around 4-5 hours along trails through the canyon of the Rio Verde Chico. Today's trek ends in the parish of Ulba sitting at 1750 metres about sea level. Transfer back to Baños from here.

Private Vehicle

Llanganates National Park - Baños

1h

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



### Optional Activities - Day 6

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.

Day 7

## Baños/Cotopaxi

Depart early from Baños and travel by bus to a hacienda near Cotopaxi Volcano. Later, take part in a horseback riding or biking excursion.

Enjoy a free morning in Baños to explore the area on foot or take on one of the many optional activities that the region has to offer. After lunch, travel by public bus through spectacular Andean scenery arriving at a hacienda, near the base of Cotopaxi Volcano. Enjoy a choice between a biking excursion through Polilepys forest or horseback riding with views of the volcano.



### Meals included

Breakfast



### Accommodation

Tierra del Volcan (or similar)

Inn



### Today's Activities

Local Bus

Baños - Cotopaxi

2h30m

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

Biking Excursion or Horseback Riding

Cotopaxi

Time to choose your own adventure! The choice is yours between biking through Polilepys forest or horseback riding to a volcano viewpoint. Take in amazing views of one of the world's highest active volcanoes, and keep an eye out for wildlife along the way.



## Optional Activities - Day 7

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 8

## Cotopaxi/Quito

In the morning, head into Cotopaxi National Park for a guided tour and spectacular views. After a boxed lunch at Limpiopungo Lake, return to Quito for a final night in the city.

First thing in the morning, travel by private van into the national park to start the trek up to the refuge. Take in changing park scenery, and keep an eye out for wildlife along the way. Visit Limpiopungo lake for a boxed lunch. Enjoy lunch and catch your breath before transferring back to the capital city for a final night out on the town.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Eugenia (or similar)

Hotel



### Today's Activities

Private Vehicle

Cotopaxi - Cotopaxi National Park

1h

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

Cotopaxi National Park Visit

Cotopaxi National Park

Visit Cotopaxi National Park, home to Cotopaxi Volcano, which stands at 5,897m (19,342 ft). The beautiful cone-shaped, snow-covered volcano is Ecuador's second highest peak and the highest active volcano in the world. Keep an eye out for park wildlife, including condors, foxes, deer, spectacled bears, and more. For those who want to hike, there are options available (weather permitting). Please ensure you have proper hiking shoes or boots, a waterproof/windproof jacket and warm hats and gloves. Hike is approximately 1.5 hours.

Private Vehicle

Cotopaxi National Park - Quito

3h-3h30m

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

Day 9

## 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



### Today's Activities

Departure Day

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



### Optional Activities - Day 9

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.

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- Casa del Arbol Visit
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## What are the main highlights of this trip?

Go whitewater rafting in the Amazon, Marvel at an active volcano, Visit the iconic Casa del Arbol and soak up stunning views of the Tungurahua volcano, Explore the trails around Cotopaxi Volcano by mountain bike

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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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## What is the group leader like?

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. 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 10.

## What meals are included in this trip?

8 breakfasts, 4 lunches, 3 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

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, hiking, biking, rafting.

## Is there an extra cost for travelling solo?

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

## Where will we stay during the trip?

Hotels (7 nts), camping (1 nt).

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

Night 5 (Camping).

## 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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## 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. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

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?

## Cold Weather:

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

## 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.)

### **Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer. Note: Tents, mattresses and sleeping bags are included as part of the Llanganates Trekking. Rubber boots and walking sticks are available for rent for \$5 USD per day.

## 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](#)

## 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 100USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](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!

## 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.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

## What activities are optional on this trip?

### Quito

- Quito City Tour & Equator Line
- Teleférico (9USD per person)

### Baños

- Hot Springs - Baños (4USD per person)
- Baños Canyoning Adventure

## 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. 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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

Care should be taken when wandering around on your own in Quito as, some areas can be dangerous and pickpockets are daring. If ever in doubt, jump in a taxi as they are cheap and plentiful.

## 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 prostitutes 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 use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## 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.