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Sorry! There are no remaining departures for "Inland & Amazon" (EIA), [but here are some similar trips](#).

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This itinerary is valid for departures until March 2018. To view the itinerary from April 2018 onwards [click here](#).



Last Updated: June 5, 2019



Inland & Amazon

16 days, Quito to Quito

Trip code EIA

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Discover Moment: Baños
- Amazon Jungle lodge stay with guided walks and wildlife-spotting (2 nts)
- Ingapirca ruins stop
- Orientation walk of Cuenca

- Historic hacienda overnight stay
- Internal flight
- Otavalo visit
- 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 January 1st, 2017 and onwards

Itinerary



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

Day 1

Quito

Arrive at any time.

There are no planned activities before an evening welcome meeting.

Booking pre- or post-trip accommodation is highly recommended to fully experience the city and take advantage of the many optional activities available.



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 & Middle of the World Tour

Mindo - Quito

70-100USD

Drive northwest for 2 hours, enjoy the dramatic change of vegetation heading down from the Andes into the cloud forest. Mindo is a tiny town set amidst some of the most beautiful and peaceful countryside in the entire country. It is a centre for both nature and adventure activities. Go walking through the cloud forest and enjoy the peace and tranquility of the different waterfalls, take time to ride up the cable car with amazing views. Visit a butterfly farm and see an array of colourful hummingbirds for which Mindo is renowned. In the afternoon, opt for an organic chocolate tour and tasting.

This trip takes roughly 9 hours departing at 7 am, and includes a guide, transport and lunch. Any activities upon arrival will be additional. **Check availability at destination because this tour does not have daily departures.

Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to

the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the early evening.

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.

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.

Day 2

Quito/Papallacta

Travel to Papallacta Hot Springs and opt for a relaxing afternoon at the hot springs.

Take a local bus through the heights of the Andes en route to the Amazon. Stop for the night in Papallacta and relax in the natural mineral hot pools.



Meals included

Breakfast



Today's Activities

Local Bus

Quito - Papallacta

2h

60km

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

Free Time

Papallacta

Get exploring. Free time is yours to use any way you want!

ACTIVITY

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

Day 3

Papallacta/Tena

Travel by bus into the Amazon Jungle. Spend 2 nights with a local Quichua family at a homestay in a small village. Enjoy nature walks and and learn about local culture.

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

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

Optional activities include visiting an animal rescue centre, caving, and whitewater rafting.



Meals included

Breakfast | Dinner



Today's Activities

Local Bus

Papallacta – Tena

4h

95km

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

Private Vehicle

Tena

45m

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

ACTIVITY

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

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

Spend a full day in the Amazon learning about life at a homestay. Enjoy cooking demonstrations and hiking to nearby waterfalls.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

ACTIVITY

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Day 5

Tena

Journey further into the Amazon to a jungle lodge. Included guided walks and canoe rides show the natural history and wildlife. Opt to go whitewater rafting on the Napo River.

Travel to a jungle lodge located on the Napo River, one of the Amazon's two major tributaries.

Explore by foot and canoe to learn about the natural history of this area. There is also an option for an exhilarating whitewater rafting trip on the Napo.

Please note: wildlife viewing in this part of the jungle is limited for a number of reasons. This visit is more a cultural learning experience.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Jungle Excursions

Tena

Go for canoe rides through the Tena area on the Napo River to learn more about the way of life in the region. Or, go on jungle walks to learn about the traditional uses of local plants.



Optional Activities - Day 5

Jatunyacu River Rafting with lunch

Tena

65USD

Hit the rapids in the Amazon, and enjoy the thrill of a lifetime! Enjoy amazing scenery as you paddle past rainforests on this wild ride.

Day 6

Tena

Spend another day exploring the area.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Jungle Excursions

Tena

Go for canoe rides through the Tena area on the Napo River to learn more about the way of life in the region. Or, go on jungle walks to learn about the traditional uses of local plants.



Optional Activities - Day 6

Jatunyacu River Rafting with lunch

Tena

65USD

Hit the rapids in the Amazon, and enjoy the thrill of a lifetime! Enjoy amazing scenery as you paddle past rainforests on this wild ride.

Day 7

Tena/Baños

Travel to Baños and enjoy numerous outdoor optional activities available like hiking, horseback riding, mountain biking or soaking in the hot springs.

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



Meals included

Breakfast



Today's Activities

Local Bus

Tena - Baños

3h-4h

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



Optional Activities - Day 7

Horseback Riding - Baños

Baños

25USD

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

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.

Baños Ziplining Adventure Bundle

Baños

25USD

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery.

Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second zipline to finish off this adrenaline-filled adventure. Please keep in mind this is a level 3/5 physical activity. Good mobility, no fear of heights, and a strong fitness level are required for you to have an enjoyable experience.

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 8

Baños

Enjoy free time to experience all this adventurous town has to offer.



Meals included

Breakfast



Optional Activities - Day 8

Whitewater Rafting

Baños

30USD

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

Hiking - Baños

Baños

Free

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

Mountain Bike Rental

Baños

10USD

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

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Day 9

Baños

Enjoy another free day to experience all this adventurous town has to offer.



Meals included

Breakfast



Optional Activities - Day 9

Hiking - Baños

Baños

Free

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

Whitewater Rafting

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30USD

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Day 10

Baños/Cuenca

Travel south to the colonial city of Cuenca, stopping en route at the Ingapirca ruins. Enjoy an orientation walk of the city.

Travel along the 'Avenue of Volcanoes', through Ecuador's central valley of mountains to the colonial town of Cuenca. Enjoy a full day trip with spectacular views along the way, stopping at the Inca ruins of Ingapirca – the largest and best-preserved archaeological site in Ecuador.

Explore the city's sights, including cobblestoned streets, red-tiled roofs, art galleries, flower markets, shady plazas, and museums.



Meals included

Breakfast



Today's Activities

Private Vehicle

Baños - Cuenca

8h

321km

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

Day Trip to Ingapirca Ruins

Cuenca

Visit the ruins of Ingapirca, a UNESCO World Heritage Site that is approximately an hour and a half drive north of Cuenca, through some of Ecuador's most beautiful countryside. Although it is a major Inca site, not a lot is known about its history.

Day 11

Cuenca

Enjoy a free day to explore. Opt for a city tour or go hiking in Cajas National Park.



Meals included

Breakfast



Today's Activities

Free Time

Cuenca

Explore the city or go further afield.



Optional Activities - Day 11

Cajas National Park Visit

Cajas National Park

65USD

3h-6h

Head out for an excursion from Cuenca with a visit to Cajas National Park. Tour this natural outdoor playground that combines stunning scenery and wildlife with excellent areas for hiking. The terrain is quite stark, mostly above 4,000m (13,120 ft) in the páramo (grassy highlands), with many clear lakes. Try some of the variety of treks in the park's vast 28,000 ha, and keep an eye out for oncillas, wild llamas, pumas, and a wide variety of birds, including toucans!

Cuenca Mud Baths & Hot Springs

Cuenca

40USD

Slather volcanic muds on your face and body and relax in the natural hot springs.

Gualaceo and Chordeleg Day Trip

Cuenca

65USD

Explore the countryside near Cuenca, visit nearby towns well-known for handicrafts, weaving, and textiles. Learn about the weaving process and pick up a shawl, guitar, or straw hat directly from the people who make them.

Day 12

Cuenca/Cayambe

Fly back to Quito and continue on to Cayambe. Spend the night in a 400-year-old hacienda at the base of a volcano.



Meals included

Breakfast



Today's Activities

Plane

Cuenca - Quito

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

Private Vehicle

Quito - Cayambe

1h30m-2h

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

Day 13

Cayambe/Otavallo

Travel to Otavallo. Optional activities include visits to Peguche Waterfall or the Cotacachi leather market, or a hike around Cuicocha Lake.



Meals included

Breakfast



Today's Activities

Local Bus

Cayambe - Otavallo

1h

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

Free Time

Otavallo

Enjoy the town and the area further afield.



Optional Activities - Day 13

Cotacachi Visit

Cotacachi

Visit the mountain town of Cotacachi, known for its leather goods and handicrafts. Wander the streets of the scenic town and watch craftspeople make handmade leather goods. Take in local living, and be sure to pick up some goods and souvenirs.

Cuicocha Lake Hike

Laguna de Cuicocha

Trek around this volcanic crater lake located at 3,246m (10,650 ft) above sea level. Take in amazing scenic views of the deep blue lake and its two lava islands.

Peguche Waterfall Visit

Otavallo

Enjoy a stroll to the famous Peguche Waterfall nestled within a gorgeous protected forest, Bosque Protector Cascada de Peguche. Take in the beauty of this natural wonder that's also a sacred Indigenous ceremonial site used for purification baths.

Day 14

Otavalo

Explore the famous Otavalo handicraft market.

Explore the largest handicraft market in South America. Villagers from the surrounding countryside come every week to sell handmade goods as well as livestock, fruits, and vegetables.



Meals included

Breakfast



Today's Activities

Otavalo Handicrafts Market Visit

Otavalo

Discover some amazing local art, tapestries, and textiles at Otavalo's famous artisan market, the largest handicraft market in South America. Wander the stalls to meet local artists, and find one-of-a-kind souvenirs. Try to arrive early for the best bargains (it starts at dawn), and try your hand at haggling – it's expected for every purchase. A good negotiator could get at least 20 per cent off the starting price.

Day 15

Otavalo/Quito

Travel back to Quito and spend free time in the city.

Enjoy a free day to explore Quito, with the options to visit the Basilica or explore the old town. Enjoy the last evening in this energetic city.



Meals included

Breakfast



Today's Activities

Local Bus

Otavalo - Quito

2h

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

Free Time

Quito

Head out and explore this capital city.

Day 16

Quito

Depart at any time.

We recommend booking pre- or post-accommodation to fully explore this charming city.



Meals included

Breakfast



Optional Activities - Day 16

Quito & Middle of the World Tour

Mindo - Quito

70-100USD

Drive northwest for 2 hours, enjoy the dramatic change of vegetation heading down from the Andes into the cloud forest. Mindo is a tiny town set amidst some of the most beautiful and peaceful countryside in the entire country. It is a centre for both nature and adventure activities. Go walking through the cloud forest and enjoy the peace and tranquility of the different waterfalls, take time to ride up the cable car with amazing views. Visit a butterfly farm and see an array of colourful hummingbirds for which Mindo is renowned. In the afternoon, opt for an organic chocolate tour and tasting.

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Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

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

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What's included

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- Ingapirca ruins stop
- Orientation walk of Cuenca
- Historic hacienda overnight stay
- Otavalo visit
- Internal flight
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Wander Quito and colonial cities, soak in Andean hot springs, feel like a local at a Quichua homestay, search for wildlife in the Amazon and adventure in Baños, shop at the Otavalo Market, visit Ingapirca ruins, travel back in time with a historic hacienda stay

What are the main highlights of this trip?

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

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Is there an 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.

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

1. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

2. THE TUNGURAHUA VOLCANO

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

3. All travellers are required to pay the tax on domestic flights in Ecuador. Foreign travellers are exempt from this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN). Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

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 12

What meals are included in this trip?

15 breakfasts, 3 lunches, 4 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.

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, plane, taxis, motorized canoe, private van, 4x4 vehicles, pickup truck.

Are local flights included in the cost of the trip?

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

Is there an extra cost for travelling solo?

We believe 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 (9 nts), jungle lodge (2 nts), simple village cabañas (2 nts, multi-share), historic mountain hacienda (2 nts).

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

Nights 3-4: Amazon homestay.

What is the joining hotel?

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

What are the joining instructions?

The Quito International Airport is approximately one hour outside of the city centre where your joining hotel is located. There are a number of routes the driver may take depending on time of day and traffic, however, the route often seems long and indirect. The easiest and cheapest way to get there is by organizing a taxi at the desk within the airport (approximately \$30 USD). Private transfers generally cost more as the cars will need to drive from Quito, to the airport, and return. Immediately after the customs and immigration area, as you head to the exits, you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

There is also a shuttle available with the bus company Aeroservicios. Aeroservicios charges 8 USD to board a bus which will take you from the new airport to the old airport. The buses are new, comfortable, and often include wifi. From the old airport, a taxi to get to your hotel would generally cost \$5 USD depending on the distance and location.

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

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

Excess luggage can be stored free of charge at the joining hotel during your tour if desired.

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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

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

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

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should I take on my trip?

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.

Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

What should be on my packing list?

Amazon:

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

Cold Weather:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What 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](#)

How much spending money do I need for my trip?

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

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?

Mindo

- Quito & Middle of the World Tour
(70-100USD per person)

Cotopaxi

- Cotopaxi Volcano - Full Day

Quito

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

Tena

- Jatunyacu River Rafting with
lunch (65USD per person)

Baños

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

Cajas National Park

- Cajas National Park Visit
(65USD per person)

Cuenca

- Cuenca Mud Baths & Hot
Springs (40USD per person)
- Gualaceo and Chordeleg Day
Trip (65USD per person)

Cotacachi

- Cotacachi Visit

Laguna de Cuicocha

- Cuicocha Lake Hike

Otavalo

- Peguche Waterfall Visit

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/

What are the trip specific safety considerations?

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

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?

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

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/

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.