

# Contents

<b><u>The Authors</u></b>	<b>12</b>	Guayllabamba & Around	110
		Sangolquí	111
<b><u>Getting Started</u></b>	<b>14</b>	Refugio de Vida Silvestre Pasocha	111
		Volcán Pichincha	111
<b><u>Itineraries</u></b>	<b>18</b>	<b>Northern Highlands</b>	<b>113</b>
<b><u>Snapshot</u></b>	<b>23</b>	Cochasquí Archaeological Site	114
<b><u>History</u></b>	<b>24</b>	Cayambe to Oyacachi	115
<b><u>The Culture</u></b>	<b>33</b>	Otavalo	116
<b><u>Environment</u></b>	<b>40</b>	Around Otavalo	122
<b><u>Galápagos Wildlife Guide</u></b>	<b>49</b>	Reserva Ecológica Cotacachi-Cayapas	127
<b><u>Food &amp; Drink</u></b>	<b>61</b>	Intag Valley	127
<b><u>Quito</u></b>	<b>68</b>	Reserva Biológica los Cedros	129
History	69	San Antonio de Ibarra	129
Orientation	69	Ibarra	129
Information	70	North of Ibarra	134
Dangers & Annoyances	72	La Esperanza	134
Sights	73	Río Blanco Area	135
Activities	86	El Ángel	135
Walking Tour	87	Reserva Biológica Guandera	135
Courses	88	Tulcán	136
Quito for Children	88	<b>WESTERN ANDEAN SLOPES</b>	<b>139</b>
Tours	89	Cloud Forest Lodges	139
Festivals & Events	90	Santa Lucía	140
Sleeping	90	Reserva Biológica Maquipucuna	140
Eating	96	Reserva Bellavista	140
Entertainment	102	Mindo	141
Shopping	104	West of Mindo	143
Getting There & Away	105	<b>Central Highlands</b>	<b>145</b>
Getting Around	107	Machachi & Aloasi	147
<b>AROUND QUITO</b>	<b>107</b>	The Ilinizas	147
La Mitad del Mundo	108	Parque Nacional Cotopaxi	149
Rumicucho	109	Latacunga	152
Reserva Geobotánica Pululahua	109	The Quilotoa Loop	156
Calderón	110	San Miguel de Salcedo	161
		Ambato	162
		Around Ambato	165
		Baños	167
		From Baños to Puyo	175
		Parque Nacional Sangay	176
		Guaranda	178
		Salinas	180

Riobamba	180
Guano & Santa Teresita	186
South of Riobamba	187
Volcán Chimborazo	187
Guamote	189
Alausí	189

## Southern Highlands 191

Ingapirca	194
Cañar	195
Biblián	195
Azogues	195
Cuenca	195
Around Cuenca	208
Jima	210
From Cuenca to Machala	210
Saraguro	211
Loja	212
Parque Nacional Podocarpus	216
Zamora	218
Vilcabamba	219
Zumba & the Peruvian Border	223
Catamayo & Around	223
Catacocha	224
Macará	225

## The Oriente 226

<b>THE NORTHERN ORIENTE 229</b>	
From Quito to Lago Agrio	229
Lago Agrio	232
Along Río Aguarico	236
Reserva Producción Faunística Cuyabeno	236
South from Lago Agrio	237
Coca	238
Vía Auca	241
Lower Río Napo	241
Parque Nacional Yasuní	245
Parque Nacional Sumaco-Galeras	246
Archidona	246
Tena	247
Misahuallí	251
Upper Río Napo	253
Puyo	256
<b>THE SOUTHERN ORIENTE 259</b>	
Macas	259
Parque Nacional Sangay	262
Kapawai Ecological Reserve	262
The Jungle from Macas	263

Sucúa	264
From Méndez to Limón	264
Gualaquiza	264
From Gualaquiza to Zamora	265

## North Coast & Lowlands 266

<b>WESTERN LOWLANDS 268</b>	
Quito to Santo Domingo de los Colorados	268
Santo Domingo de los Colorados	269
North of Santo Domingo de los Colorados	271
South of Santo Domingo de los Colorados	272
Quevedo	272
Quevedo to Guayaquil	272
Babahoyo	272
<b>THE NORTH COAST 273</b>	
San Lorenzo	273
Reserva Ecológica de Manglares Cayapas Mataje	274
Limones	274
La Tola	274
Olmedo	275
Borbón	275
Along Río Cayapas	275
Playa de Oro	276
Reserva Ecológica Cotacachi-Cayapas	277
The Road to Esmeraldas	277
Esmeraldas	278
Atacames	280
Súa	283
Same & Tonchigüe	283
Muisne & Around	284
Mompiche	286
Cojimíes	286
Pedernales	286
Canoa	287
Around Canoa	287
San Vicente	288
Bahía de Caráquez	288
Portoviejo	291
Inland from Portoviejo	293
Crucita Area	293
Manta	293
Montecristi	298
Jipijapa	299

## The South Coast 300

<b>RUTA DEL SOL 302</b>	
Puerto Cayo	302

Parque Nacional Machalilla	302
Puerto López	305
Salango	308
Puerto Rico	308
Las Tunas	308
Ayampe	309
Montañita	309
Dos Mangas	311
Manglaralto	312
Valdivia to Ballenita	312
Santa Elena Peninsula	312
<b>SANTA ELENA PENINSULA TO GUAYAQUIL 315</b>	
Chanduy	315
Playas	315
Around Playas	317
Puerto Hondo	318
Bosque Protector Cerro Blanco	318
<b>GUAYAQUIL 318</b>	
History	319
Orientation	319
Information	319
Dangers & Annoyances	323
Sights & Activities	323
Tours	326
Festivals & Events	326
Sleeping	326
Eating	329
Entertainment	331
Shopping	332
Getting There & Away	337
Getting Around	338
<b>SOUTH OF GUAYAQUIL 339</b>	
Reserva Ecológica Manglares Churute	339
Machala	339
Puerto Bolívar & Jambelí	342
Zaruma	343
Piñas	343
El Bosque Petrificado Puyango	343
To/from The Peruvian Border	344

## The Galápagos Islands 347

Isla Santa Cruz (Indefatigable)	359
Around Isla Santa Cruz	368
Isla San Cristóbal (Chatham)	369
Isla San Salvador (Santiago or James)	374
Around Isla San Salvador	375

Isla Isabela (Albemarle)	376
Isla Fernandina (Narborough)	378
Southern Islands	378
Northern Islands	380

**Directory 381**

Accommodations	381
Activities	383
Business Hours	386
Children	386
Climate Charts	386
Courses	387
Customs	387
Dangers & Annoyances	387
Disabled Travelers	388
Discount Cards	389
Embassies & Consulates	389
Festivals & Events	390
Food	390
Gay & Lesbian Travelers	390
Holidays	391
Insurance	391
Internet Access	391
Legal Matters	391
Maps	392
Money	392
Photography	393
Post	394
Shopping	394
Solo Travelers	396
Telephone	396
Time	397
Toilets	397
Tourist Information	397
Visas	397
Women Travelers	398
Work	398

**Transportation 400**

<b>GETTING THERE &amp; AWAY</b>	<b>400</b>
Entering the Country	400
Air	400
Land	403
River	404
Sea	404
<b>GETTING AROUND</b>	<b>404</b>
Air	404
Bicycle	405
Boat	406
Bus	406
Car & Motorcycle	407
Hitchhiking	409
Local Transportation	409

Tours	410
Train	411
Trucks	411

**Health 412**

<b>BEFORE YOU GO</b>	<b>412</b>
Insurance	412
Recommended Vaccinations	413
Medical Checklist	413
Internet Resources	413
<b>IN TRANSIT</b>	<b>413</b>
Deep Vein Thrombosis	413
Jet Lag & Motion Sickness	413
<b>IN ECUADOR</b>	<b>414</b>
Availability & Cost of Health Care	414
Infectious Diseases	414
Traveler's Diarrhea	416

Environmental Hazards	416
Traveling with Children	417
Women's Health	417

**Language 418**

**Glossary 425**

**Behind the Scenes 426**

**Index 430**

**World Time Zones 438**

**Map Legend 440**

**Regional Map Contents**

