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Sorry! There are no remaining departures for "La Selva Lodge - 5 Day Independent Adventure" (TSEJ5L), [but here are some similar trips](#).



## **La Selva Lodge - 5 Day Independent Adventure**

5 days, Quito to Quito

Trip code TSEJ5L

## What's included

- Amazon Jungle lodge stay with activities and wildlife viewing opportunities by boat and hiking
- All transport between destinations and to/from included activities

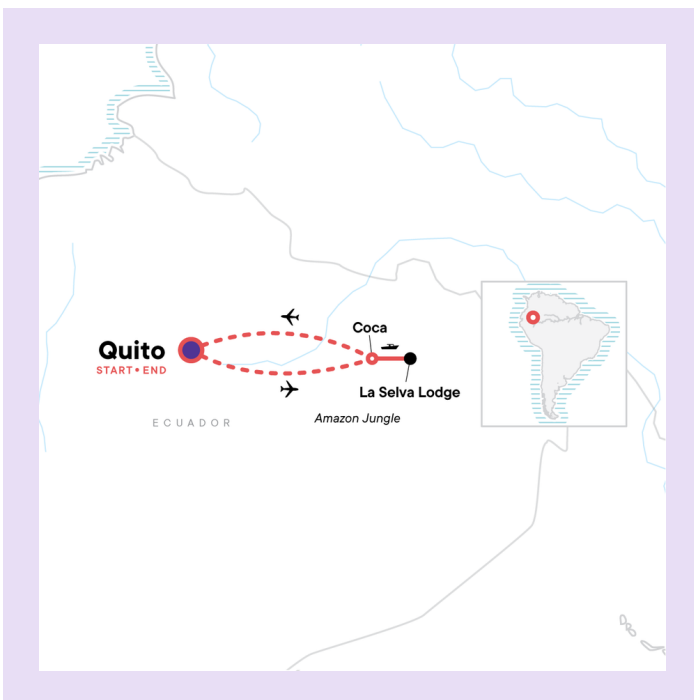
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 January 1st, 2017 and onwards

## Itinerary

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

Day 1

## Quito/La Selva Lodge

Transfer from the Quito hotel first thing in the morning to the airport for the flight to the Amazon jungle. Travel several hours by dugout canoe and complete a short walk to the luxurious and remote La Selva Lodge.

At the Quito International Airport you will be met by a La Selva representative in the national departure area in order to assist you with the check-in process and give you a short briefing about the journey.

Transfer to the port to board a motorized canoe which will take the group to La Selva's main dock. Continue on a short 15-min jungle walk leading to a creek. Enjoy a paddle across "Garzacocho" (the heron's lagoon) in a small canoe in order to reach the lodge area. Upon arrival at the lodge, have a welcome drink and take part in an introductory briefing and a short activity to be introduced to the rainforest.

A G Representative will meet you at the Quito hotel (not included) on the night prior to Day 1 of this tour.

Itineraries depend on weather and natural conditions. For the rest of the days at La Selva, activities will be designed in accordance to the number of groups at the lodge, weather, facilities, logistics, and specific season of the year. We offer a certain number of activities that will be provided in different schedules for each group.



### Meals included

Lunch | Dinner



### Today's Activities

Meet and Greet Hotel Welcome Meeting

On Day 1 of the tour, a G Adventures representative will meet you at the hotel to go over the details of the tour, providing a schedule, documentation/vouchers, and pick-up times for all included activities. The representative can also answer any questions about the tour or the general area.

Private Vehicle

Quito - Mariscal Sucre International Airport

30m-1h

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

Plane

Mariscal Sucre International Airport – Francisco De Orellana Airport

30m

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

Private Vehicle

Francisco De Orellana Airport – Puerto Francisco de Orellana

1h

After a commercial flight to Puerto Francisco de Orellana "El Coca," our representative will transfer you by private transportation to the city's main dock. The representative will take care of your luggage and will provide the group with life vests and fresh water bottles.

Motorized Canoe

Puerto Francisco de Orellana – La Selva Lodge

1h30m-2h

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

## La Selva Lodge

Choose from plenty of activities that include birding, botany, hiking, canoeing, and photography. Spot monkeys, birds, caimans, and butterflies, just a short walk or canoe paddle away. Overlooking the lake, the lodge is a perfect base for exploration. Relax in the lounge with a cocktail and dine by candlelight enjoying exceptional cuisine prepared by a gourmet chef. Sleep well in stylish cabanas. Fall asleep to the sounds of the rainforest and wake up to the call of birds in the morning.

See the canopy of the rainforest from a tower 43m (141 ft) in height, and choose from dozens of walks of varying lengths and difficulties; several routes can only be accessed by canoe. Choose from a variety of activities: wake up early for some bird watching or stay up late and go out on a boat to view caimans by flashlight. Learn about the environment and wildlife from a naturalist guide, who accompanies the group to ensure you get the most out of the excursions. The opportunities for birding, botany, hiking, herpetology, canoeing, photography, entomology, fishing, relaxing, and swimming at La Selva Lodge are boundless.

Below is a sample of what may be available:

**MATAPALO TRAIL:** This trail was named after the Spanish name for the famous strangler fig (*Ficus aurea*), one of the many remarkable trees that can be found during this short introductory walk. Native and naturalist guides will share their knowledge about the flora and fauna of the tropical rainforest.

**NIGHT WALK:** A flashlight and a camera will be the only things needed to enjoy all of the insects, amphibians, reptiles, birds, and mammals that can be seen during an hour walk in the darkness of the forest.

**NIGHT CANOE RIDE IN GARZACOCHA LAGOON:** Guides will take you in a paddle canoe around the lagoon looking for caimans, boas, bats, owls, night mammals, and more nocturnal wildlife with the help of a spotlight. If the sky is clear, have the chance to do some star gazing.

**DAY CANOE RIDE IN GARZACOCHA LAGOON:** Take a 1.5 to 2 hour canoe ride to observe the biodiversity around the Garzacocha lagoon, where the famous hoatzin stinkbird can be seen as well as fish, monkeys, and the beautiful trees that grow inside the black waters system.

**CHAGUAMANGO TRAIL:** The trail begins at the lodge and finishes at the edge of the lake. At the end of the walk, head back to the lodge by canoe. If lucky, see big troops of squirrel monkeys approaching the water, allowing you to take great photos of wildlife.

**CHARAPA TRAIL:** This trail takes about 1.5 hours. Start at the butterfly farm and end at the edge of the lake. It's a wonderful loop that begins with a walk, returning to the lodge by canoe. Along the way, try to spot different groups of mammals, monkeys, and birds that get close to the lakeshore to look for food in the afternoon hours. If it's a clear afternoon, enjoy a beautiful sunset from the canoe.

**OBSERVATION TOWER:** Take a 20-min walk to the tower, which allows visitors to be (37m) 120 ft above the forest floor to enjoy the canopy of the tropical rainforest. Use a telescope to see birds from the canopy, and maybe even monkeys or sloths. On the way back, hike for about 2 hrs. A native guide will show some of the medicinal plants that natives still use and the naturalist will provide information about the ecology and natural history as well.

**PARROT CLAY LICK:** Visit the most biologically diverse spot on Earth, the Yasuni National Park. A 20-min canoe ride plus a 15-min walk will bring you back to the Napo River. Take a 10-min motorized canoe ride to one of the most amazing displays of the wild world. Hundreds of parrots and parakeets will approach the treetops and later come down to a clay bank to eat the soil rich in minerals. It is essential to have binoculars to enjoy the experience.

After identifying the different species of parrots and parakeets, a naturalist guide will provide a lot of interesting information about the behavior of these spectacular birds. The motorized canoe ride will continue for approximately 30 more minutes of birdwatching along the river banks.

**BUTTERFLY FARM:** Learn about the biology of these amazing butterflies. A farm will show the different stages of the butterfly complemented with interesting information provided by a naturalist guide. Visitors won't want to leave the butterfly flying area without taking photos of the colorful butterflies.

**PIRANHA FISHING:** Enjoy fishing for piranhas in the Garzacochoa Lake! Fishing lines will be provided by a native guide to let you catch your own piranha. Depending on the size of the fish, they are usually released back into the water. If the fish is big enough, give it to the gourmet chef and enjoy a tasty fish dinner. The fish is much more delicious when you catch it yourself!

**SPECIFIC TOPIC TALKS:** One of the naturalists will hold an optional activity to talk about a specific topic of the rainforest.

Every day there will be a briefing about the next day's activities. Itineraries may vary slightly to maximize wildlife sighting depending on the reports of the naturalist guides, the group's main interests, and weather conditions.

#### MEALS

Breakfast: wake-up call and breakfast according to activities

Lunch: 12:30 pm

Dinner: 7:30 pm



## Meals included

Breakfast | Lunch | Dinner

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## Today's Activities

La Selva Lodge Excursions

La Selva Lodge

Choose from plenty of activities that include birding, botany, hiking, canoeing, and photography. Spot monkeys, birds, caimans, and butterflies. They're all just a short walk or canoe paddle away. Learn from expert naturalist guides about the flora and fauna of the rainforest and the Indigenous peoples who live in the area.

Free Time

Yasuni National Park

During downtime, relax at the lodge, paddle a canoe around the lake or even go swimming.

Head back down the river to the town of Coca to catch the flight back to Quito. Transfer to the hotel in Quito.

The lodge staff will assist with your checked luggage. Take a motorized canoe ride upstream to go back to Coca, where a representative will take you to the airport to help with your checked luggage and boarding passes. Catch the flight back to Quito and transfer to the hotel in Quito.

If you would like any post-night accommodation in Quito (not included), please speak to your sales CEO.



## Meals included

Breakfast



## Today's Activities

Motorized Canoe

La Selva Lodge – Puerto Francisco de Orellana

1h30m-2h

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

Private Vehicle

Puerto Francisco de Orellana – Francisco De Orellana Airport

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

Plane

Francisco De Orellana Airport – Mariscal Sucre International Airport

30m

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

Private Vehicle

Mariscal Sucre International Airport – Quito

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

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

## What's included

- Amazon Jungle lodge stay with activities and wildlife viewing opportunities by boat and hiking
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Stay in a remote and luxurious Amazon lodge, explore jungle paths and rivers by foot and canoe, learn about this diverse ecosystem with expert local naturalists, enjoy gourmet cuisine prepared by a renowned chef

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Stay in a remote and luxurious Amazon lodge, explore jungle paths and rivers by foot and canoe, learn about this diverse ecosystem with expert local naturalists, enjoy gourmet cuisine prepared by a renowned chef

## 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. LOCAL FLIGHT**

There is a maximum weight allowance on the local flight of 20kg (40 lbs) per person. There may be an extra charge should you exceed this weight.

### **2. ARRIVAL**

If you are arriving by flight on Day 1 of the tour (i.e. you are not being picked up from your Quito hotel on Day 1), the latest arrival flight time into Quito is 7:00am.

### **3. DEPARTURE**

If you are planning to depart Quito on the final day of the tour, the earliest departure flight you should take is at 16:00.

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

This is an independent trip, as such, no G Adventures staff will accompany you. You will however, be in very good hands with the lodge staff and local guides at La Selva.

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

4 breakfasts, 4 lunches, 4 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 affordable.

## **What are the modes of transportation on my trip?**

Van, bus, plane, canoe, walking

## **What transportation will we take on this trip?**

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

## **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.

Airline luggage restriction:

Each passenger is allowed luggage up to 20 kilos (44 pounds) for checked luggage, as well as a carry-on item such as a backpack.

## **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?**

La Selva Lodge (4 nts).

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

One of the first Amazon rainforest lodges in Ecuador, the award-winning La Selva was completely remodeled and reopened in 2012 and has become the premier eco-lodge in the Ecuadorian Amazon. The cabanas are inspired by traditional bamboo design: authentic, airy and comfortable with unexpected amenities including private bathrooms, hot showers, electricity, ceiling fans, and are immaculately cleaned daily.

The cozy private bungalows are made entirely of secondary growth rainforest materials and designed to blend with the surroundings. Each one has a private bathroom, a hammock and mosquito netting for each bed (although you will be surprised at what little need you will have for this item due to the lack of insects).

There are 12 thatched cabanas of varying sleeping configurations and several public gathering spots, including the spacious dining room with a rooftop lookout point, an open-air combined bar and a lounge with a wrap-around view of the lake.

In an effort to conserve the authentic Amazon experience and for ecological reasons, please note that there is no air conditioning in the rooms at La Selva. However, for your convenience and comfort there are fans for use 24 hours a day, and after a short period, you will be surprised at how quickly your body will adapt to the change of climate. The open design of the rooms allows you to listen and enjoy the sounds of the jungle while maintaining a genuine jungle experience in maximum comfort.

## **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 an hour outside of the city centre where your joining hotel is located. The easiest way to get there is via taxi (approximately \$30-40 USD). 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.

You will be picked up from your hotel in Quito and transferred to the airport on the first day of the trip. Accommodation in Quito is not included in the price of your trip but can be arranged at the time of booking. If you have arranged your own accommodation in Quito please let us know at the time of booking where you will be staying. A G Adventures representative will contact you at your hotel in Quito and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning for your flight to the jungle.

## **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 or refer to the emergency contact details provided in this dossier. 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 instructions should I follow at the finishing point?

If you are planning to depart Quito on the final day of the tour, the earliest departure flight you should take is at 16:00.

## What should I take on my trip?

This is a lodge-based trip, so you don't have to carry your bags daily. However, you do have to carry your bags into La Selva Lodge and back. The trip involves a dugout canoe trip up the river, so pack light, since you have to carry your bags.

# 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.)

**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. Aboard the expedition ships Explorer and Andrea laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

## 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:

Rubber boots:

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 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 bags for 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.

Electricity is available in the bar, dining areas, reception areas, and rooms (110V) to recharge batteries. We suggest that guests bring a flashlight or headlamp. The plugs for recharging batteries have three holes, two straight prongs, and one circle prong just as most American plugs. However, we recommend that you bring a transformer of two plain prongs.

The weather at La Selva Amazon Ecolodge:

Year-round temperature average is 82°F (28°C), however, 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 around. Please be prepared for rain.

## 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](http://www.xe.com)

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, and local guide(s) 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 people 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.

As a guideline we recommend:

\$10 per passenger per day - Naturalist Bilingual guide

\$5 per passenger per day - Local guide

\$10 per passenger per day - Lodge Staff (Keep in mind tips will be shared equally amongst lodge personnel)

## What activities are optional on this trip?

- No optional activities

## Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

## **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. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. 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.

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.

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

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

## **What are the trip specific safety considerations?**

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 yourself and those around you 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.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. 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](mailto: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/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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

Minimum age of 2 years for this trip.

## 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.