

Galapagos and Ecuador

Multisport

12 days

Immerse into a world of adventure and discovery with this multisport journey through Ecuador, a land where diverse ecosystems and vibrant cultures come together. Designed for thrill-seekers and nature enthusiasts, this tour combines exhilarating activities with authentic cultural interactions, creating a once-in-a-lifetime experience.

Swimming

Biking

Hiking

Snorkeling

Wildlife

Culture

Paddling

Wine and beer tasting

Cooking class

Canyoning

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ADVENTURE IN NATURE



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Begin your journey in the enchanting Galapagos Islands, biking on Isabela Island to spot unique wildlife, snorkeling through lava tunnels teeming with marine life, and hiking the impressive Sierra Negra Volcano. Witness the gentle giant tortoises in Santa Cruz's highlands and marvel at the surreal landscapes of this pristine archipelago.

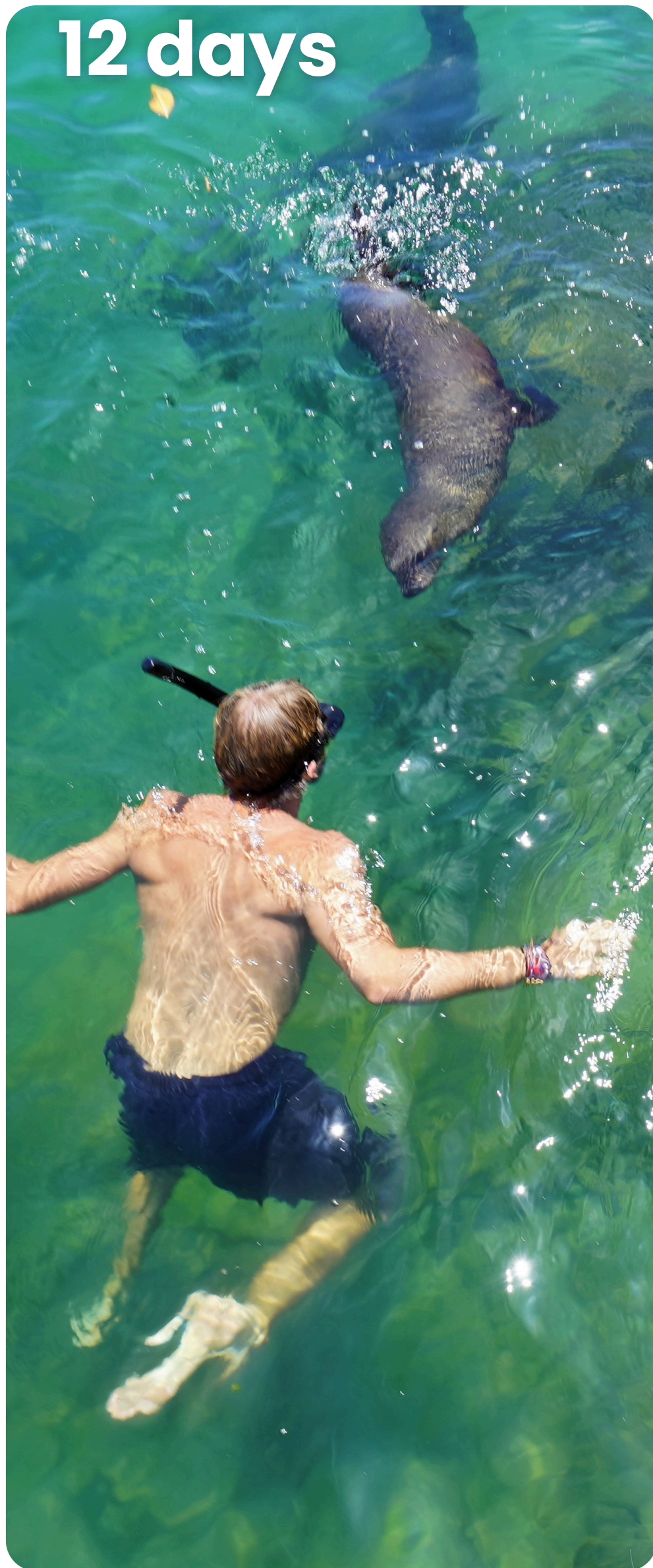
Continue your expedition in mainland Ecuador, where the Andes meet the Amazon. Biking the surroundings of Cotopaxi Volcano, paddle the serene Arajuno River and hike deep into the Amazon Jungle to learn about medicinal plants and indigenous traditions. Engage with local communities, make organic chocolate fondue, and practice your aim with a traditional blowgun.

Activity level : Easy to Moderated

Season: Year Around

Minumum age: 8 years old

12 days



Galapagos and Ecuador Multisport

In Baños, explore this lively town known for its waterfalls and nightlife. Enjoy a beer-tasting experience at a local brewery, hike to the breathtaking Pailon del Diablo Waterfall. A visit to the iconic “Swing at the End of the World” rounds out your adventure.

Every day offers a balance of action, nature, and cultural immersion. Enjoy traditional Ecuadorian cuisine, stay in eco-lodges and boutique hotels, and be guided by experienced local experts dedicated to sustainable tourism. This 12-day multisport adventure showcases the best of Ecuador, leaving you with unforgettable memories and a deeper appreciation for its wonders.

12 days



Highlights

Adventurous activities in amazing Ecuador

- A balance of thrilling outdoor adventures, immersive cultural experiences, and opportunities to connect with nature across Ecuador's stunning landscapes.

Up-Close Wildlife Encounters in the Galápagos and the Amazon

- Marvel at iconic species like the blue-footed boobies, giant tortoises, sea lions, and marine iguanas. Snorkel alongside tropical fish, sea turtles, and even playful sharks in crystal-clear waters.
- Explore the Amazon Jungle to spot tropical birds, monkeys, and other rainforest creatures.

Authentic interaction with Galapagos Locals and mainland cultures

- Experience the vibrant culture of the islands by meeting the locals and learning about the islanders' way of life. Enjoy a delicious seafood feast prepared with fresh, locally sourced ingredients while listening to stories of life on the islands.
- Venture into the Amazon rainforest to learn traditional practices, from crafting to cooking, and join in ceremonial activities.

Culinary diversity from the Galapagos to mainland

- Savor the unique flavors of Ecuador, from fresh ceviches in the Galápagos to hearty Amazonian dishes like maito (fish cooked in palm leaves).

Highlights

Eco-Friendly Accommodations

- Stay in carefully selected properties that prioritize sustainability and blend seamlessly into their natural surroundings, offering breathtaking views and an intimate connection with nature.

Expert guides

- Be accompanied by experienced and knowledgeable naturalist guides from the park who will ensure a safe, informative, and immersive adventure at every step.

Cultural unique experiences and sustainability

- Cultural immersion with locals: Connect with the welcoming local folks throughout the islands, gaining insight into their traditions, stories, and way of life.
- Wine Tasting Social on Isabela Island: After a day of adventure, relax with a social wine-tasting session featuring Ecuadorian wines, perfect for unwinding and reflecting on your experiences.
- Local Brewery Visit on Santa Cruz Island: Enjoy a refreshing craft beer tasting experience at a brewery in the highlands of Santa Cruz, where you can savor unique flavors inspired by the Galapagos.
- Your journey directly benefits local families and contributes to preserving the culture, nature, and biodiversity of the Galapagos Islands for generations to come.

Arrival in Quito

Day 1

Today, we will warmly welcome you upon your arrival at Quito Airport and assist you with your transfer to the hotel. This day is dedicated to your acclimatization and personal exploration of the city. Feel free to wander at your own pace, soaking in the rich culture, stunning architecture, and local cuisine that Quito has to offer.

In the evening, at 6 PM, we invite you to join us for an important briefing session. This will be an opportunity to meet your guide and fellow adventurers, as well as to gather essential information and tips for the exciting days ahead.

Overnight: Swissotel or similar

Meals: None





Galapagos Welcome by the Giants of Santa Cruz and refreshing at local brewery

Day 2

After breakfast a representative will meet you in the hotel lobby to assist with your transfer to the airport, ensuring a seamless check-in for your flight to Baltra Island, one of the gateways to the magical Galapagos Archipelago.

Upon landing, you'll pass through the Galapagos migration counters, where a Naturalist Guide from the Galapagos National Park will greet us, assist with luggage and guide you through the process to your next mode of transport—a combination of road and water transfer to Santa Cruz Island.

Our first stop will be the highlands of Santa Cruz, a lush and cooler contrast to the arid coastal regions. Our destination is El Chato Reserve, a haven for giant tortoises in their natural habitat. After a tasteful lunch, you'll have the unique opportunity to observe these gentle giants as they roam freely, graze, or wallow in mud pools, which help protect them from parasites and keep them cool.

During our exploration, your guide will share insights about the tortoises' behavior, diet, and incredible adaptations that allow them to thrive in such a unique environment.

In addition to the tortoises, the highlands are teeming with other wildlife, including vibrant bird species like Galapagos flycatchers, Darwin's finches, and vermilion flycatchers. A highlight of the highlands is a walk through one of the island's lava tunnels, formed by ancient volcanic activity. These subterranean passages are a geological wonder, providing an up-close look at the volcanic origins of the Galapagos. Your guide will explain how these tunnels were created and the role they play in the island's history and ecosystem. Later-on we'll visit a local craft brewery nestled in the highlands. Here, you'll taste a selection of beers brewed with local ingredients, capturing the unique flavors of the Galapagos. You'll learn about the brewing process and how the brewery integrates sustainable practices to operate within the delicate ecosystem of the islands. This family-owned place caters to everyone, featuring a thoughtful selection of alcohol-free beverages.

Once in Puerto Ayora, you'll have time to unwind and explore the town at your leisure. We recommend taking a stroll along the vibrant streets, where you'll find charming cafes, artisan shops, and inviting waterfront restaurants.

For a magical experience, head down to the boat docks after dark to spot blacktip sharks, rays, and other marine creatures attracted by the lights of the harbor. It's the perfect way to end your day in Santa Cruz, blending the town's lively charm with the island's captivating natural wonders.

Overnight: Hotel La Isla or similar

Meals included: Breakfast, Lunch



A Scenic Bay Tour in Santa Cruz and journey to Isabela Island

Day 3

After breakfast, embark on a scenic boat tour of the bay, observing unique flora and fauna. Take a short navigation and walk along captivating lava trails. Later, enjoy a refreshing swim at Las Grietas water channels, followed by an exhilarating snorkeling session in the bay, searching for colorful fish, rays, sharks, and turtles.

Back to Puerto Ayora, you'll have some free time to enjoy lunch. We will suggest several excellent dining options, many offering fresh seafood and stunning oceanfront views, giving you a great taste of the Galapagos' culinary delights.

In the afternoon, we'll board a water taxi to Isabela Island, the largest and one of the most pristine islands in the archipelago. Isabela's rugged charm and unspoiled landscapes make it a haven for wildlife, including marine iguanas, flamingos, giant tortoises, and even the unique Galapagos penguins, the only penguin species found north of the equator.

Upon arrival on Isabela, our representative will assist you with transfer to your hotel. He'll advise of great places for dinner. You'll check in at your hotel and have the rest of the evening to relax and absorb the tranquil island atmosphere.

Consider taking a leisurely stroll along the beach, or simply unwind as you watch the sunset paint the sky in vivid colors over the Pacific Ocean, a perfect ending to your first day in the Galapagos.

Overnight: Hotel Cormorant or similar

Meals included: Breakfast



Biking through biodiversity: Tortoise trails, wetlands, and a journey of conservation and snorkel the Tintoreras Islet “white tip shark” heaven

After breakfast, we'll gear up for an exciting day of biking along an exclusive trail that showcases the diverse landscapes and ecosystems of Isabela Island. This adventure combines scenic rides, leisurely walking trails, and fascinating stops that offer a deeper connection to the island's history, wildlife, and conservation efforts.

Our journey begins with an exploration of Isabela's Wetlands, a network of lagoons, swamps, and mangroves teeming with wildlife. These wetlands are a haven for tropical birds such as flamingos, herons, and finches, creating a vibrant spectacle of color and sound. As we pedal through this ecosystem, we'll immerse ourselves in its natural beauty and gain insight into the crucial role it plays in the island's biodiversity. Next, we'll visit the historic Wall of Tears, a poignant reminder of the island's past. This massive stone wall was constructed by prisoners during the island's penal colony era in the mid-20th century. Our guide will share stories of the hardships endured by those who built it, providing a sobering glimpse into this chapter of Isabela's history.

Continuing our ride, we'll stop at Playa del Amor, or Love Beach, known for its striking black lava formations and the largest population of marine iguanas on the island. These unique creatures, found only in the Galapagos, can often be seen basking on the rocks or swimming in the ocean, foraging for algae underwater—a fascinating display of their adaptability.

A key highlight of the day is the visit to the Tortoise Breeding Center, a cornerstone of the Galapagos conservation efforts. Here, we'll learn about the impressive initiatives undertaken to protect and repopulate the islands with giant tortoises, whose numbers were once critically low due to human activity. We'll see tortoises at various stages of their life cycle, from tiny hatchlings to majestic adults, and gain a deeper appreciation for the dedication of those working to ensure their survival.

After a morning of exploration through these rich environments, we'll return to Puerto Villamil for enjoying a well-deserved lunch. During the afternoon we'll head to Tintoreras Islet, a dramatic formation of jagged volcanic rock set amidst crystal-clear waters. The islet's name derives from the Spanish word "tintorera," referring to the white-tip reef sharks often seen resting in the shallow channels.

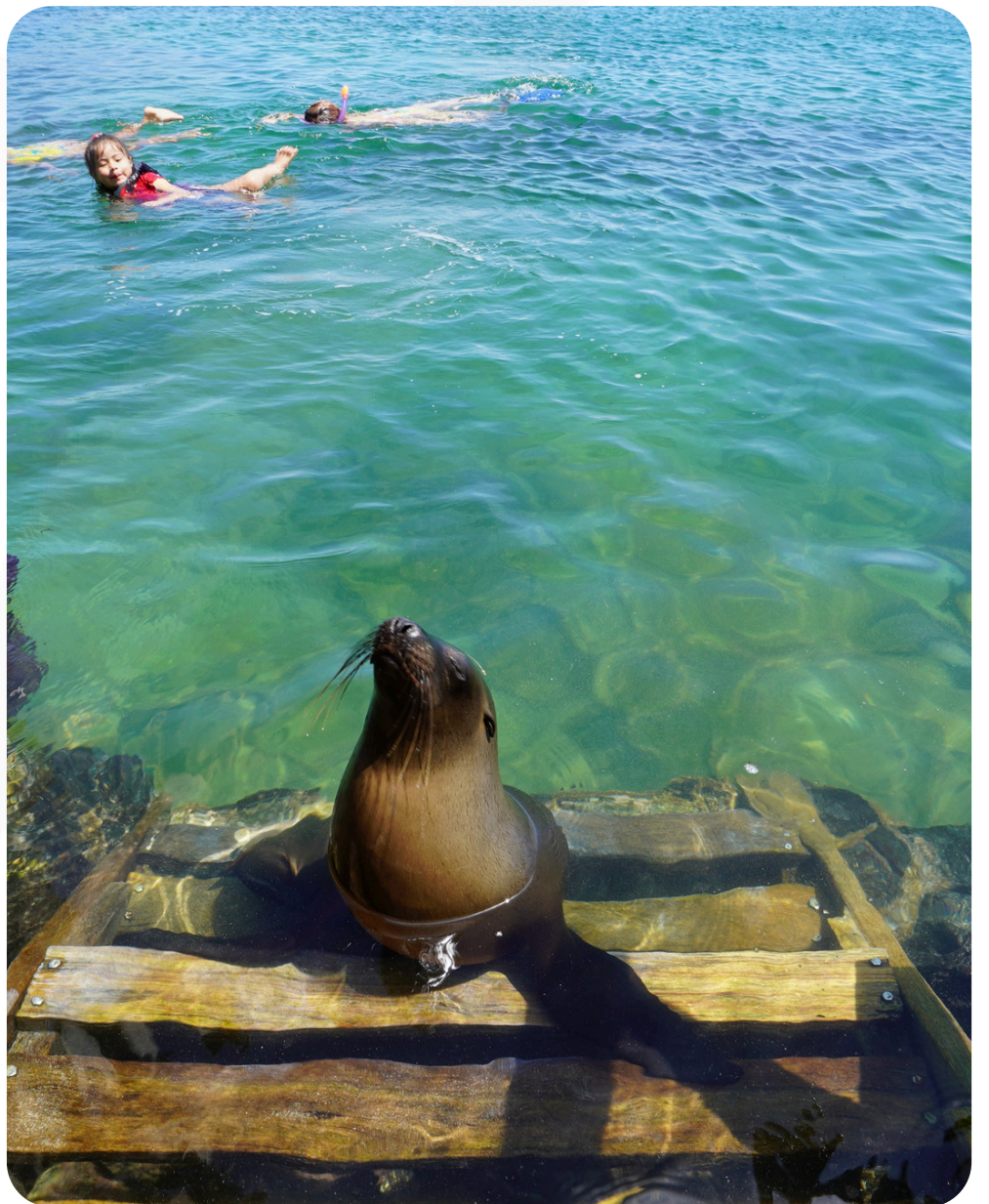
We'll embark on an unforgettable snorkeling adventure, which are thriving with marine life. Swim alongside playful Galapagos penguins, one of the rarest species of penguins found only in this archipelago, and marvel at the elegant dives of blue-footed boobies hunting for fish. In the waters below, you might encounter vibrant schools of fish, graceful sea turtles, curious sea lions, and even marine iguanas foraging underwater—a behavior unique to this region.

For those who prefer to stay dry, the views from above the water are equally captivating. The stark contrast between the black volcanic rocks, turquoise waters, and vibrant wildlife creates a photographer's dream.

Overnight: Hotel Cormorant or similar

Meals included: Breakfast, Lunch





A breathtaking trek to the Sierra Negra Volcano

Day 5

We'll venture to the highlands of Isabela Island for a trek to the stunning Sierra Negra Volcano, home to one of the largest volcanic calderas in the world, measuring nearly 6 miles in diameter. This trek is approximately 10 miles round trip, offering breathtaking views of the surrounding landscapes and the opportunity to witness the unique geological features of this volcanic region.

As we hike along the rim of the caldera, we'll observe the fresh volcanic material left behind from the most recent eruption in 2018, a powerful event that reshaped parts of the caldera's interior. On clear days, you can enjoy panoramic views of the island, including the distant Elizabeth Bay, a pristine area known for its unique mangroves and marine life. Along the trail, keep an eye out for native bird species such as the Galapagos hawk, finches, and the vermilion flycatcher flitting through the sparse vegetation.

After exploring Isabela's highlands, you'll have free time to unwind and soak in the golden hues of the sunset, accompanied by the gentle sound of waves lapping the shore.

If you're feeling energetic and wish to further explore, you can hike to nearby beaches like Concha Perla—a magical spot perfect for a refreshing swim or simply relaxing by the water. It's the ideal way to end a day filled with discovery and connection to this extraordinary island.

Overnight: Hotel Cormorant or similar

Meals included: Breakfast and boxlunch



A Day of snorkeling

Day 6

spectacle: Discovering the wonders of Los Tuneles and El Finado

Today, we'll embark on an unforgettable journey to Los Tuneles, one of the most iconic and visually stunning snorkeling sites in the Galapagos. This unique landscape was formed by ancient lava flows that cooled and cracked, creating a network of natural arches, tunnels, and lagoons both above and below the water. The result is a maze-like environment that is a haven for marine life and a paradise for nature enthusiasts.

As we navigate the area by boat, your guide will share insights into the formation of these volcanic structures and the delicate ecosystem they support. On foot, we'll explore the rocky arches and observe blue-footed boobies nesting on the formations. Witnessing these iconic birds perform their courtship dance is always a highlight.

The underwater experience at Los Tuneles is just as magical. With crystal-clear waters, you'll have the chance to snorkel among a vibrant array of marine creatures, including:

- White-tip reef sharks resting in the shade of the tunnels.
- Sea turtles gracefully gliding through the calm waters.
- Golden and spotted eagle rays cruising over the sandy seabed.
- Colorful reef fish, from parrotfish to damselfish, darting in and out of the tunnels.
- Playful sea lions, always curious and interactive with snorkelers.

Los Tuneles offers a rare opportunity to swim in a sheltered and serene environment, making it a favorite for travelers and marine wildlife alike. After enjoying a delicious lunch served on board, we'll head to El Finado, another spectacular snorkeling site nearby. This secluded spot was once used by local fishermen as a resting place and is now a thriving underwater sanctuary. It is ideal for spotting:

- Manta rays and stingrays gliding gracefully through the sea.
- Octopuses camouflaged among the rocky seabed.
- Starfish in vibrant colors adorning the ocean floor.
- Schools of fish shimmering in the sunlight, creating an underwater kaleidoscope.

For those who prefer to stay on the boat, the views of the islet's rugged volcanic landscape and its surrounding turquoise waters are equally mesmerizing.

As the sun sets, we'll unwind with a relaxing Ecuadorian wine-tasting social hour—a perfect time to reflect on the day's adventures. You'll have the chance to connect with fellow travelers, share stories, and soak in the tranquil ambiance of Isabela Island. Afterward, we'll get ready and hit the town's streets, ending the evening with a delicious farewell dinner at a charming local eatery.

Overnight: Hotel Cormorant or similar

Meals included: Breakfast, Lunch, Dinner



Return to mainland

Day 7

After a relaxing last breakfast in Galapagos, you'll be picked up from your hotel with ample time for your transfer to Isabela Island Airport. Your journey continues with a scenic inter-island flight to Baltra Island—a beautiful farewell to the Enchanted Islands. Upon arrival at Baltra Airport, you'll easily connect with your flight back to mainland Ecuador (a journey of approximately 2–3 hours, sometimes including a brief stop in Guayaquil).

Once you land in Quito, our team will warmly welcome you and assist with your transfer to your hotel in the city.

Overnight: Hotel Cormorant or similar

Meals included: Breakfast, Lunch, Dinner



Kayak Adventure in the Amazon and Shamanic encounter

Day 8

We begin our journey with an 8:00 AM departure from Quito, embarking on a scenic 3.5-hour drive through the Andes to the edge of the Amazon basin. Upon arrival at the Arajuno River, we'll enjoy a welcome picnic and a detailed safety briefing about the kayaking activity and equipment use.

Our journey begins on the Punin River entrance, where we'll embark on a serene kayaking experience. Gliding through the calm waters, surrounded by towering trees and the calls of exotic birds, you'll feel fully immersed in the jungle's rhythm.

The Arajuno River is calm and classified as Class I, making it perfect for beginners. No prior kayaking experience is needed—our expert guides will provide instruction to ensure a smooth and enjoyable paddle. As we glide along the river, you'll witness the breathtaking biodiversity of the Amazon rainforest. Keep an eye out for vibrant wildlife along the riverbanks, such as monkeys, colorful toucans, and spot other bird species that inhabit the shoreline.

After approximately two hours of paddling, we'll arrive at our riverside glamping site, nestled in a serene and tranquil setting. Enjoy a refreshing drink upon check-in and unwind before a delicious traditional dinner is served.

During the evening, a local shaman will visit our camp to share insights into the spiritual practices and medicinal traditions of the jungle—an unforgettable cultural experience.

Overnight: Arajuno River Amazon Glamping

Meals included: Lunch, Dinner



Day 9

Parrot Clay Lick, Jungle Trek, & Kichwa Community Visit

Boarding a canoe, we glide gently to a parrot clay lick, a mineral-rich riverbank that draws vibrant flocks of parrots and parakeets each morning. These stunning birds, painted in hues of green, yellow, and blue, gather here to consume the clay, which helps neutralize toxins in their diet. Witnessing this dazzling display of fluttering wings and lively chatter against the backdrop of the lush rainforest is a mesmerizing start to the day. After soaking in the natural spectacle, we'll nourish ourselves with a traditional Amazonian breakfast featuring freshly brewed Guayusa tea, made from the leaves of a sacred plant known for its energizing and cleansing properties. Savoring this warm tea, alongside other locally sourced delicacies, connects us to the land and its bounty.

Later, we prepare for a 2–3 hour educational jungle trek (length adjusted to the group's pace). Along the trail, your guide will introduce you to the diverse flora and fauna of the Amazon and explain the delicate balance of this unique ecosystem.

In the afternoon, we'll paddle toward a nearby Kichwa community, where the spirit of the jungle and the traditions of its people come alive. Upon arrival, you'll be welcomed warmly by the community members who will guide us in setting up our campsite and share insights into their daily lives. There could be a rare opportunity to meet with a shaman woman, a keeper of ancestral wisdom and healing practices.

The community will invite us for lunch, a "catch-to-table" culinary experience. Fresh fish, caught earlier in the day, which will be expertly cooked using traditional Amazonian techniques. Wrapped in bijao leaves and roasted over an open fire, the meal will feature other ingredients foraged from the jungle, providing a delicious taste of local flavors.

As part of your support by taking this tour, today we'll visit the school and the computing center funded by these trips. If time allows join a friendly soccer game with the children. You'll also have the opportunity to purchase beautiful, handmade crafts from local women artisans, supporting their sustainable livelihood.

Back at the campsite, unwind with a refreshing swim in the river or gather around the bonfire. For those who are interested, there's an optional night hike to discover the fascinating nocturnal life of the rainforest, including insects and amphibians.

Overnight: Arajuno River Amazon Glamping

Meals included: Breakfast, Lunch, Dinner



Farewell Paddles, Baños' Day 10

lookouts, waterfalls route, hot springs and more...

Savor one last delicious breakfast surrounded by the vibrant sounds of the Amazon rainforest before embarking on a memorable farewell paddle down the gentle currents of the Arajuno River. Enjoy two final hours of kayaking, soaking in the lush greenery and reflecting on the adventure that brought you here, then we hit the road to make our way to colorful town of Baños.

Baños is located in Sangay National Park, a UNESCO World Heritage Site renowned for its stunning landscapes and exceptional biodiversity. Here, we'll visit the iconic Pailón del Diablo (Devil's Cauldron), one of Ecuador's most popular waterfalls. Tucked between towering canyon walls, the thunderous cascade is a testament to nature's raw power and beauty. We'll follow a series of well-maintained trails and suspension bridges to witness the waterfall's majesty up close, feeling the mist on our faces as the waters roar into the depths below.

We'll also visit the famous Casa de Árbol, home to the renowned "swing at the end of the world." Here, you'll have the chance to swing out over the treetops, with amazing vistas of the Tungurahua Volcano, feeling the rush of wind as you soar towards the clouds. For those seeking even more adventure, zip-lining may also be an option, time permitting.

To round out this unforgettable day, in the evening, great chances to indulge in the rich flavors of Ecuadorian cuisine at a chosen restaurant, paired with a unique beer-tasting experience showcasing local craft brews. For those looking to keep the energy flowing, the night continues with optional salsa dancing, where vibrant rhythms and a lively atmosphere invite you to embrace Ecuador's spirited culture—a perfect way to cap off a day filled with adventure, nature, and unforgettable memories.

Overnight: La Floresta Hotel or similar

Meals included: Breakfast, Lunch



Biking the Cotopaxi National Park and the mighty volcano surroundings

Day 11

On our journey back to Quito, we'll stop at the majestic Cotopaxi Volcano, one of the highest active volcanoes in the world. Upon arrival, enjoy a warm cup of coca tea, a traditional remedy to ease the effects of altitude, as you take in the stunning vistas of Cotopaxi National Park. We are ready to set off on a thrilling bike ride along dirt and grass tracks, navigating diverse terrains surrounded by volcanic material from Cotopaxi's last eruption. This ride offers opportunities to spot local fauna, including bulls, horses, foxes, and the majestic Andean condor. The mostly flat route is accessible for various skill levels and takes us past ancient ruins, where your guide will share insightful stories about the region's history.

After this day of adventure in the Andes, we'll continue to Quito, where you can relax and reflect on this whole unforgettable adventure.

Overnight: Swissotel or similar

Meals included: Breakfast and lunch





Departure Day

Day 12

As our incredible journey comes to an end, we will prepare for your departure. Transfers to the airport will be arranged based on your individual flight schedule. To ensure a smooth departure process, we recommend scheduling your pick-up at least three hours prior to your flight.

Meals included: Breakfast



Included

- Airport transfers
- Top Experienced Certified English-Speaking Guide
- Private mainland transport
- Land and water transport in Galapagos
- Inter-island flight Isabela to Baltra
- Accommodation for eleven nights.
- Meals according to the Itinerary
- Water and snacks at all time
- Biking gear Galapagos: Hybrid bikes, certified helmets and gloves
- Biking gear mainland: (Trek quality bikes, front Rockshox suspension with hydraulic brakes, 1 x 10 speeds), certified helmets and gloves
- Snorkeling gear: Mask and fins
- Hiking gear: Black diamond poles, rubber boots in the Amazon
- Paddling gear: Galapagos: Seat on top double kayaks, lifejackets and paddles
- Paddling gear: Amazon: Expedition-grade inflatable kayaks, lifejackets and paddles
- All fees to reserves and museums (except at Galapagos National Park)



Exclusions

- International flights
- Domestic flights Quito – Baltra – Quito
- Galapagos National Park entrance fee
- Galapagos National Park transit control card (INGALA)
- Isabela Island fee
- Meals not mentioned in the itinerary
- Tips for guides and drivers
- Travel insurance (mandatory)
- Optional activities



Packing list

This packing list is designed for your 12-day trip, considering the unique climate of the Galapagos Islands, the Andean and the Amazon Regions. Remember that the weather can change, and versatility is key.

Important Note on Inter-Island Flight:

Please be aware that for your inter-island flight from Isabela to Baltra, the maximum luggage allowance is 25 pounds (approx. 11.5 kg) per person. Luggage exceeding this limit may be subject to an extra charge at the airport. It is highly recommended to pack a small duffel or backpack for the flight and leave any non-essential items in your main luggage at the hotel in Quito, which will be available to you upon return.

Clothing (Layering is Essential)

- Tops (5-7): Lightweight, quick-drying T-shirts and long-sleeved shirts (for sun protection and evening).
- Bottoms (3-4):
- 2-3 pairs of shorts (lightweight, quick-drying).
- 1 pair of lightweight, breathable pants (ideal for evenings and protecting against insects/sun).
- Swimwear (2 suits): Having an extra one allows for a dry suit each day.
- Light Jacket/Fleece: For cooler evenings in Quito and on the inter-island boats.
- Waterproof Rain Jacket or Poncho: A must-have for unexpected showers.
- Undergarments: A sufficient supply for the trip (quick-drying materials are a bonus).
- Socks (5-7 pairs): Lightweight, moisture-wicking socks for hiking. Avoid cotton.



Packing list

Footwear

- Comfortable Walking Shoes/Sneakers: For exploring Quito and general walking.
- Sturdy Hiking Shoes: Essential for the Sierra Negra Volcano trek and other trails on Isabela. Ensure they are broken-in.
- Sturdy Sandals (e.g., Tevas or Keens): Perfect for water activities, walking around town, and wearing on boats.
- Flip-Flops: For relaxing at the hotel.

Gear & Accessories

- Daypack (small): For carrying water, camera, snacks, etc., during daily excursions.
- Reusable Water Bottle: To stay hydrated and reduce plastic waste. Water and snacks are provided on the tour, but this is a great addition.
- Dry Bag: Highly recommended for protecting your camera, phone, and other electronics during boat tours and water activities.
- Sun Hat: With a wide brim for sun protection.
- Sunglasses: With a strap to prevent them from falling off during boat tours.
- Headlamp or Flashlight: Useful for walking in towns at night, as some areas may be dimly lit.
- Binoculars: Highly recommended for spotting birds, marine life, and other animals from a distance.

Health & Personal Items

- Sunscreen (high SPF, reef-safe): Essential for protecting your skin from the intense equatorial sun. Look for “reef-safe” formulas to help protect the delicate marine ecosystem.
- Insect Repellent (DEET recommended): Crucial for preventing insect bites.
- Personal Medications: Any prescription medications, plus a small first-aid kit with pain relievers, antihistamines, antiseptic wipes, and band-aids.



Packing list

- Toiletries: Pack in travel-size containers.
- Motion Sickness Medication: If you are prone to seasickness, it's wise to bring medication for boat transfers.
- Hand Sanitizer:
- Aloe Vera/After-Sun Lotion: For soothing sunburns.

Documents & Money

- Passport: Must be valid for at least six months beyond your departure date.
- Flights Itinerary: All flight information and confirmation numbers.
- Travel Insurance Information: This is mandatory.
- Credit/Debit Cards: Inform your bank of your travel plans.
- Cash: A mix of small US dollar denominations for tips, souvenirs, and small purchases.
- Copies of Important Documents: Keep digital copies on your phone or in the cloud.

Optional Items

- Camera with Extra Batteries/Memory Cards: A waterproof or underwater camera is ideal for snorkeling.
- Small Notebook and Pen: For journaling your experiences.
- Book/E-reader: For downtime.
- Small, lightweight packable towel: For quick-drying needs.
- Portable Power Bank: To keep your devices charged on the go.
- Small Backpack or Duffel Bag: For the inter-island flight to manage the weight limit.

By packing smart and light, you'll be well-prepared to fully enjoy this incredible adventure without the hassle of extra baggage fees.

NOTE: Laundry is available almost at every location, this helps traveling light too.



Important Information

- **Itinerary Disclaimer:** Even though we have a detailed itinerary, changes can be made by your guides, due to weather or safety reasons. Please also note that none of the wildlife sightings mentioned on the itinerary are guaranteed.
- **Visas and Passports:** Make sure you check your visa and passport validity and requirements per country. It is important your passport is valid for at least 6 months before your travel.
- **Accommodation:** We strive to use charming places that are unique and provide stellar service.
- **Single Supplement Costs:** Generally, apply to solo travelers who do not have a roommate to share accommodations with.
- **Transportation:** Driving time can take more than expected in Ecuador, as it is a small country with roads meandering through the Andes Mountains. We assure your comfort during transit no matter the size of the group, while in the Galapagos the speed boat from Santa Cruz to Isabela can be a bit challenging if you are not use to travel by boat, so we highly recommend to carry some seasickness medicine with you.
- **Gear:** We always make sure our guests have top of the line gear from well-known and reputable international brands as we understand that the best gear gives extra confidence to our travelers.
- **Level of Activity:** This trip is considered as 2 out of 5. No prior experience is required, and your guides will always brief you about safety and proper use of gear on every leg of the trip. The biking on Isabela is quite easy on mostly flat terrain along the coastline, the kayaking is on a calm area, biking in Cotopaxi is a mix of trails and roads, some on dirt, grass and gravel; kayaking in the jungle on Arajuno River class one (flat and tranquil). There will be a transport support for the majority of the activities in the case that someone wants to take a break or just wants to relax.



Important Information

- **Weather and Elevation in Galapagos:** Although the islands are located on the equator, the Humboldt Current brings cold water to them, causing frequent drizzles during most of the year. The weather is periodically influenced by the El Niño events, which occur about every 3 to 7 years and are characterized by warm sea surface temperatures, a rise in sea level, greater wave action, and a depletion of nutrients in the water. During the season known as the garúa (June to November), the temperature by the sea is 22 °C (72 °F), a steady and cold wind blows from south and southeast, frequent drizzles (garúas) last most of the day, and dense fog conceals the islands. Weather changes as altitude increases in the large islands. Temperature decreases gradually with altitude, while precipitation increases due to the condensation of moisture in clouds on the slopes. There is a large range in precipitation from one place to another, not only with altitude, but also depending on the location of the islands, and also with the seasons. The Galapagos Islands exhibit significant local variations in rainfall due to their topography and prevailing winds. A clear example of this can be seen by comparing the southern and northern sides of Santa Cruz Island. On the larger islands, the pattern of generally wet highlands and drier lowlands impacts the flora. The vegetation in the highlands tends to be green and lush, with tropical woodland in places. The lowland areas tend to have arid and semi-arid vegetation, with many thorny shrubs and cacti, and almost bare volcanic rock elsewhere.
- **Weather and Elevation in Mainland:** In Ecuador the weather can be vary greatly depending on which side of the Andes you are traveling to, so it is highly recommended to come ready for all kinds of weather. When they say “Ecuador, All in One Place” they mean it! The altitude determines the



Important Information

temperature and the higher you go the colder it gets. Don't let the geographic location of the country fool you. Even at a mere 15,000 feet the temperatures can feel like those of a winter in the northern United States. The coastal lowlands in the western part of Ecuador are typically warm with temperatures in the region of 25 °C (77 °F). Coastal areas are affected by ocean currents and between January and April are hot and rainy. The weather in Quito is consistent with that of a subtropical highland climate. The average temperature during the day is 70 °F (21 °C), which generally falls to an average of 50 °F (10 °C) at night. The average temperature annually is 64°F (17.8°C). There are only really two seasons in the city: dry and wet. The dry season runs from June to September and the wet season is from October to May. During a visit to the amazon region, in 4 or 5-day visit, you will often see more or less the same amount of rain and sunshine. The Rainier Season in the Amazon Runs from December to June, with temperatures ranging from 23°C (73°F) to 30°C (86°F) and frequent rains throughout April and May. The Rainy Season has its pros because many plants have evolved to fruit and flower during the rainy season, a phenomenon which often attracts birds and primates to the water's edge and grants visitors the chance to observe them more frequently. The Drier Season in the Amazon Lasts from July to November, with temperatures from 26°C (78°F) to 40°C (104°F), with less rain, though showers are still possible. The Dry Season also offers its own set of benefits, for its during this time that the water gets lower and attracts animals that you won't often see during the rainy season. Beach nesting birds are everywhere, as there are more beaches present during this time.



Important Information

- **Sustainability:** We do our best to not produce any trash; we believe that recycling is not enough, so we try to avoid using any plastic or materials that pollute our environment. Every day we work towards being a zero-waste tour operator and our staff is well trained to leave the least impact possible in our service areas. We also work with local indigenous communities in the different regions. By doing so we are able to teach our guests about the rich culture Ecuador, all the while helping the people preserve their traditions and lands. By working directly with local peoples, we are able to create a sustainable touristic income for the community.
- **Guides:** All our guides have a professional background from the Tourism University; this means they have a degree in guiding, so their knowledge and skills when leading a group are top-notch. Each guide has many years of experience and they all have taken additional courses for other outdoor activities as well as have International First-Aid certifications. On top of all of this, they are all extremely personable and strive to deliver travel experiences of a lifetime.
- **Heath advices:** No vaccinations needed for this trip.

