

ECUADOR & THE GALAPAGOS



Climate:

The Andes Mountains divide the country into three main physical regions: the Costa (coastal region), the Sierra (highland region), and the Oriente (eastern region, also called the Amazon region). Because Ecuador lies on the Equator, most of the country, except in the Sierra, experiences humid tropical climates. Temperatures vary only slightly among the seasons; much wider differences occur between day and night. Average daytime high temperatures range from 84° to 91° F (29° to 33° C), while nighttime lows fall to between 68° and 75° F (20° to 24° C). As elevation increases, temperatures drop fairly predictably at a rate of about 9° to 11° F (5° to 6° C) for every 3,300 feet.

The Galapagos consist of 13 major islands (ranging in area from 5.4 to 1,771 square miles), 6 smaller islands, and scores of islets and rocks lying athwart the Equator 600 miles (1,000 km) west of the mainland of Ecuador. The climate of the Galapagos Islands is characterized by low rainfall and low humidity. Air and water temperatures are warmest between Dec and March.

Currency:

The local currency is the US Dollar. Dollars that are written on or have frayed, torn edges are usually not accepted. Before departure, call your bank to determine locations of ATMs in the cities and towns throughout your itinerary, and be sure and ask if the ATM will have instructions in English. Nearly all should. MasterCard is widely accepted while Visa and American Express are occasionally. However, many shops will charge you a fee for using a credit card. You can avoid these fees by bringing more cash and using that for your purchases. Visit www.oanada.com for currency exchange rates.

Visas:

For U.S. and Canadian citizens, a valid passport is needed for entry into all South American countries. However, it is NOT necessary to obtain a visa BEFORE entering any South American countries except Brazil. **Note:** Many countries require that your passport be valid 6 months after travel. **Be sure to check your expiration date and renew your passport** if it expires within 6 months of travel!

Departure Tax:

Since 2011, International and Domestic departure taxes from Quito and Guayaquil are included in the price of your tickets*. **There is a \$100pp Galapagos National Park fee, which must be paid in US dollars only or pre-paid if possible.**

***If you are flying out of Quito and your Air tickets were purchased prior to February 20, 2013, you may be subject to paying an additional \$8.10 for Domestic flights, and \$15.86 for International Flights.**

For any departing Galapagos flights, there will be an additional \$15.50 tax per ticket included in your cruise cost. For travelers who booked Galapagos cruises, prior to May 2013, you will need to pay this tax at the airport in cash.

Galapagos Flights:

Please note there is a 20kg (~44 lbs) weight limit for luggage on flights to/from the Galapagos. You can always store luggage in Quito.

Immunizations:

Recommendations change frequently, so you must check directly with the Center for Disease Control and Prevention (CDC), a traveler's clinic or other medical authority. Visit <http://wwwnc.cdc.gov/travel/destinations/list#P> for more information.

Suggested Tipping Guideline:

Drivers: \$5-\$8 per person/per day

Mainland Guides: \$10-\$20 per person/per day

For trekking trips:

Cooks: \$4 per person/per day

Porters and Other Trekking Staff: \$3 per person/per day

Budget:

You will need to analyze your spending habits and decide how much extra money to bring for alcoholic beverages, soft drinks, gratuities, souvenirs, and laundry. For a ten day trip, budget at least \$200-\$300pp for additional expenses. A rule of thumb: take half the clothing and twice the money you thought you would need!

Shopping:

We have instructed all our guides to not make any "shopping stops" against your wishes anywhere during the course of the trip. THERE ARE NO SHOPS RECOMMENDED BY US IN ANY CITY. No guide is supposed to push you into shopping. If any guide, anywhere, pushes you for shopping, please firmly tell him/her that you are not interested and if need be, feel free to email or call us on the emergency contact information given. We take strict action against the guide(s) who push our travelers to shop.

(same as USA)

Dialing Code: 593

Time Zone: GMT/UTC -5

Electricity: 120V, 60Hz. Ecuador runs on the same voltage system as the USA, so no adapters' necessary.

Weight Restrictions:

Be mindful that the international weight restrictions are 20 kilos (44 lbs). Most likely your international flight will not check weight; however internal flights typically allow two bags and one carry-on, with the 20 kilo. weight restriction for the two bags. Please check with us if you have any questions.

Specifically For Galapagos Travelers

Smoking Policy:

Smoking is prohibited in enclosed areas aboard the vessels and on the Islands. Smoking is only allowed on the outside decks in designated areas.

Drinking Water:

Water bottles are provided upon arrival in your cabin. Please bring your own water bottle, which you can refill them from the safe filtered water source on the boat. This helps cut down on the amount of plastic bottles and the need for recycling. Safe drinking water is also provided during meal times. We do not recommend you drink water from the tap in your cabin.

Motion Sickness:

Due to strong currents, there will be moderate movement of the vessel while navigating. Most passengers are not affected. However, if you are prone to seasickness, we strongly urge you bring some type of medication to prevent motion sickness.

Physical Limitations:

Passengers able to walk a few hours a day unassisted will be able to fully enjoy Galapagos. Some of the excursions require more physical activity than others involving short steep climbs or long walks in hot weather. However, most excursions require moderate activity and the walks are at a leisurely pace. Entering and exiting the pangas (local word for dinghies) require that you need to be

976 Tee Court, Incline Village NV, 89451 • (800) 670-MYTH (6984) • (775) 832-5454 • Fax (775) 832-4454

www.mythsandmountains.com • travel@mythsandmountains.com

Journeys Of A Lifetime

reasonably fit and sure footed. If you are concerned about your ability to do any particular day hike, please consult with the naturalist beforehand. In order to enjoy your trip to its fullest potential, it is a good idea to do some exercise before your trip, such as walking, swimming or bicycling.

Island Visits:

The vessels anchor offshore at two visitor sites or Islands per day. Passengers are ferried to the landing point in zodiac style inflatable landing craft (locally called "PANGAS"). The landings are either wet (where one must step into water anywhere from your ankles to your knees and wade to shore) or dry (where one steps from the panga directly to the volcanic rock). Your guide and panga driver will assist you with a steady hand. On the Islands, one follows marked trails set by the National Park walking at a leisurely pace together with your guide. You will spend 3-4 hours at each site allowing plenty of time to explore and photograph the wildlife.

National Park Rules:

The National Park establishes and maintains nature trails and interpretive signs. Signs posted on board our vessels list the National Park Rules & Regulations. During the orientation, your guide will go over the Galapagos National Park rules, which you are required to follow. Visitors cannot legally go anywhere in the designated National Park area without being escorted by a licensed guide. Rules are enforced by naturalist guides and park officials.

Galapagos National Park Fee:

In order to enter the Galapagos National Park, every adult visitor must pay the \$100 Galapagos National Park fee (less for children aged 11 and under). In most cases for passengers who are going on a Galapagos cruise, this fee is pre-paid and included in your invoice. You'll receive a voucher stating that this fee is pre-paid so that when you arrive in the Galapagos, you can go directly to a separate line for passengers who have pre-paid the fee. If your cruise **does not include** the Galapagos National Park fee, we will advise you of this when we confirm your trip price, and you will pay the fee in cash upon arrival in the Galapagos. Note that any traveler doing a land-based Galapagos itinerary will have to pay the fee in cash upon arrival; pre-payment of this fee for Galapagos land packages is not available.

Transit Control Card:

This card is also known as an INGALA fee. It was instituted to control illegal immigration into the Galapagos population and to track Galapagos tourists. Every traveler must pay this \$10 fee. In most cases for passengers who are going on a Galapagos cruise, this fee is pre-paid and included in your invoice. If your cruise **does not include** the Transit Control Card fee, we will advise you of this when we confirm your trip price, and you will pay the fee in cash at the Quito or Galapagos airport. Note that any traveler doing a land-based Galapagos itinerary will have to pay the fee in cash upon arrival; pre-payment of this fee for Galapagos land packages is not available.

Spanish 101

please - por favor
thank you - gracias
hello - hola
goodbye - adios
see you later - hasta luego
yes - si
no - no
I'm sorry - lo siento
excuse me - perdón
I don't understand - no entiendo
Do you speak English? - habla inglés?
I don't speak Spanish - no hablo español
Good afternoon - Buenas tardes
Good night - Buenas noches
How much is? - Cuanto es?
Good - bueno
bad - malo
car - coche
postcard - postal
map - mapa
menu - la carta
bill - la cuenta
waiter/waitress - camarero/camarera
tomorrow - mañana
yesterday - ayer
today - hoy
I need - necesito
breakfast - desayuno
lunch - almuerzo
dinner - cena
Airport - aeropuerto
departure - salida
arrival - llegada
petrol - gasolina
chemist - farmacia
Doctor - medico

aceite de oliva - olive oil
ajillo/ajo - garlic
arroz - rice
atún - tuna
champiñones - mushrooms
gambas - prawns
ensalada - salad
a la plancha - grilled
pollo - chicken
helado - ice cream
al horno - baked
huevo - egg
jamón - ham
mariscos - seafood
pan - bread
papas - potatoes
pavo - turkey
pescado - fish
pimiento - pepper
queso - cheese
sal - salt
salchicha - sausage
sopa - soup
tortilla - spanish omelette
tostada - toast
agua - water
agua sin gas - still water
agua con gas - fizzy water
bebida - drink
botella - bottle
café con leche - coffe with milk
cortado - espresso with milk
café solo - black coffee
cerveza - beer
hielo - ice
leche - milk
té - tea
vino - wine
zumo - fruit juice
zumo de naranja - orange juice



976 Tee Court, Incline Village NV, 89451 • (800) 670-MYTH (6984) • (775) 832-5454 • Fax (775) 832-4454
www.mythsandmountains.com • travel@mythsandmountains.com

Journeys Of A Lifetime

BIBLIOGRAPHY



See the Longitude Books website: <http://www.longitudebooks.com/> for more book ideas.

- Bates, H.W. (1975). The Naturalist on the River Amazon. Berkeley: University of California Press.
- Bierhorst, J. (1988). The Mythology of South America. New York: William Morrow and Company, Inc.
- Boyce, B. (1990). A Traveler's Guide to the Galapagos Islands. San Jose: Galapagos Travel.
- Casagrande, J.B. (1977, October). Looms of Otavalo. Natural History. Vol. 86.
- Cobo, Fra. B. (1990). Inca Religion & Customs. Austin: University of Texas Press.
- Collins, Harper (1995) Thy will be Done: The Conquest of the Amazon: Nelson Rockefeller and Evangelism in the Age of Oil South American Explorer - Colby and Dennett
- Collier, J. and Buitron, A. ed. (1949. The Awakening Valley. Chicago: University of Chicago Press.
- De Roy Moore, T. (1980). Galapagos: Islands Lost in Time. New York: Viking Press.
- Dorst, J. (1967). South America and Central America: A Natural History. (The Continents We Live On series). New York: Random House, Inc.
- Eichler, A. (1955). Ecuador: Snow Peaks and Jungles. New York: Cromwell.
- Eliade, M. (1974). Shamanism. Princeton: Princeton University Press.
- Forsyth, A. and Miyata, K. (1984). Tropical Nature: Life and Death in the Rain Forest of Central and South America. New York: Charles Scribner's Sons.
- Gartelmann, K.D. (1986). Digging Up Pre-History: The Archeology of Ecuador. Quito: Ediciones Libri Mundi.
- Harner, M. (1972). The Jivaro: People of the Sacred Waterfall. Garden City: Doubleday/Natural History Press.
- Hemming, J. (1970). The Conquest of the Incas. New York:
- Humann, P. (1988). Galapagos: A Terrestrial and Marine Phenomenon. Emeryville: Publishers Group West.
- Kling, K. (1988). Ecuador: Island of the Andes. London: Thames & Hudson.
- Krichner, J.C. (). A Neotropical Companion. Princeton: Princeton University Press.
- Jackson, M.H. (1990). Galapagos: A Natural History Guide. Calgary: The University of Calgary Press.
- Lamb, F.B. (1974). The Wizard of the Upper Amazon: The Story of Manuel Cordova-Rios. Boston: Houghton Mifflin.
- Martz, J.D. (1988). The Military in Ecuador: Policies and Politics of Authoritarian Rule. Albuquerque: Latin American Institute.
- Meish, L. (1977). A Traveller's Guide to Dorado and the Inca Empire. New York: Penguin Books.

976 Tee Court, Incline Village NV, 89451 • (800) 670-MYTH (6984) • (775) 832-5454 • Fax (775) 832-4454
www.mythsandmountains.com • travel@mythsandmountains.com

Journeys Of A Lifetime

- Michaux, H. (1970). Ecuador: A Travel Journal. Seattle: University of Washington Press.
- Mitchell, A. (1986). The Enchanted Canopy. New York: Macmillan Publishing Company.
- Morrison, T. (). The Andes. New York: Time-Life.
- Orin Starn, Carlos Ivan Degregori, and Robin Kirk, Editors (1995) The Peru Reader: History, Culture, Politics. Duke University Press
- Rachowiecki, R. (1984). Climbing and Hiking in Ecuador. Edison: Hunter Publishing, Inc.
- Richards, P.W. (1970). The Life of the Jungle. (Our Living World of Nature Series). New York: McGraw Hill, Inc.
- Salomon, F.L. (1978). Ethnic Lords of Quito in the Age of the Incas: the Political Economy of North-Andean Chiefdoms. Ithaca: Cornell University.
- Schodt, D.W. (1987). Ecuador: An Andean Enigma. Boulder: Westview Press.
- Schreider, F. and Schreider, H. (1970). Exploring the Amazon. Washington, D.C.: Smithsonian Institution Press.
- Shoumatoff, A. (1978). The Rivers Amazon. San Francisco: Sierra Club Books.
- Spindle, F. M. (1987). Nineteenth Century Ecuador: A Historical Introduction. Fairfax: George Washington University Press.
- Steadman, D.W. and Zousmer, S. (1988). Galapagos: Discovery on Darwin's Islands. Washington, D.C.: Smithsonian Institution Press.
- Stephenson, M. (1989). The Galapagos Islands. Seattle: The Mountaineers.
- Sterling, T. (1973). The Amazon. (The World's Wild Places Series). New York: Time-Life Books
- Thorton, I. (1971). Darwin's Islands: A Natural History of the Galapagos. New York: The Natural History Press.
- Whitten, N.E. (1985). Sicuanga Runa: The Other Side of Development in Amazonian Ecuador. Urbana: University of Illinois Press.