

## Ecuador Beaches & Coastal Adventure - SECE

7 days: Cuenca to Quito

### What's Included

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- Your Foodie Moment: Traditional Cacao Hacienda, Naranjito
- Your Discover Moment: Puerto López
- Montañita stay
- Machalilla National Park stay
- Internal flight
- 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 10th, 2017 and onwards

### Itinerary

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

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#### Day 1 Cuenca

Arrive at any time.

There are no activities planned until the evening. Please check at the hotel reception for a welcome note from your G Representative advising on the time and location of the welcome meeting.

#### Arrival Day and Welcome Meeting with G Representative

The adventure begins today. Feel free to explore, but make sure you're back in time to meet the group. Your G Representative will review the details of your tour.

#### Optional Activities - Day 1

##### Cajas National Park Visit

Cajas National Park 3h-6h

65USD per person

Head out for an excursion from Cuenca with a visit to Cajas National Park. Tour this natural outdoor playground that combines stunning scenery and wildlife with excellent areas for hiking. The terrain is quite stark, mostly above 4,000m (13,120 ft) in the páramo (grassy highlands), with many clear lakes. Try some of the variety of treks in the park's vast 28,000 ha, and keep an eye out for oncillas, wild llamas, pumas, and a wide variety of birds, including toucans!

#### Day Trip to Ingapirca Ruins

Cuenca

65USD per person

Visit the ruins of Ingapirca, a UNESCO World Heritage Site that is approximately an hour and a half drive north of Cuenca, through some of Ecuador's most beautiful countryside. Although it is a major Inca site, not a lot is known about its history.

#### Cuenca Mud Baths & Hot Springs

Cuenca

40USD per person

Slather volcanic muds on your face and body and relax in the natural hot springs.

### **Gualaceo and Chordeleg Day Trip**

Cuenca

65USD per person

Explore the countryside near Cuenca, visit nearby towns well-known for handicrafts, weaving, and textiles. Learn about the weaving process and pick up a shawl, guitar, or straw hat directly from the people who make them.

### **Cuenca City Tour**

Cuenca

35USD per person

Head out into this stunning colonial city with your expert local CEO. First visit the Turi viewpoint with sweeping views of the city and surrounding mountains before stopping by a Panama hat factory. Then continue to the historical centre to discover the highlights like the new and old cathedrals and the flower market. Learn first-hand why this city deserves its UNESCO designation.

### **Day 2 Cuenca**

Enjoy a free day to explore. Opt for a city tour or go hiking in Cajas National Park.

Explore the city's sights, including cobblestoned streets, red-tiled roofs, art galleries, flower markets, shaded plazas, and museums.

### **Free Time**

Cuenca Full Day

Head out and explore this colonial city!

### **Optional Activities - Day 2**

#### **Cajas National Park Visit**

Cajas National Park 3h-6h

65USD per person

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### **Meals included: Breakfast**

### **Day 3 Cuenca/Montañita**

Head to the coastal laid-back surf town of Montañita. En route, stop at a traditional cacao hacienda.

**Local Bus**

Cuenca – Guayaquil 3h30m

Climb aboard, grab a seat, and enjoy the ride.

**Your Foodie Moment: Traditional Cacao Hacienda**

Renowned as one of the top producers of cacao in the world, Ecuador is the place to learn about this magical bean. Visit a family-run dairy and cacao farm where they have been perfecting the process for over 145 years. Explore the farm and learn about the production of cacao and taste it in various stages of its lifecycle.

**Private Vehicle**

Guayaquil – Montañita 2h30m

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

**Meals included: Breakfast****Day 4 Montañita/Puerto López**

Head to the beach town of Puerto Lopez and the beautiful Machalilla National Park that surrounds it. There are tons of activities in the area to take part in over the next few days.

**Local Bus**

Montañita – Puerto López 1h

Climb aboard, grab a seat, and enjoy the ride.

**Your Discover Moment**

Puerto López Full Day

There's plenty to see and do in Puerto Lopez, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like snorkelling, hiking in Machalilla National Park, and taking a day trip to Isla de la Plata. Your CEO has more ideas if you need them. Just ask!

**Optional Activities - Day 4****Day Trip to Isla de la Plata**

Isla de La Plata

45-60USD per person

Explore Isla de la Plata, affectionately known as the “poor man’s Galápagos.” Be sure to bring your camera to this wildlife watching haven. Meet colonies of nesting blue-footed boobies and a number of other sea birds. View the migrating whales (June to October) and dolphins around the island.

**Snorkelling**

Puerto López

25USD per person

Grab a mask and fins and hit the surf. Discover the coral reef around Isla de la Plata, and keep an eye out for turtles, manta rays, and, a wide range of marine life.

**Machalilla National Park Hike**

Machalilla

15USD per person

Go trekking at Machalilla National Park, Ecuador’s only coastal national park, which covers more than 40,000 ha of tropical dry forest and cloud forest as well as 20,000 ha of Pacific Ocean. Explore the park's coastline, which contains the country’s only coral formations (just off the mainland). Get your blood pumping with some day hikes to soak in the beautiful scenery and learn about the area. Be sure to keep an eye out for local wildlife.

**Los Frailes Beach**

Punta Los Frailes

Free

Grab a tuk-tuk to the park entrance and make your way to one of its beaches. Chill out on the incredibly soft white sand, take a dip, and enjoy.

**Agua Blanca Community Museum**

Puerto López

15USD per person

Visit an indigenous community and hike through the grounds with a local guide. Stop to soak in therapeutic mud, learn about flora and fauna, or wander through the archaeological museum.

## **Meals included: Breakfast**

### **Day 5 Puerto López**

Enjoy free time to explore. Optional activities include hiking in Machalilla National Park, relaxing on white-sand beaches, or whale- watching (when in season). Or, opt for the popular day-trip to Isla del Plata, home to a variety of seabirds including blue-footed boobies and fantastic snorkelling that rivals the Galápagos.

#### **Your Discover Moment**

Puerto López Full Day

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## **Meals included: Breakfast**

### **Day 6 Puerto López/Quito**

Fly Back to Quito and enjoy free time. Opt to take a city tour, ride the cable car up the nearby volcano, or relax in one of the city's many cafés and restaurants.

#### **Local Bus**

Puerto López – Guayaquil3h

Climb aboard, grab a seat, and enjoy the ride.

## **Meals included: Breakfast**

### **Day 7 Quito**

Depart at any time.

We recommend booking pre or post nights in Quito for additional time to explore. The optional activities may require additional time, speak to your CEO for assistance booking these activities on trip.

Opt to pre-book the "Quito City Tour & Equator Line" activity on the checkout page ahead of time to include this optional on your tour.

#### **Optional Activities - Day 7**

## Quito City Tour and Equator

### Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m.

## Cotopaxi Volcano - Full Day Trip

### Cotopaxi – Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the afternoon. \*\*Park entrance fee is not included and is split among the number of travellers in the group\*\*

### Meals included: Breakfast

## What's Included

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Your Foodie Moment: Traditional Cacao Hacienda, Naranjito

Your Discover Moment: Puerto López. Montañita stay. Machalilla National Park stay. Internal flight. All transport between destinations and to/from included activities.

## Highlights

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Visit a traditional cacao hacienda, Enjoy the laid-back surf vibes in Montañita, Relax on Ecuador's beaches, Explore colonial Quito.

## Dossier Disclaimer

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## Itinerary Disclaimer

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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.

## Important Notes

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Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.

## Group Size Notes

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Max 16, avg 12

## Meals Included

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6 breakfasts

## Meals

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Eating is a large 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

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Local bus, private vehicle, plane.

## Local Flights

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All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## Solo Travellers

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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.

## Accommodation

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Hotels (6 nts).

## Joining Hotel

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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

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Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative 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.

The best way to get to the hotel from the airport is by taxi - this should cost approximately 6-10 USD and is a 20-25 minute ride.

## Arrival Complications

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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.

## Emergency Contact

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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

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Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. This is especially true on the Inca Trail, at which time warmer clothing is essential.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

## Packing List

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### Documents:

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

### Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- 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:

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

#### Warm Weather:

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

## Visas and Entry Requirements

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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](#)

## Spending Money

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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.

## Tipping

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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.

## Optional Activities

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#### Cajas National Park

- Cajas National Park Visit (65USD per person)

#### Cuenca

- Day Trip to Ingapirca Ruins (65USD per person)
- Cuenca Mud Baths & Hot Springs (40USD per person)
- Gualaceo and Chordeleg Day Trip (65USD per person)
- Cuenca City Tour (35USD per person)

#### Isla de La Plata

- Day Trip to Isla de la Plata (45-60USD per person)

#### Puerto López

- Snorkelling (25USD per person)
- Agua Blanca Community Museum (15USD per person)

#### Machalilla

- Machalilla National Park Hike (15USD per person)



Punta Los Frailes  
- Los Frailes Beach (Free)

Quito  
- Teleférico (9USD per person)  
- Quito City Tour and Equator

Cotopaxi  
- Cotopaxi Volcano - Full Day Trip

## Safety and Security

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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.

## Planeterra Foundation - the non-profit partner of G Adventures

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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.

## Newsletter

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

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

## **Minimum Age**

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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**

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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.