

Von Quito nach Lima - Surfen & Ceviche - SEQM

15 days: Quito nach Lima

What's Included

- Dein G-for-Good-Moment: Shandia Community Erlebnis & Radtour, Shandia
- Dein G-for-Good-Moment: Shandia Community Lodge, Shandia
- Dein Welcome-Moment: Anreise und Begrüßungstreffen
- Dein First-Night-Out-Moment: Begegne neuen Freunden
- Dein Local-Living-Moment: Gastfamilie im Amazonas-Dschungel, Tena
- Dein Discover-Moment: Baños
- Dein Discover-Moment: Lima
- Ausflug zu einer Gemeinde im Amazonas-Dschungel
- Strandvergnügen in Mancora und Huanchaco
- Alle Transfers zwischen den Reisezielen sowie zu inbegriffenen Aktivitäten und zurück

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Gültig für alle Reiseternine nach Januar 1st, 2020

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Tag 1 Quito

Ankunft zu jeder Zeit möglich.

Verbring den ersten Tag deines Trips auf Erkundungstour durch die Hauptstadt von Ecuador. Abends findet im Hotel ein Treffen mit der Gruppe statt.

Dein Welcome-Moment: Anreise und Begrüßungstreffen

Deine Gelegenheit, den CEO und deine Mitreisenden zu treffen und mehr über deine Reise zu erfahren. Entscheiden dich für ein anschließendes Essen mit der Gruppe vor Ort. Bitte beachte den Aushang in der Lobby (oder frag an der Rezeption) nach der offiziellen Zeit und dem Ort für das Treffen mit der Gruppe.

Dein First-Night-Out-Moment: Begegne neuen Freunden

Begegne an deinem ersten gemeinsamen Abend in einem neuen Ort deinen neuen Freunden. Nur verfügbar auf 18-to-Thirtysomethings Trips.

Optionale Aktivitäten - Tag 1

Teleférico

Quito

9USD pro Person

Genieße von dieser Luftseilbahn aus, die den Volcán Pichincha hinauffährt, eine spektakuläre Aussicht auf Quito. Du kannst eine Wanderung auf dem Gipfel unternehmen oder einfach nur die Fahrt genießen.

Stadttour in Quito und Äquator

Quito

50-60USD pro Person

Unternimm eine Stadttour in Quito mit Altstadt (ein UNESCO-Weltkulturerbe), der Basilica del Voto Nacional, der Kirche la Compañía, Plaza San Francisco, Plaza Grande und Panecillo, einer Statue der Jungfrau von Quito. Reise 25 km in den Norden zur „Mitte der Erde“ bei 0° geografischer Breite und stehe mit einem Bein in beiden Hemisphären.

Cotopaxi Volcano - Full Day Trip

Cotopaxi – Alausí

50-100USD pro Person

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the afternoon. ****Park entrance fee is not included and is split among the number of travellers in the group****

Unterbringung

Casa CarpeDM (oder Ähnliche)

Guesthouse

Tag 2 Quito/Tena

Fahrt nach Tena im Amazonas-Dschungel und Weiterfahrt mit Truck und Boot zu einer Gemeinde im Dschungel.

Überlandfahrt nach Tena, das am Rand des Amazonas-Regenwalds liegt. Von dort geht es für 45 Minuten weiter mit dem Truck in die lokale Gemeinde Pimpilala, wo wir 3 Nächte verbringen werden. Die übernachtet bei einer Quichua-Familie, erlebst die Gastfreundschaft dieser wundervollen Menschen und kannst das Leben im Dschungel an deiner eigenen Haut erfahren.

Lokalbus

Quito – Tena 6h 189km

Einsteigen, hinsetzen, die Fahrt genießen.

Dein Local-Living-Moment: Gastfamilie im Amazonas-Dschungel

Bei diesem Gastfamilienaufenthalt im ecuadorianischen Amazonasgebiet in der Nähe von Rio Napo lernst du die traditionelle Denkweisen und Gewohnheiten kennen. Du übernachtet bei einer Quechua-Familie in der Nähe der Gemeinde Cando. Sie haben bereits vielen Besuchern einen Einblick in ihre völlig andere Lebensweise gewährt, die dich das Leben von einer neuen Perspektive betrachten lässt.

Hier kannst du an vielen tollen Aktivitäten teilnehmen. Wandere durch den Regenwald, bade unter Wasserfällen und lerne die Anwendung von tropischen Pflanzen kennen. Besuche eine Schamanen, erlebe einheimische Traditionen und erfahre mehr über die Geschichte und Kultur der Quechua.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen

Tag 3 Tena

Du erkundest die Tierwelt, übernachtet bei einer Gastfamilie und lernst viel über das Leben im Dschungel.

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Optionale Aktivitäten - Tag 3

Geführte Wanderung zu Wasserfällen

Tena

Bahne dir den Weg durch den Dschungel, lerne mehr über das üppige Grün, das dich umgibt und die Insekten und Tiere, die hier leben. Wandere zu einer Reihe von Wasserfällen, schnall dir ein Klettergeschirr an und klettere zur Spitze, wo dich eine schöne Aussicht erwartet.

Besuch des Tierschutzzentrums AmaZOOnico

Tena 2h-4h

25USD pro Person

Führung im Rettungs- und Auswilderungszentrum AmaZOOnico. Hier werden Tiere, die dem illegalen Handel zum Opfer gefallen sind, untergebracht und, wenn möglich, im Naturreservat ausgesetzt. Erlebe Großkatzen und Reptilien aus der Nähe und erfahre mehr über die Arbeit des Schutzzentrums.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen
Unterbringung
Cabanas Pimpilala (oder Ähnliche)
Homestay

Tag 4 Tena

Fahre am Vormittag mit dem Rad zum nahegelegenen Dorf Shandia und entdecke mit einem Jugendlichen aus dem Dorf als Guide die Schönheit des Amazonas. Sieh dir an, wie Schokolade gemacht wird und erfahre mehr über die traditionelle Nutzung von Kakao, lass dir Essen aus frischen lokalen Zutaten schmecken und übernachtete in der von G Adventures unterstützten Lodge.

Dein G-for-Good-Moment: Shandia Community Erlebnis & Radtour

Radle in das indigene Dorf Shandia mitten im Amazonas. Mit Unterstützung von G Adventures und Planeterra wurden im Dorf neue Kulturtouren entwickelt, die von Jugendlichen geleitet werden. Radle eine Stunde und 45 Minuten vom Dorf Pimpilala nach Shandia mit Zwischenstopps, um die Schönheit des Amazonas zu genießen. Diese Kulturtouren sind für die Gemeinde eine Möglichkeit, ihre einheimische Kultur zu bewahren und sich eine Zukunft zu sichern. Sie bieten wirtschaftliche Möglichkeiten für Jugendliche, die ansonsten das Dorf verlassen hätten, um Arbeit zu suchen. Du verlässt Shandia im Wissen, dass dein Besuch mitgeholfen hat, der jungen Generation im Dorf neue Möglichkeiten zu eröffnen und ihre traditionelle Kultur zu bewahren.

Dein G-for-Good-Moment: Shandia Community Lodge

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. Watch a chocolate making demonstration and learn about their cultivation of cacao and their traditional agriculture practices. Meals of local ingredients grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen
Unterbringung
Shandia Lodge (oder Ähnliche)
Homestay

Tag 5 Tena/Baños

Reise nach Baños, ein Paradies für Adrenalinjunkies.

Baños ist der perfekte Ort für Outdooraktivitäten wie Reiten, Canyoning, Wandern, Mountainbiken, Klettern und Rafting in den umliegenden Bergen und am Fluss Patate.

Pickup

Tena45m

Mach's dir hinten bequem und genieße die Fahrt zu deinem nächsten Ziel.

Lokalbus

Tena - Baños3h-4h

Einsteigen, hinsetzen, die Fahrt genießen.

Zeit zur freien Verfügung

Baños Nachmittag

Get out and explore Baños and its beautiful surroundings.

Optionale Aktivitäten - Tag 5

Reiten

Baños

25USD pro Person

Schwing dich in den Sattel und erkunde Baños malerische Landschaft mit dem Pferd. Erlebe die einzigartige Vegetation dieser Region und, wenn du möchtest, trabe hinüber zum Vulkan Tungurahua, für eine atemberaubende Aussicht.

Mountainbiken

Baños

10USD pro Person

Erkunde die fantastische Landschaft rund um Baños auf zwei Rädern. Je nach Route, kommst du vorbei an Bergen, Flüssen, Wasserfällen und einer sich ständig verändernden Vegetation. Genieße den erfrischenden Fahrtwind auf Downhillpassagen, aber vergiss die Sonnencreme nicht - die Sonne kann hier ganz schön kräftig sein.

Heiße Quellen

Baños

20USD pro Person

Entspann deine müden Muskeln in den Thermalquellen, für die Baños berühmt ist. Besuche die heißen Quellen am Fuße des Vulkans Tungurahua (Quichua für „kleine Hölle“), oder entspann dich in einem der Bäder mit Schmelzwasser der vergletscherten Flanken des Tungurahua. Steh vor Sonnenaufgang auf und beobachte, wie die ersten Strahlen der Sonne hinter den Berggipfeln hervorscheinen, während du dich im warmen Wasser entspannst. Das frühe Aufstehen hat sich definitiv gelohnt!

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hotel La Floresta (oder Ähnliche)

Hotel

Tag 6 Baños

Du kannst in den nahegelegenen heißen Quellen relaxen oder bei optionalen Aktivitäten wie Wandern, Reiten oder Mountainbiken aktiv werden.

Opt to pre-book the "Baños Canyoning Adventure" or "Baños Ziplining Adventure Bundle" activity on the checkout page ahead of time to include this optional on your tour.

Dein Discover-Moment

Baños Ganztägig

There's plenty to see and do in Baños, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like hiking, canyoneering, and relaxing in the hot springs. Your CEO has more ideas if you need them. Just ask!

Optionale Aktivitäten - Tag 6

Wanderung

Baños

Free

Begib dich in den Bergen auf atemberaubende Wanderungen - Baños bietet die perfekte Umgebung für Outdoor-Abenteuer.

Mountainbiken

Baños

10USD pro Person

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Reiten

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Baños Canyoning

Baños

30USD pro Person

Bahne dir bei diesem Canyoning-Abenteuer hüpfend, rutschend, abseilend und schwimmend deinen Weg entlang des Rio Blanco und genieße die atemberaubende Natur auf dem Weg ins Herz des Nationalparks Llanganates.

Baños - Zipline-Bundle

Baños

25USD pro Person

Schnall dir deinen Gurt um, setze den Helm auf und flitze an einer Zipline über eine 850 m tiefe Schlucht inmitten einer atemberaubenden Landschaft. Überwinde deine Höhenangst bei der Überquerung der

Tibetano-Hängebrücke über dem Rio Pastaza. Klettere zu einer zweiten Zipline, mit der dieses Abenteuer voller Adrenalinkicks endet.

Unterbringung

Hotel La Floresta (oder Ähnliche)

Hotel

Tag 7 Baños/Cuenca

Reise ins historische Cuenca.

Ecuadors drittgrößte Stadt, Cuenca, hat sich mit ihrer Kolonialarchitektur, ihren Kunstgalerien und den Museen eine schöne Kleinstadtatmosphäre bewahrt. Die umliegende Landschaft bietet zahlreiche Möglichkeiten für Outdooraktivitäten. Besuche Nationalparks, wandere durch die schöne Landschaft und besichtige Ecuadors einzige Inka-Ruinenstätte.

Erkunde die Sehenswürdigkeiten der Stadt wie die Kopfsteinpflasterstraßen, die roten Ziegeldächer, Kunstgalerien, Blumenmärkte, schattigen Plazas und Museen.

Lokalbus

Baños - Riobamba 2h

Einsteigen, hinsetzen, die Fahrt genießen.

Lokalbus

Riobamba - Cuenca 6h

Einsteigen, hinsetzen, die Fahrt genießen.

Unterbringung

Hotel La Casona (oder Ähnliche)

Hotel

Tag 8 Cuenca

Optionale Tagesausflüge in den Cajas Nationalpark oder zu den Inka-Ruinen von Ingapirca.

Zeit zur freien Verfügung

Cuenca Ganztägig

Enjoy free time to explore colonial Cuenca and its surroundings.

Nachtbus

Cuenca - Máncora 7h-8h 345km

Mach's dir bequem und hol dir eine Mütze Schlaf auf dem Weg zur nächsten Station.

Grenzüberquerung (Ecuador - Peru)

Huaquillas - Aguas Verdes

Zeit für einen weiteren Stempel im Reisepass. Pack deine Tasche und streiche ein weiteres Land von deiner Hitliste.

Optionale Aktivitäten - Tag 8

Besuch im Nationalpark Cajas

Cajas National Park 3h-6h

65USD pro Person

Von Cuenca machst du einen Ausflug in den Nationalpark Cajas. Erkunde diesen Spielplatz der Natur mit seiner atemberaubenden Landschaft und Tierwelt und ausgezeichneten Wandergebieten. Das ziemlich anspruchsvolle Gelände liegt meist über 4000 m Höhe in den Páramos (grasbewachsenem Hochland), mit vielen klaren Seen. Begib dich auf eine der vielen Wanderungen in diesem 28.000 Hektar großen Park und halte Ausschau nach Tigerkatzen, wilden Lamas, Pumas, und einer Vielzahl von Vögeln, darunter auch Tukane.

Besuch der Ruinen von Ingapirca

Cuenca

65USD pro Person

Besuche die Inka-Ruinen von Ingapirca, ein UNESCO-Welterbe. Die Stätte liegt ungefähr eineinhalb Autostunden nördlich von Cuenca und die Fahrt führt durch einige der schönsten Landschaften Ecuadors. Obwohl es sich um eine bedeutende Inka-Stätte handelt, ist nur wenig über ihre Geschichte bekannt.

Cuenca Schlammbad und heiße Quellen

Cuenca

40USD pro Person

Schmiere dir Vulkanschlamm auf Gesicht und Körper und entspanne dich in den natürlichen heißen Quellen.

Tagesausflug nach Gualaceo und Chordeleg

Cuenca

65USD pro Person

Erkunde die Landschaft um Cuenca, besuche Orte in der Umgebung, die für Kunsthandwerk, Weberei und Textilien bekannt sind. Erfahre mehr über den Webprozess und kaufe einen Schal, eine Gitarre oder einen Strohhut direkt von den Leuten, die sie herstellen.

Unterbringung

El Gran Caiman Mancora (oder Ähnliche)

Hotel

Tag 9 Máncora

Grenzüberquerung nach Peru und ab an den Strand.

Zeit zur freien Verfügung

Máncora Ganztägig

Chill out in this Peruvian fishing village, head to the beach or give surfing a try.

Optionale Aktivitäten - Tag 9

Surfen

Máncora

Spring auf ein Surfbrett und reite auf den Wellen!

Unterbringung

El Gran Caiman Mancora (oder Ähnliche)

Hotel

Tag 10 Máncora

A lazy beach day is just what the doctor ordered. Unless you want to or take a surf lesson or join a yoga class. Totally up to you as you enjoy a free day in Mancora.

Zeit zur freien Verfügung

Máncora Ganztägig

Enjoy a free day to relax or get active.

Optionale Aktivitäten - Tag 10

Surfen

Máncora

Spring auf ein Surfbrett und reite auf den Wellen!

Unterbringung

El Gran Caiman Mancora (oder Ähnliche)

Hotel

Tag 11 Máncora/Trujillo

Zeit zur freien Verfügung in Mancora. Nachtbus nach Trujillo.

Zeit zur freien Verfügung

Máncora Ganztägig

Get out and enjoy this beachside town.

Nachtbus

Máncora - Trujillo 9h-10h

Mach's dir bequem und hol dir eine Mütze Schlaf auf dem Weg zur nächsten Station.

Optionale Aktivitäten - Tag 11

Reiten

Máncora

Unternehm einen Ausritt mit einem wunderschönen Pferd und erlebe die Gegend aus einer neuen Perspektive.

Surfen

Máncora

Spring auf ein Surfbrett und reite auf den Wellen!

Tag 12 Trujillo

Bienvenidos a Trujillo! You can visit the impressive Chan Chan sandstone archaeological site today, snap a photo at the yellow colonial church, or head to Huanchaco for some more beach time.

Zeit zur freien Verfügung

Trujillo

Get out and explore the city!

Optionale Aktivitäten - Tag 12

Besichtigung der Ruinen von Chan Chan

Trujillo

Steige in ein Taxi und besuche die Ruinen von Chan Chan, der Hauptstadt des größten Prä-inka-Reiches von Peru, 5 km außerhalb der Stadt Trujillo. Die um 1470 nach der Eroberung durch die Inka-Armee verlassenen Stadt umfasst heute eine 5.000 Hektar große Stätte mit erodierten Lehmziegeln.

Unterbringung

Hotel Orbegoso (oder Ähnliche)

Hotel

Tag 13 Trujillo/Lima

Ein ganzer Tag in Trujillo, anschließend Nachtbus nach Lima.

Zeit zur freien Verfügung

Trujillo

Do as much or as little as you'd like before an overnight bus in the evening.

Nachtbus

Trujillo - Lima 8h-9h

Mach's dir bequem und hol dir eine Mütze Schlaf auf dem Weg zur nächsten Station.

Optionale Aktivitäten - Tag 13

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Tag 14 Lima

Barranco Neighbourhood Visit

Lima

Dubbed Lima's coolest neighbourhood, once full of summer homes for Lima's elite now an area full with art boutiques, trendy bars, converted mansions, and cool vibes.

Dein Discover-Moment

Lima Ganztägig

There's plenty to see and do in Lima, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like taking a cooking class, watching the Magic Circuit of Water and visiting the Lost Inca Citadel of Lima. Your CEO has more ideas if you need them. Just ask!

Optionale Aktivitäten - Tag 14

Stadttour durch Lima

Lima

40USD pro Person

Entdecke auf dieser halbtägigen Stadttour die Highlights von Lima. Besuche die Kirche San Francisco und ihre beeindruckenden Katakomben, schlendere über die Plaza de Armas und lerne die schönsten Stadtviertel von Lima kennen. Genieße klassische peruanische Tapas und einen Pisco Sour - nachdem du gelernt hast, wie man sie zubereitet, natürlich!

Bike Miraflores and Barranco

Lima

35USD pro Person

Head out on a bike tour through Miraflores and Barranco visiting iconic districts in Lima along the way. You will bike a total of 13km or about 8 miles on this particular tour. Take in the colourful atmosphere as you pass by historic house in the Bajada de Baños district and visit the famous Puente de los Suspiros.

Kochkurs in Lima (4 Stunden)

Lima

Lass dir die peruanische Küche schmecken, besuche lokale Märkte, suche die Zutaten aus und bereite danach Spezialitäten der peruanischen Küche zu, die chinesische, italienische, westafrikanische und japanischen Einflüsse in sich vereint.

Full Day Lima Experience

Lima

150USD pro Person

Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park.

MALI & Peruvian Paso Horse with dinner

Lima

90USD pro Person

Visit Parque de la Exposición, a historical park in the city and the Art Museum of Lima which exhibits art developed from pre-Inca, Colonial and Present times. Then, visit a Hacienda where you will experience a performance of typical, local dances and see the Marinera Dance with the horses while you enjoy a buffet dinner.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hotel Gemina (oder Ähnliche)

Hotel

Tag 15 Lima

Abreise zu jeder Zeit möglich.

Tag der Abreise

Du willst noch nicht abreisen? Dein CEO kann dir bei deinen Reisevorbereitungen helfen, um dein Abenteuer zu verlängern.

Optionale Aktivitäten - Tag 15

Stadttour durch Lima

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Inbegriffene Mahlzeiten: Frühstück

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Dein Welcome-Moment: Anreise und Begrüßungstreffen

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Dein Local-Living-Moment: Gastfamilie im Amazonas-Dschungel, Tena

Dein Discover-Moment: Baños

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Highlights

Übernachte bei einer Gastfamilie am Amazonas, vergnüge dich in Baños mit vielen Aktivitäten, erforsche riesige Vulkane und Kolonialstädte, chille und surfe am Strand von Mancora und erkunde das Nachtleben in Trujillo.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

- 1) Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.
- 2) Please also note this tour travels to Banos. The Tungurahua volcano in the area around Banos is constantly active. G Adventures have operated countless tours to the Banos area over the years without incident. However, we are obligated to point out that travel to the area is at your own risk, to exercise caution when travelling in the area. Further, we urge you to check your insurance coverage with your insurance provider prior to travel to the Banos area.
- 3) Please note that protocols in Peru may require that proof of double vaccination for COVID-19 be shown along with passport ID in order to board domestic flights, trains and also to gain entry into restaurants, museums and attractions. We recommend keeping this info handy as these requirements can change without notice.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max. 18, im Schnitt 14.

Meals Included

6 Frühstück, 3 Mittagessen, 3 Abendessen

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Lokaler Bus, Boot, Minibus, motorisiertes Kanu.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Einfache Hotels (8 Nächte, manchmal Mehrbettzimmer), Nachtbusse (3 Nächte), urige Hütten im Dschungel (2 Nächte), von G Adventures unterstützte Lodge (1 Nacht).

Rooming and "My Own Room" Exceptions

Beachte bitte: Wenn du die Option "My Own Room" für diesen Trip gebucht hast, übernachtst du stets in einem Einzelzimmer, mit der folgenden Ausnahme: Nights 2-4: Amazon homestay, Nights 8, 11 and 13: overnight buses.

About Accommodation

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken.

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control. For private accommodation please see tours in our Classic Travel Style.

Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

The Quito International Airport is approximately one hour outside of the city centre where your joining hotel is located. There are a number of routes the driver may take depending on time of day and traffic, however, the route often seems long and indirect. The easiest and cheapest way to get there is by organizing a taxi at the desk within the airport (approximately \$30 USD). Private transfers generally cost more as the cars will need to drive from Quito, to the airport, and return. Immediately after the customs and immigration area, as you head to the exits, you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

There is also a shuttle available with the bus company Aeroservicios. Aeroservicios charges 8 USD to board a bus which will take you from the new airport to the old airport. The buses are new, comfortable, and often include wifi. From the old airport, a taxi to get to your hotel would generally cost \$5 USD depending on the distance and location.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Once you arrive at your Joining Hotel, look out for a Welcome Note which will be left at reception with all of the necessary information regarding your Welcome Meeting, along with the meeting time (usually between 5pm and 7pm). This is when you will get a chance to meet your CEO and other travellers, receive information about any general and specific aspects of the trip and learn more about how the tour will run. If you don't see a note, please ask reception for details!
If you arrive late, s/he/they will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time)

From outside Peru: +51 1 241 1650

From inside Peru: 01 241 1650 or 241 1650 (from payphone within Peru)

After hours Emergency number: +51 99 758 2712. (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. This is especially true on the Inca Trail, at which time warmer clothing is essential.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

Packing List

Amazon:

- Knee-length socks
- Loose-fitting, light coloured hiking pants
- Loose-fitting, light coloured long-sleeved shirts
- Pack liners to waterproof bags

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary

depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Peru is the Nuevo Sol (PEN), and in Ecuador the US Dollar (USD).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Optional Activities

Quito

- Teleférico (9USD pro Person)
- Stadttour in Quito und Äquator (50-60USD pro Person)

Cotopaxi

- Cotopaxi Volcano - Full Day Trip (50-100USD pro Person)

Tena

- Geführte Wanderung zu Wasserfällen
- Besuch des Tierschutzzentrums AmaZOOnico (25USD pro Person)

Baños

- Reiten (25USD pro Person)
- Mountainbiken (10USD pro Person)
- Heiße Quellen (20USD pro Person)
- Wanderung (Gratis)
- Baños Canyoning (30USD pro Person)
- Baños - Zipline-Bundle (25USD pro Person)

Cajas National Park

- Besuch im Nationalpark Cajas (65USD pro Person)

Cuenca

- Besuch der Ruinen von Ingapirca (65USD pro Person)
- Cuenca Schlammbad und heiße Quellen (40USD pro Person)
- Tagesausflug nach Gualaceo und Chordeleg (65USD pro Person)

Máncora

- Surfen
- Reiten

Trujillo

- Besichtigung der Ruinen von Chan Chan

Lima

- Stadttour durch Lima (40USD pro Person)
- Bike Miraflores and Barranco (35USD pro Person)
- Kochkurs in Lima (4 Stunden)
- Full Day Lima Experience (150USD pro Person)
- MALI & Peruvian Paso Horse with dinner (90USD pro Person)
- Huacas and Larco Museum by Night (90USD pro Person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Care should be taken when wandering around on your own in central Lima as, some areas can be dangerous and pickpockets are daring.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](http://www.planeterra.org/).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

Mindestalter für diese Reise sind 18 Jahre.

International Flights

Check-in-Zeiten und Freigepäck/Einschränkungen können je nach Fluggesellschaft variieren und sich jederzeit ändern. Für die aktuellsten Informationen zu deinem Flug wende dich bitte an deine Fluggesellschaft. Wir empfehlen Online-Check-in, um mögliche Verzögerungen am Flughafen zu vermeiden.