

A land of wonders and diversity

One of the smallest of the South American countries, Ecuador is also one of the easiest to visit. There are mountains to climb, jungles to explore, beaches to relax, and the Galapagos to marvel.

There are 4 distinct areas of Ecuador to explore; The Sierra (mountain area), the Oriente (jungle), the ocean coast, and the Galapagos Islands, with each offering a different sight and experience. Ecuador's 3 largest cities include; Quito, the capital city; Guayaquil, the largest city, and Cuenca that has preserved a wonderful old-style atmosphere with positively breathtaking surrounding landscapes. Each city offers many attractions and shouldn't be missed on your Ecuador vacation.



Language:
Spanish; English widely spoken
Currency:
US Dollar

Average Temperature:
Highlands: 18-20° Coast: 28-30°
Best Buys:
Leather Goods, crafts

A "Total Must":
Experience the Teleferico and enjoy the spectacular view of Quito and the surrounding area!

LAND AND PEOPLE OF THE AVENUE OF VOLCANOES

8 DAYS, 7 NIGHTS

INCLUDES 7 BREAKFASTS, 6 LUNCHEs, 6 DINNERS AND 7 NIGHTS ACCOMMODATION

DAY 1/QUITO-Arrival and transfer to the plantation of Hacienda Bellavista to the south of Quito. Hot cinnamon drink and local snacks will be served to welcome you. Introduction to customs and traditions of the hacienda. Shared facilities.

DAY 2/HACIENDA BELLAVISTA-Wake to the crowing of the rooster, help milk the cows early in the morning, walk along trails as the sun rises and then have a delicious "chagra" (local cowboy breakfast). Vista a "huasipungo" which is plots of land given to the indigenous people working on the hacienda and see the milking of cows, the vegetable garden, the house of the steward, the grazing land and the crops. Learn about their secrets: how to grow corn, potatoes, beans, pumpkins and participate in their activities. Have a typical lunch of the Andes with beans, potatoes, corn and chicken. In the afternoon, you will go horseback riding or walk in the area. At sunset, there will be a roundup of the cattle. Then, a moonlit dinner next to a bonfire. Night in the hacienda.

DAY 3/HACIENDA BELLAVISTA-GAI EU After breakfast you can see the products that are preserved, native plants and the research activities of the INIAP Station. Lunch. In the afternoon, a trip to the north to Gaia Eu to visit a beautiful holistic organic farm that uses sustainable techniques, located in the valley of Guayllabamba. Here you will taste the delicious cherimoya fruit and will be served a welcoming beverage before dinner made of the organic produce of the farm. Evening talk.

DAY 4/GAIA EU-AT 5:30am, yoga therapy with the energy of the rising sun for the early birds. Open-air yoga in a warm dry climate. Breakfast with country eggs, yogurt, fruit, bread and homemade jam. First encounter with clean sustainable farming. Tour of the vegetable garden and orchard. Explanations about how this holistic farming system works. Barbeque for lunch. Participatory farming activities; sowing, harvesting, weeding and eating. Visiting the only dry Andean forest to learn about native plants. Option: alternative therapies with the pyramid (sauna) using local medicinal plants. Dinner and accommodations.

DAY 5/GAIA EU-SAN CLEMENTE-KICHWA-KARANKI COMMUNITY-Breakfast, continuation of tour to Imbabura to discover their wisdom and culture. Excursions to the impressive volcano of Imbabura. Dinner with the family. Accommodations.

DAY 6/SAN CLEMENTE-OTAVALO-CHASKI ANTAWA-At 5am, you will fix breakfast with the family and at 6am you will go to the market of Otavalo, a mystical spectacle of customs, smells and bustling crowds of local handicraft makers and buyers, dressed in their typical attire, brining their merchandise for display, bargaining over prices and setting up their stalls and tents. Departure to Ibarra to take the "Chaski Antawa" messenger train to the Station of Salinas, climbing from 2200 down to 1500 meters above sea level. Return to San Clemente. Dinner and accommodations.

DAY 7/SAN CLEMENTE-QUITO-Breakfast, two hour travel south to Quito. Arrival in Quito. Accommodations in a first-class hotel. Quito is a city perched in the Andes, with spectacular landscapes and the largest and best preserved colonial old town of Latin America. Tour the city in a traditional bus called the Chiva Don Otto, visiting squares, churches, narrow winding colonial streets such as La Ronda whis is full of art and restaurants. Accommodations.

DAY 8/QUITO-Breakfast, transfer to airport. End of tour.

GALAPAGOS CRUISE AND BASIC ECUADOR

7, 8 OR 11 DAY TOUR

All-Inclusive 3, 4 or 7 nights aboard the Galapagos Legend, Coral I or Coral II to enjoy a charming casual marine environment, with accommodation in cabins with a view of the sea, delicious meals, 2 daily excursions to a habitat unlike any other, full of wildlife that has no fear of man.

See prehistoric iguanas, giant tortoises, exotic birds, plants and beautiful landscapes of volcanoes, lava cones and magma flows. Snorkel along untouched beaches with a unique underwater world. Tours and lectures provided by licensed naturalist guides in various languages. Local roundtrip air ticket to Galapagos.

3 nights in a first class hotel with shared accommodation in a double room including breakfast, city tour and transfers.

Departure and pricing by request

Prices are per person per night based on double occupancy for low season and include all taxes.

Design a package to meet your travel needs by adding one of our many airline choices to your hotel. To get specific pricing for hotel, air, airport transfers or optional excursions for your travel dates, ask your travel consultant. For information on other hotels offered by Total Vacations in this destination that are not featured in this brochure visit www.totalvacations.ca

RADISSON ROYAL QUITO HOTEL

4★

LOCATION An elegant boutique hotel centrally located in the city's most exclusive financial and residential area and close to Quito attractions. Only 5 minutes to El Panecillo and 10 minutes from the Mariscal Sucre International Airport.

FACILITIES 112 rooms, bar/lounge, business centre, 24 hour front desk, dry cleaning/laundry service, fitness equipment, wireless internet, gift shop.

ACCOMMODATION Air-conditioning, 1 queen or 2 twin beds, mini-bar, hairdryer, coffee/tea maker, in-room safe. Suites have one 1 king bed.



From

\$90

per person

JW MARRIOTT HOTEL QUITO

5★

LOCATION Modern contemporary-style hotel situated in the new commercial district, 25 minutes from the airport.

FACILITIES 257 rooms, pool, restaurants, bar, 24-hour front desk, fitness centre, laundry services, business centre.

ACCOMMODATION Air-conditioned, 1 king or 2 queen beds, cable TV, clock radio, hairdryer, bathrobes, iron/ironing board, safety deposit box.



From

\$115

per person

HILTON COLON QUITO

4★

LOCATION Modern high-rise hotel situated in the city centre, in the commercial & financial area, just 20 minutes from Mariscal Sucre International Airport.

FACILITIES 300 rooms, pool, 4 restaurants, bar, Jacuzzi, 24 hour room service, fitness centre, business centre.

ACCOMMODATION Air-conditioned, 1 king or two double beds, cable TV, hairdryer, mini-bar, coffee maker, safety deposit box.



From

\$90

per person

SHERATON GUAYAQUIL HOTEL

3★

LOCATION In front of El Mall Del Sol, Ecuador's most modern shopping centre, 10 minutes from downtown and minutes away from Simon Bolivar International Airport.

FACILITIES 144 rooms, pool, 2 restaurants, bar, 24-hour front desk, laundry service, fitness centre.

ACCOMMODATION Air-conditioned, cable TV, clock radios, hairdryer, minibar, safety deposit box.



From

\$95

per person

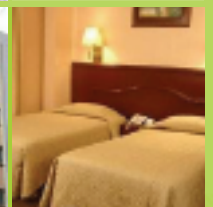
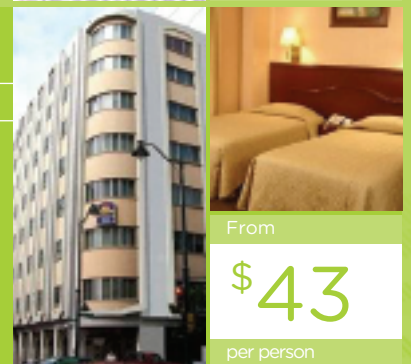
BEST WESTERN HOTEL DORAL

3★

LOCATION In downtown Guayaquil, 20 minutes from the airport.

FACILITIES 60 rooms, restaurant, bar, laundry services, business centre, games room.

ACCOMMODATION Air-conditioned, cable TV, alarm clock, hairdryer, coffee-maker, fridge, iron/ironing board, safety deposit box.



From

\$43

per person

Prices are per person per night based on double occupancy for low season and include all taxes.

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SACHA LODGE

3★



5 days from

\$789

per person

LOCATION 30 minutes down stream in the largest protected area in Ecuador.

FACILITIES 26 cabins, bar, laundry service.

ACCOMMODATION ceiling fans, electrical outlets, balcony or terrace.

*Price includes accommodations, meals, excursions and guide.

EL DORADO CUENCA

4★

BONUS

LOCATION In the colonial and historic centre of Cuenca that it is considered by the UNESCO as Cultural Patrimony of Mankind, one block from the main square.

FACILITIES 90 rooms, Goda restaurant and bar, spa, fitness centre, business centre.

ACCOMMODATION Air-conditioned, 1 king or 2 twin beds, radio, mini-bar, cable TV, high-speed internet, full bathroom, hairdryer, bathrobe.



From

\$60

per person

BONUS

› Daily buffet breakfast

PATIO ANDALUZ HOTEL

3+★

KIDS STAY FREE! (-12)

LOCATION In the heart of downtown Quito, this property is a national monument that guards on it's walls, centuries of history and offers its visitors the opportunity to revive and feel at home.

FACILITIES 31 rooms, restaurant, bar, gift shop.

ACCOMMODATION Air-conditioned, full bathroom with tub and shower, cable TV, telephone, iron/ironing board.



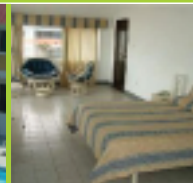
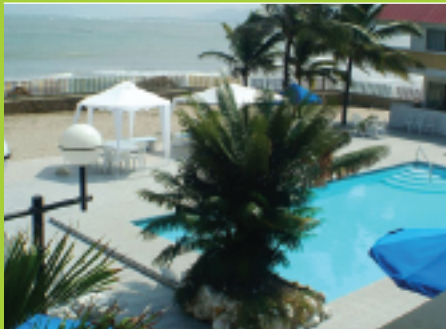
From

\$150

per person

LA PIEDRA HOTEL

3★



From

\$36

per person

LOCATION In Bahía de Caraquez on one of the most beautiful and exclusive beaches of Ecuador. 90 minutes from the city of Manta.

FACILITIES 42 rooms, pool, restaurant, bar, games room, volleyball court.

ACCOMMODATION Air-conditioned, full bathroom, cable TV, telephone.

HOSTERIA SAN MATEO

3★



From

\$26

per person

LOCATION A hotel with a hacienda feeling. Located on Avenue of the Volcanoes and only 1 hour south of Quito and minutes from the entrance to the Cotopaxi National Park.

FACILITIES 7 rooms, restaurant, bar, organic garden.

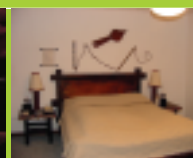
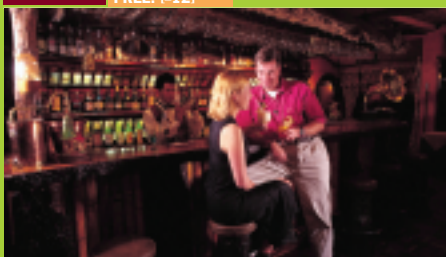
ACCOMMODATION Air-conditioned, full bathroom, cable TV, telephone

RUMIPAMBA DE LAS ROSAS HOSTEL

3★

BONUS

KIDS STAY FREE! (-12)



From

\$47

per person

LOCATION In the town of Salcedo, 90 minutes from Quito. Enjoy the nature, taste and colours of the Andean region.

FACILITIES 34 rooms, restaurant, bar, chapel.

ACCOMMODATION Air-conditioned, full bathroom with tub and shower, cable TV, telephone, fireplace.

BONUS

› Full american breakfast daily

Prices are per person per night based on double occupancy for low season and include all taxes.

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