

5-DAY ADVENTURE

GALAPAGOS ADVENTURE

Ecuador

This 5 day extension is the perfect follow on to your adventure in Ecuador. Explore the outstanding beauty of the Galapagos Islands as you discover the landscape and wildlife that inhabit this unique part of the world. The geography of these isolated islands have created a natural sanctuary where native species thrive. Whilst island-hopping across the breathtaking Galapagos Islands, you will be able to get up close to wildlife including sea turtles, penguins, sea horses, sea lions and sharks, secure in the knowledge that you are supporting local communities as well as educational and environmental projects. This extension is fully carbon offset as standard.

TRIP HIGHLIGHTS

- Snorkel through the lava formations and tunnels of Isabela Island
- Hike to the enormous lava dome of the Sierra Negra volcano
- Kayak with penguins, pelicans and eagle rays
- Visit the world-renowned Charles Darwin Research Station


Galapagos Islands
Quito
Isabela Island
Baltra Island
Santa Cruz Island
Primicas Reserve
Puerto Ayora
Sierra Negra
Concha de Perla
Lava tunnels
KANDOO ADVENTURES
Flight
Road
Boat
Hike

ITINERARY

DAY 1

TRAVEL TO ISABELA ISLAND

Today we travel the 600km from the coast of Ecuador to the Galapagos Islands. Starting with a morning flight* from Quito to Baltra Island. On arrival, we head to Puerto Ayora, the largest town in the Galápagos where we meet the rest of the group and board a boat to the archipelago's largest island, Isabela Island. This takes around 2 hours. The island was formed by volcanoes, some of which are still active today.

*The return flights between Quito and the Galapagos are not included in this trip and you must arrange these yourself.

Accommodation: **Hotel**

DAY 2

SNORKELLING AT LAVA TUNNELS

After breakfast we take a boat over the crystal-clear water to the incredible formations formed as flowing lava cools. Now we are here, we don our snorkels and flippers and take to the water where we will swim with sea turtles, eagle rays, sealions and maybe you'll be lucky enough to spot Galápagos penguin! We have free time this afternoon and other activities are available. If you have the energy, we can arrange a cycling tour. Alternatively, from your hotel, you can walk to the giant tortoise breeding centre which is well worth a visit.

Transport: **Boat (2 hours)**
Activity time: **2 hours**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 3

HIKE, KAYAK AND SNORKEL

We have a busy day today and, after an early breakfast we will leave our hotel at around 8am we will take a short drive to the base of the Sierra Negra volcano where we begin our hike. Sierra Negra is the oldest and most active volcano on Isabela Island and on your hike your guide will point out the remnants of it's last eruption in 2018. The hike is steep and rocky in places, taking you through lush, highland forest and over open lava fields but it is worth the effort. When you get to the crater rim, take a breath as you marvel at the 10km expanse of the caldera. We finish our hike, enjoy lunch then in the middle of the afternoon, we take to the water in kayaks where we can look out for Galápagos wildlife including pelicans, blue-footed boobies and marine iguanas. We continue with water-based activities as submerse ourselves in our final activity of the day, snorkelling the beautiful beach of Concha and Perla. When we are finished, we walk back through the mangroves and head back to our hotel where we will be able to grab a bite to eat and reflect on our action-packed day.

Hiking time: **4 - 5 hours**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 4

SANTA CRUZ ISLAND

We start our day with a boat ride over to Santa Cruz Island (this takes around 2.5 hrs). After checking-into our hotel, we will head out to the Charles Darwin Research Station, the largest and longest-running conservation organisation in the Galápagos. Here you can learn about the work that the Charles Darwin Foundation is doing to protect one of the world's most unique ecosystems. This afternoon, we go further into Santa Cruz as we head to the highlands and the Primicias Reserve for Galapagos tortoises. The reserve is home to a host of highland birdlife and you should keep a look out for pintale ducks, egrets, flycatchers, finches and frigatebirds. We will spend the evening in Puerto Ayora, the most populated town in the archipelago.

Transport: **Boat (2 - 3 hours)**
Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 5

DEPARTURE

After breakfast this morning, we say our final goodbyes to the Galápagos Islands as we board our flight and head back to Quito. After checking into your hotel, you have the remainer of the day to soak up anything you've not yet seen or want to see again before you head home.

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

This extension is rated level 3, which means moderately challenging. The hike up and down Sierra Negra is moderate but the ground is loose and the trail steep. During the rainy season, the trail will be muddy.

FOOD & DRINK

In Ecuador, expect to try a whole host of exotic foods and spices as we travel through various different regions. From the traditional foods of toasted corn and stuffed meats, to the more trendy spicy empanadas and citrus-infused cerviche the cuisine here is delicious! Where dinner is not included you will have the choice of local restaurants or hotel favourites.

Drinks are not included with dinner, so please make sure you have some cash with you for any drinks you may want. Please also be aware that hotels in small villages and town may not accept card payments.

Here is what to expect:

Breakfast

In most hotels, breakfasts will be buffet style and will generally consist of a selection of fruit, bread, eggs, spreads and yoghurt.

Lunch

Lunches will either be packed or taken in local restaurants. Packed lunches will be provided by the hotel or guesthouse and will range from rice and beans to sandwiches, fruit and pastries. You will carry your lunch items with you in your daysack. Remember to bring your favourite snacks (cereal or energy bars, dried fruits, chocolate) with you to keep you going through the day.

Evening meals

Your hotel will provide a varied menu offering a range of local and international dishes. There are plenty of options if you would like to sample food outside of your hotel. Ask your guide for recommendations if you are not sure where you want to go.

Drinking water

Water in Ecuador isn't necessarily safe to drink. We provide water bottle refills every morning and evening from a filtered water source and filtered water will also be available during the day, whilst you are on your activities. We do not encourage the purchase of single use plastic bottles and ask that you bring refillable bottles to hold a minimum of 1.5l of water. If you are purchasing drinks at restaurants, it is sensible to avoid ice.

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of accommodation and meal basis. On the Galápagos Islands, you will be staying in 3* hotels. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in US Dollars. When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits.

YOUR GUIDE

One of our representatives will be with you for the duration of your time on the Galapagos and all activities will be led by qualified activity guides. Once you are on your trip, you should speak to your lead guide about any problem, whether it relates to food, equipment or health. We would much prefer you to sort out any problems with them on the spot, rather than allow them to spoil your trip. Your guide is in contact with the office if further assistance is required.

If the lead guide is the source of your concern, you will have the opportunity to speak to one of the office representatives when you return to your hotel.

TRANSPORT

All transportation costs are included in this trip. Your transfers will be taken in either a comfortable minibus or a 4x4 vehicle dependent on the location and conditions of the roads.
Your luggage will also be transported by vehicle between locations each day. You will travel by speedboat for journeys between islands.

LUGGAGE

Bag Weight: 23kg

On this trip you have a maximum luggage allowance of 1 x 23kg bags. If you plan to bring a suitcase, this is not a problem but it is preferable that they are medium-sized and not large, hard-cased cases as these are more difficult to transport. If you will be travelling with a soft bag such as a duffel bag, these are very easy to transport. We recommend using soft 80-100L duffel bags.
Your bags will be transported by vehicle (car and boat) between locations, and a small daysack (around 30L) will be ideal to carry water, suncream, etc on your activities each day.

HOW DO I GET THERE?

You will need to arrange your own flights from Quito (UIO) to Baltra Galapagos Islands (GPS) and back to Quito. LATAM airlines operates direct flights that take around 2 hours. We recommend booking these in plenty of time before your trip as last minute flights can be expensive and direct flights may not be available.

PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a pre-trip briefing the evening before you head over to the Galápagos. This gives our tour the opportunity to review the plans for the trip with you, make sure you have all the right gear and answer any questions you may have. The briefing in Quito is held the at 6pm in the hotel lobby the evening before the you travel to the Galapagos and will be given by one of our local team. Your guide for this extension will meet you when you arrive in the Galapagos the following day.

OPTIONAL ACTIVITIES

After spending the morning snorkelling at the Lava Tunnels, you have some free time in the afternoon. If you still have the energy, we can arrange a cycling tour (payment to be made locally)). Alternatively, from your hotel, you can walk to the giant tortoise breeding centre.

BUDGET & CHANGE

The main currency in Ecuador is the US Dollar (USD). These can be easily exchanged before travelling. It is very important that US bills be new (no more than 10 years old), crisp
and untorn.

You will also be able to exchange money upon arrival in Quito. Most hotels, banks and exchange bureaus will exchange money for you and our guides are happy to assist you
to do this.

Please note that whilst you are out of the big cities there won't be anywhere for you to exchange money, so we would recommend doing this before leaving Quito. Credit cards are accepted in most restaurants and shops in the cities however in the smaller towns and villages they will be useless, so please make sure to have some cash on you as well. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

Depending on how many souvenirs you want to buy, we would suggest a recommended budget of US$200 to $250.

TIPS

Tipping is typically not expected in Ecuador, but is appreciated. The amount you tip should be based on the level of service you feel you have received and is completely voluntary. In restaurants and bars there is an official 10% service tax. For your trip crew, the decision on how much to tip should be determined by how well they serve you whilst you are on your adventure but the amounts below are a recommendation:

Guides: US$10 per person per day
Drivers / boat pilots: US$5 per passenger per day

Tips should be made in US Dollars and bills should be crisp, untorn and less than 10 years old. Drivers / boat pilots can be tipped at the ned of each day. You will have one guide who will be with you throughout the trip and any tip can be given when you say goodbye to them.

FORMALITIES & HEALTH

PASSPORT

Most travellers require a passport that is valid for at least six months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Ecuadorian government.

VISA

United States and UK passport holders do not require a visa to enter Ecuador. On arrival you will be granted a maximum 90 day stay in the country. This information may be subject to change, without notice, by the local authorities. It is your responsibility to check the latest travel requirements and information before departure.

VACCINATIONS

The World Health Organisation recommend the following vaccinations for travel to Ecuador:

Tetanus
Hepatitis A
Hepatitis B
Diphtheria
Typhoid
Rabies

Yellow Fever - This is necessary for all citizens of Peru, Bolivia, Columbia and Brazil and for any guests who have spent 10+ days in these countries prior to their Ecuador trip. It is also necessary if travelling from a country with Yellow Fever or transiting through one for 12+ hours.

If you are joining our Yasuni and Waorani extension in the Amazon rainforest, it is strongly recommended that you are vaccinated against Yellow Fever.

It is your responsibility to check the latest health information before travelling.

INSURANCE

Before you can join any Kandoo Adventures trek, you will need to insure yourself against accident, injury, and illness. Your insurance must cover the cost of rescue and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek and any other activities you will participate in. On trips including the peak summits of Cotopaxi, Cayambe or Chimborazo you will need to be covered for roped glacier walking and specifically, for our Peaks of Ecuador trip, you need to be covered for trekking up to 6500m and for our Volcanic Adventures trip you need to be covered for trekking up to 6000m. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf. You will also need to bring details of your insurance cover to the pre-trek briefing.

HEALTH

Malaria

There is low to no risk of malaria in any of the regions we operate in Ecuador. When the risk is low to none, antimalarials are not normally advised.

MINIMUM AGE LIMIT

The minimum age for this extension is 12 years old.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

For this trip you will need specialist equipment on your activities. We provide everything you need as part of your trip package. This equipment is regularly checked and updated to meet regulations. Please see below for equipment supplied:

Snorkelling

- Mask
- Fins
- Personal floatation Device

Kayaking

- Kayaks
- Paddles
- Personal floatation device

CLOTHING TO BRING

Headgear

- Neck gaiter or scarf - A scarf or balaclava comes in useful as a warm layer for your neck and face
- Sun hat - preferably wide-brimmed for protection
- Sunglasses - high UV protection
- Headlamp (plus extra batteries)

Upper body

- Thermal base layer (merino wool is a great option)
- Long sleeved shirts / t-shirts - light or medium weight, sun shirts work well
- Short sleeved shirts / t-shirts - lightweight, moisture wicking
- Fleece or softshell jacket
- Lightweight insulated jacket / mid-layer
- Water/windproof hardshell outer jacket
- Gloves - lightweight (fleece or quick-drying fabric)
- Long-sleeved swimming top (e.g. rash vest)
- Swimming costume

Legs

- Trekking trousers - light or medium weight - convertible trousers work well
- Quick-dry shorts
- Waterproof hardshell trousers

Feet

- Sandals / shoes to wear kayaking / in the water
- Training shoe or similar - to wear in the evening
- Suitable shoes / boots to wear for the volcano hike (with ankle support recommended)
- Mid-weight trekking socks
- Breathable, high-wicking liner socks

EQUIPMENT TO BRING

Gear

- Small rucksack (20-30 litres) to carry personal items
- Water bottle or hydration bag - must be able to carry 1.5-2L

Other accessories

- Sunscreen and lip balm - high SPF
- Mosquito repellent (recommended this contains DEET)
- Toiletries, including wet wipes and hand sanitiser - please carry all rubbish back off the trail
- Camera and spare batteries
- Personal medication and first aid kit
- Personal snacks and energy bars - dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.