



Solo-ish Ecuador

7 days, Quito to Quito

Trip code SEQS

What's included

- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
- Your G for Good Moment: Shandia Community Lodge, Shandia
- Your Welcome Moment: Meet Your CEO and Group
- Dinner Party: Flavours of Ecuador Cooking Experience, Quito
- We Day: Minca Community Chocolate Tasting, Quito
- G Day: The Wild Landscapes of Cotopaxi & Baños, Cotopaxi National Park
- Me Day: Baños Me Day, Baños
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Complimentary arrival transfer
- Shandia Community Walk, Cacao Plantation Visit, & Chicha Tasting
- Amazon Jungle Walk & Pimpilala Waterfalls Visit
- Free time in Baños and the Amazon
- Papallacta hot springs visit and soak
- 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 April 24th, 2026 and onwards

Itinerary



Itinerary Notes

Please note that the Quito international airport (UIO, Mariscal Sucre) will be closed on the following dates in 2026 for preventative maintenance on the runway: April 11; May 9, 16 & 30; June 6; September 5, 12 & 26; October 3 between the hours of 2am and 2pm. As well as October 17 between the hours of 6am and 6pm. For passengers flying in or out of Quito on these dates, please double check flight schedules with your airline in case of changes. Internal flights within Ecuador and Galapagos will be adjusted accordingly and any changes to schedules will be communicated at the welcome briefing.

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

Day 1

Dinner Party: Quito

Enjoy an included arrival transfer to the start hotel in Quito where you will attend a welcome briefing with your newest travel companions. Then, head out on foot through the city streets to your hands-on cooking experience with the entire group. Listen to instructions from a talented local chef and enjoy stories throughout the lesson about the various ingredients and dishes you are working on creating. Witness the joy of sharing a meal prepared together and come away with new knowledge of Ecuador's culinary tastes and traditions.

Please ensure your arrival flights land prior to 3pm.



Meals included

Dinner



Accommodation

Hotel Eugenia (or similar)

Hotel



Today's Activities

Arrival Transfer

Mariscal Sucre International Airport - Quito

45m-1h

41km

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

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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.

ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Join your fellow Solo-ish travellers in an immersive cooking class led by an expert resident chef in Quito. Upon arrival to the

class space there will be a brief explanation of what's to come and then the group will rotate between three different prep stations. Signature dishes made will depend on the ingredients available, but some options might include shrimp ceviche, tamales, soups, and incorporate fresh local fruits throughout. Learn about the local history and preparation of these delicious foods, and sit down for a family-style meal of your tasty creations. You'll leave with full stomachs and heads abuzz with new culinary knowledge to bring back home.

Day 2

We Day: Quito

Today is all about the landscapes and communities of Ecuador. Start the day with a city tour of Quito and walk past important sites like the golden Compañía Church, San Francisco Square, and the Panecillo, a towering statue of the virgin of Quito. Then dive deeper into the meaning of community with an intriguing chocolate tasting experience through a locally-owned establishment that prioritizes the values of Minka, a tradition of collective labour that supports many social and infrastructure projects. Enjoy an included lunch afterwards featuring many traditional local dishes and continue to the Intiñan museum to explore the scientific riches only found on our planet's equatorial line. Enjoy a free evening back in Quito.



Meals included

Breakfast | Lunch



Accommodation

Hotel Eugenia (or similar)

Hotel



Today's Activities

Quito City Tour

Quito

Take a tour of Quito to learn more about this beautiful city and its local culture. Visit the Old Town, a UNESCO World Heritage Site, with stops at the golden Compañía Church, San Francisco Square, and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city.

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. After your Quito city tour, the group will dive into the community concept of Minca at a family-operated gourmet chocolate establishment working to benefit locals with social and infrastructure initiatives. The chocolate here is among the richest and most flavourful in the world. The group will gain an understanding of the manufacturing process and taste cacao as it goes through various stages to reach the chocolate most are familiar with. Learn the history of Ecuadoran chocolate and how it is steeped in tradition. Minka focuses on honest and committed work allowing you to witness the community spirit that embodies this very enchanting region.

Private Vehicle

Quito

2h

Sit back and scan the scenery from the comfort of your private vehicle between Quito and the Intiñan Museum. It will take about an hour each way.

Intiñan Museum Visit

Provincia de Pichincha

1h15m-1h30m

Visit the Intiñan Museum (Intiñan Site meaning 'Pathway of the Sun') with interactive exhibits displaying the science and myths behind the equatorial line. You will have the opportunity to interact with phenomena that occur in nature which can be tested on the magnetic equatorial line. The centre also has displays highlighting the local indigenous cultures. There is also a chance to set foot on both sides of the Equator, for which the country of Ecuador is named.

Free Time

Quito

Spend a free evening in Quito. Find a local spot to grab dinner on your own, or choose to relax and unwind at the hotel.

Day 3

G Day: Cotopaxi & Baños

Prepare to experience what G Adventures does best and enjoy an epic adventurous day in Cotopaxi National Park. Depart from Quito in the morning and enjoy a day immersed in the wilds of this high Andean ecosystem. Highlights include a visit to Limpiopungo Lake featuring picturesque views of the Cotopaxi volcano. If weather allows, travellers can hike up to an old military fortress built on a 4800m high hilltop, which offers 360-degree views to get closer to the volcano, or simply enjoy the beautiful surroundings at the lagoon. From here travel to Baños for an orientation walk through the abundantly green surroundings.



Meals included

Breakfast | Lunch



Accommodation

Xperience Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Quito - Cotopaxi National Park

1h45m-2h

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

ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the world's coolest activities alongside new friends. It's not just an epic day of fun, it's chock full of incredible experiences to take your day to an 11. Prepare to fall in love with the untamed landscape of Cotopaxi National Park and, if weather allows, enjoy a clear reflection of the volcano from Limpiopungo Lagoon. Travellers feeling extra adventurous can hike to the refuge at 4800m. Then it's time to jet off to the sights and sounds of Baños' subtropical highland climate at the base of the Tungurahua volcano.

Private Vehicle

Cotopaxi National Park - Baños

2h30m-2h45m

Settle in and scan the scenery from the comfort of your private vehicle. There will be a stop along the way for travellers to enjoy an included lunch between Cotopaxi National Park and Baños.

Baños Orientation Walk

Baños

1h30m

Enjoy an orientation walk in Baños with your CEO. Baños is a city in Ecuador's Tungurahua province, considered the gateway to the Amazon Basin and known for its hiking trails, hot springs, and active volcano to the south. Walk about the city, pass by The Church of Our Lady of Holy Water, and get the lay of the land.

Day 4

Me Day: Baños

It's time for a day that belongs to you! The choice really is all yours. From spending the day doing an array of optional activities available like hiking to the Pailon del Diablo or soaking in the local hot springs. You'll also have the option of joining your CEO for a visit to the famous Casa del Arbol perched on a hilltop overlooking epic views of the Tungurahua volcano on a clear day. Dinner will be on your own this evening amid the lush scenery of Baños.

Pre-book the Baños Canyoning Adventure to enjoy the stunning scenery in Sangay National Park.



Meals included

Breakfast



Accommodation

Xperience Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for a local activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.



Optional Activities - Day 4

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means "little hell" in Quichua, or try some of the baths fed by the melt

waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

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.

Hiking - Baños

Baños

Free

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

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.

Visit Casa del Arbol

Baños

Perched on a hilltop behind Baños is La Casa del Arbol, sporting epic views of the Tungurahua volcano on a clear day. It was used previously to monitor the volcano's activity, but now has become a popular attraction because of the iconic image of a swing attached to the treehouse. Visit the viewpoint where you can choose to try whooshing over the abyss for yourself to feel the thrill of swinging on the edge of the world.

Pailon del Diablo Waterfall Visit

Baños

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

Total distance: 2km (1.3 miles)

Total elevation: 148m (485ft)

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 5

Baños/Tena

Travel away from the misty green foliage of Baños to the lush Amazon Jungle and your community lodge stay in the rainforest. Here, you'll enjoy the hospitality of the local indigenous people of Shandia and experience life in the jungle firsthand. Once you arrive the group will cycle through the community and discover the beauty of the area with a local member as your guide. Your lodge stay is operated by the people of Shandia, who are committed to providing guests with a sustainable and authentic experience. After a delicious lunch and bike ride, the group will embark on a village walk and tour the cacao plantation here. Learn more about the cultivation process and take part in a hands-on chocolate-making experience. This is followed by an included dinner at the lodge.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Shandia Lodge (or similar)

Homestay



Today's Activities

Private Vehicle

Baños - Shandia

3h

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

ACTIVITY

6km

Cycle to the Indigenous Shandia community, a rural village surrounded by rivers and lush Amazonian landscapes. With the support of G Adventures and Planeterra, the community has developed new culturally immersive experiences led by the village's youth. Spend an hour and 45 minutes cycling from Pimpilala village to Shandia stopping along the way to take in the beauty of the Amazon. These cultural tours are seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. This provides an economic opportunity for youth who traditionally would have left the community to find work. Your time spent here is creating opportunities for a new generation in the community and contributing to the preservation of their culture.

Cacao Plantation Visit & Chocolate Making

Shandia

2h

Enjoy a walk through the community Shandia and a visit to the cacao plantation here further connecting travellers to the local indigenous people and surrounding nature.

ACTIVITY

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. Learn about their cultivation of cacao and traditional agriculture practices. Meals of local ingredients grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

Day 6

Tena

Today, the group will travel to the Pimpilala Waterfalls for an exciting waterfalls adventure activity. After the waterfalls experience, visit a chacra (traditional farm), where they will learn about local agricultural practices and participate in a chicha-making experience. Chicha is a traditional fermented beverage widely consumed across the Amazon Basin and holds important cultural significance. Finish the day with a group dinner and celebrate your final night in the mighty Amazon.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Shandia Lodge (or similar)

Homestay



Today's Activities

Pimpilala Waterfalls Visit

Tena

3h

Make your way to the stunning Pimpilala Waterfalls, where cascading waters spill into a serene natural pool below. Take in the lush surroundings before enjoying the chance to cool off with a refreshing swim beneath the falls. Return to the lodge just in time for an included lunch.

Chachra Visit & Chicha Tasting

Shandia

Visit a traditional farm, known as a Chachra. While here you'll learn about the fermented drink known as chicha. This beverage is an important social drink throughout the Amazon Basin and is consumed in many parts of South America. It's often served at festivals or parties, and is also used in religious ceremonies. Try a taste after your walk through the area.

ACTIVITY

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. Watch a chocolate making demonstration and learn about their cultivation of cacao and their traditional agriculture practices. Meals of local ingredients

grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

Free Time

Tena

Take advantage of free time this afternoon to relax in the jungle or choose to try some of the other community activities available through the lodge. Choose to walk to the nearby beach area along the river for local culture displaces like, the Yachak Ritual.

Day 7

Tena/Quito

Enjoy one final breakfast at the Amazon lodge before transferring to Papallacta. Here, take some time to relax in the natural mineral hot pools with volcanic views before travelling back to Quito. The tour ends upon arrival at the airport. Please book onward travel from 8pm onwards.



Meals included

Breakfast



Today's Activities

Private Vehicle

Tena - Papallacta

3h30m

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

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.

Private Vehicle

Papallacta - Mariscal Sucre International Airport

1h

55km

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

What's included

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- Dinner Party: Flavours of Ecuador Cooking Experience, Quito
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What are the main highlights of this trip?

Enjoy an immersive dinner party in Quito with your fellow travellers featuring traditional Ecuadorian cuisine, Visit the Intiñan Museum on the equator and try out some of the cool science experiments there, Walk to new heights in Cotopaxi National Park and see the Limpiopungo Lagoon, Partake in the G for Good Shandia Biking experience as the group travels into the Amazon

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.

What are the main highlights of this trip?

Enjoy an immersive dinner party in Quito with your fellow travellers featuring traditional Ecuadorian cuisine, Visit the Intiñan Museum on the equator and try out some of the cool science experiments there, Walk to new heights in Cotopaxi National Park and see the Limpiopungo Lagoon, Partake in the G for Good Shandia Biking experience as the group travels into the Amazon

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

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

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Are there Itinerary notes?

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

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1. 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.

2. THE TUNGURAHUA VOLCANO

Please note this tour travels to Baños. The Tungurahua volcano in the area around Baños is constantly active. G Adventures have operated countless tours to the Baños 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 Baños area.

3. CONFIRM YOUR DETAILS

G Adventures requires your passport number, full name and date of birth at the time of booking. Please make sure you give this information to your travel agent.

Once you have confirmed your booking please give us your international flight details and advise us if you have any important issues such as allergies, special diets, etc.

What is the role of the group leader during this trip?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). 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. 14

What meals are included in this trip?

6 breakfasts, 4 lunches, 3 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 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?

Private vehicle, motorboat, bicycle, walking.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (4 nts) on a twinshare basis and Amazon Jungle Lodge (2 nts). If you are interested in purchasing your own room, please see below for the My Own Room option.

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 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 G Adventures 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 G Adventures 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.

Arrive to your start hotel no later than 5pm.

During your Welcome Meeting, you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +593 999 350 112

After hours Emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What information should I be aware of as the itinerary draws to a close?

The tour ends upon arrival at the airport. Please book onward travel from 8pm onwards.

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 are the visas and entry requirements for my trip?

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

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

Where can I read detailed notes about this trip?

Important notes about visiting the Amazon:

How to keep things dry:

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

The weather in the Amazon:

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

Please be prepared for rain.

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

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. Please bring USD banknotes in denominations smaller than 100, as they can be hard to exchange in Ecuador. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash! CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than \$100 USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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!

What activities are optional on this trip?

Baños

- Hot Springs - Baños (4USD per person)
- Hiking - Baños (Free)
- Pailon del Diablo Waterfall Visit
- Horseback Riding - Baños (25USD per person)
- Baños Canyoning Adventure
- Whitewater Rafting (30USD per person)
- Visit Casa del Arbol

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, 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our 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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

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

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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

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

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.