



JOURNEYS: ECUADOR'S AMAZON AND VOLCANOES

9 days, Quito to Quito

Trip code SEANG

WHAT'S INCLUDED

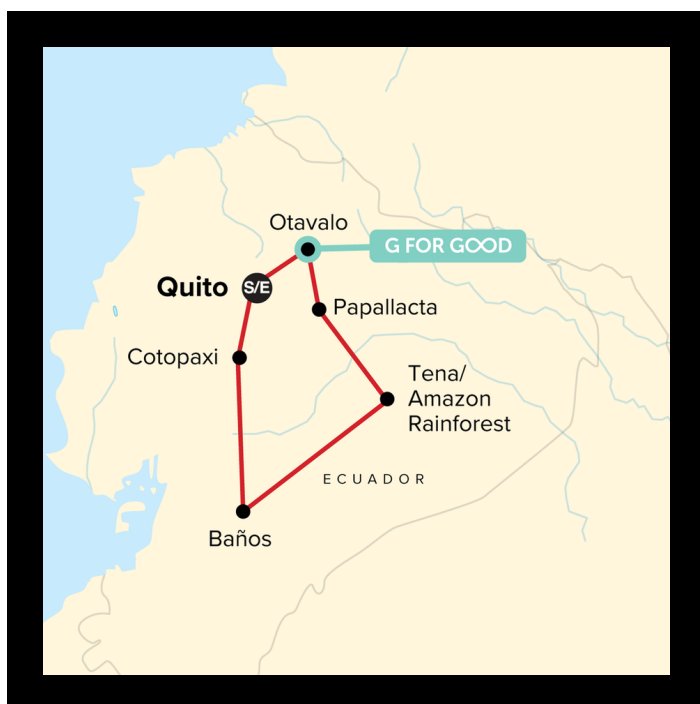
- Your Journeys Highlight Moment: Otavalo Weaving Lesson, Otavalo
- Your Journeys Highlight Moment: Amazon Home Experience, Tena
- Your Journeys Highlight Moment: Visit the Orchids Botanical Garden, Puyo
- Your G for Good Moment: Kawsaymi Community Lunch, Otavalo
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Arrival transfer
- Overnight in an historic hacienda
- Explore the Otavalo handicraft market
- Cloud forest reserve visit
- Two nights at an Amazon lodge with jungle excursions
- Excursion to Cotopaxi National Park
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

VALIDITY: Valid for all trips departing July 30th, 2024 and onwards

ITINERARY



Itinerary Notes

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

Day 1

QUITO

Arrive at any time. Arrival transfer is included.

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



ACCOMMODATION

NH Collection Royal Quito (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Quito

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

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.



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.

Day 2

QUITO/OTAVALO

Drive into the mountainous Andean highlands to Otavalo, surrounded by misty volcanoes, and visit the town's famous handicraft market—one of the largest outdoor markets in South America. Browse stalls selling colourful local art, textiles, and souvenirs, and try your hand at haggling. Then, visit a local community establishment for an included lunch of traditional specialities. Later, settle into your room at a historic hacienda, where we'll spend the night.

Spend a night in the Otavalo area and visit its world famous handicrafts market, the largest in South America. Villagers from the surrounding countryside come here every week to sell handmade goods as well as livestock, fruits, and vegetables.

One of the most obvious signs of the Otavaleños' cultural integrity is their traditional dress. This is not just worn for the tourists at the Saturday market, but is worn throughout their daily life.



Meals included

Breakfast | Lunch



ACCOMMODATION

Hotel Pinsaqui (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Quito - Otavalo 2h

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

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.

ACTIVITY

Visit Kawsaymi Restaurant, a social initiative that is dedicated to preserving authentic culinary traditions such as Otavaleno cuisine, by using fresh, local ingredients. More than just a place to eat, Kawsaymi is an engine for local empowerment, focused on creating sustainable growth and job

opportunities for youth in the community, ensuring that every meal supports its economic future. Become immersed in the authentic flavors and traditions of the Andes. Discover local products, herbs, and grains that form the foundation of Andean cuisine and learn how they are cultivated sustainably. Gain a glimpse into the past with a visit to a traditional, old style kitchen, seeing where ancestral recipes have been perfected and passed down through generations. And then sit down for a delicious, home cooked Andean lunch. Prepared with ingredients sourced directly from the garden you just explored, this farm-to-table meal is a true celebration of the local community's cultural heritage.

Day 3

OTAVALO/PAPALLACTA

Make your way to the village of Papallacta, known for its abundant natural hot springs. En route, visit the home and studio of a renowned traditional weaver, who is working to preserve the indigenous weaving techniques of the Otavalo region. Get a glimpse of daily life, and observe members of the community at work on the backstrap loom, which has been used in these parts for centuries. Continue to the Papallacta Hot Springs Resort for an afternoon of relaxation. Soak in the mineral-rich waters of the thermal pools, enjoying stunning mountain views, and indulge in a variety of optional spa treatments.



Meals included

Breakfast



ACCOMMODATION

Hotel Termas de Papallacta (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Otavaló - Papallacta

2h-3h

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

ACTIVITY

Visit the home and studio of the Anrango Family as they work to keep their culture's traditions alive. For thousands of years the indigenous people of the Otavaló region have used the backstrap loom to create their woven goods, however new technologies have slowly been pushing out the tradition. Learn how the Anrango Family are working to help revive this ancient art as they demonstrates every step of the process, from cleaning the wool, to naturally dyeing it, to backstrap weaving.

ACTIVITY

Soak in the natural hot springs the area is known for and let the mineral waters, which vary in temperature, soothe your body. Make your way through the circuit with views of the Antisana volcano in the distance.

Free Time

Papallacta

Enjoy the afternoon at leisure, as you relax and soak in the natural hot springs.



Optional Activities - Day 3

Hiking Excursion

Papallacta

Head out to explore. Take a hike or walk in the areas surrounding Papallacta. Enjoy the region's great natural beauty and views of the snow-capped Antisana Volcano.

Day 4

PAPALLACTA/TENA

Head towards Tena, often called Ecuador's gateway to the Amazon. On the way, we'll stop at El Quetzal Protected Forest to explore the property's reserve—home to a plethora of avian species, including 8 varieties of hummingbirds. Enjoy lunch at the onsite restaurant, then continue to Misahualli. This charming town is one of the oldest ports in the Ecuadorian Amazon, and harbours a thriving population of Capuchin monkeys. Arrive in Tena and board a motorized canoe to our jungle lodge, perched along the banks of the Arajuno River. This evening, embark on a walk into the forest with a naturalist guide, looking out for the Amazon's nocturnal creatures.

The lodge is located along the bank of the Arajuno River approx. 40min. from Tena. We stay in comfortable cabañas next to the river, which have private bathroom with hot water in the rainfall-shower, electricity and a balcony. From your balcony, you can relax in a hammock or deck chair and observe hummingbirds, shore river birds and butterflies. In the evening, listen to the night music of the multitude of frogs and other nocturnal creatures. The Lodge also has an open-air lounge with pool and full service bar, all connected by a raised and roofed boardwalk to guests rooms.

The lodge is dedicated to protecting the pristine jungle environment and has a dedicated recycling program, energy conservation program and offer biodegradable amenities including shampoo and shower gel in the bathrooms.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Itamandi Lodge (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Papallacta - Tena 2h-3h

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

El Quetzal Protected Forest Local Guide Tena

Enjoy an excursion to El Quetzal Protected Forest. Set off on a guided walk with a seasoned expert naturalist through this forest focused on the protection and conservation of native species. The El Quetzal nature reserve is a true testament of the commitment, love, and dedication that this family-run establishment has for preserving Ecuador's cloud forest. Once partially used for sugarcane

cultivation, this family's passion for conservation has transformed the land around them into a thriving ecosystem for diverse bird, insect, and plant species. Begin the experience with a welcome briefing and snacks before walking directly to the hummingbird feeders. Explanations of the surrounding land and mission of the property will be discussed as you walk between viewpoints. The sounds and colours alone of these beautiful creatures are sure to amaze you as the group wanders deeper into the forest.

Amazon Night Walk Tena

Embark on a night walk with a local naturalist guide to learn about nocturnal creatures of the Amazon. A flashlight and camera are the most important tools on this excursion, which allows us to hear the nocturnal sounds of the forest and to search out bats, owls, a variety of insects, tarantulas, toads and frogs, and possibly snakes. If the sky is clear, we might have the chance to do some stargazing.

Day 5

TENA

Depart early by canoe to visit a saladero, or a parrot clay lick. Alongside our naturalist guide, observe brightly coloured parrots and parakeets gather here to snack on the mineral-rich clay, which studies suggest aids in digestion and provides an important nutrient supplement. Return to the lodge for breakfast, then take a tour of AmaZOOnico, an animal rescue centre that rehabilitates wild creatures that have been victims of illegal trafficking. Later, we'll visit the home of a local Amazonian family for a unique cultural experience. Chat with your hosts about their traditions and beliefs and learn about everyday life in the jungle; then sit down to a delicious homemade lunch.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Itamandi Lodge (or similar) Hotel



TODAY'S ACTIVITIES

Parrot Clay Lick Excursion Tena

Visit a parrot clay lick (Saladero) with a naturalist guide. This unique site is where parrots and parakeets gather to eat mineral-rich clay that will help them digest the fruits or seeds they have consumed. Hundreds of parrots and parakeets will approach the treetops and later will come down to the clay bank to eat this soil rich in minerals.

AmaZOOnico Animal Rescue Centre Visit Tena 2h-4h

Take a guided tour of amaZOOnico, a rescue and rehabilitation centre that rehabilitates, reintroduces, and cares for animals who are victims of illegal trafficking. See large cats and reptiles up close, and learn all about the important work of this sanctuary.

ACTIVITY

Enjoy a truly unforgettable cultural experience with local Ecuadorian families who'll welcome and host us for the afternoon at their homes in the jungle. Discuss their traditions, beliefs, and history and hear about what daily life is like for them in such a unique environment. Watch and listen as they prepare local snacks and share insight about their deep connection to nature, as well as their thoughts on the encroachment of the modern world on their traditional way of life here. A marvelous afternoon you'll talk about for years to come.

Leave the Amazon behind and travel to Baños. This popular resort town is packed with gorgeous landscapes, thrilling outdoor activities, and—as the name indicates—thermal springs originating from the base of the Tungurahua Volcano. Along the way, stop at Jardín Botánico Las Orquídeas for a walk with an expert guide, discovering the diverse flora of the region and learning about the indigenous uses of the various plants found there. After arriving in Baños, enjoy free time to stroll through the town.

Baños is one of the most popular spots in the country. Many Ecuadorian families vacation here. One look at this delightfully green mountain town and you will know why. Baños means “baths” and this is precisely what the town is famous for. Some are thermal springs from the base of Tungurahua Volcano, which means “Throat of Fire” in Quichua. Other baths have melt water running into them from Tungurahua's glaciated flanks. Locals swear that the baths are good for your health; it's definitely worth rising early to watch the dawn creep over the mountains from a hot spring vantage point.



Meals included

Breakfast



ACCOMMODATION

Hotel Sangay Spa (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Tena - Baños

2h-3h

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

ACTIVITY

Visit the Jardín Botánico Las Orquídeas, where the group will discover ethnobotany – the study of the relationship between cultures, and the plants around them. Local flora has long been, and still is, integral to the lives of Amazonian indigenous groups who use the plants for shelter, nourishment, medicine, and in spiritual practices. This Amazonian Flora Rescue Centre was founded in 1980 with the hope of protecting 7 hectares of land in this environmentally diverse region of Ecuador—the goal being to create a space for the convergence of scientific, environmental, and cultural exploration—while also being a space for people to come and enjoy the beauty of a flourishing ecosystem. Spend a few hours with a guide who will teach you about the various benefits of the nearby plants while you walk through and breathe in the fresh air.

Free Time

Baños

Opt to take a walk through town and visit some shops.

Day 7

BAÑOS

The day is yours to explore Baños and the surrounding area. Choose to head to the mountains for an invigorating hike, and later soak your tired muscles in one of the town's thermal springs. Set off on a mountain biking adventure, pedaling past rivers, waterfalls, and delightfully green landscapes; opt to hit the rapids on a white-water rafting excursion; and much more.

The town is the perfect setting for outdoor pursuits. Activities include hiking, mountain biking, and rafting on the River Patate.



Meals included

Breakfast



ACCOMMODATION

Hotel Sangay Spa (or similar) **Hotel**



TODAY'S ACTIVITIES

Free Time

Baños

Relax at leisure or opt to take part in some active pursuits.



Optional Activities - Day 7

Hiking - Baños

Baños

Free

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

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.

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.

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.

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!

Day 8

BAÑOS/QUITO

Drive back to Quito, Ecuador's capital, along the spectacular Avenue of Volcanoes. En route, we'll venture through Cotopaxi National Park—home to the snowcapped Cotopaxi Volcano, the second highest peak in the country. As you explore this magnificent park, keep an eye out for the resident wildlife, which ranges from condors, foxes, and deer to the the endangered Andean puma.



Meals included

Breakfast



ACCOMMODATION

NH Collection Royal Quito (or similar) Hotel



TODAY'S ACTIVITIES

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 **Baños - Quito** 7h-9h

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

Depart at any time.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

What's included

- Your Journeys Highlight Moment: Otavalo Weaving Lesson, Otavalo
- Your Journeys Highlight Moment: Amazon Home Experience, Tena
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- Your G for Good Moment: Kawsaymi Community Lunch, Otavalo
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Arrival transfer
- Overnight in an historic hacienda
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- Cloud forest reserve visit
- Two nights at an Amazon lodge with jungle excursions
- Excursion to Cotopaxi National Park
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Visit the Otavalo Weaving studio and get a lesson from local weaver, Explore villages and learn about traditional handicrafts and folk art from locals, Traverse the Amazon jungle with a local naturalist guide, Learn about the relationship between cultures and the plants around them at the Jardín Botánico Las Orquídeas, Be surrounded by towering volcanoes

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.

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

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VERY IMPORTANT: Please ensure that you 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.

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.

Are there Itinerary notes?

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

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ACCOMMODATION NOTE:

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

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.

What is the group leader like?

All G Adventures group trips are accompanied by one of our group leaders, also known as a National Geographic Expedition Leader. The aim of the Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, Avg 10

What meals are included in this trip?

8 breakfasts, 3 lunches, 2 dinners

What are the meals like on this trip?

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

What are the modes of transportation on my trip?

Private van, motorized canoe, walking.

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 – 4 nts, historic hacienda – 1 nt, jungle lodge – 2 nts, hot springs resort – 1 nt.

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

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

What are the joining instructions?

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

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

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

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

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader (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 instructions should I follow at the finishing point?

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

What should 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. We recommend the use of a medium-sized soft suitcase, duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

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

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

What should be on my packing list?

Amazon:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

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

When can I do my laundry on this trip?

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

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

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

Where can I read detailed notes about this trip?

Important notes about visiting the Amazon:

How to keep things dry:

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

The weather in the Amazon:

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

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

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

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 start at \$5 to \$10 USD per person per day depending on the quality and length of the service; ask your Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$30-40 USD per person, per week can be used.

What activities are optional on this trip?

Quito

- Quito City Tour & Equator Line

Papallacta

- Hiking Excursion

Baños

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

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes, as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash, and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip, you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your Expedition Leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good 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 Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by a 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?

Quito Safety Tips

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

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trip. 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 Expedition Leaders 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 Expedition Leader, 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/

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.