

Highlands of Ecuador - SEHE

8 days: Quito to Quito

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Otavalo Handicrafts Market visit
- Cotopaxi volcano stay
- Cotopaxi National Park visit
- City Tour of Cuenca
- 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 January 13th, 2021 and onwards

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.

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

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.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Evening

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Optional Activities - Day 1

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.

Mindo Cloud Forest - Full Day Trip

Mindo - Quito

70-100USD per person

Drive northwest for 2 hours, enjoy the dramatic change of vegetation heading down from the Andes into the cloud forest. Mindo is a tiny town set amidst some of the most beautiful and peaceful countryside in the entire country. It is a centre for both nature and adventure activities. Go walking through the cloud forest and enjoy the peace and tranquility of the different waterfalls, take time to ride up the cable car with amazing views. Visit a butterfly farm and see an array of colourful hummingbirds for which Mindo is renowned. In the afternoon, opt for an organic chocolate tour and tasting.

This trip takes roughly 9 hours departing at 7 am, and includes a guide, transport and lunch. Any activities upon arrival will be additional. **Check availability at destination because this tour does not have daily departures.

Accommodation

Hotel Kitu (or similar)

Hotel

Day 2 Quito/Otavallo

Explore the largest handicraft market in South America, Otavallo market. Villagers from the surrounding countryside come every week to sell handmade goods as well as livestock, fruits, and vegetables.

Local Bus

Quito - Otavallo 2h

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

Otavallo Handicrafts Market Visit

Otavallo

Discover some amazing local art, tapestries, and textiles at Otavallo'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.

Optional Activities - Day 2

Peguche Waterfall Visit

Otavallo

Enjoy a stroll to the famous Peguche Waterfall nestled within a gorgeous protected forest, Bosque Protector Cascada de Peguche. Take in the beauty of this natural wonder that's also a sacred Indigenous ceremonial site used for purification baths.

Cotacachi Visit

Cotacachi

Visit the mountain town of Cotacachi, known for its leather goods and handicrafts. Wander the streets of the scenic town and watch craftspeople make handmade leather goods. Take in local living, and be sure to pick up some goods and souvenirs.

Meals included: Breakfast

Accommodation

Hotel Santa Fe (or similar)

Hotel

Day 3 Otavallo/Cotopaxi

Travel by bus to Cotopaxi National Park. In the afternoon, opt to explore the area or mountain bike with views of Cotopaxi Volcano. Spend the night in a mountain lodge near the national park.

Private Vehicle

Otavallo - Cotopaxi 4h

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

Free Time

Cotopaxi

Get out and explore the natural beauty of Cotopaxi.

Meals included: Breakfast

Accommodation

Tierra del Volcan (or similar)

Inn

Day 4 Cotopaxi/Cuenca

In the morning, visit Cotopaxi National Park before continuing on with a full day of travel to Cuenca. Enjoy a boxed lunch on the way at a viewpoint overlooking the Andes Mountains.

Private Vehicle

Cotopaxi - Cuenca 7h

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 | Lunch

Accommodation

La Casona Cuenca (or similar)

Hotel

Day 5 Cuenca

This morning embark on a half-day city tour of the colonial city of Cuenca, including the Turi viewpoint, a Panama hat factory and the historical centre. Spend the rest of the afternoon exploring or at one of Cuenca's many cafes.

Cuenca City Tour

Cuenca

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.

Meals included: Breakfast

Accommodation

La Casona Cuenca (or similar)

Hotel

Day 6 Cuenca

Enjoy a free day to explore beautiful Cuenca. Opt to go hiking in Cajas National Park, visit Ingapirca ruins, or soak in nearby hot springs.

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

Free Time

Cuenca

Head out and explore this colonial city!

Optional Activities - Day 6

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.

Meals included: Breakfast

Accommodation

La Casona Cuenca (or similar)

Hotel

Day 7 Cuenca/Quito

Fly back to Quito and enjoy the night in this historical city.

Your CEO will escort you and assist you at the airport in Cuenca and once you arrive to Quito our G representative will be there to escort you to the hotel and give you additional information for optional activities in your free day in Quito.

Free Time

Quito

Get out and explore this beautiful city.

Meals included: Breakfast

Accommodation

Hotel Kitu (or similar)

Hotel

Day 8 Quito

Depart at any time.

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/ G representative for assistance booking these activities on trip.

Optional Activities - Day 8

Quito City Tour and Equator

Quito

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Meals included: Breakfast

What's Included

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Highlights

Wander Quito and colonial cities, marvel at an active volcano, shop at the Otavalo Market.

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.

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.

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

Max 16, avg 14

Meals Included

7 breakfasts, 1 lunch

Meals

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

Local bus, plane, private vehicle.

Local Flights

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

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

Hotels (5 nts), rustic mountain lodge (2 nts).

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.

Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

The Quito International Airport is approximately one hour outside of the city centre where your joining hotel is located. There are a number of routes the driver may take depending on time of day and traffic, however, the route often seems long and indirect. The easiest and cheapest way to get there is by organizing a taxi at the desk within the airport (approximately \$30 USD). Private transfers generally cost more as the cars will need to drive from Quito, to the airport, and return. Immediately after the customs

and immigration area, as you head to the exits, you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

There is also a shuttle available with the bus company Aeroservicios. Aeroservicios charges 8 USD to board a bus which will take you from the new airport to the old airport. The buses are new, comfortable, and often include wifi. From the old airport, a taxi to get to your hotel would generally cost \$5 USD depending on the distance and location.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

Excess luggage can be stored free of charge at the joining hotel during your tour if desired.

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, 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

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

AIRPORT TRANSFER

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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +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

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

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

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, band-aids/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

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

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

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 \$30-40 USD per person, per week can be used.

Optional Activities

Quito

- Quito City Tour and Equator

Mindo

- Mindo Cloud Forest - Full Day Trip (70-100USD per person)

Otavalo

- Peguche Waterfall Visit

Cotacachi

- Cotacachi Visit

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)

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 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

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

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.