

# EXPLORE!



## Galapagos Uncovered - Monserrat

10 days

Ecuador - Trip code GM7B

## Galapagos Uncovered - Monserrat

On this tour we spend seven nights on the Monserrat embarking on a Galapagos cruising adventure through the archipelago's central, southern and eastern islands. Highlights include snorkelling with sea lions, exploring volcanic landscapes and witnessing vast numbers of marine birds. Please note that this tour is operated in conjunction with a local specialist company and is not exclusive to Explore customers. Your fellow passengers may come from a number of different countries although all guiding is done in English, and may include families.

## Trip highlights

- ★ **Galapagos Cruise** - Seven nights exploring the Galapagos Islands aboard the comfortable Monserrat boat
- ★ **Snorkelling** - Snorkel at Champion Inlet, Floreana Island with colourful fish and playful sea lions
- ★ **Bartolome Island** - Explore its dramatic volcanic features and hike to a panoramic viewpoint for spectacular views
- ★ **Espanola Island** - Admire the vast colonies of boobies and waved albatross

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

**TRIP PACE:****Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

**GROUP SIZE:****14 - 20**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Join tour Quito

Quito is Ecuador's mountain capital and the second highest capital city in Latin America (2850m). One of South America's most beautiful cities, Quito lies in a narrow valley at the foot of the Pichincha Volcano, surrounded by snow-capped mountains and extinct volcanoes. Quito is separated into the old and the new cities. The old city is a UNESCO Heritage site due to its rich blend of colonial architecture, imposing churches and bustling local markets. Some of the main sites include the Plaza de la Independencia, the cultural heart of the colonial city which is home to the Catedral de Quito, and La Compania church which is considered one of the most beautiful churches in the Americas with its magnificent gilded altars, walls and ceilings. The church of San Francisco, Quito's largest and oldest colonial church built in 1553, is also worth a visit. A climb to the top of Cerro Panecillo affords one of the best views across the city and the surrounding mountains, presenting you with an unparalleled vista of the encircling Andes from the viewing platform offered by the statue of the Virgen de Quito.



**Accommodation: Hilton Colon** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Fly to San Cristobal Island, transfer to the Monserrat

Today we transfer to the airport early for our flight to the Galapagos Islands via Guayaquil (refuelling stop only, you will not disembark the plane). Lying on the Equator, 970km west of the Ecuadorean coast, the Galapagos National Park is a unique collection of islands, formed by volcanoes over hundreds of thousands of years and consists of six main islands, 12 smaller islands as well as over 40 small islets, supporting a distinct and unique flora and fauna, including prehistoric creatures found nowhere else on earth. This desolate and fantastic habitat was discovered in 1535 by Fray Tomas de Berlanga. One of the original designations by him was Las Islas Encantadas, the Enchanted Isles. Charles Darwin visited the islands on the Beagle exactly three hundred years later, in 1835. He observed the total isolation of the giant reptiles and other creatures, and this played a substantial part in his formulation of the theory of evolution. The Galapagos have never been connected with the continent. Gradually, over many hundreds of thousands of years, animals and plants from over the sea somehow migrated there and as time went by they adapted themselves to Galapagos conditions and came to differ more and more from their continental ancestors. Thus many of them are unique: a quarter of the species of shore fish, half of the plants and almost all the reptiles are found nowhere else. In many cases different forms have evolved on the different islands. Of the extraordinary animals to be found in the Galapagos many are reptiles, such as the great tortoise, large land iguanas, numerous lizards and three species of non-poisonous snakes. There are also several

species of turtle, which come ashore to mate. Up to three quarters of a million seabirds flock to the islands, including a third of the world's blue-footed boobies, frigate birds, pelicans, cormorants, albatross and petrels. Only 35cm tall, the Galapagos penguin can be seen swimming among tropical mangroves, whilst offshore it is common to see dolphins, sea lions and fur seals playing in the water. Fearless though not tame, the extraordinary wildlife can be easily approached and the opportunities for photography are superb. The Galapagos National Park charges a visitor fee of \$110 USD, payable on arrival, which funds park maintenance and supervision in the Galapagos, as well as ecological study, conservation and infrastructure development in Ecuador's other national parks. Entry fees and the funds they generate for the national park system are among measures taken by the Ecuadorian government to protect its natural heritage. On arrival in San Cristobal, we will meet our naturalist guide and transfer to our home for the next seven nights, the Monserrat. San Cristobal is the easternmost island of the Galapagos archipelago and one of the oldest geologically. The principal town is Puerto Baquerizo Moreno, the capital of the Galapagos. We will spend the afternoon visiting Isla Lobos, where we will be greeted by frolicking sea lions.



**Accommodation: Monserrat** (or similar)



Single room available



Meals Provided: Breakfast, Lunch & Dinner

### DAY 3 - Walk to Cerro Brujo and visit the Highlands

Our first landing for the day is at Cerro Brujo, where there is a chance to go hiking, swimming and snorkelling. The sandy beach is home to Sally Lightfoot crabs, brown pelicans, blue footed boobies and California sea lions. We will spend the afternoon visiting in the Highlands - a tortoise natural breeding area, surrounded by endemic flora of the islands.



**Accommodation: Monserrat** (or similar)



Single room available



Meals Provided: Breakfast, Lunch & Dinner

### DAY 4 - Discover Punta Suarez on Espanola Island

Today we head to Punta Suarez on Espanola Island. The southernmost island in the Galapagos archipelago is home to several wildlife species, including masked and blue footed boobies. A hike to the top of the cliff makes for spectacular photo opportunities. Punta Suarez on the western side of Espanola Island is spectacular: gargantuan waves break on jagged cliffs and large bird colonies thickly populate the interior of the island; there is a distinct feel of desolate wilderness here. The waved albatross is seen here from April to December during its mating/nesting season. This bird leaves land between January and March each year to make its annual odyssey far out to sea. Amazingly, Espanola is the nesting site of virtually the entire world population of this species, with more than 12,000 pairs residing here. Large numbers of masked and blue footed boobies are also found here, red-billed tropicbirds dash madly through the air, and both marine iguanas and sea lions are common. A huge blowhole, where the surf is forced through a natural rock formation spouting seawater 15 to 20m into the air, adds to the island's impression of untamed beauty. We follow the trail through a rookery and learn the geological history of the island from our naturalist guide, including its dramatic volcanic features, climate, flora and fauna.



**Accommodation: Monserrat** (or similar)



Single room available



Meals Provided: Breakfast, Lunch & Dinner

### DAY 5 - Observe the wildlife of Floreana Island, visit Post Office Bay

The history of Floreana Island has gradually evolved to reach near mythic proportions. The story begins when a baroness and her two lovers, a German doctor and his mistress, and a German couple and their young son all came to settle on this land. Their dalliances and disasters, shrouded in mystery, were chronicled in John Treherne's book 'The Galapagos Affair'. Descendants of the German family, the Wittmers, still live on the island in the small community of Puerto Velasco Ibarra. Mrs. Margaret Wittmer has also written a book entitled 'Floreana' and this can be purchased at the airport in Baltra or at a local bookstore. This morning we make our way to Punta Cormorant on the northern part of Floreana Island. The landing is on a beach of green sand, coloured by olivine crystals, volcanic-derived silicates of magnesium and iron. The trail leads to a lake normally inhabited by flamingos and other shore birds and continues to a beach of fine white sand particles known as 'Flour Beach', an important nesting site for turtles. Later in the afternoon we stop at Post Office Bay, which has a lot of history. A barrel was placed here in the late 18th century by English whaling vessels to be used as a post office. Passing ships would stop to leave mail for loved ones, collecting at the same time any mail destined for ports on their itineraries. Today the box is used mainly by tourists, who may drop off and pick up unstamped letters to be carried to far destinations. The remains of a Norwegian canning factory are the only evidence of the island's history prior to its designation as a protected area. A short hike up past the post barrel takes you to an interesting lava cave. With the aid of a torch, you can descend about 80m to the point where the sea enters the cave. We will end our day's activities with a snorkelling excursion at Champion Islet.



**Accommodation: Monserrat** (or similar)



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Visit the Charles Darwin Research Station

In the morning we arrive in Puerto Ayora, on Santa Cruz Island. Santa Cruz is the second largest island in the Galapagos and has the largest population, with Puerto Ayora as its main town. It also boasts the most varied of the islands' vegetation zones: coastal, transition, scalesia, miconia and pampa. The Charles Darwin Research Station is a ten minute walk from the centre of the town and has been responsible for conservation projects within the islands since 1959 (the centenary of the publication of Darwin's book the Origin of the Species). Here, an exhibition centre displays photos of recent volcanic eruptions, charts outlining geological formations and drawings of the evolutionary development of endemic species. A corral houses adult Galapagos tortoises, and a nursery cares for young tortoises until they are about three years old, when their shells have hardened enough to resist attack from feral dogs. The Research Station is also the training centre for naturalist guides who accompany all visitors and members of the international scientific community often come to study at the station.



**Accommodation: Monserrat** (or similar)



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Travel to Santiago and Bartolome Islands

In the morning, we will travel to Sullivan Bay on Santiago Island to witness the striking and fascinating giant lava formations. Very few plants have managed to survive on this island due to its harsh environment and relatively new lava flow. Enjoy a walk along the lava formations before coming to a white coral sand beach, where plentiful Sally lightfoot crabs and sea lions can be seen. Later, we visit Bartolome Island. A hike to the summit of the island (Pinnacle Rock) provides a clearer perspective of the islands' not-too-distant volcanic origins, and the panoramic view is one of the best among the islands. From here the double-sided beach of Bartolome directly below, the volcanic tower rising out of the water next to it, and Santiago Island in the distance are all visible. After the summit hike, we stop at the beach to relax in semi-tropical tranquility. There is great snorkelling among the submerged volcanic rock and around the base of the tower. A short hike to the beach on the opposite side is worth the effort. It is not unusual to see sharks in these shallow waters, and marine turtles nest here from January through till March.



**Accommodation: Monserrat** (or similar)



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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## DAY 8 - Visit Bachas Beach and Cerro Dragon, Santa Cruz Island

We visit Bachas Beach in the morning, located on the northeastern tip of Santa Cruz Island. This is a great beach to stroll on with crystalline waters perfect for swimming; Bachas Beach also gives us the opportunity to see frigate birds, blue-footed boobies and sea lions. In the morning we will explore Cerro Dragon, on the western coast of Santa Cruz Island. Here we will see land iguanas as well as visit a salt water lagoon frequented by flamingos and other species of birds.



**Accommodation: Monserrat** (or similar)

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Single room available

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Meals Provided: Breakfast, Lunch & Dinner

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## DAY 9 - Visit Black Turtle Cove then fly back to Quito

Early morning, we visit Black Turtle Cove in search of marine life. Sea turtles and different species of rays can often be seen in this cove, offering a peaceful and fascinating glimpse into the diversity of the area. Then we transfer to the airport on Baltra Island for our flight to Quito via Guayaquil (refueling stop only, you will not disembark the plane). On arrival back on the mainland, we transfer to the hotel for our final night in Ecuador.



**Accommodation: Hilton Colon** (or similar)

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Standard Hotel

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Single room available

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Meals Provided: Breakfast

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## DAY 10 - Tour ends Quito

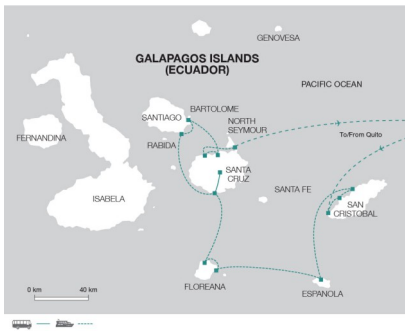
The tour ends in Quito this morning after breakfast.

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Meals Provided: Breakfast

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## What's included?



### Included meals

Breakfast: 9  
Lunch: 7  
Dinner: 7



### Transport

Bus  
Boat  
Flight  
Zodiac



### Trip staff

Boat Crew  
Driver(s)  
Naturalist(s)



### Accommodation

7 nights boat  
2 nights standard hotel

## Trip information

### Country information

### Ecuador Trips

#### Climate

Temperature ranges are similar all year round. In the highlands: the dry season lasts from June to mid-September. November and December are partially dry. The rainy months are October and from January to May, but showers are short and mostly in the afternoons. Temperatures range from 12°C to 24°C. Nights are cold at altitude (4°C - 10°C). The Coastal Region: from December to May it is hot and wet. From June to November it is generally cool and misty with sudden light showers. Temperatures range from 16°C to 32°C. The Amazon Area: it is humid all year round. Temperatures range from 16°C to 32°C. From April to August the rainfall is heavier. The Galapagos: On the Galapagos, the hot season is January to April with largely sunny days and the possibility of heavy showers; the cool season runs from May to December and is generally more cloudy with much cooler seas. Please note that although it is windier from July to November the sea can be rough at any time of the year. On the mainland the dry season lasts from June to October, though September can be wet.

#### Time difference to GMT

-5

#### Plugs

2 Pin Flat

#### Religion

Roman Catholic

#### Language

## Budgeting and packing

### Optional activities

Quito city tour (Half Day) - US\$50 (1 pers) / US\$40 (2+ pers), Plus entrance fees approx. US\$ 9pp Quito city tour + Equator Line (Half day) - US\$60 (1 pers) / US\$45 (2+ pers) Plus entrance fees approx. US\$ 9pp Equator line museum US\$9 Equator Line (Half day)- US\$50 (1 pers) / US\$40 (2+ pers) Museum ents. US\$9 Mindo Cloudforest (Full day) - US\$100 (1 pers) US\$70 (2+ pers) plus entrance fees US\$20 Otavalo Market (Full day) inc visit to Calderon - US\$100 (1 pers) US\$70 (2+pers) Cotopaxi Volcano (Full day) US\$100 (1 pers) US\$70 (2+pers) plus Park Entrance fee \$35 USD per group (this can be split between group) Papallacta Hot Springs (Full day) - US\$100 (1 Pers) US\$50 (2+ pers) plus US\$7 Entrance fee per person. This is transport only Spa treatments are extra. Cable Car - US\$3 taxi ; Entrance US\$8 You can get from 2.800 m to 4.200 m in 10 minutes and view Quito at your feet. Please note that optional activities will need to be paid in cash and do not include lunch - please allow US\$10 accordingly. Galapagos - wetsuit hire - US\$5 per day

### Clothing

We recommend that you do not bring too much clothing as space is limited in the cabins. We would recommend you bring a fleece top, waterproof jacket, 4 shirts/T shirts, 1 pair of shorts, 2 pairs of trousers and 1 pair of hiking trousers. You will also need a swimsuit.

### Luggage

20kg

### Luggage: On tour

We recommend the use of a duffel bag or backpack (whichever you find easiest to carry). A good size daypack is also essential. If you don't wish to take your entire luggage with you to Galapagos, please ensure you have an extra bag you can leave behind at hotel storage and pick up on your return. Please note that the amount of luggage you can bring on the boat is LIMITED due to small cabin size. We recommend travellers use soft sided duffel bags of 40-50 litres in capacity. We will accept luggage types onboard, however if you are a single traveller sharing with another traveller, it's especially important to keep in mind that cabins are small in size and it's best to pack light.

### Equipment

Pack a torch, water bottle, sunglasses, insect repellent, high factor sunscreen, a beach towel, waterproof bag for camera and motion sickness tablets/patches for the boat. You may also wish to take binoculars.

### Tipping

#### Local crew

Onboard the Galapagos yacht, tipping the naturalist guide and boat crew is customary. There will be two envelopes presented at the end of the voyage, one for the guide and one for crew members. The recommended amount is \$15-18 USD per day from each traveller (\$5-7 USD for the guide and \$10-11 USD for the crew members). This is only a suggestion as we understand that tipping is a personal choice.

#### Local fees

The Ecuadorian government currently levies a Galapagos Islands Park entry fee of \$100 USD per person. This is payable at the airport upon arrival in the park. It is not included in the cost of the tour, and must be paid in CASH. This fee funds park maintenance and supervision in Galapagos, as well as ecological study, conservation and infrastructure development in Ecuador's other national parks. Entry fees and the funds they generate for the national park system are among measures taken by the Ecuadorian government to protect its natural heritage. The Galapagos National Park authorities have implemented a system of Transit Control Cards at a fee of \$20 USD per person. This card is to be purchased in CASH at a counter in the Quito airport before boarding the flight to the Galapagos. Please retain this card along with your passport as you will be required to present this upon arrival to the Galapagos Islands. Please note that this applies to all tourists entering the Galapagos Islands and is a supplement to the existing entry fee to the national park and is not controlled by tour operators or travel agencies. It is the first of a number of initiatives to track, control and maintain the sustainable tourism targets set out by the Galapagos National Park and the Ecuadorian government in an attempt to preserve the fragile environment of the archipelago.

#### Country Information

## Ecuador Trips

## Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

### Lunch price

£10

### Dinner price

£13

### Beer price

£1.7

### Water price

£1.3

## Foreign Exchange

### Local currency

USDollar.

### Recommended Currency For Exchange

Carry all your funds in U.S. Dollar Cash (NOT Sterling, which is almost impossible to change). The US dollar is the currency used in Ecuador. It is advisable to bring some US\$400 - \$500 of your total spending money in cash, in small denomination notes (in good condition). 100US\$ bills are very difficult to use.

### Where To Exchange

Your Tour Leader will advise you on arrival.

### ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

### Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

### Travellers Cheques

Travellers Cheques can be awkward or expensive to change

## Transport, Accommodation & Meals

## Transport Information

Bus, Boat, Flight, Zodiac

## Ship description

Featuring a spacious top deck with a bar, a large sundeck and a comfortable dining room and lounge area for briefings and relaxing, the Monserrat's common spaces are as roomy as her cabins. All cabins have side by side berths, private bathrooms and air conditioning. All meals are provided and are served aboard the vessel. The Monserrat boasts our highest passenger to expert ratio including a cruise director and a naturalist guide for every ten passengers. Snorkelling equipment and beach towels are included at no extra charge and wetsuits are available to rent. At times, when the Monserrat is being serviced, we will use another boat of equivalent standard and size.

## Cabins

Please note that the rooming on our Galapagos yachts is done on a first-come, first-serve basis, and we are not able to guarantee the specific cabin you will receive on board. The cabins are comfortable and clean, all with private bathrooms. Due to the specific location of the cabins on board, the window sizes vary as well as the noise at times when the boat is navigating, given the proximity of the cabins to the engine room. Our friendly and competent crew will ensure a smooth and comfortable journey for the duration of your tour. On this tour, the price is based on a lower deck cabin. You can upgrade to an upper deck cabin if you wish for £140.

## Ship dining

On our Galapagos yachts, food is included, plentiful and made of fresh local ingredients. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger compliment at one time. There is always a selection of different meals



available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased at the bar.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

#### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa Information

Ecuador: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. In order for your visa to be granted on arrival, you will be required to show proof of travel insurance valid for the duration of your trip. Please also ensure your passport is stamped with the T3 permit (for 30 or 90 days) on arrival in Ecuador. Other nationalities should consult the relevant consulate. Galapagos Islands: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult the relevant consulate. USA: An electronic travel authorisation (ESTA) is required by British citizens transiting via the USA. This must be done on line (<https://esta.cbp.dhs.gov>) no later than 72 hours prior to travel. You must also have an electronic passport with a digital chip. The UK electronic passports feature a small gold symbol (camera) at the bottom of the front cover. Please note that if you have visited Iraq, Syria, Iran or Sudan in the past five years you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. Other nationalities should consult their local embassy or consular office. Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

### Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

### Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

#### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

#### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Non refundable permits

## Ecuador Trips

### Vaccinations

We recommend protection against malaria, Tetanus, Infectious Hepatitis, Typhoid and Polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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