

# EXPLORE!



FLASH SALE

## Volcanoes and Galapagos

ECUADOR, GALAPAGOS - TRIP CODE GPS

WILDLIFE

### Why book this trip?

---

Discover the spectacular highlights and fascinating cultural blend of mainland Ecuador, before exploring the 'enchanted Isles' of the Galapagos. Experience this wildlife paradise from a different perspective, staying on land on Santa Cruz and Isabela islands.

- **Avenue of the Volcanoes** - Take a walk in the Cotopaxi National Park, with views to the snowcapped cone of Cotopaxi Volcano
- **Otavallo** - Haggle over handicrafts at Ecuador's largest indigenous market
- **Galapagos Islands** - Spend one week getting up close to the remarkable wildlife of Darwin's paradise islands.



**INCLUDED MEALS**  
Breakfast: 14  
Lunch: 2



**TRIP STAFF**  
Explore Tour  
Leader  
Boat Crew  
Driver(s)  
Local Guide(s)  
Naturalist(s)



**TRANSPORT**  
Bus  
Boat  
Flight



**ACCOMMODATION**  
1 nights standard  
hostel  
9 nights standard  
hotel  
4 nights standard  
lodge



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
10 - 15

## Itinerary

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

### DAY 1 - Join tour Quito

Join tour Quito and check-in at hotel.



**ACCOMMODATION:**  
Hotel Plaza Sucre (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - City tour of Quito including La Compania

We begin with a walking tour of Quito, Ecuador's mountain capital and the second highest capital city in Latin America. One of South America's most beautiful cities, Quito lies in a narrow valley at the foot of Pichincha volcano, surrounded by snow-capped mountains and extinct volcanoes. The fascinating UNESCO Heritage site of the Old City, with its rich blend of colonial architecture, imposing churches

and bustling local markets, makes for a stunning introduction to this most enchanting of regions. We will visit some of the main sites, including the Plaza de la Independencia, the cultural heart of the colonial city, and La Compañía church with its magnificent gilded altars, walls and ceilings. At the church of San Francisco we are introduced to Quito's largest and oldest colonial church, built in 1553. A climb to the top of nearby Cerro Panecillo affords us one of the best views across the city and the surrounding mountains, presenting us with an unparalleled vista of the encircling Andes from the viewing platform offered by the statue of the Virgen de Quito.



ACCOMMODATION:  
Hotel Plaza Sucre (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 3 - Drive to Banos via Cotopaxi National Park**

Leaving Quito this morning we head south, towards the Central Highlands and the town of Baños. Our journey takes us through some of the most impressive mountain scenery in the entire country, into the landscapes so aptly described by the German explorer Alexander von Humboldt as the 'Avenue of the Volcanoes'. En route we drive into the spectacular Cotopaxi National Park, where we see one of the world's highest active volcanoes. Ecuador's second highest mountain, Cotopaxi is a classic volcanic cone, snow covered and rising an imposing 5897m from the valley floor below. We will take some time whilst we are here to walk around the Limpiopungo Plateau (1.5 hours), where a shallow glacial lake presents us with a perfect spot to explore something of the rich flora and fauna of the páramo (high altitude Andean grasslands). Set between the imposing masses of Cotopaxi and Rumiñahui, the plateau is a haven for birdlife, as well as wild horses. From here we continue to our nightstop in Banos, with spectacular views of the Tungurahua volcano.



ACCOMMODATION:  
Hostal Posada J Banos (or similar)



**Grade: Standard Hostel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 4 - Explore Pailon Falls, the Devil's Cauldron; return to Quito**

First thing this morning we plan to visit (subject to local restrictions due to previous eruptions of the Tungurahua volcano) the nearby Pailón del Diablo waterfall (the Devil's Cauldron), considered by many to be the most beautiful in the area. A walk up to the viewing platform allows us to view these impressive falls from above (1.5 hours), looking down onto the whirlpool of foaming water below. Time permitting we may also have the opportunity to do horse riding excursion (2 hours) before we drive back to Quito, in anticipation of our visit to the famous Otavalo market tomorrow.



ACCOMMODATION:

Hotel Plaza Sucre (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 5 - Travel to Otavalo; visit Laguna Cuicocha**

Following the Panamericana Highway this morning we head north, towards the small market town of Otavalo, set within a beautiful fertile valley encircled by imposing sacred mountains. The town's regular markets attract traders and artisans from as far away as Peru and Bolivia. The Otavaleños are an incredibly dignified and assured people, proudly displaying their cultural traditions and ancient heritage, and their market is a rich profusion of goods and styles from right across the region, with jewellery, rugs, woven linen bags, woodcarvings and leather goods on display throughout the town. Add to that the visual majesty of the setting and the colourful costumes of the different peoples taking part and you have a truly remarkable cultural experience. This afternoon we take a drive out to the tranquil setting of Cuicocha, a turquoise crater-lake located at 3,100m and approached through a wonderful landscape of alpine vegetation. Located in the Western Cordillera, at the foot of Cotacachi, this now dormant volcanic caldera is a prime spot to find the Kings of the Andes, wide-winged condors that soar high above the valleys in graceful flight. There may be the option to go for a walk along a segment of the trail that goes around the lake (1.5 hours) before returning to Otavalo for the evening.



ACCOMMODATION:  
Hostal Riviera Sucre (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 6 - Walks in the countryside near Otavalo

Today we have a full day to explore the locality around the town of Otavalo. We intend to drive around Imbabura Mountain passing the traditional villages of Gonzalez Suarez and San Pablo, in which area we plan a gentle walk to take in the surrounding countryside (1.5hrs). Near San Pablo you may have an option to visit a bird rescue centre that specializes in looking after Condors -the largest species of bird in the Andes. We will stop for lunch en route before moving on to the indigenous village of Peguche, famed for its local families who make colourful weavings plus others who play traditional Andean music by using several types of panpipes made by themselves. Later in the afternoon we return to Otavalo.



ACCOMMODATION:  
Hostal Riviera Sucre (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 7 - Return to Quito via the Quitsato Equator Monument

This morning we drive to Quito via the Equator line, stopping off at the Quitsato Equator monument, a huge sundial spanning 54 metres across, which celebrates the crossing of the equator line at zero degrees. From this huge clock face, a compass of stones allows you to not only read the time, but also the month, while other features indicate the solstices and equinoxes. The word 'Quitsato' comes from the language of the indigenous Tsachilas people from the Ecuadorian coast. 'Quitsa' means 'Middle', and 'To' means 'world; Quitsato therefore means Middle of the World, and it is from this word that Ecuador's capital city also derives its name. We have lunch in a nearby restaurant before returning to Quito.



ACCOMMODATION:  
Hotel Plaza Sucre (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## DAY 8 - Fly to the Galapagos; view giant tortoises in the Santa Cruz highlands

The Galapagos are an isolated chain of volcanic islands supporting a distinct and unique flora and fauna, including prehistoric creatures found nowhere else on earth. 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 bluefooted boobies, frigate birds, pelicans, cormorants, albatross and petrels. Most out of place of all the animals on the equator though is perhaps the penguin. 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.

Today we fly to the Galapagos island of Santa Cruz. 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.

We will travel through the highlands, stopping at Los Gemelos (the twins), two volcanic depressions. Later, we will visit a ranch where we might see some giant tortoises roaming around. Here we will have lunch after which we will be transferred to our lodge in the highlands. In the evening, the lodge provides a free transfer to Puerto Ayora which you may wish to take to explore the town or have dinner there.



ACCOMMODATION:  
Casa Natura Galapagos Lodge (or similar)



Grade: Standard Lodge



SINGLE ROOM AVAILABLE







SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 9 - Boat to Isabela Island, overnight in Puerto Villamil**

This morning we leave Santa Cruz and journey west by speed boat for approximately 2.5 hours to nearby Isabela Island where we will spend the next two days. The largest of the Galapagos Islands, Isabela is formed from five volcanoes, of which two are still active. An idyllic paradise of white sand beaches and swaying palms, it is home to the second largest caldera on earth and the highest point in the archipelago. As with Santa Cruz we will base ourselves here, in the small town of Puerto Villamil on the southern coast, and take excursions out around the island. On arrival we intend to visit the Arnaldo Tupiza breeding centre, approximately a 1.5km walk from Puerto Villamil. The walk itself is a nature experience through the wetlands, where you may see heron, flamingos and many other bird species as well as iguanas, lizards, crabs and other creatures. Once in the centre you will learn an impressive amount about the background of the famous Galapagos tortoise, and the centre's aims to restore their numbers and release them back onto the islands.



ACCOMMODATION:  
Hostel Gran Tintorera (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 10 - On Isabela; walk up Sierra Negra Volcano; optional snorkelling**

Our second day on Isabela affords us the opportunity to explore the island more fully and we will start by taking a walk up the Sierra Negra Volcano. Measuring an impressive 12km, the volcano dominates the southern half of the island. The walk to the top is 3 hours return, presenting us with some spectacular views across the island and towards Santiago Island to the northeast. This afternoon we may also have the chance for snorkelling at Concha y Perla.



ACCOMMODATION:  
Hostel Gran Tintorera (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

---

### **DAY 11 - Optional Tintoreras Islands trip, return by boat to Santa Cruz**

This morning we have the opportunity to take a small boat to the nearby Tintoreras Islands (optional) - these are formed from the lava flows from volcanoes and are fantastic for viewing wildlife. As we walk around we may see a vast array of bird life and an abundance of famous marine iguanas (only found in the Galapagos) whilst in the water giant turtles, Galapagos penguins and sea lions may be swimming around. An asset to the incredible diversity and unique qualities of the wildlife on these islands is their complete acceptance of our presence, making it possible to view birds, reptiles and mammals from as close as a few feet. We then take the boat back to Puerto Ayora on Santa Cruz Island where we will spend the next three nights.



ACCOMMODATION:  
Casa Natura Galapagos Lodge (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 12 - Discover Seymour, Plazas, Bartolome or Santa Fe Island**

The plan for today is dependent on the schedule of the yachts departing from Santa Cruz. We will be



taking a full day boat trip to one of the smaller islands of the Galapagos, which will be either Seymour, Bartolome, Santa Fe or Plazas Island. Depending on the island, we will be seeing sea lions playing in the water just off shore, land iguanas strolling around their land, magnificent red-throated frigate birds, blue footed boobies, swallow-tail gulls or Galapagos penguins. Time permitting we will also have the opportunity for some snorkelling or hiking about the island.



ACCOMMODATION:  
Casa Natura Galapagos Lodge (or similar)



**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

---

### **DAY 13 - Visit Tortuga Bay; afternoon Charles Darwin Station visit**

This morning we take a walk to Tortuga Bay (5km return walk) where we have the opportunity to swim at one of the most spectacular beaches of the entire chain, and an important turtle nesting ground. After lunch we will visit the nearby Charles Darwin Research Station which has been responsible for conservation projects within the islands since 1959 (the centenary of the publication of Origin of the Species). During our time here we will visit the centre to learn more about the unique collection of animal and plant life that resides here.



ACCOMMODATION:  
Casa Natura Galapagos Lodge (or similar)



**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE





SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 14 - Fly to Guayaquil on the mainland

Leaving the Galapagos behind we fly back to Guayaquil today. On arrival the rest of the day is free to explore at your leisure. The largest city in Ecuador and its principal port, Guayaquil is a bustling, lively city with a number of churches and museums you might like to visit. Alternatively you might like to wander through the old district of Las Penas, an area of cobbled streets, painted houses and cafes, where you can sit and watch the world go by and reflect on the wonders you have seen. Please note your leader may not fly with you to Guayaquil; if not you will be met by a local representative on arrival at the airport who will give you a brief for your stay in Guayaquil.



ACCOMMODATION:  
Unipark Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 15 - Tour ends in Guayaquil

The tour ends in Guayaquil this morning after breakfast.



MEALS PROVIDED: BREAKFAST

---

## Trip information

---

---

## Country information

### Ecuador

#### 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	Plugs	Religion	Language
-5	2 Pin Flat	Roman Catholic	Spanish

---

### Galapagos

---

#### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

San Pablo - Condor bird rescue centre US\$4.75.

Isabela Boat Ride - To Tintoteras US\$40

Kayak rental US\$30 for 2 pers.s20

Snorkel equipment - Snorkel/ Mask and Fins hire - US\$10 per day plus US\$20 deposit

#### Clothing

Daytime clothing should be lightweight and loose fitting, but warmer clothing is needed at altitude and at sea, particularly at night, so bring something to wrap up in, including a pair of gloves, hat and scarf.

Long-sleeved lightweight clothes are useful for protection against sunburn. Bring a swimsuit, sunhat and a thick sweater or fleece. Lightweight waterproofs are essential.

#### Footwear

Comfortable walking boots or shoes and trainers or sandals with a good grip. Plastic sandals (not flip

flops) are useful for wet landings.

## Luggage

20kg

### Luggage: On tour

One main piece of luggage and a daypack.

You will need an overnight bag for the two nights on Isabella Island, your main luggage will be stored in your hotel in Santa Cruz.

## Equipment

A torch, water bottle, sunglasses, insect repellent, high factor sunscreen, beach towel, waterproof bag for camera, and motion sickness tablets / patches for the boat. Snorkel equipment is available for rent locally, but you may wish to take your own if you're a keen snorkeler.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$40 for the land portion of the trip and US\$70 (\$30 for local guide and \$40 rest of staff) for the Galapagos portion of the trip for tipping.

For all non-included services and meals on your trip please tip independently at your discretion.

### Local fees

The Galapagos Authorities have introduced the Galapagos Transit Control Card, which each person visiting the Galapagos must have. It costs \$20 and it will be payable before entrance is permitted. Please also note that there is an entrance fee to the Galapagos of US\$100 per person which must be paid individually on arrival in the Galapagos. There is an additional entry fee of US\$10 per person to visit Isabela Island. All these local fees to visit Galapagos are subject to change.

## Ecuador

### 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.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£10	£13	£1.7	£1.3

## Foreign Exchange

### Local currency

US Dollar.

### Recommended Currency For Exchange

US Dollars are used in Ecuador. You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the USD is approximately USD 1.28 to the British Pound. We recommend you take small denominations as 100US\$ bills are very difficult to use. Please check on line for up to date information

### Where To Exchange

Your Tour Leader will advise you on arrival.

### ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in USD. Always have some cash back up as they are not always reliable

### Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

### Travellers Cheques

We do not recommend Travellers Cheques

## Galapagos

### 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.

### Foreign Exchange

---

## Transport, Accommodation & Meals

### Transport Information

Bus, Boat, Flight

---

### 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.

#### Price Guarantee

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 and Passport 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. Your passport should be valid for a minimum period of 6 months from the date of entry; this is a strict legal requirement from the Ecuadorean government. Without this minimum validity entry to the country will be denied.

Galapagos Islands: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult the relevant consulate.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the

passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **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 complimentary transfers will be arranged



from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

## **Ecuador**

### **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. Yellow fever is only recommended for those travelling east of the Andes (Amazon Extension). Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

## Galapagos



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**