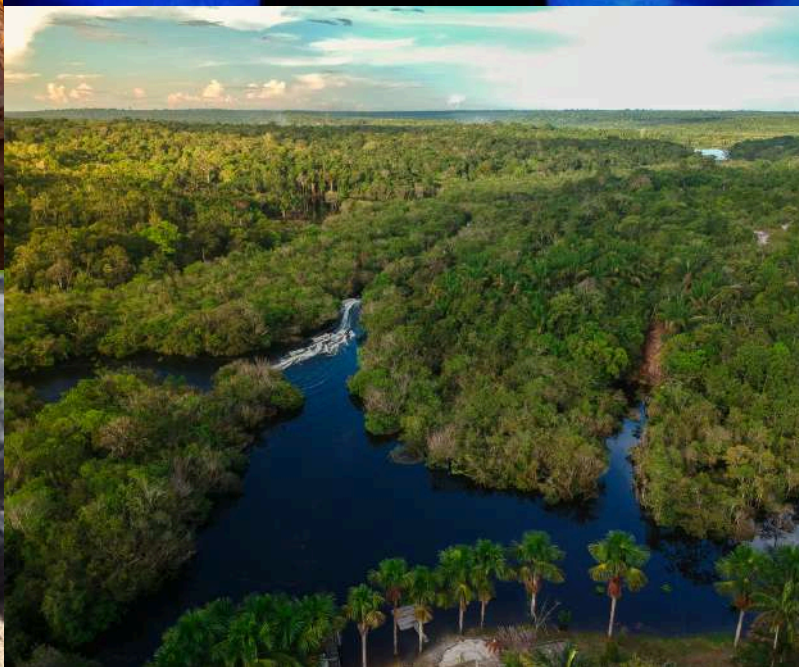


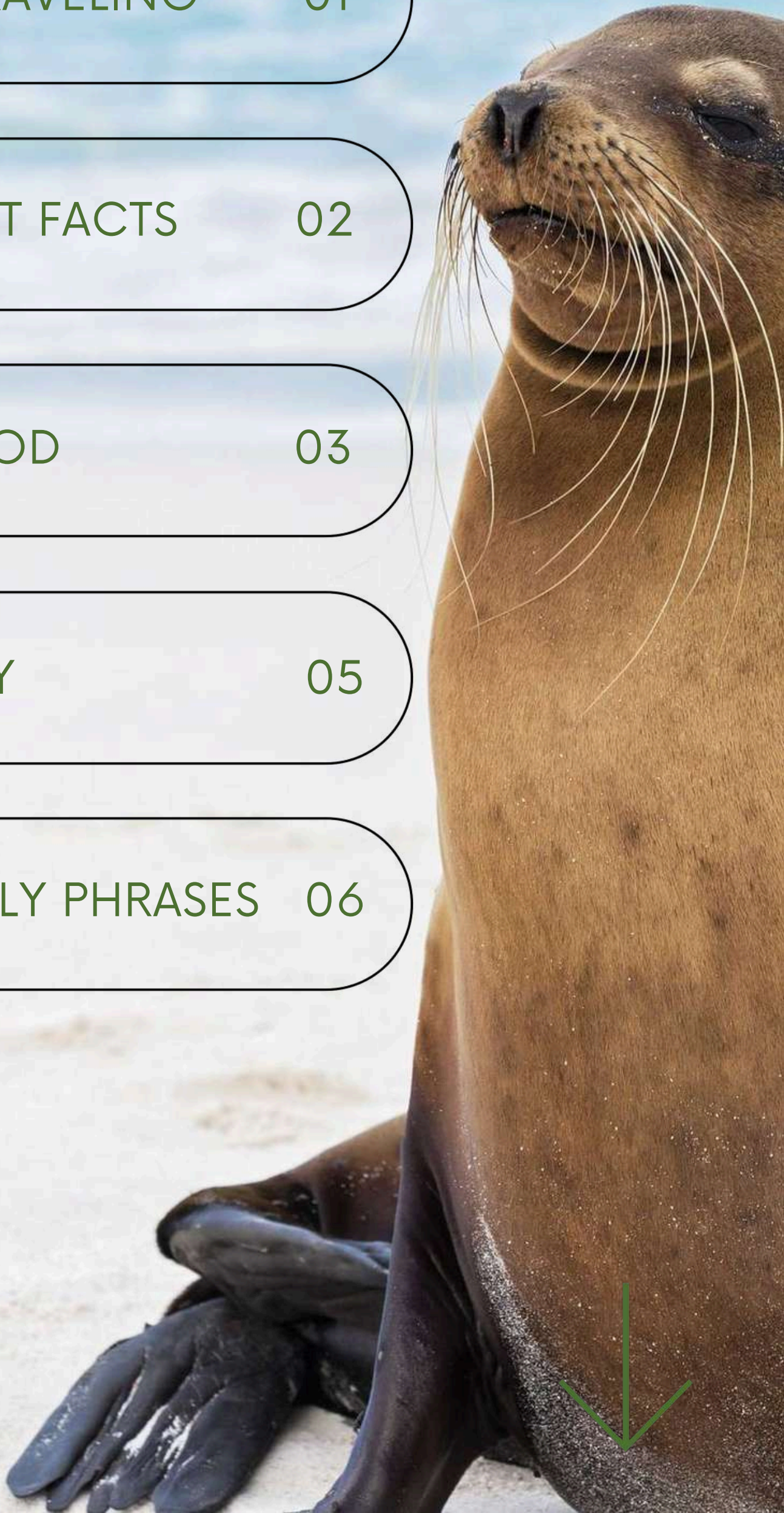


ECUADOR AND THE
GALAPAGOS ISLANDS
travel guide



THINGS YOU NEED TO KNOW ABOUT ECUADOR

- BEFORE TRAVELING 01
- IMPORTANT FACTS 02
- LOCAL FOOD 03
- CURRENCY 05
- COMMONLY PHRASES 06



Get Ready for The Adventure

BEFORE TRAVELING

We've put together a handy travel guide with all the necessary information to help you enjoy a hassle-free vacation.

Follow these essential steps to ensure you're fully prepared for an unforgettable experience in Ecuador and the Galapagos Islands.



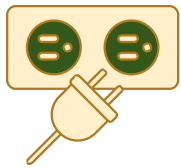
Passport Check

Make sure your passport remains valid for at least six months after your return flight.



Health Precautions

Get travel vaccinations at a hospital or clinic, stock up on meds, pack a first-aid kit and your own medication



Ecuador travel adaptors

Ecuador operates with plug voltage type B on a 120V supply voltage and 60Hz.



Financial Preparation

Ensure you have a mix of cash and cards. Some places only accept cash. The official currency in Ecuador is USD Dollars, you can exchange currency at airport.



Travel Insurance

It's essential for protecting against unforeseen events, from health issues to trip cancellations



Pack Smart

Grab comfy clothes, hiking boots, sunscreen, bug spray, a good camera, and don't forget your good attitude!



Local Research

Research Ecuador's Galápagos Islands, Amazon Rainforest, Andean culture, Quito's history, biodiversity, traditional foods, and safety tips.



Weather

Ecuador's weather varies widely: humid on the coast, cool and dry in the Andes, rainy in the Amazon, and mild in the Galápagos. Be prepared for different conditions depending on your destination.

Important Facts you may know about ECUADOR AND THE GALAPAGOS



1. The Galapagos Islands THE ENCHANTED ISLANDS

The Galápagos Islands, renowned for their pristine and diverse wildlife, were pivotal in Charles Darwin's development of the theory of evolution. As a UNESCO World Heritage Site, the Galápagos is a premier ecotourism destination, offering unparalleled opportunities to observe unique species and participate in conservation efforts.

2. Diverse Ecosystems A WIDE RANGE OF ECOSYSTEMS

Ecuador, one of the 17 most biodiverse countries globally, is a biodiversity hotspot with diverse landscapes. Enjoy its Pacific coast's marine life, the Andean highlands' unique flora, the Amazon rainforest's rich biodiversity, and the Galápagos Islands' unique species. It's a prime destination for nature lovers.



3. Cultural Richness ECUADOR BOASTS A RICH CULTURAL TAPESTRY

Ecuador's rich cultural heritage includes 14 indigenous nationalities with their own languages, though Spanish is the official language. The country's vibrant culture is highlighted through festivals, traditional crafts, and markets like Otavalo, known for its unique textiles and artisanal goods.

LOCAL FOOD YOU MUST TRY



1 ENCEBOLLADO /
FISHING SOUP WITH
ONION



2 EMPANADAS DE MOROCHO
/ MOROCHO CORN
EMPANADAS



3 CUY ASADO /
ROAST GUINEA PIG



4 COLADA MORADA Y
GUAGUAS DE PAN /
PURPLE CORN DRINK
AND BREAD BABIES



5 CEVICHE/
CEVICHE



6 ENCOCADO /
COCONUT-BASED
STEW



7 FRITADA /
FRIED PORK



8 LOCRO DE PAPA /
ECUADORIAN POTATO
STEW



9 BOLÓN CON CAFÉ /
FRIED PLANTAIN BALLS WITH
COFFEE

When planning a trip to Ecuador and the Galápagos Islands



Currency: Both regions use the US Dollar (USD).

MAINLAND ECUADOR

- Meals: Budget meals cost approximately \$3 to \$15 per person, while mid-range dining can range from \$10 to \$30 per person. Transportation: Local buses are inexpensive, typically costing \$0.35 to \$1 per ride. Taxis within cities are affordable, with fares starting around \$1 to \$5 for short trips. Activities: Entrance fees for museums and national parks range from \$1 to \$10 per person. Guided tours and adventure activities like hiking and city tours vary in cost but are generally reasonable.

GALAPAGOS ISLANDS

- Meals: Dining costs are higher, averaging \$10 to \$20 per person for budget to mid-range options.
- Transportation: Interisland flights, water taxis, and guided tours contribute to the cost. For taxis, ensure they have a working meter.
- Activities: Entry to the Galápagos National Park costs approximately \$200 per person for foreigners. Additionally, a transit control card fee of about \$20 is required. Extra costs include tours, snorkeling, and diving excursions, which vary depending on the activities and tour operators.



ECUADOR





Commonly used Ecuadorian phrases

Here are some common
Ecuadorian phrases to help you
communicate on your trip.

Hello

Hola

Please

Por favor

How much
is it?

¿Cuánto
cuesta?

I don't
understand

No entiendo

Where is the
bathroom?

¿Dónde está
el Baño?

I don't speak
Spanish

No hablo
Español