



*Tour:* **THE WORLDS OF ECUADOR**  
 Quito, the Amazon & the Galapagos

*Itinerary:* 10-days / 9-nights

## THE WORLDS OF ECUADOR QUITO, THE AMAZON & THE GALAPAGOS

Day	Morning		Afternoon	Evening	
1	Fri	Travel to Quito, Ecuador; transfer & hotel check-in; Welcome, Safety & Orientation		Dinner	
2	Sat	Introduction to Ecuador: French Geodetic Mission, Equator Line, Intiñan Museum, Quito Historical Center: Independence Square, Archbishop's Palace, Government Palace, Metropolitan Cathedral & more		Dinner	
3	Sun	<i>Travel to the Amazon region</i> - private journey through the Andes Highlands and on to Napo River, private canoe to La Casa el Suizo; welcome reception upon arrival		Dinner	
4	Mon	Cosano Trek & Tubing Adventure	AmaZOOnico Rescue Center - coatis, tapirs, monkeys, snakes & birds	Chicha BlowGun Shooting, Ceramics & Wood Craft visit	Dinner
5	Tues	Amazon Misicocha / Rafting		"The Island" Plant & Insect Walk	Dinner
6	Wed	Return to Quito - stop at Termas de Papallacta thermal waters with Volcano Water Master Class		Dinner	
7	Thur	<i>Fly to the Galapagos Islands</i>	Ferry to Santa Cruz Island	Puerto Ayora Village Ecological Reserve Charles Darwin Research Station	Dinner
8	Fri	Galapagos Island Guided Explorations: Choose one island each day from Isabela, San Cristobal, Bartolome, Plazas, North Seymour, Santa Fe or Pinzon		Dinner	
9	Sat			Dinner	
10	Sun	Hotel check-out & transfer to airport; domestic flight to Quito, international flight Home			



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



*Get ready for a fascinating adventure! You are about to discover the country which bears the name of the imaginary line that divides our planet in two hemispheres... A magic blend of landscapes, climates, ecosystems, ethnic groups and cultures, ancient and modern, that coexist within the country's Four Worlds: the Pacific Coast, the Andes, the Amazon Rainforest and the unique Galapagos Islands.*

**Day 1 – Welcome to Ecuador!**

*Meals in flight; dinner in destination*

Travel to Quito, Ecuador via air, arriving in the evening hours or an overnight flight arriving in the morning. After boarding your transportation, you will be transferred to your hotel.

**Quito...** Quito is one of the most compelling cities in Ecuador. Nestled in a long, narrow valley in the Andes between the Volcano Pichincha to the west and the Machángara River Canyon to the east, Quito enjoys a spectacular natural setting. The Ecuadorian capital city's mix of colonial and modern architecture creates a fascinating environment. In addition to being the site of the Ecuadorian government, Quito is also the nation's cultural capital with an impressive selection of museums, festivals, and nightlife.



Quito is the perfect place to begin exploring Ecuador. During the pre-Columbian era, several indigenous groups inhabited present-day Quito including the Quitus from whom the city took its name. In the beginning of the 16<sup>th</sup> century, while the Incas controlled Ecuador, Quito served as the capital of the northern half of the Incan Empire. In 1533, the Inca General Rumiñahui destroyed Quito so that it would not fall into the hands of the advancing conquistadors. Just a year later, after the Spanish conquered the Inca, the Spanish Lieutenant Sebastián de Benalcázar began rebuilding Quito from the rubble that Rumiñahui left behind.



Ecuador was part of the Viceroyalty of Peru from 1544 until 1720, when it joined the newly created Viceroyalty of Nueva Granada. In 1563, Quito became a Royal Audiencia of Spain, thus permitting it to deal directly with Madrid on certain matters instead of going through Lima. Ecuador gained independence from Spain in 1809.

Modern Quito is a city of two halves, old and new. The “old city” remains much the same as it did at the end of the colonial period but the “new city” bears no marks whatsoever of its colonial past. While the new city does not benefit from the area's brilliant history, it shines in its own right. Take the time to explore both sides, neither will disappoint you.

## Ecuador Fun Facts

- ✓ The national tree of Ecuador is the cinchona tree which produces Quinine, the first drug used to prevent and treat malaria.
- ✓ In 2008, Ecuador was the first country to officially recognize the rights of nature. Rather than treating nature as property, Ecuador recognizes that nature has constitutional rights and has the “right to exist, persist, maintain and regenerate its vital cycles.”
- ✓ The summit of Mount Chimborazo, Ecuador’s highest mountain, is the point on Earth closest to the sun. Due to the mountain’s location along the equatorial bulge, its summit is the farthest point from the Earth’s core.
- ✓ Ecuador is one of 17 megadiverse countries in the world and has **the most biodiversity per square kilometer of any nation.**
- ✓ Ecuador is named after the equator which runs through the country. The equator is widely promoted at the tourist attraction Ciudad Mitad del Mundo (Middle of the World City) located 26km north of the capital, Quito. Unfortunately, thanks to modern re-measurements, the exact equator is now said to lie 240 meters north of the marked line and monument.
- ✓ Ecuador has the world’s first and second UNESCO World Heritage Sites. Every World Heritage site has a number – site #1 is the Galápagos Islands and #2 is the city of Quito.
- ✓ Quito is 2,850m above sea level, making it the highest official capital city in the world. La Paz in Bolivia is higher, but it cheats a little as it is not the constitutional capital (that’s Sucre), only the seat of government.
- ✓ Charles Darwin visited Ecuador’s Galápagos Islands in 1835 and largely based his theory of evolution on the discoveries he made there.
- ✓ Guinea pig, known as ‘cuy’, is considered a delicacy in Ecuador and its consumption is seen as an ancient tradition.
- ✓ The Panama hat is actually from Ecuador. Straw hats woven along the Ecuadorian coast were taken to Panama initially to be sold to canal workers and after the canal opened to affluent westerners passing through the Panama Canal.
- ✓ Ecuador is the world’s largest exporter of bananas, accounting for up to 29% of all bananas exported globally.
- ✓ There are at least 14 recognized languages spoken in Ecuador. Spanish is the official language while 13 indigenous languages are also recognized including Quichua and Shuar.
- ✓ Ecuador is divided into four main and unique geographic regions: La Costa or “the coast”, La Sierra or “the highlands”, La Amazonía also known as El Oriente or “the east”, and La Región Insular, the region comprising the Galápagos Islands. On this trip, you’ll visit three of the four regions – La Sierra (Highlands), El Oriente (Amazon) and La Región Insular (Galápagos).





## Day 2 – Quito Colonial, Temple of the Sun Museum & Intiñan Museum

Breakfast, lunch & dinner included

Rise and shine Quito! Today we're off to the middle of the earth – literally! We'll travel to the Equator Line and brush up on our geography as we learn about the equator dividing our earth's surface into the Northern and Southern Hemispheres.



Next, a short trip to the north of the city of Quito will lead us to our planet's Latitude 0°0'0" to visit the original Equatorial monument and where visitors can learn about the 18<sup>th</sup> century French Geodesic expedition, one of the first executed under the modern scientific principles with a main purpose to measure the roundness of the Earth. Then we will visit the **Intiñan Museum** known as "The Trek of Sun" where we will be guided through the wonderful world of the Andean Cosmo vision (view of the nature of the cosmos), culture and traditions, mixed with didactic games where the physics laws show us the unique events that happen at the middle of the world. This is the place where you can stand with one foot on the northern hemisphere and the other one on the southern hemisphere...a unique experience!

In the afternoon, we'll have lunch and then enjoy a wonderful tour through the main streets and squares of Quito - the first city in the world to be declared a World Cultural Heritage site by UNESCO in 1978.



**Quito Historical Center** - The history of this beautiful colonial city is full of legends woven over more than 400 years and is still alive in the memory of its inhabitants. At the beginning of the 16<sup>th</sup> century, the city adopted a monumental style with the construction of the impressive churches by the various Catholic missions of San Francisco, Santo Domingo, San Agustín and the Cathedral. The visit will take you to iconic places such as the Plaza Grande or Independence Square to have a view of important colonial buildings: The Archbishop's Palace, The Metropolitan Cathedral, The Government Palace, as well as other representative examples of colonial art and architecture such as the San Francisco Convent.

Tonight, we'll have dinner at our hotel and get ready for another fabulous day tomorrow!

## Day 3 – Quito to the Andes Highlands to the Amazon

Breakfast, lunch & dinner included

Good morning Ecuador! The journey to La Casa del Suizo departs from Quito via private transportation. The route along a scenic stretch of road takes us out of the majestic **Andes Highlands**, and down into the "Oriente", or Amazon region. Along the way, there are several opportunities to stop for photographs, overlooking **lush green valleys** and **sparkling waterfalls**. The road ends at Punta Ahuano, a tiny port town on the north bank of the Napo River, where canoes await for a late afternoon, 15-minute ride downstream to our destination, La Casa del Suizo. We arrive at our amazing eco-lodge in the rainforest with time to be settled and enjoy the sunset with a welcome beverage, saluting the incredible Amazon! Dinner is served at the hotel.

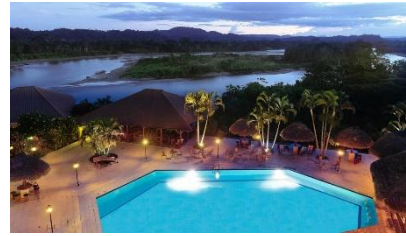
**Sample Hotel: La Casa del Suizo:** Sate your curiosity for the Amazon rainforest in one of the best jungle lodges in Ecuador. Each day on the Napo River promises new adventure: the monkeys you spot on your way



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to the activities, the local community you witness, and the raft you build with your own hands. As the sun sets over La Casa del Suizo, head to the swimming pool to gaze at the stunning jungle view! Rooms are comfortable and modern with river-facing balconies and well-equipped bathrooms. Each room has its own terrace and hammock to take in the exquisite river and jungle views. Full electricity, ceiling fans and hot water ensure the most comfortable of stays! **Rooms have 2 beds to sleep 2 pupils per room.**



#### **Day 4 – The Amazon**

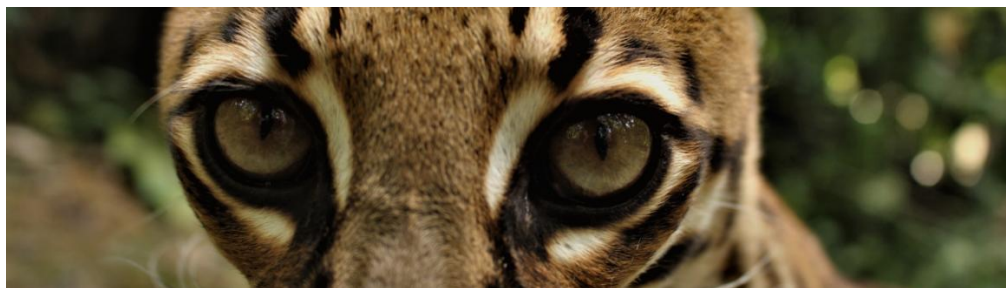
*Breakfast, lunch & dinner included*

After breakfast at our lodge, we'll depart for an amazing Amazon day!

**Cosano Trek & Tubing Adventure** – A 20-minute boat ride will take us to Cosano, a private property with primary forest on the Rio Arajuno. Trails ranging in length from 1 to 3 hours of walking time lead through the dark world of the Amazon rainforest. From two different points of view we'll overlook the village of Ahuano, the Rio Napo and some of the smaller rivers that merge with it. Our local guide will explain the amazing world of the plants we encounter and afterwards, we'll float downstream on the Arajuno on tubes. The ride is peaceful and relaxing, the perfect way to cap off the trek! A 15-minute boat ride takes us back to the Casa del Suizo.

Next, we'll visit the animal shelter of AmaZOOnico!

**AmaZOOnico** – A 15-minute boat ride takes us back to the Casa del Suizo and just across the river is a rescue center for wounded and displaced tropical rainforest animals. Here we'll see coatis, tapirs, and several species of monkey, snakes, and a variety of colorful birds, many of which wander around freely. Within 5 hectares, the staff care for more than 400 animals that can't be released back into the wild, and offer guided conservation tours.



Mid-afternoon, we continue on to the village of Ahuano, where we learn about traditional Quichua culture.





**Chicha, Blowgun, Ceramics & Wooden Crafts** - A short boat ride downstream takes you to a Quichua family living somewhat outside of the village. You will witness the production of Chicha as the blowgun is explained, an important weapon for the past people of the jungle. Everyone will have an opportunity to try this difficult and special method of hunting. After a 30-minute walk back to the village we will visit a ceramics workshop. A Quichua woman will show you the handmade production of the typical fine ceramics of the Oriente, for which they use exclusively natural materials. Afterwards we'll stop at the wooden craft workshop,

where the artisans will demonstrate how a piece of wood is turned into a beautiful bird.



After dinner at our hotel, the night is ours for discovery!

### **Day 5 – The Amazon**

*Breakfast, lunch & dinner included*

We begin the day with an early breakfast and then we're off for more Amazon discovery. In the afternoon we'll participate in an agriculture tour.

**Misicocha / Amazon Rafting** – Located 15-minutes upstream, we'll visit a private reserve with a primary forest. Here, our guide will introduce us to the secrets of the tropical rainforest. The route will lead us through picturesque creeks and rolling hills,, always under the dark jungle canopy. We'll learn how the Quichuas use the large variety of medicinal plants with broad knowledge. Afterwards, we'll have a refreshing ride downstream on a raft made of balsa wood.



**The Island Agriculture Tour** – After lunch we'll cross the river to the island for an agriculture hike. The path is even and the walk generally lasts for one to two hours. Our guide will teach us about the local agriculture including crops of manioc (local name Yuca), bananas, cocoa, coffee, various herbs and tubers, mostly planted and sometimes growing wild.



We'll enjoy dinner at our resort this evening.

### ***Day 6 – Depart the Amazon to Papallacta to Quito***

*Breakfast, lunch & dinner included*

Today we head back to Quito to prepare for the third leg of our Ecuador adventure. After breakfast, we'll get moving. We'll also make a stop to enjoy the Termas de Papallacta en route.



***Termas de Papallacta*** – Termas de Papallacta is a hot springs spa area located in a magical **High Andes** landscape. It is known as an integral holistic experience that will awaken the senses! Visitors can enjoy a spectacular view of Antisana Volcano, elevation 5704 meters above sea level. Characterized by its thermal waters that come from rainwater infiltrated in the volcanic caldera, the spa waters acquire the caloric energy, magma and mineral-medicinal priorities. Enjoy 5 thermal pools equipped with various water jets plus 1 polar pool.

After our stop, we'll carry on our travels back to Quito. Dinner will be served at our hotel.

### ***Day 7 – Quito to the Galapagos Islands***

*Breakfast, lunch & dinner included*

Today we set off for the amazing **Galapagos Islands!** Heading to the airport, we'll fly from Quito to the Baltra Airport in the Galapagos. Welcome to the Galapagos!

## **THE GALAPAGOS CONSERVANCY**



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Upon arrival, we'll be transferred by bus, approximately a 10-minute ride with shared services, to Itabaca Channel. We'll cross the channel by public ferry to Santa Cruz Island, and then be transferred to the highlands of Santa Cruz Island to an Ecological Reserve, where you will be able to meet the giant tortoises in their natural habitat. After lunch will drive to hotel in Puerto Ayora for check-in. Puerto Ayora is the most visited place in the Galapagos Islands. It's a charming, bustling port town where sea, sun, seabirds and sailboats coexist in happy equilibrium.

*Santa Cruz* - Santa Cruz is the main tourism hub for all of Galapagos, given its proximity to the airport on Baltra to the north. It is the only island in Galapagos where tourists can readily experience the interior and higher elevations of a Galapagos island. Santa Cruz has the longest paved road in Galapagos, which runs north-south across the island, taking people from the airport ferry at Itabaca Canal on the north coast into the highlands and through a few smaller towns on its way down to Puerto Ayora, the island's largest city located on the southern coast of the island in Academy Bay.

In the afternoon, on the town's outskirts, you'll find the headquarters to the world-renown Charles Darwin Research Station.

**Charles Darwin Research Station** – For decades CDRS has worked on conservation, restoration and sustainable development projects to ensure that the archipelago is well-managed. More than a hundred scientists, educators, research assistants, support staff and volunteers from all over the world have participated in this effort.





Here we'll learn about the island's flora and fauna, and local conservation issues. The highlight of the Station is its tortoise breeding program. The younger tortoises seem to find the Station a perfect environment, as the Station's repopulation program is continuing strong. Stroll through the Station and see tortoises of all ages starting at two weeks old. The Educational Center also provides a photo exhibits with information about the Island's unique flora and fauna.



**Galapagos Giant Tortoises** – At the Ecological Reserve, we'll be able to meet the giant tortoises in their natural habitat. The most famous resident of the Galapagos Islands is the Galapagos giant tortoise. In fact, the very word 'Galapagos' derives from an old Spanish word for tortoises!

The giant tortoise arrived in Galapagos from mainland South America 2-3 million years ago, where they underwent diversification into 15 species, differing in their morphology and distribution. After the death of Lonesome George in 2012, the last Pinta island tortoise, ten living species remain in Galapagos for certain. Their population is currently estimated at 20,000 individuals.

In the evening, we'll settle into our new accommodation and have dinner.

**Sample Hotel: Villa Laguna Hostel** – Located at Puerto Ayora on Santa Cruz Island, the hostel is three stories set in front of a fresh-water pool. Each room has cable TV, hot water, air conditioning and a refrigerator. The property features an outdoor pool and a restaurant and is within walking distance of the Lagoon of Nymphs, the boardwalk and the city center where you can find ATMs, restaurants and souvenir shops. Just 15 minutes' walk from the Visitor Center of the Galapagos National Park.



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## Day 8 – The Galapagos Islands

Breakfast, lunch & dinner included

Today is a day to explore! We'll have a choice of 7 adventures (subject to change) for a full-day tour. Please get your requests in as early as possible but know in the end, the park officials will determine where each group be for the day. Groups will be made aware of their locations within one week of arrival on the island.

At the scheduled time, passengers should be at the meeting point where the excursion starts. Navigation will be offered to one of the following islands: **Isabela, or San Cristobal, or Bartolome, or Plazas, or North Seymour, or Santa Fe or Pinzon.** Groups will walk to/from the meeting point, approximately a 5 – 8 minute walk. If a transfer is needed, please understand this is at additional cost.

### GALAPAGOS NATIONAL PARK – IMPORTANT NOTES:

- ✓ The Itineraries and islands to be visited are subject to availability and operational days approved by the Galapagos National Park.
- ✓ The Navigation excursion is provided on a sharing-basis (may be mixed with other groups or independent passengers) and will be confirmed according to the availability. If you have a specific location request, please get this to us early. Otherwise, the park system will allocate locations on your behalf.
- ✓ Excursions in the Galapagos National Park area are provided with 1 local naturalist English/Spanish speaking guide for every 16 passengers.
- ✓ All navigation excursions are provided in boats with capacity between 12 and 26 passengers.
- ✓ All itineraries and sailings are subject to change due to Galapagos National Park change in the regulations or due to weather conditions.
- ✓ A light lunch is included during this excursion.



**ISABELA ISLAND** - Located to the west side of the Galapagos Islands, Isabela is the largest island of the Archipelago. The visit to this fascinating island includes: either Concha Perla Bay or Tintorerías Islet, the Interpretation Center and Flamingo's Lagoon. This visit includes transfers to and from the island on public boats, approximately 2.5-hours each way.



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**BARTOLOME (BARTHOLOMEW) ISLAND** – Famous for its Pinnacle Rock which is one of the most representative geological and photogenic landmarks of the Galapagos, and also home to a colony of Galapagos Penguins, one of the smallest species of penguins in the world and the only one found north of the equator. The visit includes a climb to the highest point of the island for spectacular views of the surrounding lava scenery, an area often referred to as the Galapagos “moonscape.”

**PLAZA SUR (SOUTH PLAZA) ISLAND** – One of the main characteristics of this island is its unusual fauna and vegetation which includes: a colony of Galapagos land iguanas found over parts of the small island; the Opuntia Cacti and the colorful Sesuvium plants. The sheer cliffs of the southern shore are an unparalleled bird observatory and the perfect habitat for several sea-birds, including blue-footed boobies, pelicans, swallow-tailed gulls and the very colorful, red-billed tropic birds.



**SANTA FE (BARRINGTON) ISLAND** - Santa Fe has one of the most beautiful bays of all the visitor sites in the Galapagos. It boasts a turquoise-color cove protected by a narrow peninsula that extends along the northern shore. The sandy beaches are often covered with colonies of Galapagos sea-lions. A marked rocky trail leads to the interior and cliffside areas where the Santa Fe endemic species of land iguana can be found within a very picturesque forest of Opuntia or prickly-pear Cacti.

**SEYMOUR NORTE (NORTH SEYMOUR) ISLAND** - Flatter than other islands, North Seymour is one of the few islands uplifted by underground seismic activity. This Island is one of the best places to see blue-footed boobies nesting on the flat rocky areas near the coast. Visitors will find one of the largest colonies of Magnificent Frigate birds. During the mating season, an explosion of bright red pouches inflated by male frigates to attract females provides some of the most spectacular sights in the Galapagos.



**SAN CRISTOBAL ISLAND** - A visit to San Cristobal includes the Interpretation Center - a place to learn about the natural history of the Islands; La Loberia, located 10-minutes from Puerto Baquerizo Moreno where a big colony of sea lions is usually lying on the beach; Cerro Tijeretas - a small hill with a beautiful view of the islands and habitat of frigate birds; Punta Carola - where visitors can observe marine birds, a big colony of sea lions and marine iguanas lying on the rocks. This visit includes transfers to and from the island on public boats, approximately 2.5-hours each way.

**PINZON ISLAND** - It is an uninhabited island with an area of 18 km<sup>2</sup> and a maximum altitude of 458 meters. It has no visitor or tourist sites and is mainly a diving or snorkeling site, offering opportunities to observe the beautiful wildlife and allowing to have a closer look of the marine life. Pinzon is home to giant tortoises, sea lions, marine iguanas, dolphins, eels, eagle rays, dolphins and even lobster, among other endemic species.



After an amazing day, we'll return to our hotel in the late afternoon.



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## **Day 9 – The Galapagos Islands**

*Breakfast, lunch & dinner included*

Rise and shine Ecuador adventurers! Today promises to be amazing! We'll have one more day of island discovery in the incredible Galapagos.



In the evening, we'll have our last dinner and start to get packed up for tomorrow's return journey home.

## **Day 10 – Goodbye Ecuador**

*Breakfast*

Today is departure day. After breakfast, our local Ecuador team will bid us goodbye as we board our flight to Quito. Once there, we'll transfer to our international flight, bringing us back home. We hope you leave taking away memories that will last a lifetime.

*Adios Ecuador!*



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# ECUADOR: Quito, the Amazon & the Galapagos islands

**Minimum Booking Numbers:** 15 students

**What's Included:**

Roundtrip international flights  
Domestic Air from Quito to the Galapagos  
Airline baggage fee costs on Day 7 (max 20 kilos / 44lbs)  
9-nights' accommodation (3-nights in Quito, 3-nights in Amazon rainforest, 3-nights in the Galapagos)  
Ecuador airport transfers plus group transportation for noted activities  
Breakfasts, lunches & dinners daily starting with dinner on your night of arrival and ending with breakfast on your day of departure (1 bottle of water is included at lunches and dinners, extra supplies are available for purchase on own)  
Quito Colonial Guided Tour  
Intiñan Museum  
Guided Nature Hikes  
AmaZOOnico Excursion  
Chicha, Blowgun, Ceramics & Wooden Crafts  
Raft Building & Navigation Master Class  
"The Island" Walk  
Termas de Papallacta (Hot Springs Spa) Excursion  
2 Galapagos Island days with specialized tours & activities  
Charles Darwin Research Station & Tortoise Breeding Center  
Ecological Reserve in the Highlands of Santa Cruz (Giant Tortoises in their wild)  
Assigned Bilingual Galapagos Naturalist  
Personal Tour Director  
24-hour emergency cover

**What's Not Included:**

Airport transfers in your home area  
Fully comprehensive insurance (mandatory)  
Fees for Migration & Transit Control Card (required for entry to Galapagos)  
Baggage costs, pay directly to airline if required  
Baggage handling - everyone should be able to pull / load their own bag  
Meals other than ones provided for the entire group (we are generally able to cater for allergy conditions and vegetarians only)  
Beverages other than water during mealtimes  
Termas de Papallacta Spa/Massage treatments  
Galapagos transfers to island boats, if needed  
Transportation not indicated in itinerary  
Cost of personal passports, visas or visa waiver fees  
Cost of inoculations or medication required for travel  
Additional sightseeing & entertainment options  
Hotel incidental deposits & bills – mini-bar, movies, etc.  
Gratuities – drivers, hotel services, area guides, tour director  
Credit card fees if individuals wish to pay via credit card instead of ACH  
Additional taxes, fuel surcharges or fees levied by governments / suppliers



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### Important Notes:

- **To enter Ecuador, a passport is required to be valid for a minimum of 6 months after the return date noted on flight ticketing.**
- Please take note that Migration Authorities of Ecuador may require each passenger to present a proof of their medical insurance when entering Ecuador, which covers any medical assistance during their visit to Ecuador. Please ensure this is fully printed out and is carried when traveling.
- Amazon/Galapagos programs are subject to change without previous notice due to weather conditions.
- Limit luggage weight for Galapagos is 20 kilos. If passengers have additional weight, it will be required to be paid locally, or if passengers are departing to the Galapagos starting in Quito and ending in Guayaquil (which most groups will), excess luggage may be able to be left in hotel storage and then brought to the return location for pick-up (i.e. Quito to Guayaquil). In this situation, if extra fees are incurred for transport, individuals should be prepared to pay any supplemental fees locally.
- Storage space in the Galapagos is limited; passengers should take only what is required.

### **Adventure Activities & Non-Conventional Programming**

Some activities involve inherent risk of personal harm. Examples include rafting, canoeing, mountain biking, horseback riding, etc. Please be aware of activities and their potential injury/harm which may result from participation.

### **Conditions of excursions in Galapagos**

- Excursions are subject to availability and change according to Galapagos National Park regulations.
- Day Tour Navigation Excursions will be confirmed one week before departure.
- All tourism activities at the Galapagos Islands are regulated by Galapagos National Park Authorities. Daily programs and itineraries are subject to change.
- Galapagos Authorities require passenger registration at INGALA to issue the Migration & Transit Control Card (TCT) before arrival to the Islands. Check-in on flights to Galapagos will only be guaranteed when individual passenger information has been provided and TCT issued.

### **GENERAL COUNTRY FACTS**

<b>Capital</b>	Quito
<b>Surface Area</b>	256.370 square kilometers
<b>Population</b>	14,483,499
<b>Languages</b>	Spanish, Quechua
<b>Religion</b>	Predominantly Christian
<b>Government</b>	Democratic Republic
<b>Currency</b>	US DOLLAR
<b>Update info</b>	Weather <a href="http://www.weather.com">www.weather.com</a>   News <a href="http://www.elcomercio.com.ec">www.elcomercio.com.ec</a>
<b>Time</b>	-5GMT in Galápagos -6GMT Continental Ecuador
<b>Electric Power</b>	110 volts. Hotels can provide a convertible for 220 volts
<b>Vaccinations</b>	Please consult your personal physician and the CDC website. If you are traveling to the Amazon, please ask your physician as a Yellow Fever vaccination might be required.

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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