



**TRAVEL THERE CO**

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## Inland & Amazon

**Days: Quito to Quito**

### What's Included

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Your G for Good Moment: Shandia Biking & Community Experience, Shandia

Your Welcome Moment: Meet Your CEO and Group

Your Discover Moment: Baños

Your Local Living Moment: Amazon Jungle Experience, Tena

Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta. Otavalo Handicrafts Market visit. Cotopaxi National Park visit. Devil's Nose train excursion. Orientation walk 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 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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Wander Quito and colonial cities, get adventurous in Baños, feel like a local and stay right in the Amazon jungle, soak in an Andean hot spring, shop at the Otavalo Market

#### 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.

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## Important Notes

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.

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## Group Leader Description

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### Group Size Notes

Max 16, avg 12

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### Meals Included

11 breakfasts, 2 lunches, 2 dinners

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### Meals

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### Transport

Local bus, plane, taxis, motorized canoe, private van, 4x4 vehicles, pickup truck.

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### About our Transportation

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### 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.

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### 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.

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### Accommodation

Hotels (9 nts), simple village cabañas (2 nts, multi-share), rustic mountain lodge (2 nts).



## About Accommodation

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### 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 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 Travel There Co 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 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 Travel There Co 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.

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

### 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 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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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.

### Checklist

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Amazon:

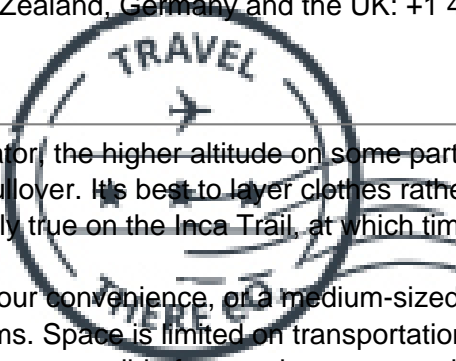
- Knee-length socks
- Loose-fitting, light coloured hiking pants
- Loose-fitting, light coloured long-sleeved shirts
- Pack liners to waterproof bags

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

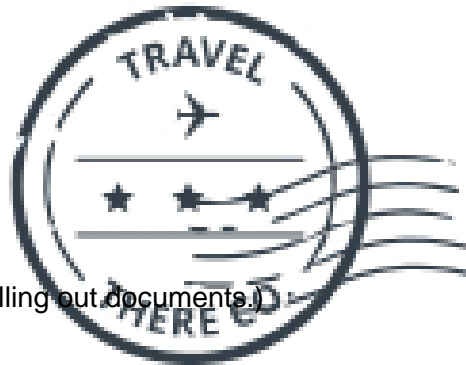
Documents:

- 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

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## 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.

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

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## Emergency Fund

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## Departure Tax

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## 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 Travel There Co CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

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## Optional Activities

### Quito

- Quito City Tour and Equator (50-60USD per person)
- Teleférico (8USD per person)

### Cotopaxi

- Cotopaxi Volcano - Full Day Trip (70-100USD per person)

### Baños

- Baños Ziplining Adventure Bundle
- Horseback Riding (25USD per person)
- Baños Canyoning Adventure
- Hot Springs (20USD per person)
- Whitewater Rafting (70USD per person)
- Mountain Biking (10USD per person)
- Hiking (Free)

### Tena

- Whitewater Rafting (65USD per person)

Otavalo  
- Peguche Waterfall Visit

Cotacachi  
- Cotacachi Visit

Cajas National Park  
- Cajas National Park Visit (50USD per person)

Cuenca  
- Day Trip to Ingapirca Ruins (50USD per person)  
- Cuenca City Tour (20USD per person)  
- Cuenca Mud Baths & Hot Springs (30USD per person)  
- Gualaceo and Chordeleg Day Trip (55USD per person)

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

## Health

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### 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](/travel-resources/safety/) for ways to further enhance your personal safety while traveling.

### Trip Specific Safety

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### 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 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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## A Word of Warning

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### Travel Insurance

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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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. Travel There Co can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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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### Minimum Age

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You must be 18 to travel unaccompanied on a Travel There Co 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.

