



Ecuador: Amazon, Hot Springs & Volcanoes - SEANG

9 days: Quito to Quito

What's Included

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

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

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

VALIDITY: Valid for all trips departing May 19th, 2020 and onwards

Itinerary Notes

There are new Health & Safety Protocols for National Geographic Journeys tours. Please see [here](https://www.gadventures.com/health-safety-journeys/) for full details and up-to-date requirements as they may change.

Itinerary

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

Day 1 Quito

Arrive at any time. Arrival transfer is included.

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

Private Vehicle

Quito

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

Arrival Day and Welcome Meeting

1h

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

Accommodation

Hotel Mercure (or similar)

Hotel

Day 2 Quito/Otavalo

Drive into the mountainous Andean highlands, stopping for lunch in the village of Peguche. Meet some of the local residents, and learn about the community's weaving traditions. Continue to Otavalo, surrounded by misty volcanoes, and visit the town's famous handicraft market—one of the largest outdoor markets in South America. Browse stalls selling colourful local art, textiles, and souvenirs, and try your hand at haggling. Later, settle into your room at a historic hacienda, where we'll spend the night.

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

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

Otavalo is famous both for its friendly people and its Saturday animal market. The market dates back to pre-Inca times when jungle products were transported from the eastern lowlands and traded for highland goods. Today's market has two different functions: the local market for buying and selling animals, food, and other essentials, and the crafts market for the tourists and other interested people.

Private Vehicle

Quito - Otavalo 2h

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

Peguche Community Visit

Peguche - Otavalo

Visit the small highlands weaving community of Peguche. Meet locals in this traditional Andean community and enjoy an included lunch.

Otavalo Handicrafts Market Visit

Otavalo

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

Meals included: Breakfast | Lunch

Accommodation

Hotel Pinsaqui (or similar)

Hotel

Day 3 Otavalo/Papallacta

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

Private Vehicle

Otavalo - Papallacta 2h-3h

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

Your Journeys Highlight Moment: Otavalo Weaving Lesson

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

Your Wellness Moment: Papallacta Hot Springs Visit

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

Free Time

Papallacta

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

Optional Activities - Day 3

Hiking Excursion

Papallacta

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

Meals included: Breakfast

Accommodation

Termas de Papallacta (or similar)

Hotel

Day 4 Papallacta/Tena

Head towards Tena, often called Ecuador's gateway to the Amazon. On the way, we'll stop at Guango Lodge to explore the property's cloud forest reserve—home to a plethora of avian species, including more than 10 varieties of hummingbirds. Enjoy lunch in the lodge's orchid garden, then continue to Misahualli. This charming town is one of the oldest ports in the Ecuadorian Amazon, and harbours a thriving population of capuchin monkeys. Arrive in Tena and board a motorized canoe to our jungle lodge, perched along the banks of the Arajuno River. This evening, embark on a walk into the forest with a naturalist guide, looking out for the Amazon's nocturnal creatures.

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

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

Private Vehicle

Papallacta - Tena 2h-3h

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

Guango Cloud Forest Excursion

Tena - Papallacta

Enjoy an excursion to Guango private cloud forest reserve. Take a guided walk with our CEO to learn about this unique environment, flora and fauna. A bird lovers paradise, keep your eyes peeled for a variety of parrots, toucans, tanagers and more. We will also enjoy the orchid garden lunch at the lodge and observe a multitude of dive-bombing hummingbirds. Seeing 14 species of hummingbirds within an hour is not uncommon, and the Sword-billed hummingbird with its unique, long bill is sure to amaze you.

Amazon Night Walk

Tena

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

Meals included: Breakfast | Lunch | Dinner

Accommodation

Itamandi Lodge (or similar)

Hotel

Day 5 Tena

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

Parrot Clay Lick Excursion

Tena

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

AmaZOOnico Animal Rescue Centre Visit

Tena 2h-4h

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

Your Journeys Highlight Moment: Amazon Home Experience

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

Meals included: Breakfast | Lunch | Dinner

Accommodation

Itamandi Lodge (or similar)

Hotel

Day 6 Tena/Baños

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

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

Private Vehicle

Tena - Baños 2h-3h

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

Your Journeys Highlight Moment: Visit the Omaere Ethnobotanical Park

Visit the Omaere Ethnobotanical Park and discover ethnobotany - the study of the relationship between cultures and the plants around them. Plants are integral to the lives of Amazonian indigenous groups who use them for shelter, nourishment, medicine, and in spiritual practices. Set out on the trails with an expert guide to learn about the diverse plant life and the local Shuar and Waorani people, and enjoy unique botanical experiences like tasting cinnamon and being painted with Achotillo sap.

Free Time

Baños

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

Optional Activities - Day 6

Horseback Riding

Baños

25USD per person

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.

Meals included: Breakfast

Accommodation

Hotel Sangay Spa (or similar)

Hotel

Day 7 Baños

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

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

Free Time

Baños

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

Optional Activities - Day 7

Hiking

Baños

Free

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

Hot Springs

Baños

20USD per person

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.

Mountain Biking

Baños

10USD per person

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

Horseback Riding

Baños

25USD per person

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.

Baños Canyoning Adventure

Baños

30USD per person

Jump, slide, rappel, swim and float your way down the Rio Blanco on this canyoning adventure. Make your way down stream and enjoy the stunning scenery as you head into the heart of Llanganates National Park.

Baños Ziplining Adventure Bundle

Baños

25USD per person

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second zipline to finish off this adrenaline-filled adventure.

Whitewater Rafting

Baños

30USD per person

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!

Meals included: Breakfast

Accommodation

Hotel Sangay Spa (or similar)

Hotel

Day 8 Baños/Quito

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

Private Vehicle

Baños – Quito 7h-9h

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

Cotopaxi National Park Visit

Cotopaxi National Park

Visit Cotopaxi National Park, home to Cotopaxi Volcano, which stands at 5,897m (19,342 ft). The beautiful cone-shaped, snow-covered volcano is Ecuador's second highest peak and the highest active volcano in the world. Keep an eye out for park wildlife, including condors, foxes, deer, spectacled bears, and more. For those who want to hike, there are options available (weather permitting). Please ensure you have proper hiking shoes or boots, a waterproof/windproof jacket and warm hats and gloves. Hike is approximately 1.5 hours.

Meals included: Breakfast

Accommodation

Hotel Mercure (or similar)

Hotel

Day 9 Quito

Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

Your Journeys Highlight Moment: Otavalo Weaving Lesson, Otavalo

Your Journeys Highlight Moment: Amazon Home Experience, Tena

Your Journeys Highlight Moment: Visit the Omaere Ethnobotanical Park, Baños

Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta. Arrival transfer. Overnight in an historic hacienda. Explore the Otavalo handicraft market. Cloud forest reserve visit. Two nights at an Amazon lodge with jungle excursions. Excursion to Cotopaxi National Park. All transport between destinations and to/from included activities.

Highlights

Visit the Otavalo Weaving studio and get a lesson from Miguel Andrango, explore villages and learn about traditional handicrafts and folk art from locals, traverse the Amazon jungle with a local naturalist guide, learn about the relationship between cultures and the plants around them at the Omaere Ethnobotanical Park, be surrounded by towering volcanoes

Dossier Disclaimer

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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.

Itinerary Notes

There are new Health & Safety Protocols for National Geographic Journeys tours. Please see [here](#) for full details and up-to-date requirements as they may change.

Important Notes

ACCOMMODATION NOTE:

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

THE TUNGURAHUA VOLCANO

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

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, also known as a CEO (Chief Experience Officer). 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.

Group Size Notes

Max 16, Avg 10

Meals Included

8 breakfasts, 3 lunches, 2 dinners

Meals

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.

Transport

Private van, motorized canoe, walking.

Local Flights

Airline luggage restriction for flying to the Amazon Lodge:

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.

Solo Travellers

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.

Accommodation

Hotels (4 nts), historic hacienda (1 nt), jungle lodge (2 nts), hot springs resort (1 nt).

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

About Accommodation

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

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.

Joining Instructions

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

If you have booked pre-tour accommodations through G Adventures, please note that you must contact us to confirm the included arrival transfer.

Our driver will be waiting for you with a National Geographic Journeys sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly, the last day is a departure day in which no activities are planned.

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

Arrival Complications

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

Emergency Contact

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 to Take

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a medium-sized soft suitcase, duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

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

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

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)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- 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
- 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
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (required)
- Hand sanitizer (required)

- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

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

Laundry

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.

Visas and Entry Requirements

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](#)

Detailed Trip Notes

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.

Spending Money

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.

Money Exchange

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

Emergency Fund

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!

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$30-35 USD per person, per week can be used.

Optional Activities

Papallacta
- Hiking Excursion

Baños
- Horseback Riding (25USD per person)
- Hiking (Free)
- Hot Springs (20USD per person)
- Mountain Biking (10USD per person)
- Baños Ziplining Adventure Bundle (25USD per person)
- Whitewater Rafting (30USD per person)
- Baños Canyoning Adventure (30USD per person)

Health

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.

Safety and Security

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

activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water-based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by a guide(s).

Swimming, including snorkeling, is always at your own risk.

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

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

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!

A Couple of Rules

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

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

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](http://PlaneterraFoundation.org).

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.

Feedback

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 customerservice@gadventures.com and we will send it on to you.

Newsletter

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.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

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.