



Why book this trip?

Next to the giants of Peru and Brazil, Ecuador is a tiny pocket of underrated beauty. Our ambitious journey encompasses a wealth of culture and nature, taking in traditional Andean villages, snow-capped volcanic peaks, lush jungle landscapes and a fascinating colonial history.

- **Volcanoes** - Drive through the spectacular Avenue of the Volcanoes and walk in Cotopaxi National Park
- **Indigenous Communities** - In the mountainous surroundings of rural Otavalo, discover the indigenous heart of Ecuador
- **Amazon** - Explore Ecuador's Amazon Jungle at a lodge in Misahualli
- **Extend your trip** - Spot wildlife in the Galapagos on one of our seven-night cruises



INCLUDED MEALS
Breakfast: 13
Lunch: 2
Dinner: 3



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus
Train



ACCOMMODATION
3 nights
comfortable
guesthouse
1 nights
comfortable hostel
6 nights
comfortable hotel
3 nights
comfortable lodge



TRIP PACE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join trip in Quito

Arrive in Quito, Ecuador's mountain capital and, at 2,850m, the second highest capital city in Latin America. 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.

Due to the number of evening flights into Quito, your Leader plans to do the welcome meeting on the morning of day two, and will leave a message in reception with details on timings and everything else that you'll need for the day. There are no activities planned today, so you are free to arrive in Quito at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Quito's Mariscal Sucre International Airport (UIO), approximately a 1 hour drive respectively from our hotel. Should you miss the meeting, your leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, you could spend time resting and acclimatizing to the altitude at the hotel, or take a gentle stroll around the atmospheric streets of the old town, stopping for a refreshing drink of horchata and a delicious empanada.



ACCOMMODATION:

Hotel Plaza Sucre (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Tour of Quito's highlights including the Church of San Francisco

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 Town, with its rich blend of colonial architecture, imposing churches and bustling local markets, makes for a stunning introduction to Ecuador. We will visit some of the main sites, including the Plaza de la Independencia, the cultural heart of the colonial city, and La Compania 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: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Visit the Quitsato Equator Monument en route to Otavalo; visit Peguche Village

This morning we drive to Otavalo 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. Following the Panamericana Highway, we then head north, towards San Pablo Lake, via the scenic route Cayambe - Zuleta, where we take a gentle walk. We will have lunch before continuing to the indigenous village of Peguche. This village is 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. We will stop and enjoy visiting one of the musician families before heading to Otavalo where we will overnight.



ACCOMMODATION:
Hostal Riviera Sucre (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Explore Otavalo Market and visit Laguna Cuicocha

This morning we explore the small market town of Otavalo. The town is one of South America's most important areas for ethno-tourism and its regular markets attract traders and artisans from as far away as Peru and Bolivia. The Otavalenos are an incredibly dignified and assured people, proudly displaying their cultural traditions and ancient heritage for all to see. The market is a rich confusion of goods and styles from right across the region, with jewellery, rugs, woven linen bags, woodcarvings and leather goods on display. Add to that the visual majesty of the setting and the colourful costumes of the protagonists 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 3100m and approached through a wonderful landscape of alpine vegetation. Located in the Western Cordillera, at the foot of Cotocachi, this now dormant volcanic caldera is a prime spot to find the 'King 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: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Visit Cotopaxi, drive via the Avenue of the Volcanoes to Quito

Our journey to Quito takes us south 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'. We actually drive just past Quito this morning, into the spectacular Cotopaxi National Park, where we shall 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 paramo (high altitude Andean grasslands). Set between the imposing masses of Cotopaxi and Ruminahui, the plateau is a haven for birdlife, as well as wild horses, the south american fox and the white tailed deer. After exploring this majestic place, we head back north to our overnight stop in Quito.



ACCOMMODATION:

Hotel Plaza Sucre (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

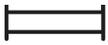


MEALS PROVIDED: BREAKFAST

DAY 6 - Drive to the Amazon, our base for the next three nights

This morning we will drive north-east to Termas de Papallacta, this route was taken by the Spanish conquistador Francisco de Orellana in 1542 as he crossed the Andes mountain range upon discovering the Amazon and Amazon River. Termas de Papallacta Spa & Resort is located just 67 km (40 miles) from Ecuador's capital. With an altitude of 3300 meters (10,824 feet) above sea level and a cold wet climate we will enjoy a couple of hours at the thermoludic area, which consists of five hot thermal pools and one cold pool. We'll continue driving into the Amazon Region and will take a short walk around the lodge before dinner.





ACCOMMODATION:
Jardin Aleman (or similar)



Grade: Comfortable Lodge



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 7 - Explore the Amazon by canoe searching for wildlife

After breakfast we will depart the lodge for a canoe trip on the Misahualli and Napo River to the protected forest of Misicocha where we will walk in the forest. We will admire the extraordinary flora and the exotic sounds of the primary rainforest. If we are lucky, we might see toucans, oropendolas, parrots and small monkeys. The local guide will explain the flora and fauna of the Amazon Region with special emphasis on medicinal plants. We will have lunch in a typical hut with a wonderful view over the Napo River. We will return to our canoe and ride upstream to visit the indigenous village of Muyuna and find out how to prepare 'chicha', a fermented yuca drink.



ACCOMMODATION:
Jardin Aleman (or similar)



Grade: Comfortable Lodge



SINGLE ROOM AVAILABLE



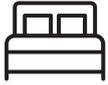
SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Walk along the Misahualli River learning about local plants and visiting an Indian Community

Today we go for a walk with a native guide who will explain the typical plants of this area and their daily use. During the hike we will pass through a labyrinth of high rocks with caves and amazing vegetation. After lunch, we will walk along the Misahualli River to the small village of Pununo where we cross a suspended bridge and enter the territory of the indigenous community of 'Alto Pununo' where we will see how the local people live and work.



ACCOMMODATION:
Jardin Aleman (or similar)



Grade: Comfortable Lodge



SINGLE ROOM AVAILABLE



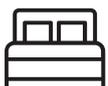
SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Travel the Waterfall Route to Banos

Crossing from the Amazon Jungle to the Highlands we will drive through the 'Avenue of Waterfalls'. We'll stop to visit the Pailon del Diablo waterfall, and will continue to the town of Banos, sitting below the active Tungurahua volcano. If the level of activity of the volcano changes, the accommodation for tonight is subject to change, but we will keep you updated if that happens.



ACCOMMODATION:
Hostal Posada J Banos (or similar)



Grade: Comfortable Hostel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Visit Chimborazo Forest Reserve, overnight in Alausi

Today we plan to see the highest peak in Ecuador in the Chimborazo Forest Reserve. Mt. Chimborazo, at 6310 mts is the most distant point from the centre of the earth. The reserve is an important protected area that guards a wide variety of vegetation and animals, including alpacas and vicunas. Once in the reserve, we will drive up to the 'Hermanos Carrel Refuge' located at 4800m, a great place to take a rest and enjoy a fantastic view of the beautiful Ecuadorian Andes. From here we will descend to El Arenal at 4200m, here we will take a leisurely 1 hour walk observing the vegetation, fauna and landscapes of the reserve. Leaving this magnificent scenery behind, we will continue driving to Alausi, where we will stay overnight.



ACCOMMODATION:
Hotel Noris (or similar)



Grade: Comfortable Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Travel on the 'Devil's Nose' Train before continuing to Cuenca

Today we take the train to Sibambe, which is inaccessible by road. This famous railway is a triumph of engineering. From Alausi the track drops 800m down a ridge and into the gorge of the Río Chanchan. This almost sheer descent, known as the 'Devil's Nose', was achieved by building a series of switch backs, making it one of the most exciting train rides in the world. From here, we continue to the small town of Huigra where we rejoin our bus. Our trip continues south along the scenic Panamerican Highway with a stop in Ingapirca, the main Inca complex in Ecuador where we will visit its principal archeological sites, before continuing to Cuenca.



ACCOMMODATION:
Hotel San Andres (or similar)



Grade: Comfortable Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Cuenca city tour, visit the Panama Hat Factory

Today, we'll visit the principal neighbourhoods and streets of Cuenca, a UNESCO World Heritage city. We will visit the downtown historical area, the central market, Abdon Calderon Park with its new and old cathedral. This city continues a proud intellectual tradition that has produced many notable writers, poets, artists, and philosophers We continue the tour to the Homero Ortega Panama Hat factory to observe the complete process of manufacturing of the Panama hat which is undoubtedly most important to our country. Finally we will visit the tourist balcony of 'Turi' where we can see a panoramic view of the whole city of Cuenca.



ACCOMMODATION:
Hotel San Andres (or similar)

Grade: Comfortable Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 13 - Discover Cajas National Park before travelling to Guayaquil

We will drive to Guayaquil on the El Cajas route, stopping at the national park. Here, we'll visit Llaviuco lake for a one and a half hour walk, before travelling to Guayaquil for the night.



ACCOMMODATION:
Unipark Hotel (or similar)

Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Morning city tour of Guayaquil city tour before the tour ends

This morning there is time for a tour of Guayaquil before the trip ends. We'll visit the administration square, where the local government buildings are located. Then we'll go Parque Seminario, also known as 'Parque de las Iguanas' due to the colonies of land iguanas that can be found there and visit the Metropolitan Cathedral of Guayaquil. We will walk to the Malecon 2000 to visit Torre Morisca and La Rotonda before our bus takes us to the bohemian neighbourhood of Las Penas, which was declared as a Cultural Heritage Site in 1982.

You will be dropped off at the airport at approximately 12pm once the city tour has finished, however if you'd like to leave earlier and skip the city tour you are free to organise flights at any time. If you'd like to receive a complimentary airport transfer today, you'll need to depart from Guayaquil's Jose Joaquin de Olmedo International Airport (airport code: GYE), which is approximately a 20 minute drive from our hotel.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and 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

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.

Papallacta - Hummingbird garden US\$5

Banos - Thermal springs US\$3

Clothing

Daytime clothing should be lightweight and loose fitting, but warmer clothing is needed at altitude, particularly at night. Long-sleeved lightweight clothes are useful for protection against sunburn. Bring a swimsuit, sunhat, sunglasses and a thick sweater or fleece. Lightweight waterproofs are essential.

Remember that altitude can make places much colder, especially at night, so bring something to wrap up in, including a pair of gloves, hat and scarf and a fleece.

Footwear

Comfortable walking boots or shoes are a good option for walks around Otavalo and Cotopaxi, while trainers or comfortable sandals are perfect for the towns and cities.

Luggage

20kg

Luggage: On tour

One main piece of luggage, plus a daypack. Remember, you are expected to carry your own luggage - don't overload yourself.

Equipment

A torch, water bottle, insect repellent and high factor sunscreen are essential. You may also wish to consider bringing ear plugs and binoculars with you.

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\$ 80 for group tipping

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

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.

Lunch price	Dinner price	Beer price	Water price
£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

Transport, Accommodation & Meals**Transport Information**

Bus, Train

Accommodation notes

During this trip we stay in a range of comfortable hotels and lodges, perfectly located for exploring Ecuador's diverse nature. In Misahualli, for example, we stay at a jungle lodge that offers delicious food, a swimming pool, access to the Napo River and great bird watching opportunities.

Essential Information**Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

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.

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 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 be able to apply through Explore's recommended visa service in the UK, Travcour. See 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 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.

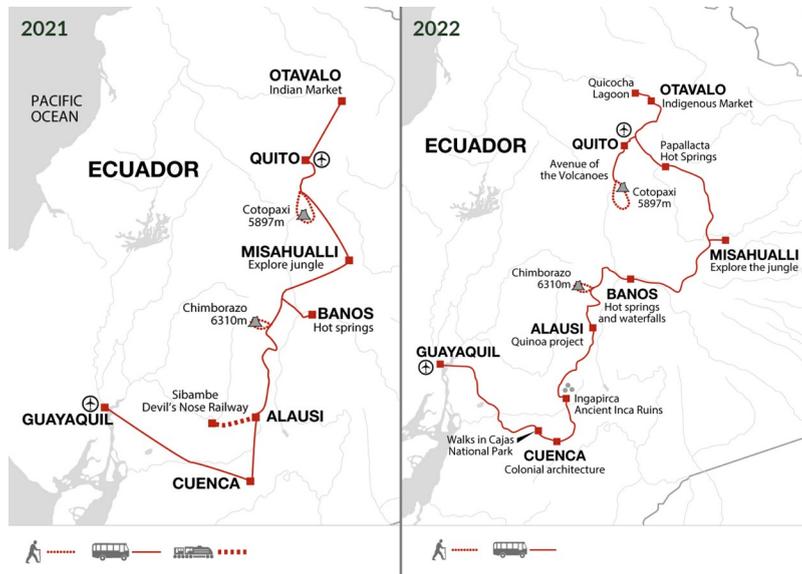
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

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.

Additional Information



Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS