

HIGHLAND REGION



ANDANDO^o
TOURS

Mainland Ecuador &
Galápagos Islands

THE ANDES

Located between the coast and the Amazon region, the Andes run the length of the country and include most of Ecuador's mainland volcanoes. For this reason, it was dubbed the 'Avenue of the Volcanoes' by Alexander von Humboldt. Among its peaks, there are many with perennial glaciers and astounding altitudes, the most famous being Cotopaxi with an altitude of 5,890 m (19,347 ft.), making it the highest active volcano in the world. This region offers many touristic attractions, as well as two cities that have been declared World Cultural Heritage Sites by UNESCO: Quito and Cuenca.



CLIMATE

The weather and temperature are quite variable in the Andes and directly affected by the altitude of your location in addition to the sun. While on a sunny day the temperature can reach 27° C (80° F), that same evening it can drop to 10° C (50° F). For this reason, is always advisable to bring some warm clothing and umbrella or lightweight rain jacket, as rains can be unpredictable and quite sudden.

— Rainy season

February to June. During this season expect sunny mornings and rainy afternoons most days.

— Dry season

June to January. During this season clear skies are more common with great views of the surrounding volcanoes, but there are also occasional rains.



ALTITUDE SICKNESS

Please keep in mind that Quito is located at 2,890 m (9,300 ft.) above sea level and all of the volcanoes and many national parks are even higher than this. It is possible that upon arrival you will feel a bit lethargic and short of breath at times. It is important to take it easy for the first couple of days to give your body a chance to adapt. Chocolates and beverages with high sugar content help with the symptoms of altitude sickness. It is recommended to avoid alcohol until you adjust to the altitude.



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ESSENTIAL GEAR

- Waterproof rain jacket or umbrella
- Warm jacket (temperatures can descend abruptly during the afternoons and evenings)
- Waterproof or water resistant shoes or hiking shoes, especially if visiting the volcanoes and national parks in the Andes
- Sunglasses (with UV filter)
- Sun hat with a wide brim for protection (Even if temperatures are not so high, the sun is far stronger in the Andes than in the coastal region because of the altitude.)
- Sunscreen with high SPF
- Gloves and warm hat if visiting the volcanoes



ADDITIONAL GEAR

Binoculars

Lip balm (at least SPF30)

Extra socks (in case your shoes get wet)

COASTAL REGION



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THE PACIFIC COAST

Located on the western side of Ecuador and extending along the Pacific coastline, this region boasts a number of beautiful beaches and is home to Ecuador's largest city and main ports as well as many artisan and fishing communities. Although it is the least visited region of Ecuador there are many touristic jewels such as Montañita, Puerto López and Machalilla National Park.



CLIMATE

The weather is always hot and humid. The average temperature during the day is 25° C to 33° C (77° F to 92° F) during the day and 18° C - 22° C (64° F to 72° F) at night.

— Rainy season

December to April. During this season expect a lot of rain, high temperatures and cloudy skies.

— Dry season

April to November. During this season the temperatures are a bit lower and clear skies are common. Rains are infrequent but the occasional shower can be expected.



ESSENTIAL GEAR

- Water-resistant sandals (Tevas or Havaianas, for example)
- Light footwear and clothing
- Sunglasses (with UV filter)
- Sun hat with a wide brim
- Sunscreen
- Swimsuit (at least 2)
- Insect repellent
- Rain jacket or umbrella (depending on the season)

ADDITIONAL GEAR

- Binoculars.

THE AMAZON REGION



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THE AMAZON

The eastern slopes of the Andes descend to the Amazon basin surrounded by lush vegetation, including tropical moist broadleaf forest and lowland rainforests, which contain large unspoiled areas of primary forest. The Amazon region is home to various indigenous groups but is also the least inhabited part of Ecuador. Many lodges and communities are accessible only by river transportation.



CLIMATE

The climate in this region is hot and very humid with temperatures ranging from 22° C to 38° C (72° F to 100° F). Because of the high humidity, it is very important to hydrate yourself constantly while in the Amazon.

SEASONS

The driest months are November, December and January (rain is still a common occurrence), and the highest rainfall occurs in February, March, April and May, when it may rain for several days in a row.

Since rainfall in the rainforest is a common phenomenon, all touristic operations are prepared to maintain their services during the rainy season, which is in fact preferred by some tourists because the rivers and lagoons contain more water and the fauna is more abundant and active.

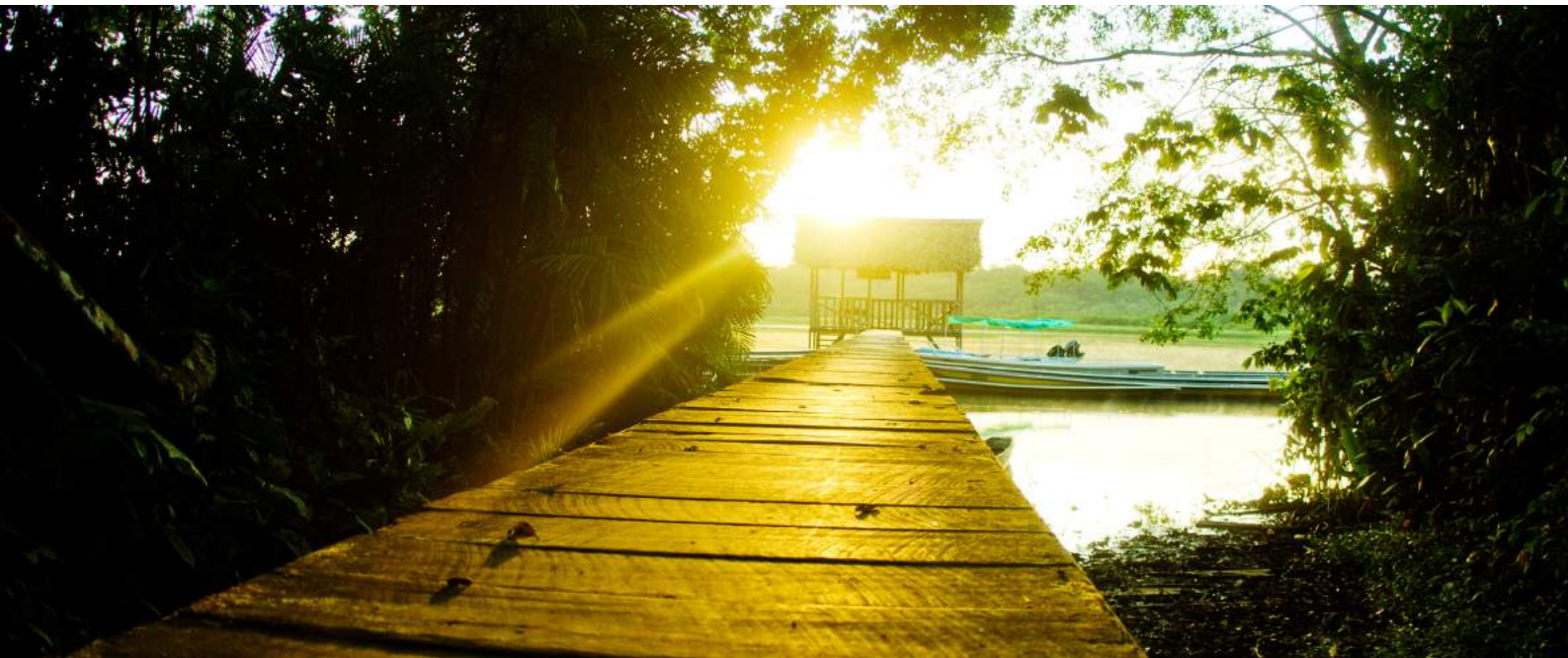




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ESSENTIAL GEAR

- Lightweight, breathable waterproof (not water-resistant) rain jacket or poncho with hood if possible (umbrellas are not very useful in the Amazon)
- Light clothes that have long sleeves (avoid short pants as the less exposed your skin is the better, since mosquitoes and other insects are omnipresent in the jungle)
- Rubber boots (these are provided by all the jungle lodges)
- Small, water-resistant daypack or zip lock bags (to carry camera gear and other equipment that can get damaged by humidity or water)
- Sunglasses (with UV filter)
- Sun hat with a wide brim
- Sunscreen
- Insect repellent
- Refillable water bottle (also provided by many lodges)



ADDITIONAL GEAR

- Binoculars.
- Lip balm (at least SPF30).