

index

A

accommodations 371-3, *see also individual locations*
 activities 18, 21-3
 Agato 102
 air travel
 to/from Ecuador 381-2
 to/from Galápagos Islands 332
 within Ecuador 383-4
 within Galápagos Islands 332
 airports, international 381
 Alausí 160
 Ali Shungu Mountaintop Lodge 101
 Aloasí 122-3
 altitude sickness 74, 374
 Amazon 180-81, 210, 353, 359, 366
 Ambato 136-9, **136**
 Apuela 104
 archaeological museums, *see also* museums
 Agua Blanca 260
 Casa de los Marqueses de Miraflores 128
 Casa del Alabado 53
 Museo de las Culturas Aborígenes 169
 Museo del Banco Central (Cuenca) 169
 Museo del Banco Central (Manta) 253
 Museo Lópes Abad 179
 Museo Manuel Agustín Landívar 169
 Museo Presley Norton 280
 archaeological sites
 Chirije 253
 Cochasquí 100
 Ingapirca 164-5
 Parque Nacional Machalilla 259-61
 Archidona 216
 architecture
 colonial 18, 49-56, 106-7, 153-5, 165-77, 352

art 56
 Escuela Quiteña 355
 Museo Nacional 61
 Tigua paintings 133
 artisan crafts 56, *see also* markets, shopping
 basketwork 240, 256
 carpets 156
 ceramics 175
 cheese-making 152
 chumbis 165
 leather 156
 panama hats 165, 174, 175, 179-80, 256
 saddlebags 193-4
 shigras 157
 tagua carving 147, 157
 textiles 179-80
 tatora crafts 99, 156, 158, 159
 weaving 96, 101-2, 140, 193
 wickerwork 256
 woodworking 134, 179-80
 Atacames 242-4, **243**
 ayahuasca 205, 212, 366
 Azogues 165

B

Baeza 200
 Bahía de Caráquez 250-3, **251**
 Baños 14, 140-7, **142-3, 14**
 accommodations 144-5
 courses 143
 drinking & entertainment 146-7
 food 146
 shopping 146
 sights & activities 141-3
 Baños village 179
 basketwork 240, 256
 beaches 9
 Atacames 242-4
 Canoa 248-50
 Cerro Brujo 310
 El Garrapatero Beach 300
 La Lobería 312
 Manta 253
 Mompiche 247-8
 Montañita 265-6
 Muisne 246-7
 Ochoa Beach 310
 Olón 265
 Parque Nacional Machalilla 260
 Playas 271
 Puerto Chino 311
 Puerto Grande 312
 Puerto López 262
 Punta Cormorant 324
 Punta Estrada Beach 300
 Salinas 269
 Same 244
 San Pedro 238
 Tortuga Bay 301
 Biblián 165
 bike travel, *see* mountain-biking
 bird sanctuaries
 Milpe Bird Sanctuary 115
 Parque Cóndor 93-4
 Río Silanche Sanctuary 115
 birds
 albatross 263
 Andean condors 93, 124
 blue-footed boobies 259, 263, 264, 309, 310, **338**
 coastal parrots 259
 cocks-of-the-rock 114
 Darwin's finches 322-3, **336**
 Ecuadorian hillstars 124
 El Oro parakeets 294
 flightless cormorants 322
 frigate birds 259, 263 309, **339**
 great green macaws 265, 272
 hooded mockingbirds 325
 hummingbirds 266
 Jocotoco Antpitta 193
 Nazca boobies 309, 325-6
 oystercatchers 325
 pelicans 259, 263
 pink flamingos 324, **336**
 red-billed tropicbirds 325-6
 red-footed boobies 263, 325-6
 wadlers 319-22
 waved albatross 325, **339**
 bird-watching 31-2, 364
 Baeza 200
 books 364
 Bosque Nublado Santa Lucía 112
 Bosque Protector Cerro Blanco 272
 Galápagos Islands 311, 318, 319, 324
 Intag Cloud Forest Reserve 104
 Isla Salango 264
 Jorupe Reserve 194
 Loma Alta 266
 Lower Río Napo 210-13
 Milpe Sanctuary 117
 Mindo 114
 Parque Cóndor 93-4
 Parque Nacional Cajas 178
 Parque Nacional Cotopaxi 124-7
 Parque Nacional Machalilla 259-61
 Parque Nacional Podocarpus 187-8
 Parque Nacional Sangay 149-51
 Parque Nacional Sumaco-Galeras 215
 Reserva Bellavista 113
 Reserva Biológica Guandera 110

000 Map pages

000 Photo pages

bird-watching *continued*

- Reserva Biológica Los Cedros 105-6
 - Reserva Biológica Maquipucuna 112-13
 - Reserva Ecológica de Manglares Cayapas Mataje 237
 - Reserva Ecológica El Ángel 109
 - Reserva Ecológica Manglares Churute 290
 - Reserva Producción Faunística Cuyabeno 204-6
 - Ruta Ecológica 140
 - Salinas 269
 - Siempre Verde 104
 - Tandayapa 112
 - Tinalandia 235
 - tours 263, 269
- boat travel
- canoe 209, 384
 - Galápagos Islands 36-40, 332, 384
 - Isla de la Plata 263
 - Nuevo Rocafuerte 213
 - Reserva Ecológica Cotacachi-Cayapas 240
 - Río Nangaritza 188
 - Río Napo 213, 224
 - San Miguel 238-9
 - to/from Peru 213
- Bolívar, Simón 101, 273, 281, 352-3
- books 346, 354
- bird-watching guide 364
 - ecosystems 367
 - Galápagos Islands 329
 - history 351, 357
 - rainforest 366
 - Shuar people 358
- border crossings
- to/from Colombia 111-12, 201-3, 237, 377, 382
 - to/from Peru 186-7, 193, 194, 195, 213, 295, 382
- budget 16, 40
- business hours 372
- bus travel
- local buses 386
 - to/from Ecuador 382
 - trucks as buses 386
 - within Ecuador 384-5

C

- Cañar 165
- Camino del Inca 19, 25, 31, 160, 164, 351
- camping 371

- Parque Nacional Cajas 178
- Parque Nacional Cotopaxi 125
- Parque Nacional Machalilla 261
- Parque Nacional Podocarpus 187
- Parque Nacional Sangay 150
- Canoa 248-50
- Cantalapiedra 264
- Capilla del Hombre 57
- Carnaval 21
- car travel
 - driver's license 385
 - hazards 385
 - insurance 385
 - organizations 385
 - Quito 86
 - rental 385
 - to/from Ecuador 382
 - within Ecuador 385
- carpets 156
- Catacocha 194
- cathedrals, *see* churches & cathedrals
- Cayambe 92
- cell phones 17, 377-8
- central highlands 42, 119-60, **120-1**
 - accommodations 119
 - climate 119
 - food 119
 - highlights 120-1
 - travel seasons 119
- ceramics 175
- chicha* 225, 237
- children, travel with 372-3
 - Parque Recreacional Jipiro 181-2
 - Quito 66
- Chordeleg 179
- Chugchilán 133-4
- chumbis* 165
- churches & cathedrals
 - Ambato cathedral 138
 - Basílica de Nuestra Señora de Agua Santa (Baños) 141
 - Basílica del Voto Nacional (Quito) 50
 - Catedral de la Inmaculada Concepción (Cuenca) 168-9
 - La Compañía de Jesús (Quito) 55
 - La Merced (Quito) 50
 - Our Lady of Macas Cathedral (Macas) 228
 - Quito cathedral 49
- climate 16, 21-3, *see also individual regions*
- climbing, *see* mountaineering
- cloud forests 112-13, 366
 - Bosque Nublado Santa Lucía 112
 - Chugchilán 133
 - Jima 179
 - lodges 112-13

- Loma Alta 266
 - Machay 148
 - Mindo 115
 - Olón 265
 - Parque Nacional Llanganates 140
 - Parque Nacional Machalilla 261
 - Parque Nacional Podocarpus 187
 - Parque Nacional Sumaco-Galeras 215
 - Reserva Bellavista 113
 - Reserva Biológica Maquipucuna 112-13
 - Reserva Buenaventura 294
 - Ruta Ecológica 140
 - Tandayapa 112
- Coca 206-9, **206**
- consulates 373-4
- Cordillera Chongón-Colonche 265
- Correa, Rafael 346-7, 357, 369
- Cotacachi 102-3
- courses, *see also* language courses
- Baños 143
 - Cuenca 170
 - Hacienda Cusín 101
 - mountaineering 156
 - organic agriculture 250
 - Otavalo 94-5
 - PADI certification 301
 - Quito 62-5
 - Vilcabamba 191
- crafts, *see* artisan crafts
- Cuenca 9, 165-77, **166-7, 9**
- accommodations 171-2
 - courses 170
 - drinking & entertainment 174-5
 - festivals & events 171
 - food 172-4
 - internet access 176
 - internet resources 176
 - medical services 176
 - postal services 176
 - shopping 174-6
 - sights & activities 167-70
 - tourist information 176
 - tours 170-1
 - travel to/from 176
 - travel within 177
- cultural centers
- Alliance Française (Guayaquil) 287
 - Casa de Cultura (Guayaquil) 287
 - Casa de la Cultura Ecuatoriana (Loja) 181
 - Casa de la Cultura (Latacunga) 127
 - Casa de las Artes (Quito) 55
 - Centro Cultural Esmeraldas 240
 - Centro Cultural (Ibarra) 107
 - Centro Cultural Itchimbia (Quito) 56

Centro Cultural Metropolitano (Quito) 50
 Centro Ecuatoriano Norteamericano (Guayaquil) 287
 Galápagos Academic Institute for the Arts & Sciences 317
 Mamá Kinua Cultural Center (Cuenca) 170

cultural heritage sites 194

currency 16

customs regulations 373

cuy (guinea pig) 47, 92, 130, 173, 185

cycling, see mountain-biking

D

dangers, see safe travel

Darwin, Charles 327, 330

de Orellana, Francisco 353

discount cards 373

diving 34

certification 301

Galápagos Islands 301, 312-3, 325, 326,

Montaña 266

Muisne 246

Puerto López 261-2

tours 36-9, 301, 331

doldrums 363

Dos Mangas 266

drugs 377

E

El Ángel 109-10

El Pital 265, 266

electricity 373

embassies 373-4

emergencies 17

environmental issues 367-9

conservation efforts 105, 115, 250

flower industry 102

Galápagos Islands 330-2

mangroves 248

oil industry 203, 204, 214, 346-7, 354-5

overfishing 329

power plants 201

equator 87, 88, 92

Volcán Chimborazo 152-3

Escuela Quiteña 355

Esmeraldas 240-2, **241**

events 21-3

exchange rates 17

F

festivals & events 20, 21-3

Carnaval 21

Chonta Festival 21, 230

Feria Mundial del Banano 23, 290

Fiesta de Frutas y Flores 21, 137

Fiestas de Quito 47, 65-6

Fiesta de la Mamá Negra 23, 130

Fiesta del Yamor 23, 95-6

Inti Raymi 22, 96, 171, 362

Kasama 237

Otavalo 95-6

running of the bulls 140

Semana Santa 21

Virgen del Cisne 23, 184

films 346, 360

fishing

Puerto López 262

Salinas 33, 269

tours 262, 269

flower industry 102

flowers 136

food 47, 374

Baños 146

cooperatives 151

guinea pig 47, 92, 130, 173, 185

ice cream 108

Latacunga 129-30

Loja 185

north coast 245

quinoa 149

Santa Sopa 173

southern highlands 185

G

Galápagos Islands 6, 43, 296-332, **298**

accommodations 296

budget travel 40

camping 37, 311, 312, 317

climate 35, 296

diving tours 38

food 296

highlights 298

history 326-7

internet resources 297

Interpretation Center 317

planning 35-40, 297

tours 36-9, 331

travel seasons 296

travel to/from 297, 332

travel within 297, 332

Galápagos penguins 316, 318, 319, 322, 323, **338**

gay travelers 374

geography 363

Girón 179

Gonzanamá 193

Gualaceo 179

Gualaquiza 232

Guamote 159-60

Guantualo 134

Guaranda 151

Guayaquil 14, 273-90, **274-5, 278-9, 14**

accommodations 282-3

drinking & entertainment 285-7

emergencies 287

festivals & events 281

food 283-5

internet access 287

medical services 287

postal services 288

shopping 287

sights & activities 273-9

tourist information 288

tours 281

travel to/from 288-9

travel within 289-90

guinea pigs 47, 92, 130, 173, 185

H

habitat 365-7

handicrafts, see artisan crafts

health 374-5

hiking 19, 30-1, 61, 386

Baños 142-3

Bosque Nublado Santa Lucía 112

Bosque Protegido Washapamba 180

Camino del Inca 25, 160, 164, 351

Cotacachi 103

Dos Mangas 266

Girón 179

Intag Valley 104

Insinliví 134-5

Isla de la Plata 262

La Escalinata 140

Laguna Limpiopungo 125

Laguna Quilotoa 132

Lagunas de Atillo 150-1

Lagunas de Mojanda 99-100

Parque Nacional Cajas 164, 178

Parque Nacional Cotopaxi 124-7

Parque Nacional Podocarpus 164, 187-8

Parque Nacional Sangay 231

Paute 179

Principal 180

Puerto López 262

Quilotoa Loop 131-6

Refugio José Rivas 125

Reserva Bellavista 113

Reserva Biológica Los Cedros 105

Reserva Biológica Maquipucuna 112-13

Reserva Ecológica

Cayambe-Coca 92

Reserva Ecológica

Cotacachi-Cayapas 104, 239-40

Reserva Ecológica Los Ilinizas

123-4

hiking *continued*
 Reserva Ecológica Manglares Churute 290
 Rucu Pichincha 61
 Siempre Verde 104
 Vilcabamba 191
 Volcán Carihuairazo 152-3
 Volcán Chimborazo 152-3
 Volcán El Altar 150
 Volcán Reventador 200-1
 Volcán Sangay 150
 history 348-57
 books 351, 359
 colonial period 352
 discovery of oil 354-5
 Inca empire 349-50
 independence 352-3
 pre-Inca period 348-9
 Spanish conquistadors 351-2
 hitchhiking 385-6
 hot springs, *see* thermal springs
 horseback-riding 32, 386
 Baños 143
 Canoa 248
 Cayambe 92
 Chugchilán 133
 cloud forests 113, 261
 Cuenca 170
 Dos Mangas 266
 El Pital 265
 Isla de la Plata 262
 Lagunas de Atillo 150-1
 Las Palmeras 99
 Mindo 114, 117
 Otavalo 95, 99, 101
 Parque Nacional Cotopaxi 126
 Parque Nacional Machalilla 261
 Principal 180
 Puerto López 262, 265
 Quilotoa Loop 133
 Río Muchacho Organic Farm 250
 Ruta Ecológica 140
 Salinas 151
 Saraguro 180
 Tena 217
 Vilcabamba 190-1

I

Ibarra 106-8, **106**
 Ilumán 102
 Inca culture
 Alausi 160

Camino del Inca 19, 25, 31, 160, 164, 351
 colonization of Ecuador 349-51
 Cuenca 169
 Ingapirca 164-5, 351
 Inti Raymi 22, 96, 171, 362
 lost treasure 140, 351, 353
 Museo del Banco Central 169
 Parque Nacional Llanganates 140
 quinoa 149
 Templo del Sol 88
 indigenous peoples & culture 20,
 21-3, 92-3, 105, 170, 358-9, **15**
 Afro-Ecuadorian 236, 238, 361
 Agato people 99
 Centro Interamericano de Artes Populares 169
 Chachi people 240, 359
 Chonta Festival 21, 230
 Cofán people 202-3, 359
 Guamote 159-60
 Huaorani people 209, 214-15, 359
 Ilumán people 99
 Kapawi Ecological & Reserve 231
 Kichwa people 211-13, 358
 Museo de las Culturas Aborígenes 169
 Parque Nacional Machalilla 260
 Peguche people 99
 Playa de Oro Reserva de Tigrillos 238, 239
 Puruhá people 153
 Reserva Producción Faunística Cuyabeno 204-6
 Riobamba 153-4
 Salasaca 139-40
 Saraguro 180-1, 188
 Shuar people 188, 228-9, 359
 Tagaeri people 215
 Taromenani people 215
 Tigua 133
 tours 180-1, 202-3, 205, 217, 227, 228, 235
 Tsáchila people 235, 237
 Ingapirca 164-5
 insurance
 car 385
 health 375
 Intag Valley 104-5
 internet access 375
 internet resources 17
 Cuenca 176
 Loja 186
 Quito 47
 Inti Raymi 22, 96, 171, 362
 Isinliví 134-5
 Isla Bartolomé 323
 Isla de la Plata 262, 263
 Isla Española 325, **13**

Isla Fernandina 322
 Isla Genovesa 325-6
 Isla Isabela 316-22, **318**
 Isla Mosquera 309
 Isla San Cristóbal 310-16, **311**
 Isla San Salvador 322-3
 Isla Santa Cruz 298-309, **299**
 Isla Santa Fé 310
 Isla Santa María 324-5
 Isla Seymour 309
 Islas Daphne 309-10
 Islas Plazas 309
 itineraries 24-9, **24, 25, 26, 28, 29**

J

Jambelí 293
 Jima 179
 jungle lodges 372
 Bosque Nublado Santa Lucía 112
 Bosque Protector Cerro Blanco 272
 Lower Río Napo 210-13
 Mindo 116, 118
 Playa de Oro Reserva de Tigrillos 239
 Reserva Producción Faunística Cuyabeno 204-6
 Tena 219-20
 Tiguino 209
 Upper Río Napo 223-5
 volunteering 379
 jungle trips 205
 Baños 143
 Macas 229
 Misahuallí 222
 Puyo 228
 Playa de Oro 238, 239
 Tena 216-7
 Kapawi Ecological & Reserve 231

K

Kapawi Ecological & Reserve 231
 Kasama 237

L

La Compañía de Jesús 55
 La Esperanza 108-9
 La Mitad del Mundo 87, 88
 La Nariz del Diablo 159, 386
 La Ruta de las Cascadas 147-9
 La Virgen del Cisne 184
 Lago Agrio 201-2
 Laguna de San Pablo 101, **101**
 Lagunas de Atillo 150-1
 Lagunas de Mojanda 99-101
 land iguanas 279, 301, 309, 310, 312
6, 341
 language 16, 387-92

language courses, *see also* courses
371, 375
Baños 143
Cuenca 170
Otavalo 94-5
Quito 62, 64, 380
Río Muchacho Organic Farm 250
San Pablo del Lago 101
Vilcabamba 191
Latacunga 127-31, **128-9**
accommodations 129-30
food 129-30
sights & activities 127-8
tours 128-9
lava 324, **344**
lava lizards 310, 322-3, **340**
leather 156
legal matters 375-6
Loja 181-7, **182**
Lower Río Napo 210-13

M

Macas 228, **229**
Machachi 122-3
Machala 290-3, **291**
mangroves 248, 272, 367
Reserva Ecológica Manglares
Churute 290
Manta 253-6, **254-5**
marine iguanas 309, 319, 322, 325,
340
markets 19
Alausí 160
Ambato 136, 138
Apuela 104
Archidona 216
artisan crafts 179
Atacames 244
Azogues 165
Baños 146, 147
Cañar 165
Canoa 249
Catacocha 194
Chordeleg 179
Coca 206
Cotacachi 103
Cuenca 167, 174-5
El Ángel 109
Gualaceo 179
Guamote 159
Guantalo 134
Guaranda 151
Guayaquil 276, 287
Latacunga 127
Machachi 122
Otavalo 92-4, **8**
Quito 74, 79, 82
Riobamba 154-5, 157

Salasaca 139-40
Saquisilí 135
Saraguro 180-1
Sigsig 180
Zumbahua 132
media 372
Mindo 13, 113-17, **13**
accommodations 115-17, 118
bird-watching guides 114-15
food 117
jungles lodges 116, 118
sights and activities 113-14
tourist information 117
tours 114-15
travel to/from 117
Mindo Cloudforest Foundation 115
mineral springs, *see* thermal springs
Misahuallí 221-3
mobile phones 17
Mompiche 247-8
monasteries
San Agustín 51
San Diego 55
San Francisco 51
Santa Catalina 51
money 16, 17, 294, 376
discount card 373
safe travel 377
tipping 376
Montañita 13, 265-8, **13**
Montecristi 256
motorcycle travel
Quito 86
rental 385
to/from Ecuador 382
mountain-biking 33, 61, 64, 384
Baños 142
La Ruta de las Cascadas 147-9
Lagunas de Attilo 150-1
Parque Nacional Cotopaxi 124-7
Parque Nacional Machalilla 261
Paute 179
Puerto López 262
Quito 64
Río Chota valley 109
Ruta Ecológica 140
Saraguro 180
Volcán Carihuairazo 152
Volcán Cayambe 92
Volcán Chimborazo 152
mountaineering 19, 32-3
Baños 143
courses 156
Loma Cubilche 108
Parque Nacional Cotopaxi 124-7
Reserva Ecológica Los Ilinizas
123-4
Volcán Carihuairazo 152-3

Volcán Cayambe 92
Volcán Chiles 111
Volcán Chimborazo 152-3
Volcán Imbabura 108
Muisne 246-7
Museo Nacional (Quito) 61
museums, *see also* archaeological
museums
Capilla del Hombre 57
Casa del Alabado 53
Centro de Arte Contemporáneo 55
Centro Interamericano de Artes
Populares 169
Instituto Otaveño de
Antropología 94
Museo Antropológico y de Arte
Contemporáneo 276
Museo Camilo Egas 50
Museo de Arte Colonial 50
Museo de Arte Moderna &
Instrumentos Musicales 56
Museo de Arte Moderno 167
Museo de Arte Religioso 154
Museo de Ciencias Naturales 137
Museo de la Ciudad 51
Museo de las Culturas Aborígenes
169
Museo Franciscano 51
Museo Guayasamín 57
Museo Municipal 280
Museo Nacional 61
Museo Solar Inti Ñan 87
Quito Observatory 56
music 356, 360-2

N

national parks 122, 367, 368, *see also* parks & gardens, reserves
Parque Nacional Cajas 164, 177-9,
178
Parque Nacional Cotopaxi 122,
124-7, **124, 12**
Parque Nacional Llanganates
122, 140
Parque Nacional Machalilla 259-61
Parque Nacional Podocarpus 164,
187-8, **11**
Parque Nacional Sangay 122,
149-51, 231
Parque Nacional Sumaco-Galeras
215
Parque Nacional Yasuni 214-15, **8**
newspapers 372
north coast 43, 233-56, **234**
accommodations 233
climate 233
food 233, 245
highlights 234
travel seasons 233

northern highlands 41, 90-118, **91**
 accommodations 90
 climate 90
 food 90
 highlights 91
 travel seasons 90

O

Olón 265
 Oriente 42, 196-232, **198-9**
 accommodations 196
 climate 196
 food 196
 highlights 198-9
 travel seasons 196
 Otavalo 8, 92-9, **94, 8**
 accommodations 96-7
 courses 94-5
 emergencies 99
 entertainment 98
 festivals & events 95-6
 food 98-9
 medical services 98
 postal services 99
 sights 93-4
 tourist information 99
 tours 95
 travel to/from 98
 weaving 96
 Oyacachi 92

P

Palacio del Gobierno 49
 panama hats 165, 174, 175, 179-80, 256
 Panamericana 158
 Papallacta 10, 197-200, **10**
 parks & gardens, *see also* national parks, reserves
 Jardín Botánico 57
 La Mitad del Mundo 87, 88
 Parque Cóndor 93
 Parque El Ejido 56
 Parque Omaere 225-6
 Parque Nacional Cajas 164, 177-9, **178**
 Parque Nacional Cotopaxi 12, 122, 124-7, **124, 12**
 Parque Nacional Machalilla 259-61
 Parque Nacional Podocarpus 11, 164, 187-8, **11**
 Parque Nacional Sangay 122, 149-51, 231
 Parque Nacional Yasuní 8, 214-5, **8**
 passports 381

000 Map pages

000 Photo pages

Paute 179
 Peguche 101-2
 petrified forest 293
 Pizarro, Francisco 350-1
 planning, *see also individual regions*
 budgeting 16-17
 calendar of events 21-3
 Ecuador basics 16-17
 Ecuador's regions 41-3
 Galápagos Islands 35-40
 itineraries 24-9, **24-9**
 travel seasons 16, 21-3
 Playa de Oro 238, 239
 Playas 271-2
 postal service 376
 pre-Inca peoples 164, 165, 167, 259-60, 273, 348-9
 Principal 180
 public holidays 376-7
 Puerto Ayora 300-9, **302-3**
 Puerto Baquerizo Moreno 312-16, **314-15**
 Puerto Bolívar, 293
 Puerto López 11, 33, 261-4, **11**
 Puerto Villamil 319-22
 Punta Suárez 13, 325, **13**
 Puyo 225-7, 228 **226**

Q

Quilotoa 132-3
 Quilotoa Loop 10, 131-6, **131, 10**
 Chugchilán 133-4
 Isinlivi 134
 Quilotoa 132-3
 Sigchos 134
 Tigua 132
 travel within 134-5
 Zumbahua 132
 Quito 6, 41, 46-87, **48, 68-9, 6, 10**
 accommodations 46, 66-73
 activities 61
 children, travel with 66
 climate 46
 courses 62-5
 drinking 79-80
 emergencies 84
 entertainment 80-2
 festivals & events 47, 65-6
 food 46, 47, 73-9
 for children 66
 founding 23
 highlights 47, 48
 history 49
 internet access 84
 internet resources 47, 84
 itineraries 50
 medical services 84
 new town 56-61, **58-9**

old town 49-55, **52-3**
 postal services 84
 safe travel 83-4
 shopping 82-3
 sights 49-61
 tourist information 84
 tours 62, 62-5
 travel seasons 46
 travel to/from 85-6
 travel within 86-7
 walking tours 63, **63**

R

rafting, *see also* white-water rafting
 Baeza 200
 Baños 143
 Canoa 248
 Tena 216-17
 reserves 122, *see also* national parks, parks & gardens
 Bosque Protector Cerro Blanco 272
 Bosque Protegido Washapamba 180
 Charles Darwin Research Station 300-1
 El Bosque Petrificado Puyango 293
 El Chato Tortoise Reserve 299
 Galapaguera 311
 Intag Cloud Forest Reserve 104
 Ítapa Reserve 118
 Los Galápagos 311
 Playa de Oro Reserva de Tigrillos 238, 239
 Rancho Primicias 299
 Refugio Ecológico Tzanka 188
 Reserva Bellavista 113
 Reserva Biológica Bilsa 239
 Reserva Biológica Guandera 110
 Reserva Biológica Los Cedros 105-6
 Reserva Biológica Maquipucuna 112-13
 Reserva Buenaventura 294
 Reserva de Producción Faunística Chimborazo 152-3
 Reserva Ecológica Cayambe-Coca 92
 Reserva Ecológica Cotacachi-Cayapas 92, 103-4, 239-40
 Reserva Ecológica de Manglares Cayapas Mataje 237-8
 Reserva Ecológica El Ángel 92, 109
 Reserva Ecológica Los Ilinizas 123-4
 Reserva Ecológica Manglares Churute 290
 Reserva Geobotánica Pululahua 87-9
 Reserva Producción Faunística Cuyabeno 204-6

Tapichalaca Reserve 193
 Río Mira Valley 110
 Río Muchacho Organic Farm 250
 Riobamba 153-8, **154-5**
 robbery 377
 Ruta Ecológica 140

S

safe travel
 Atacames 242
 ayahuasca 212
 Baños 147
 drugs 377
 Esmeraldas 240
 Galápagos Islands 39-40
 Guayaquil 273
 Lago Agrio 201-2
 money 377
 Quito 83-4
 road 385
 robbery 377
 scams 377
 theft 377
 trouble spots 377
 Volcán Pichincha 89
 women 380
 Salasaca 139-40
 Salinas (central highlands) 151-2
 Salinas (south coast) 269-70
 Same 244-6, **9**
 San Lorenzo 236-7
 San Miguel 238
 San Pedro 238
 San Rafael Falls 201
 Santo Domingo de los Colorados 235
 Saquisilí 135-6
 Saraguro 180-1
 scams 377
 sea lions 309, 310, 324, **335**
 Semana Santa 21
 shopping, see artisan crafts, markets,
individual locations
 Sigchos 134
 Sigsig 180
 south coast 43, 257-95, **258**
 accommodations 257
 climate 257
 food 257
 highlights 258
 travel seasons 257
 southern highlands 42, 161-95, **162-3**
 accommodations 161
 climate 161
 food 161
 highlights 162-3
 travel seasons 161
 Spanish colonial era 351-2
 Súa 244

Sucúa 232
 surfing 34
 Canoa 248-50
 Mompiche 247-8
 Montañita 265-6, **13**
 Playa Punta Carola 317
 Playas 271
 Puerto Baquerizo Moreno 312-3
 Puerto Villamil 320
 Salinas 269

T

taxis 386
 TelefériQo 10, 56, **10**
 telephone services 17, 377-8
 Tena 216-21, **218**
 thermal springs
 Baños (central highlands) 141
 Baños (southern highlands) 179
 Grutas de la Paz 109
 Nangulví 104-5
 Oyacachi 92
 Papallacta 197-200, **10**
 Parque Acuático Los Elenes 156
 Tulcán 110
 Vilcabamba 191
 Tigua 132
 Tiguino 209
 time 378
 tipping 376
 toilets 378
 tortoises 326, 331, **333, 340**
 Centro de Crianza de Tortugas
 319-22
 Charles Darwin Research Station
 300-1
 El Chato Tortoise Reserve 299
 Los Galápagos 311
 Rancho Primicias 299
 Volcán Alcedo 317
tatora crafts 99, 156, 158, 159
 tourist information 378
 tours 386, see also *individual
 locations*
 bird-watching 263, 269
 camping 39, 171, 207, 217, 222,
 262, 303
 diving 38, 301
 fishing 262, 269
 gold mine 294
 indigenous peoples & culture
 180-1, 202-3, 205, 217, 227,
 228, 235
 Reserva Producción Faunística
 Cuyabeno 204-6
 whale-watching 251, 261, 262, 269
 train travel 86, 159, 386
 travel to/from Colombia 111-12, 201-2,
 237, 377, 382

travel to/from Ecuador 381-2
 travel to/from Peru 186-7, 193, 194,
 195, 289, 294, 295, 213, 382
 travel within Ecuador 383-6
 travelers with disabilities 378
 trekking, see hiking
 truck travel 386
 tzantza 56, 61, 169, 349, 359
 Tulcán 110-12

U

Upper Río Napo 223-5

V

Vilcabamba 12, 189-93, **190, 12**
 visas 17, 378-9
 volcanoes 97
 Avenue of the Volcanoes 138
 Galápagos Islands 328
 Parque Nacional Sangay
 149-51
 Reserva Ecológica Los Ilinizas
 123-4
 Volcán Carihuairazo 152-3
 Volcán Cayambe 15, 92, **15**
 Volcán Chiles 111
 Volcán Chimborazo 122, 152-3
 Volcán Cotacachi 103
 Volcán Cotopaxi 12, 124-5, 127, **12**
 Volcán El Altar 150
 Volcán Imbabura 101, 108
 Volcán Pichincha 89
 Volcán Reventador 200-1
 Volcán Sangay 150
 Volcán Sierra Negra 317
 Volcán Sumaco 215
 Volcán Tungurahua 136, 140, 147,
 149-50
 Volcanes Atacazo 235
 Volcanes Corazón 235
 volunteer organizations 379-80
 volunteering 379
 AmaZOnico 224
 Andean Bear Conservation Project
 104
 Bosque de Paz 110
 Bosque Nublado Santa Lucía 112
 Butterfly Farm 221
 Ítapa Reserve 118
 jungle lodges 379
 Merazonia Foundation 148
 Mindo Animal Rescue 115
 Refugio Ecológico Tzanka 188
 Reserva Biológica Guandera 110
 Reserva Biológica Los Cedros 105
 Río Muchacho Organic Farm 250

W

waterfalls

- Baños 140-1
- Cascadas de Peguche 102
- Dos Mangas 266
- Girón 179
- Gualaquiza 232
- La Ruta de las Cascadas 147-9
- Las Cascadas de Paluz 109
- Mindo 113
- Misahuallí 221
- Parque Nacional Podocarpus 188
- Principal 180
- Reserva Biológica Bilsa 239
- San Rafael Falls 201
- Saraguro 180
- Tena 216-7
- Vilcabamba 191

weather 16, 21-3, *see also individual regions*

weaving

- Agato 102
- Gonzanamá 193
- Ilumán 102
- Otavalo 96
- Peguche 101-2

Salasaca 140

whale-watching **11, 334**

- Isla de la Plata 262, 263
- Parque Nacional Machalilla 261
- Puerto López 11, 33, 261-2
- Salinas 269
- tours 251, 261, 262, 269

white-water rafting 34, *see also rafting*

- Macas 228-9
- Tena 216-17

wickerwork 256

wildlife 363-5, **333-44**

wildlife centers

- AmaZOOnico 224
- Andean Bear Conservation Project (Intag Valley) 104
- Fundación Pro-Bosque 272
- Mindo 115
- Napo Wildlife Center 211
- Playa de Oro Reserva de Tigrillos 238
- wildlife-watching 19
- Bosque Protector Cerro Blanco 272
- Galápagos Islands 296-332
- Lower Río Napo 210-13

Playa de Oro Reserva de Tigrillos 238

- Reserva Biológica Bilsa 239
- Reserva Ecológica Cotacachi-Cayapas 239-40
- Reserva Ecológica Manglares Churute 290

woodworking 134, 179-80

women travelers 380

work 380

World Heritage Sites

- Cuenca 165-77
- Parque Nacional Sangay 149-51
- Quito 46-87

Z

Zamora 188-9

Zaruma 294-5

zip lining

- Baños 140
- Cantalapiedra 264
- Mindo 114

Zumbahua 132

Zumba 193

how to use this book

These symbols will help you find the listings you want:

- | | | |
|------------|--------------------|-----------------------|
| Sights | Tours | Drinking |
| Beaches | Festivals & Events | Entertainment |
| Activities | Sleeping | Shopping |
| Courses | Eating | Information/Transport |

These symbols give you the vital information for each listing:

- | | | |
|-------------------|-----------------------|--------|
| Telephone Numbers | Wi-Fi Access | Bus |
| Opening Hours | Swimming Pool | Ferry |
| Parking | Vegetarian Selection | Metro |
| Nonsmoking | English-Language Menu | Subway |
| Air-Conditioning | Family-Friendly | Tram |
| Internet Access | Pet-Friendly | Train |

Reviews are organised by author preference.

Look out for these icons:

- | | |
|--|-------------------------------|
| | Our author's recommendation |
| | No payment required |
| | A green or sustainable option |

Our authors have nominated these places as demonstrating a strong commitment to sustainability – for example by supporting local communities and producers, operating in an environmentally friendly way, or supporting conservation projects.

Map Legend

Sights

- Beach
- Buddhist
- Castle
- Christian
- Hindu
- Islamic
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Winery/Vineyard
- Zoo
- Other Sight

Activities, Courses & Tours

- Diving/Snorkelling
- Canoeing/Kayaking
- Skiing
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity/Course/Tour

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking

- Drinking
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Post Office
- Tourist Information

Transport

- Airport
- Border Crossing
- Bus
- Cable Car/Funicular
- Cycling
- Ferry
- Metro
- Monorail
- Parking
- S-Bahn
- Taxi
- Train/Railway
- Tram
- Tube Station
- U-Bahn
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed Road
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian Overpass
- Walking Tour
- Walking Tour Detour
- Path

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Geographic

- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Hydrography

- River/Creek
- Intermittent River
- Swamp/Mangrove
- Reef
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Glacier

Areas

- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Park/Forest
- Sportsground
- Sight (Building)
- Top Sight (Building)

behind the scenes

SEND US YOUR FEEDBACK

We love to hear from travelers – your comments keep us on our toes and help make our books better. Our well-traveled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travelers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Steve Bray, Lauren Burns, Aoife Byrne, Lani V Cox, Asa Cusack, Renate De Jonge, Nicolas Dubois, Lukasz Duda, Andrew Duniec, Caroline Evenden, Diego Torres Garzón, Mathias Gerth, Marshall Goldberg, Ricia Gordon, Desmond Graal Cullen, Markus Hauk, Katja Heijnen, Brent Helmkamp, Esther Hermans, Wally Johnson, Cleo Kale, Thomas Knoblauch, Dietmar Krumpl, Cathrin Kurz, Jake Ling, Marcus Loane, Carl Lobitz, Vanessa McIntyre, Elizabeth Meyrick, Greg Miier, Leslie Moore, Dan Morris, Eric Neemann, Darshan Neubauer, Lukas Nigg, Amber Novak, William Olvera, Maxime Peeters, Natalia Platonova, Daniel Richter, Thomas Schetty, Sonja Schoentag, Stefanie Schuster, Keela Shackell, Kati Sivula, Shelly Skaug, Agnethe Spangberg, Gera Stout, Mariët Struijk, Sebastián Pablo Taboada, Matt Van Der Peet, Erwin Van Liempd, Ray L Vansickle, Margaret Vile, Olivia Watson, Mark Weisbrot, Reto Westermann, Annie White, Brian White, Jason White, Daan Wijsman, Barbara Wilson, Elaine Wiltshire, Louisa Wood, Marie-louise Zimmermann

AUTHOR THANKS

Regis St Louis

Big thanks to the countless *quiteños* and expats for tips and insight: Dominic Hamilton at Metropolitan Touring; Patricio Gaybor and Luz Elena Coloma at Quito Turismo; Adriana and Fernando at Casa Gangotena; Santiago at Vibes; John and Eva at Happy Gringo; Silvia Garcia and Ritmo Salvaje for the salsa instruction; and Paul Parreno at CarpeDM for all his help in Quito (and a great run!). As always, thanks to Cassandra and our daughters Magdalena and Genevieve for continued love and support despite sometimes long absences.

Greg Benchwick

The biggest and boldest of thanks goes to my wife and daughter who traveled with me through the central highlands on the first stage of my research trip... you are the best travel companions a man could ask for. The people of Ecuador were amazingly gracious and kind, as were the tour operators, guides and street rascals that set me on my way. And to my Cotopaxi climbing companions, Julian and James, thanks for the best summit of my life!

Michael Grosberg

First and foremost, thanks to the warmth and kindness of Ecuadorian strangers I met along the way. And to Christopher Jimenez in Guayaquil for all his advice; Xavier 'Tito' Burbano for sharing his political and social insight; Alan Smith for his travel thoughts; Jascivan Carvalho for his experience with environmental issues; Fabrizio Prado in the Galápagos; Aline Louvet in Puerto Baquerizo Moreno; and to Carly Neidorf, for being there for me, both on the road and stateside.

Tom Masters

Many thanks to my friend Alexandra Tampakopoulos, who accompanied me for much of my journey through Ecuador, for her great company and unfailing sense of humor, even when things didn't turn out as planned. I'm indebted to many people all over Ecuador who helped me throughout my trip, but thanks especially to the staff and guides of

the Lower Río Napo who made sure that my journey went like clockwork, to the very kind owners of the Ali Shungu Mountaintop Lodge in Otavalo, and to the friendly staff at Casa de Amigos in Same for making me feel at home on the road.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification'; *Hydrology and Earth System Sciences*, 11, 163344.

Cover photograph: Blue-footed booby, Galápagos Islands, John Freeman, LPI.

Many of the images in this guide are available for licensing from Lonely Planet Images: www.lonelyplanetimages.com.

THIS BOOK

This 9th edition of Lonely Planet's *Ecuador & the Galápagos Islands* guidebook was researched and written by Regis St Louis (Coordinating Author), Greg Benchwick, Michael Grosberg and Tom Masters. The previous edition was researched and written by Regis St Louis, Lucy Burningham, Aimée Dowl and Michael Grosberg. This guidebook was commissioned in Lonely Planet's Oakland office, and produced by the following:

Commissioning Editor

Kathleen Munnelly

Coordinating Editors

Nigel Chin, Amanda Williamson

Coordinating Cartographers Karusha Ganga, Andy Rojas

Coordinating Layout Designer

Juan Winata

Managing Editors Barbara Delissen, Bruce Evans, Annelies Mertens, Martine Power

Managing Cartographers

Shahara Ahmed, Alison Lyall

Managing Layout Designer

Jane Hart

Assisting Editors

Amy Karafin, Kate Mathews, Joanne Newell, Karyn Noble, Sophie Splatt

Assisting Cartographer

James Leversha

Cover Research

Naomi Parker

Internal Image Research

Nicholas Colicchia

Language Content

Branislava Vladislavljevic

Thanks to

Anita Banh, Sasha Baskett, Elin Berglund, Lucy Birchley, Ryan Evans, Larissa Frost, Chris Girdler, Paul Iacono, Sally Morgan, Mardi O'Connor, Trent Paton, Kirsten Rawlings, Wibowo Rusli, Gerard Walker, Simon Williamson

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'