

Ecuador Walking Highlights

Trip Code: ECV

Version: ECV Ecuador Walking Highlights



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Enjoy some of the best day walks in Ecuador
- Haggle in the famous local markets of Otavalo and Saquisilí
- Visit the high mountain refuges on Cotopaxi, Illiniza and Chimborazo
- Experience the Amazon Rainforest on a day trip from Banos
- See the sights of Quito's Old Town, little known cloud forest reserve, and stand astride the equator at

'Mitad del Mundo'

AT A GLANCE

- 9 days walking
- Caldera Lakes & Volcanoes
- Markets & Culture
- Max altitude - 5000 metres
- Join at Quito

ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 11 Lunches
- 7 Dinners
- 9 nights Hotel
- 2 nights Guesthouse
- 2 nights Lodge

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This walking highlights adventure showcases the very best of Ecuador; from its high-altitude volcanoes, unique paramo and cloud forest, vibrant culture and jungle lowlands. During the course of our two week holiday, we explore these highlights with a series of days walks, picturesque transfers and a collection of interesting sightseeing and adventurous experiences along the way.

After visiting the colonial old town of the capital, Quito, we start our journey to the north in the famous market town of Otavalo. As well as exploring its famously colourful textiles market, we complete two stunning day walks to Laguna San Pablo and around the impressive crater rim of Laguna Cuicocha. After this we continue our journey of culture and adventure visiting another renowned market of Saquisilí before hiking to the extremely photogenic caldera lake of Quilotoa.

Continuing South we also visit the high refuges on three of Ecuador's volcanic giants: Cotopaxi, Illiniza and Chimborazo. Cotopaxi (5,897m), recognisable due to its iconic conical shape, is the highest active volcano in the world and the summit of Chimborazo (6,268m), due to the equatorial bulge, has the distinction of being the furthest point from the centre of the Earth!

We end with a unique Amazon experience, heading into the jungle by road and river to learn about the local populations and traditions as well as the abundant flora and fauna of the jungle. We have additional time to relax in the spa town of Banos before heading back to the capital. Here we end the trip with a hidden gem; a day walk through the cloud forest of the Choco Andino Biosphere Reserve - a little known oasis of wildlife and rare flora.

Expect charming accommodation throughout, including incredibly located lodges with outrageous volcanic views, traditional family-run guesthouses and well-located hotels. This is a classic walking holiday and a superb introduction to one of the most awe-inspiring environments on Earth.

Why not combine this trip with a [Galapagos Holiday?](#)

Is this holiday for you?

During this holiday we will enjoy a total of 9 day walks, spanning the diverse landscapes Ecuador has to

offer. We will visit the high mountain refuges on 3 of Ecuador's most impressive volcanoes, Cotopaxi, Illiniza and the mighty Chimborazo, reaching a top altitude of 5000m. We also trek to volcanic caldera lagoons, through cloud forest reserves and unique Andean Paramo, as well as experiencing the jungle environment of the Amazon. The average walking time each day will be between 3 and 5hrs, but we will be walking at high altitudes, which will of course make things a little more challenging. However, the itinerary is designed with your acclimatisation in mind. We will encounter village tracks, forest roads, Andean Paramo, the occasional rugged slope of scree or loose volcanic material.

Between our walks we'll have time to relax, explore, soak up the Andean ambience and visit some of the country's most famous towns, sights and markets. There are several transfers involved in this holiday. However, Ecuador is the smallest of the Andean countries and these transfers are generally short (1 - 3 hours) and very scenic.

Please note that there is an element of driving on this holiday to enable us to experience the diversity of landscape in this wonderful country.

Itinerary

Version: ECV Ecuador Walking Highlights

DAY 1

Meet at the group hotel in Quito. A single timed transfer from Quito Airport is provided.

Meet at the group hotel in Quito. A timed airport transfer from Quito Airport is provided. The transfer takes around 1hr. Your holiday begins with the evening meal, which we will take at the hotel.

Meals: **D**



Accommodation
Hotel

DAY 2

Walking tour of Quito's historic centre. Visit to 'Mitad del Mundo' (Middle of the World)

Situated at nearly 3,000m above sea level, amongst the verdant foothills of the Andes, Quito enjoys a pleasant climate year-round. We take our first day to enjoy the city and acclimatise to this high altitude country. Bustling with activity, Quito is one of the most beautiful cities in South America. Its many churches and colonial palaces testify to its rich past. We head to one of the many belvederes offering a magnificent view of the capital. Before completing a walking tour of the colonial center of Quito, classified as a World Heritage Site by Unesco. We then drive one hour to Mitad del Mundo, literally the 'middle of the world'. Situated approximately 15 miles north of Quito, the Mitad del Mundo is a park dedicated to all things equatorial, which has as its centre-piece a 30-metre high monument topped with a globe. No visit to Ecuador is complete without visiting this monument, where you can stand with one foot on either side of the equator.

Meals: **B**



Accommodation
Hotel



Time
3-4 hours walking






Distance
12KM

DAY 3

Drive to Otavalo. Walk in Zuleta Vally to San Pablo Lake

After breakfast, we drive around 2.5hrs to the village of Zuleta. From here we complete a beautiful walk through a patchwork quilt of cultivated fields and forests of eucalyptus with superb views towards the volcanoes Imbabura and the glacial summit of Cayambe, to reach the lake of San Pablo. There is plenty of opportunity today to see rural life in the various Andean villages we encounter en-route.

Meals: **B L**

	Accommodation Hotel		Ascent 380M		Descent 480M		Time 3-4 hrs walking		Distance 12KM
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DAY 4

Drive to Cuicocha Lake (3486m). Trek around Cuicocha crater

After breakfast, we drive around 40 minutes to the 3km wide Cuicocha crater lake (3486m), a dormant volcano with a water filled caldera. The lake, which is a stunning azure blue, has two islands in the centre, which are lava domes from its last major eruption. We will make a complete circuit of the lake, walking along the caldera rim. This is good acclimatisation at an average altitude of around 3500 metres and will take around 4 - 5 hours to complete at a steady pace. There are good views of the volcano, Cerro Cotacachi (4939m) directly to the north of the lake. Afterwards we return to Otavalo.

Meals: **B L**


	Accommodation Hotel		Ascent 650M		Descent 650M		Time 5 hrs walking		Distance 12KM
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DAY 5

Explore Otavalo's famous textile market. Drive to Lasso.

This morning we will have time to explore the famed local market. Otavalo is particularly well known for its colourful textiles and there are blankets, ponchos, jumpers, tapestries, hats, and hand bags in bewildering profusion and styles. This is also a very good place to buy locally made musical instruments such as charangos and zampona (pan pipes), or to buy ceramics and pottery. You will have time to visit the various local fabric and craft shops where haggling is part of Ecuadorian culture. After Lunch, we drive 3 hrs, back into to the Southern Hemisphere, to the town of Lasso.

Meals: **B L D**

	Accommodation Guesthouse
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DAY 6**Visit the famous Saquisilí Market. Quilotoa Lagoon walk (3900m).**

Early in the morning, we drive for around 40 minutes to Saquisilí to discover its famous Thursday market. High in colour and further off the beaten track than that of Otavalo, the Saquisilí market is certainly one of the most interesting in the country. The aim will be to arrive early in the morning so we can see some of the local Ecuadorian's busy morning sales negotiations, visit the fruit and vegetable market and bargain hunt for souvenirs ourselves amongst the local crafts. Afterwards, we make the 2hrs drive to discover the magnificent Western Cordillera: we will see amazing and beautiful Andean landscapes, mountain slopes adorned with small plots of farm land and a semi-desert plain dotted with sheep and furrowed by large canyons. We start with a drive to Quilotoa Lagoon where we walk to the bottom of the crater (3900m), a water filled caldera, which is actually the most western volcano in the Ecuadorian Andes!

Meals: **B L D**

	Accommodation Guesthouse		Ascent 250M		Descent 250M		Time 2 - 3hrs walking		Distance 4KM
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DAY 7**Walk to the Illiniza Refuge (4750m). Drive to Cotopaxi.**

From Lasso, it is just a short drive to the roadhead at Virgen (4020m) where today's trek begins. From here we ascend to the Illiniza refuge at 4750m. This 4 hour walk rewards us with more splendid views of Ecuador's 'Avenue of the Volcanoes'. The refuge is situated on the former volcanic crater and is the base for both Illiniza summits, the South (5260m) with its impressive glaciers and the rocky North summit (5116m). We will also walk through Polylepis forest, also known as the 'tree of paper' for its feather like leaves and multi-layered papery bark. It is one of the trees that grow at the highest altitudes in the Andes. Returning to our vehicles, we then drive back to Lasso and on to the Cotopaxi National Park (1.5hrs) to our accommodation for the next two nights, a rugged mountain lodge heated by log-burning stoves, located in the park and boasting unbeatable views of Cotopaxi.

Meals: **B L D**


	Accommodation Lodge		Ascent 800M		Descent 800M		Time 6 hrs walking		Distance 9KM
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DAY 8**Explore the Cotopaxi National Park and walk up to Cotopaxi's Jose Rivas Refuge (4800m).**

Full day to enjoy the unique Andean paramo (high altitude vegetation rich in unique flora), at the foot of

Cotopaxi, which is the world's highest active volcano and the second highest peak in Ecuador. The perfect cone of Cotopaxi, which is permanently covered with snow, rising up alone from the paramo makes the perfect picture. We drive up to the car park beneath the Jose Rivas Refuge. This alpine hut is situated just below the level of the glaciated part of the mountain, this is the starting point for climbers wishing to scale its peak. We take a slow walk up to the hut, which at this altitude will take us around 45mins (it takes around 15mins to return!). There are breath-taking views over the surrounding countryside. Returning down we drive the short distance to our accommodation, taking time to visit the water springs and ruins located in the park.

Meals: **B L D**

	Accommodation Lodge		Ascent 400M		Descent 400M		Time 2-3 hrs walking		Distance 4KM
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DAY 9

Trekking to Limpiopungo Lagoon, around Ruminahui volcano (4300m). Transfer to Riobamba.

Before leaving the Cotopaxi National Park we will enjoy a nice hike straight from our mountain lodge. Traversing the side of the rocky volcano, Ruminahui (4300m) we make our way on to diverse Andean Paramo finally reaching Limpiopungo Lagoon (4000m), where we will see a variety of wild flowers, birds and magnificent views of its namesake volcano. Returning to our vehicles we then continue on to Riobamba (3hrs).

Meals: **B L D**

	Accommodation Hotel		Ascent 500M		Descent 500M		Time 3-4 hrs walking		Distance 12KM
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DAY 10

Visit the refuge on Chimborazo (5000m). Transfer to Baños

At 6263 metres, Chimborazo is the highest mountain in Ecuador and, due to the equatorial bulge; its summit has the distinction of being the furthest point from the center of the Earth. Until the last century it was thought to be the tallest mountain on earth and Edward Whymper made the first recorded ascent under that mistaken belief. Today there is a mountaineers' refuge named after this great alpinist, located high on the mountain at close to 5000m. We drive for 1.5 hours on a switch-back dirt road up to a parking area below the hut from where we make the short hike of around 45 minutes to the Whymper Refuge. If the weather is good it is also possible to make a return hike of around 2 hours to reach the Condor Cocha Lagoon. Returning to our vehicle we descend the mountain and join the Panamerican Highway, travelling north-east for 2 - 3 hours to reach the charming spa town of Baños. We check into our comfortable hotel and enjoy the evening ambiance of this resort town with its mix of pavement

cafes, restaurants, craft and book shops.

Meals: **B L**

	Accommodation Hotel		Ascent 200M		Descent 200M		Time 3 - 4 hrs walking		Distance 3KM
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DAY 11

Amazon Forest Experience

We have a full day to explore the secondary jungle of the Ecuadorian Amazon. We drive 2 hrs to the community of Puyopungo, where we will be given an insight into the way of life of the indigenous people of this area. After this we enjoy a walk to a jungle swimming hole by the impressive Hola Vida waterfall, before travelling down the river by canoe. In the afternoon, we attend a traditional chocolate making (and tasting!) workshop and spend time with our local guide learning about the flora and fauna of the rainforest. On our way back to Baños we visit the impressive "Devil's Flag" waterfall.

Meals: **B L**


	Accommodation Hotel		Ascent 200M		Descent 200M		Time 2-3 hrs walking		Distance 4KM
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DAY 12

Free day in Banos. Return to Quito.

We have the morning to explore the amenities of this picturesque and laid-back town. Situated in the shadow of the live volcano, Tungurahua, the town is famous for its thermal pools and is also known as 'the Gateway to the Amazon' due to its position on the edge of the Andean plateau. Banos is a very relaxing place just to stroll around or you might want to head out to explore the surrounding area. With our guide we have options of short walks in the surrounding hills before discovering the city center, the cathedral and the balsa and tagua (vegetable ivory) workshops. After lunch, we drive around 3.5 hrs back to Quito.

Meals: **B L**

	Accommodation Hotel
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DAY 13

Quito's Hidden Cloud Forest Trek - Choco Andino Biosphere Reserve (3500m)

After breakfast, we drive 1.5 hrs to the western flanks of the Pichincha volcano. This surprising trek in the Yanacocha reserve was initially created in 2001 with the aim of protecting an endangered hummingbird species (244 species in total), the Jocotoco foundation realised the importance of this particular ecosystem and currently has 1080 hectares of mountain Cloud Forest protected. Situated at an altitude of 3500m, this hike allows us to discover the flora and fauna of this little corner of paradise. The Choco Andino reserve was declared by the UN as the 7th Biosphere Reserve in the country in 2018. After our hike we transfer back to our hotel for a final celebratory evening meal in Ecuador to mark the end of our holiday.

Meals: **B L D**

	Accommodation Hotel		Ascent 640M		Descent 640M		Time 4 hrs walking		Distance 15KM
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DAY 14

Departure day. A single timed transfer to Quito Airport is provided.

Depending on flight times, we have some free time for further independent sight-seeing or last-minute shopping this morning. Your holiday ends after breakfast at the hotel. A single timed transfer to the airport is provided. Should you wish to extend your stay additional hotel nights in Quito are available, or you may want to include a visit to the Amazon Rainforest. Please contact the KE office for further information.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be 'dry' landings where you step onto a pier and at others you will make 'wet' landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day [Galapagos Islands Adventure](#), for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our [Galapagos Cruises aboard the luxury Monserrat Motor Yacht](#).

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
US\$3,505 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as per Meal Plan All land transport required by the itinerary
- All activities/excursions mentioned

What's not Included

- Travel insurance
- Tips for local staff
- Some meals as per Meal Plan
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Quito.

A single transfer from Quito Airport to the group hotel is provided on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer to Quito Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 11 lunches and 7 dinners are included in the holiday price. In Quito and the main towns there is a wide range of dining options, to suit all budgets and we find that most people prefer to have a choice on where they eat. We suggest you budget between \$7 and \$20 for each of these non-included meals.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Ecuadorian cuisine varies across its different regions and includes excellent seafood (particularly cerviche style), toasted corn, and empanadas (pastries) stuffed with spiced meats. If you want to fully immerse yourself in the local culture, you can try roasted cuy (guinea pig), but this is strictly optional! You can also expect plenty of exotic fruits and these will be served with most meals. Breakfasts generally consist of fruit, yoghurt, a choice of eggs and toast. Depending on the day's itinerary lunches may be taken in a restaurant or café, or they may be provided as a packed lunch of sandwiches, fruit and snack.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

The group will spend 2 nights in a well located hotel in central Quito, 3 nights in a small family run hotel in Otavalo and 2 nights in a comfortable hotel in Banos. In Machachi we will stay in a characterful local Hostal (guest house). For our night in the Cotopaxi National Park we will stay in a lodge right in the middle of the park, with absolutely stunning views of Cotopaxi. At Chaupi our comfortable lodge is right on the edge of the Illiniza Ecological park and again offers amazing views of the surrounding volcanic peaks. At Quilotoa Lagoon our lodge accommodation will be right on the edge of the lagoon. Our charming hostel in Guamote is run by the Inti Sisa community project, its communal areas are beautifully decorated with pictures of locals, handicraft inspired by and or made by the local community. All accommodation will be on a twin share basis with private facilities. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £150-£200 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs are additional so you may wish to budget for these. It is possible to use credit and bank cards to withdraw local currency from ATMs in Quito, Banos and other major towns.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members. As a rough guide we suggest that each group member contributing the equivalent £60 to a tipping 'pool' will provide for an adequate level of tips.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Either a soft duffel bag or luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Visa Ecuador

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

Malaria

There is a very low risk of malaria, and you should contact your doctor to confirm if Malarial prophylaxis are required.

Yellow Fever

A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission.

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika Virus

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>.

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in Ecuador is US Dollars.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 4 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina. There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.

Climate

With the Pacific Ocean to the west and the great basin of the Amazon to the east, Ecuador has a complex pattern of weather. In general the eastern highland region receives the most precipitation. In the Central Highlands it is drier though cloud and rain can and do occur at any time during the year. In general the days are warm with temperatures between 12 and 22°C. Evenings can be chilly in the higher towns with the possibility of night-time temperatures dipping below freezing point once above 3500 metres.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Ecuador. Lonely Planet guidebook
Ecuador. Rough Guides

Maps

Ecuador. ITMB 1 ; 700,000

Double-sided map dividing the country north/south with a generous overlap. Relief is depicted by altitude tinting and spot heights for peaks and volcanoes. Glaciers, swamp areas, national parks and reserves are marked. Intermediate driving distances are indicated and further symbols depict places of interest, archaeological sites, thermal baths, beaches, etc. Latitude and longitude lines are drawn at 1° intervals. There is an index of place names and the legend is in English and Spanish.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Headtorch and spare batteries

- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small padlock
- Daypack 25 - 30 litres
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and insect repellent.

The following items are optional:

- Trekking poles
- Training shoes or similar
- Shorts
- Gaiters
- Scarf or buff
- Swimwear and towel (for thermal pools)
- Travel clothes
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Quito. A single transfer is included from/to Quito Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Quito with KLM. Outbound flights will depart from the UK in the morning, arriving in the afternoon of the same day (day 1 of the itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK early the following day.

Why Choose KE

Why KE

Our great value Ecuador Walking Highlights holiday offers a perfect blend of walking amongst towering volcanoes, stunning lakes and a rich variety of wildlife. We use a variety of accommodation, from comfortable hotels to mountain lodges with panoramic vistas, to give you a true flavour of Ecuadorian hospitality. To help us see another side of this impressive country we have included an Amazon experience and a stay in Banos.

Please Note This document was downloaded on 11/07/2025 and the trip is subject to change