



**TRAVEL THERE CO**

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## La Selva Lodge - 5 Day Independent Adventure

**Days:** Quito to Quito

### What's Included

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Amazon Jungle lodge stay with activities and wildlife viewing opportunities by boat and hiking. 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 the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

### Itinerary

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#### Highlights

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Stay in a remote and luxurious Amazon lodge, explore jungle paths and rivers by foot and canoe, learn about this diverse ecosystem with expert local naturalists, enjoy gourmet cuisine prepared by a renowned chef

### 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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### 1. LOCAL FLIGHT

There is a maximum weight allowance on the local flight of 20kg (40 lbs) per person. There may be an extra charge should you exceed this weight.

### 2. ARRIVAL

If you are arriving by flight on Day 1 of the tour (i.e. you are not being picked up from your Quito hotel on Day 1), the latest arrival flight time into Quito is 7:00am.

### 3. DEPARTURE

If you are planning to depart Quito on the final day of the tour, the earliest departure flight you should take is at 16:00.

## Group Leader Description

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This is an independent trip, as such, no Travel There Co staff will accompany you. You will however, be in very good hands with the lodge staff and local guides at La Selva.

## Group Size Notes

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## Meals Included

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4 breakfasts, 4 lunches, 4 dinners

## Meals

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Eating is a big part of traveling. Travelling with Travel There Co 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 affordable.

## Transport

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Van, bus, plane, canoe, walking

## About our Transportation

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Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

## 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.

Airline luggage restriction:



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

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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

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La Selva Lodge (4 nts).

### About Accommodation

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One of the first Amazon rainforest lodges in Ecuador, the award-winning La Selva was completely remodeled and reopened in 2012 and has become the premier eco-lodge in the Ecuadorian Amazon. The cabanas are inspired by traditional bamboo design: authentic, airy and comfortable with unexpected amenities including private bathrooms, hot showers, electricity, ceiling fans, and are immaculately cleaned daily.

The cozy private bungalows are made entirely of secondary growth rainforest materials and designed to blend with the surroundings. Each one has a private bathroom, a hammock and mosquito netting for each bed (although you will be surprised at what little need you will have for this item due to the lack of insects).

There are 12 thatched cabanas of varying sleeping configurations and several public gathering spots, including the spacious dining room with a rooftop lookout point, an open-air combined bar and a lounge with a wrap-around view of the lake.

In an effort to conserve the authentic Amazon experience and for ecological reasons, please note that there is no air conditioning in the rooms at La Selva. However, for your convenience and comfort there are fans for use 24 hours a day, and after a short period, you will be surprised at how quickly your body will adapt to the change of climate. The open design of the rooms allows you to listen and enjoy the sounds of the jungle while maintaining a genuine jungle experience in maximum comfort.

## Joining Hotel

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

## Joining Instructions

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The Quito International Airport is approximately an hour outside of the city centre where your joining hotel is located. The easiest way to get there is via taxi (approximately \$30-40 USD). 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.

You will be picked up from your hotel in Quito and transferred to the airport on the first day of the trip. Accommodation in Quito is not included in the price of your trip but can be arranged at the time of booking. If you have arranged your own accommodation in Quito please let us know at the time of booking where you will be staying. A Travel There Co representative will contact you at your hotel in Quito and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning for your flight to the jungle.

## 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, as soon as possible please contact your starting point hotel or refer to the emergency contact details provided in this dossier. 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

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Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Representative (if one is listed below) or our Travel There Co 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 Travel There Co 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

Travel There Co Office Quito, Ecuador

During office hours (Weekdays 9am-6pm Local Time)

From outside Ecuador: +593 2250 6610

From within Ecuador: 022 506 610

After hours Emergency number

From outside Ecuador: +593 999 506 000

From within Ecuador: 0999 506 000



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 24 hour Sales team, who will happily assist you.

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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This is a lodge-based trip, so you don't have to carry your bags daily. However, you do have to carry your bags into La Selva Lodge and back. The trip involves a dugout canoe trip up the river, so pack light, since you have to carry your bags.

## Checklist

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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.)
- Rubber gloves

#### 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. Aboard the expedition ships Explorer and Andrea laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

## 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.

As of Aug. 2019, the following nationalities will require a Visa to enter Ecuador: Angola, Cameroon, Gambia, Ghana, Guinea, India, Iraq, Libya, Democratic Republic of Congo, Syria, Sri Lanka, Afghanistan, Bangladesh, Cuba, Eritrea, Ethiopia, Kenya, Nepal, Nigeria, North Korea, Pakistan, Senegal and Somalia

Venezuelan nationals entering Ecuador must have a humanitarian visa.

\*\* Please note that by February 2nd 2018, it will be mandatory for every traveler to show proof of insurance (covering medical, accident, death) to the immigration authority at the airport or border crossing into Ecuador. This insurance must cover the traveler for their entire length of stay in the country.

If you do not carry proof of insurance and/or an insurance assistance card that satisfies this requirement, it is possible that your entrance into Ecuador could be denied.

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## 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.

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## 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 100USD (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](http://www.xe.com)

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## 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!

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## Departure Tax

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## Tipping

It is customary in Latin America to tip service providers such as waiters, and local guide(s) 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 people 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.

As a guideline we recommend:

\$10 per passenger per day - Naturalist Bilingual guide

\$5 per passenger per day - Local guide

\$10 per passenger per day - Lodge Staff (Keep in mind tips will be shared equally amongst lodge personnel)

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## Optional Activities

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No optional activities

## Health

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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.

## 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. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. 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.

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.

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/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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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!

## Medical Form

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## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts yourself and those around you 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.

## A Word of Warning

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### Travel Insurance

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. 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.

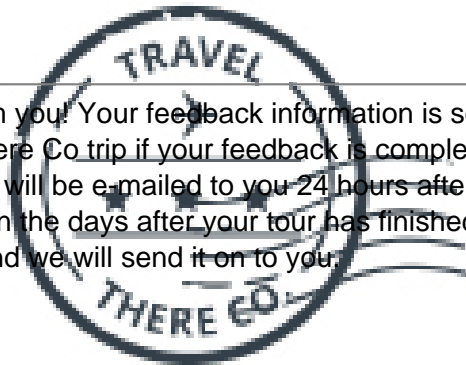
### Local Dress

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### Feedback

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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 Travel There Co 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](mailto:customerservice@gadventures.com) and we will send it on to you.



### Minimum Age

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Minimum age of 2 years for this trip.

### 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.