

Contents

INTRODUCTION	9
FACTS ABOUT THE COUNTRY	11
History	11
Geography	16
Climate	16
Flora & Fauna.....	17
Government	27
Economy	28
Population & People.....	28
Education	30
Arts.....	30
Culture.....	32
Religion.....	33
Language.....	33
FACTS FOR THE VISITOR	38
Visas & Embassies	38
Customs	40
Money.....	40
When to Go	43
What to Bring	44
Tourist Offices	45
Useful Organisations	46
Business Hours & Holidays	47
Post & Telecommunications.....	48
Time	51
Electricity.....	51
Laundry.....	51
Weights & Measures.....	51
Books & Maps	52
Media	57
Film & Photography	57
Health.....	58
Women Travellers.....	65
Dangers & Annoyances	65
Work.....	67
Activities & Highlights.....	68
Accommodation.....	69
Food	72
Drinks.....	74
Entertainment.....	76
Things to Buy.....	76
GETTING THERE & AWAY	79
Air.....	79
Land	83
Sea.....	84
Getting Around	85
Air.....	85
Bus	87
Train.....	90
Taxi	90
Car.....	91
Hitching	92
Boat.....	92
Tours.....	93
QUITO	95
Quito	95
Orientation.....	95
Information.....	95
Walking Tour	108
Museums - New Town.....	109
Museums - Old Town	110
Churches.....	112
Other Sights	114
Places to Stay.....	116
Places to Eat.....	121
Entertainment.....	125
Things to Buy	127
Getting There & Away.....	128
Getting Around	132
Around Quito	133
Mitad del Mundo	135
Rumicucho	136
Reserva Geobotánica	
Pululahua	136
Pomasqui.....	137
Calderón.....	137
Sangolquí	137
Pasochoa Forest Reserve	137
Volcán Pichincha.....	138
NORTH OF QUITO	140
North to Cayambe	140
Cochasquí	140
Cayambe.....	141
On to Otavalo	141
Otavalo	143
Around Otavalo	152
Intag Cloud Forest Reserve.....	154
Cotacachi	155
Reserva Ecológica	
Cotacachi-Cayapas	155
Laguna de Cuicocha	155
Apuela.....	156
Ibarra.....	156
San Antonio de Ibarra.....	162
La Esperanza.....	163
North of Ibarra	164
San Gabriel	164
Tulcán.....	164
West of Tulcán	169
SOUTH OF QUITO	171
Machachi	171
Ilinizas	171
La Ciénega.....	173
Parque Nacional Cotopaxi.....	173
Latacunga	175
Saquisilí	180
Other Villages	181
San Miguel de Salcedo	182
Ambato	182
Nearby Villages	188
Salasaca.....	188
Pelileo	189
Baños.....	189
Parque Nacional Sangay	199
Guaranda	201

Salinas.....	204	Guano & Santa Teresita.....	212	Alausí.....	213
Riobamba.....	205	South-West of Riobamba.....	212	Bucay.....	215
Chimborazo.....	211	Guamote.....	213	Achupallas.....	215

CUENCA & THE SOUTHERN HIGHLANDS 217

Cuenca.....	217	Area Nacional de Recreación	Oña.....	241
Information.....	219	Cajas.....	Saraguro.....	241
Things to See.....	222	Gualaceo, Chordeleg & Sígsig.....	Loja.....	242
Places to Stay.....	225	Paute.....	Parque Nacional Podocarpus..	248
Places to Eat.....	228	North of Cuenca.....	Vilcabamba.....	250
Entertainment.....	229	Azogues.....	Zumba.....	251
Things to Buy.....	229	Cañar.....	Catamayo.....	251
Getting There & Around.....	230	Ingapirca.....	El Cisne.....	252
The Cuenca Area.....	231	South of Cuenca.....	Catacocha.....	253
Baños.....	231	The Road to Machala.....	Macará.....	253

THE SOUTHERN ORIENTE..... 256

Zamora.....	258	Limón.....	262	Macas.....	264
Parque Nacional Podocarpus ..	260	Méndez.....	262	Parque Nacional Sangay.....	266
Nambija.....	260	Morona.....	262	The Jungle from Macas.....	267
Yantzaza.....	261	Cueva de los Tayos.....	262		
Gualaquiza.....	261	Sucúa.....	263		

THE NORTHERN ORIENTE..... 268

The Road to Puyo.....	268	Hacienda Primavera.....	287	Zabalo.....	297
Shell.....	270	Pompeya & Limoncocha.....	288	Tarapoa.....	297
Puyo.....	271	La Selva Jungle Lodge.....	288	Reserva Producción Faunística	
Puerto Napo.....	273	Pañacocha.....	289	Cuyabeno.....	298
Tena.....	275	Nuevo Rocafuerte.....	289	San Rafael Falls & Volcán	
Archidona.....	277	Parque Nacional Yasuní.....	290	Reventador.....	299
Misahuallí.....	277	Río Tiputini.....	291	Baeza.....	300
Ahuano.....	282	Lago Agrio.....	291	Papallacta.....	301
Jatun Sacha.....	284	Dureno.....	296		
Coca.....	284	Flotel Orellana.....	297		

THE WESTERN LOWLANDS 302

Mindo.....	302	The Main Road to Santo	Río Palenque Science Center..	310
Reserva Biológica		Domingo.....	Quevedo.....	311
Maquipucuna.....	304	Tinalandia.....	South of Quevedo.....	314
The Old Road to Santo		Santo Domingo de los	Babahoyo.....	315
Domingo.....	305	Colorados.....		

THE NORTH COAST..... 318

San Lorenzo.....	318	Súa.....	333	Portoviejo.....	340
Limones.....	322	Same.....	334	Inland from Portoviejo.....	344
Borbón.....	322	Tonchigüe.....	334	Manta.....	344
San Miguel.....	324	Muisne.....	334	Bahía de Manta.....	349
Reserva Ecológica		South of Muisne.....	336	Montecristi.....	349
Cotacachi-Cayapas.....	324	Cojimíes.....	336	Jipijapa.....	350
La Tola.....	325	Pedernales.....	337	Parque Nacional Machalilla....	351
The Road to Esmeraldas.....	326	Jama.....	337	Puerto López.....	353
Esmeraldas.....	326	Canoa.....	338	Machalilla.....	354
Tonsupa.....	331	San Vicente.....	338	Salango.....	354
Atacames.....	332	Bahía de Caráquez.....	338	Alandaluz.....	354

THE SOUTH COAST 356

Guayaquil	356	Progreso	379	Reserva Ecológica Manglares	
Orientation	356	Playas	379	Churute	387
Information	358	Punta Pelada	381	Machala	387
Walking Tour	361	Posorja	381	Puerto Bolívar	391
Places to Stay	368	Santa Elena Peninsula	381	Jambelí	392
Places to Eat	371	La Libertad	383	Pasaje	392
Entertainment	372	Punta Carnero	385	Zaruma Area	392
Getting There & Away	373	Salinas	385	Piñas	392
Getting Around	376	North along the Coast	386	Puyango Petrified Forest	393
Durán	377	South of Guayaquil	387	To the Peruvian Border	393
West of Guayaquil	379			Huaquillas	394

THE GALÁPAGOS ISLANDS 397

Introduction to the Galápagos	397	Wildlife	402	Puerto Baquerizo Moreno	425
History	397	Conservation & Tourism	403	Puerto Velasco Ibarra	426
Geography	398	Visitor Sites	405	Puerto Villamil	426
Geology	398	Activities	417	Tours & Charters	426
Colonisation & Evolution	399	Visiting the Galápagos	418		
		Puerto Ayora	418		

GALÁPAGOS WILDLIFE GUIDE 433

Birds	434	Oystercatchers	445	Tortoises	454
Penguins	434	Plovers	445	Marine Turtles	455
Albatrosses	435	Sandpipers	446	Iguanas & Lizards	456
True Petrels & Shearwaters	435	Stilts	447	Geckos	458
Storm Petrels	436	Gulls, Terns & Skuas	447	Snakes	458
Tropicbirds	437	Pigeons	448	Mammals	458
Pelicans	437	Cuckoos & Anis	449	Plainnose Bats	458
Boobies	438	Owls	449	Mice & Rats	459
Cormorants	439	Tyrant Flycatchers	450	Eared Seals	459
Frigatebirds	440	Swallows & Martins	451	Whales & Dolphins	460
Hérons & Egrets	441	Mockingbirds	451	Fish	461
Flamingos	443	Wood Warblers, Tanagers,		Invertebrates	462
Ducks & Geese	443	Blackbirds etc	452	Plants	464
Hawks	443	Finches	452	Checklist	465
Rails, Crakes & Gallinules	444	Reptiles	454		

INDEX 467

Maps	467	Text	467
------------	-----	------------	-----