Galapagos ISLES: 13 main Islas & 6 smaller isles, which toger embrace some 50,000 sq km (19,500 sq miles) of ocean,

AIR TRANS-IN: (usually > Santa Cruz ISL (Ayora twn)

1) Quito > Santa Cruz (Baltra): (SCY) Isla Baltra AP, Santa Cruz: 620mmi off SA coast SEE Galalpagos Islas pages +/- \$450 -\$538: RT (?), ~3½h

NOTES:

- BUY 2-5 days B4 DEPART @ local Quito TRAV agency SAVE ~ up > \$200 ?.
- AVE online price: FLTs often included Guayaquil (GYE) stopover, BUT TAME : some nonstops, but shows restricted ?
- San Cristobal RET Option: > Quito (GYE)

AIR-IN

Avianca Ecuador (Aerogal: IN> Seymour/Baltra: SU, S, M.TH OUTof Seymour/Baltra: ?? TEST: \$438; * 1/18 10:15a > 1/30 ; 12:45p; NOTE: SAT \$ jumps up>\$466
Tame [26]: IN> Seymour/Baltra: SU, TU OUT of Seymour/Baltra: ?? TEST: \$402; *
LATAM (LAN) [27]::: in morning, rt in afternoon (min 1 nite stay) IN> Seymour/Baltra: SU, TU, W OUT of Seymour/Baltra: ?? TEST: * \$538 TRAV AGENCIES: Mariscal:

PROCEDURES: Quito airport "GI pre-flight" PROCEDURES::

(Mariscal Sucre Int'l Airport in Tababela) > Galapagos (as of April 2014).

- 1) Begin @ mestic ("nacional") TERM. Go > far end of mestic TERM.
- 2. \$20 "visa" booth: Next > ticket ("boleto") booths (TAME, LAN etc.) \$20 "visa" booth NOTE: Really ARV/DEPART Record Form > complete B4 Galapagos ARV.)
- 2a: N, look 4 sm or @ my immediate R. 4 pre-registry needed in http:// preregistro.gobiernogalapagos.gob.ec:8082/SentinelAeropuertos/
- **3.** N, THRU sm or 4 ag products bag scan check. MUST B4 checking in & getting tickets in Step 4.

NOTE: \$100 CASH PK entrance fee on Galapagos landings.

- 4. <u>Now</u> GO> ticket counter & buy.
- N, opposite ticket counter -- go >> security: only looking 4 metal. So n't need > take off shoes (unless contain metal), remove computer bag, or empty water bottle.

3) Baltra Airport (Santa Cruz) > Puerto Ayora twn: 2 hrs,

NOTE 1: 2 sets of BUSs --

- passes old abandoned WWII US Air force base set up > protect Panama Canal.
- cruisers : 1 BUS from airport direct > boat
- > Itabaca channel btwn Balta & Santa Cruz Isla
- **NOTE 2:** If fly into San Cristobal instead take ferry 2per day, 1 early morning, 1 afternoon, (\$30) > Puerto Ayora.
- Procedure: look on TV screens
 - 1) free airport BUS > sm barge (.80US)
 - 2) local BUS > Puerto Ayora b us TERM (\$1-2US)
 - 3) Taxi > twn (\$1-2)

Puerto Ayora:

sm TWN, BUT best GI infrastructure -- most hotels, REST groc MKT, phar, sm hospital. Galapagos Nat'l PK, Darwin Found & Charles Darwin's Interpretative CNTR

TRANs-Around:

Taxis: wht PU trucks. ~ \$1 > in city; outside city: negotiate 1/2 or full d \$/ > wait etc **ACCM**:

- 1) Galapagos Best HOS: 0.9k (88mi), 7.9 4xDM\$20; Barrio Escalesia, Calle Piqueros; 15 min from pier, LOC
- 2) La Mirada del Solitario George: ?, ?, ?\$20-25/ night) in Puerto Ayora (HW- Not avail) LOC

Galapagos Dreams: 1.1k, S\$27.50 Mi Caleta Inn: ?, 1.2k, 4D\$23 i Caleta In

Duncan Suites:NR, 0.7k, S\$15/p 3-5 bed rms

Hotel Espana: \$25 HOS Micona: .05k, \$13 Posada del Caminante: \$16.25 Hostal El Pariso: NO Ds Gloria Galapagos Inn \$22 Hostal Vista Mar: Hostal El Pinzon HOS Los Amigos : finest budget lodgings here. Hotel Castro: 1.5k, \$22 Hostal Costa del Pacifico: 0.4k, 2-3bd R\$23/pp

NOs:

Hostal Gardner G: ?, ? 4D\$23; 3 day cancel,

TIP:

FACTS TRAV agent won't tell

Flights > Galapagos operate daily

IND TRAV: cheaper, see MORE; stay 4 longer.; ATMs,

NOT book anything online B4hand!!! ; Every agency on every Isla sells last min spaces on all cruise ships @ rock bottom prices; use online 4 high EST

Both of following exceptionally helpful.

Galapagos People's info@galapagospeople.com / Phone 05-252-7117 / Cel 092-097-852 Galicia Tours galiciatours@yahoo.com / Phone 05-524-534 / Cel 093-327-525

IND TRAV:

GUIDE/BOAT ONLY SITES:: Isla & Specific INFO including: IND DTs vs Cruise ONLY: IND or CRU Floreana, IND Isabella or ?/NO! Fernandina.

CNTR ISLAS:

* IND 1) Santa Cruz:

Puerto Ayora Santa Cruz Isle (): GI ENTRY/BASE

OOmost DEV, main twn; GI hub

TRANS IN/OUT: Baltra Airport > Puerto Ayora twn: 2 hrs,

Procedure: look on TV screens

- 1) free airport BUS > sm barge (.80US)
- 2) local BUS > Puerto Ayora BUS TERM (\$1-2US)

3) Taxi > twn (\$1-2)

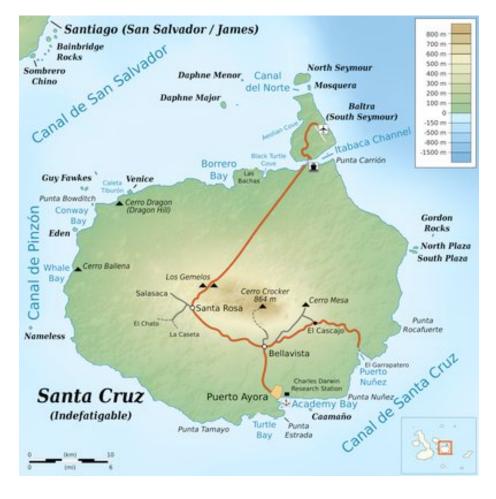
NOTE: Direct > **cruisers** : airport direct > boat

NOTE: Baltra Isla: aka S Seymour Isla, LOC: Near GI CNTR;

US air base 4 Panama protect; former

TRANS - Around: -- Ayora TAXI: wht PU trucks, \$1 > anywhere in city. **Outside**: deral ½/full d \$ w/ wait @ sites.

Inter-Isla flights [28] btwn Baltra & San Cristobal) 4 FLTs btwn Islas;~\$160-\$170 1w/ \$260 RT.



FOOD:

BRKF: eat local.

Early morn DTours: 1) **Bakeries**: INT pastries TIP: Go night B4 4 sweet chocolate bread or cheese-filled rolls 4 early next morn tour start times NOTE:**REST**: open > late 4 tours start times (8:00 or 9:00), OR2) **supermarket** w/ pastries \$0.50-\$0.80.

- bolon (ball of plantains & cheese), Descanso Del Guia (by PA ferry docks : >-go in plastic bag, \$2, or sit 4 more.
- **outdoor café @ ferry docks**: friendly guy makes simple, great, grilled cheese ---- perfect pre-ferry breakfast snack.
- LUNCH: set menus aka "almuerzos.": 'meriendas'-like: start @ \$3.50: huge soup, main dish w/seafood & sides, & fresh squeezed juice!
- DINNER"kioscos" eateries: \$5 main;
 - LOC: 2 blk up hill, behind hospital > section of Charles Binford AVE,
 - dinner almost every night @ "kioscos", mainly sm mom & pop REST;
 - **Procedure**: On tables w/ fresh fish & lobster displayed -- pick size wanted, cook 4 U lobster & fish w/ dif sauces. Most w/ rice, beans & plantains or salad.

Loved pan fried ones w/ garlic (Al ajillo). Set meal: GO inside @ tables w/locals 4



specials



aka "meriendas." on wht boards (MUST look 4) ; 2course dinners w/ juice for \$4. OPTION: fish or shrimp: fried, grilled, or smored in tasty garlic sauce; always filling, delicious, & grt value @ \$4!

RESTs: \$8 - \$15/ main; some awesome food & service! BLOGs FAVs: 1) **Garrapata** (great seafood, meat, vegetarian, excel service!) 2) **La Giardina's** ice-

cream parlour, huge waffles , 3) Rock: hugely popular.

supermarket -- Only 1: LOC: R opposite ck.

Water: shop cuz \$ varies. Lrg btl

1) Galapagos Best HOS 4xDM: 0.9k, ?, 7.9 4xDM\$20;

DIRECS: Barrio Escalesia, Calle Piqueros y, 200350 Puerto Ayora

REV: GUD: beds, KIT, MKT & bakery near, wifi (pub areas),lug STOR, /c, bikes, pool, NO pets,

BAD: ruff area, but OK, GUD mgm't / staff, 15 min walk from CNTR,

2) La Mirada del Solitario George (\$20-25/ night) in Puerto Ayora

FAC: brk, tow, KIT?, 24 Reception, CUR EXC, ATM,

REV: GUD: LOC:metro/, TRN bkkg, Staff; Wifi-OK, /c, bat8h

Gloria-Galapagos Inn: 8.2, \$18

Duncan Suites: ?, 0.7k, S\$15/p 3-5 bed rms

Galapagos Dreams: 1.1k, S\$27.50

Mi Caleta Inn: ?, 1.2k, 4D\$22i Caleta In

HOS Los Amigos : **S**\$8; finest budget lodgings here. LOC: Av. Charles Darwin – in front of TAME. Puerto Ayora ; DIRECS: walk up Charles Darwin St from harbor, seek white wall w/ flaking paint w/ name in fading brown letters.

HOS Micona: .05k, 5.3, \$13

Posada del Caminante: \$16.25 Hostal El Pariso: NO Ds

Hostal El Pinzon

Hotel España: 8.5, \$25– REV: find better in PA); Note: solo TRAV, book \$30 walk-in rate 4 econ rooms, GUD LOC, /c, steal..

Hostal Gosen Hostal Vista Mar:

Hospedaje Germania –\$40 LOC: GUD, /c,

Hotel Castro: 1.5k, \$22Hostal LOC:(?) Costa del Pacifico: 0.4k, 2-3bd R\$23/pp NOs:

Hostal Gardner G: ?, ? 4D\$23; 3 day cancel,

Check: **Booking.com** (biggest listing, often lowest \$; Expedia/Hotels.com offers lower prices.) **Airbnb** i(several hostels) **1**st **time -- use this coupon**!

MISC:

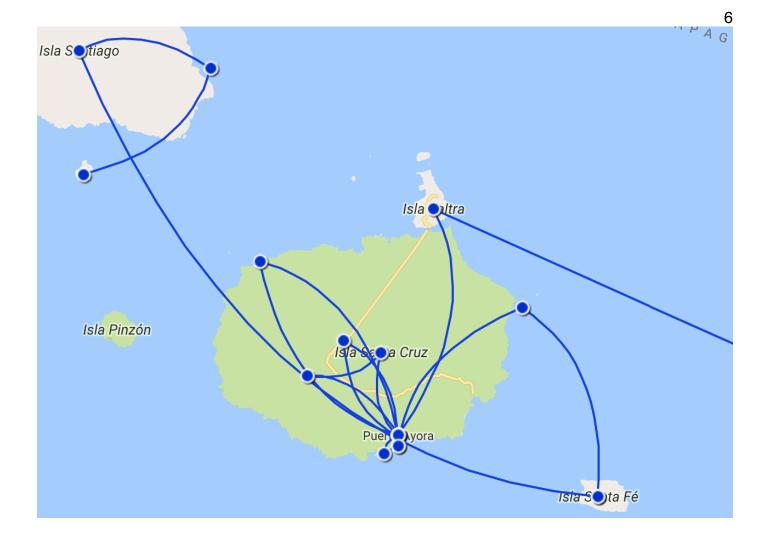
HIST: newly-IND EC claimed, 1832, mere 3 yr B4 Darwin's visit on *Beagle*. During 19th & early 20th Cs, Islas inhabited by very few settlers & used as penal colony, last closing in 1959 when Islas declared national PK. Galapagos subsequently listed as <u>World Heritage Site</u> in 1978.

NOTEs:

Siesta time btwn 2-4 p /// IMP; USE Sunblock,

Quito > San Cristobal airport > Puerto Baquerizo Moreno CNTR: daily, AP 20 min walk > **San Cristobal Airport**: < than 10 min by car from Puerto Baquerizo Moreno.

definitely more convenient airport > fly into & out of.



		7
TODOs-Free:	(23h +…)	3D
Biking: quicker access fro	om ports > far sites. Bike rentals: <u>Santa Cruz</u>	<u>r</u> ~ \$15/day.
* PA fish mkt; LOC: Ave (Charles Darwin near turtle STAT & Banco Pa	acifico ½
* Charles Darwin Resear	ch CNTR: allow 2 hrs, 15min walk,	11/2
	CNTR, Giant Tortoise breeding & rearing (n	nandatory cruise stop);
	, marine iguanas on bch behind CNTR	
Hike: 1 mile-trail just B	4 its entrance.	
* El Chato Tortise Reser	ve - 3 km from Santa Rosa; gigantic tortoise	s in wild. $2\frac{1}{2}$
	Primicias farms similar: tortoises just roar	
flimsy fence. 100s o	of tortoises ; sm ponds w/ several tortoises s	ubmerged in mud.
* Tortuga Bay (Bahia Tor	tuga) : gorgeous,	3
DIRECS: 21/2k trail SW	of Puerto Ayora N, 10 min> top of twn, N, 3	0 min shaded, paved trail
>> cactus forest, N,	15 min on bch (iguanas & turtles wandering	g around beautiful bch)
	k <mark>ayaks; strong undertow</mark> . Open: 6a>1830 da	
•	0-min walk on boardwalks)> Tortuga Bay/B	
El Mirador de Tuneles Lo		2
	te; Also, sm isla & lava rocks visit 4 Irgst ma	
	f highlands trails > collapsed, sunken VOL	4
	osa on/ close > Baltra rd.	
	high point. Mandatory guide tour	
	woodpecker finch & short eared owls.	lovo incido prostina
	na (lava) mess, hardened EXT w/flowing ho ers which N collapsed.	liava inside creating
• • • •	ate hole's size. Likely, endemic <i>Galapagos</i> s	hort ear owl
	jón): OOBest land iguana sites;	<u>4</u>
.	is inland > hill, up & around hill, N, back out	same trail > bch.
	cky, Pintail Ducks or Flamingos.	
-	; long hike includes rocky scrambles, mayB	mud when rain.
Highly Probable > see	e: 1. Land Iguanas, 2. Marine Iguanas, 3. Fl	amingos,4. Sally
Lightfoot Crabs		
? Las Grietas (aka " cracl		3
	1-min across harbor, N, sht walk: furr up	
trail from Punta Est	rada bch following grn & wht posts sm,	
Puerto Ayora	stunning gorge w/ crystal sea water,	and a second of the
and the second s	snorkeling (get equip in twn)	and the second sec
BAHÍA DE LA	worth hike (snorkeling >> lava canyon);	
ACADEMIA	clear, turquoise watered pool nestled	
Playa los alemanes Camino a la / grieta	btwn 2 VOL cliffs, snorkeling through Las	
	Grietas lava canyon,	
Las Grietas		
	est (up > 3 k), LOC: @ PRIV property off farr	
	. ALSO, sm 1 2.5 k on Baltra rd > Baltra, FR	
	@ Tortuga Bay in <u>Santa Cruz</u> ; mayB see	e fish & sea turtles;
CAUTION: local safety	conditions	

7Ds

1D

Santa Cruz Isla DAY TOURS: in person, BK from many agencies;

Tours: run only on certain days, not every day

NOTE: Only few day tours allowed on se islands.

day tours. Sm discount 4 cash, or multiple tours Or agencies may vary.

TRAV AGENCIES:

Galapagos Deep tours: generally GUD REV

Galapagos Peeps info@galapagospeople.com / Phone 05-252-7117 / Cel 092-097-852 Galicia Tours galiciatours@yahoo.com / 05-524-534 / Cel 093-327-525 LOC: just behind CUST inspection 'shack' directly in front of port - orange sign)

* DTour 1a) N Seymour Isla \$90; 45 min; ONLY w/ Official NP guide

blue-footed boobies, frigate birds nesting & baby sea lions, swallow-tailed gulls: Irgst MAG frigatebirds POP, Galápagos land iguanas.

visitor trail ~ 2 k (1.2 mi) Xing island's inland & rocky coast.

Galápagos land iguana captive breeding program stock from Baltra Isla, 1930s; .

cliffs mere meters from shoreline w/ ledge perched swallowtail gulls / tropicbirds.

extraordinary 4 breeding birds: Irgst nesting blue- footed boobies POP/MAG frigate birds.

- **Blue-footed boobies** pairs: mating ritual -- offer ea or gifts, whistle & honk, stretch necks skyward, spread wings, & dance—showing off bright blue ft.
- **MAG frigatebirds** perch in low bushes, near boobies, watching over Irg chick; huge, dark aerobats w/ 90-inch (2.3 m) wingspan. **Male** frigates puff up scarlet throat sacks like giant red balloons.
- **Boobies & frigates:** interesting relationship --- . **Boobies:** excel hunters fishing in flocks while **frigates** R pirates: dive bombing boobies forcing m > drop prey, N, aerobatic frigate swoops wn grabbing food B4 it hits water
- Isla Mosquera LOC: btwn islands of Seymour & Baltra, ; LOTs sea lions unafraid of humans
- * ? DTour 1b) S Plazas (& Santiago Isla ?): LOC: E Santa Cruz isla coast: 1D
 CAUTION: TOO pop w/DTs from Puerto Ayora. avoid peak times 4 plenty > see in sm space. NOTE: only land on S Plaza, but boats anchor btwn 2 Islas.
 - Golden iguana, (Galapagos Alternatives: on Sea Finch, 16 tourist yacht. Tide pool & deep H2O Snork~: sharks, rays, Spotted Eagle Rays, Wht Tipped sharks, Sea Tortoises;

?DTour 1c) Isla Santa Fe \$90: GI CNTR, Wet landing(?) SE of Santa Cruz 1D Geologically: OOOld 4 MIL yr old VOL rocks

2 endemic species: choc brown(?) Barrington land iguana , Barrington leaf-toed gecko
 2 endemic subspecies: Santa Fe marine iguana & Santa Fe rice rat
 sea lion bch leads > 2 dif trails.

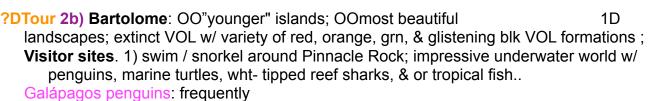
1) >> Opuntia cactus forest: Yellow Warblers, Galapagos Mockingbirds, Galapagos ves, Lava Lizards &, of course, Darwin Finches.

- Tours -- Be aware: some tours strictly snorkelling tours w/o touching Santa Fe Isla. Walking bch actually Santa Cruz Isla: CHK w/ tour operator
- * DTour 2a) Santiago: Local Know (aka San Salvar) (1st isla Columbus discovered in Caribbean) also, aka James Isla.
 2 overlapping VOL;

Puerto Egas, S of James Bay & W side of Santiago:---- OOBest sites; long, lava shoreline w/ eroded rock formations house variety of wildlife. Marine iguanas, Tide pools may contain Sally Lightfoot crabs.

Follow trail > seal lions.

- Geology & volcanology. walk over un-eroded, blk lava flow covered w/ lava bubbles & surface tree-trunk molds; also, 2 sm turtle nesting BCHs
- Sombrero Chino (Chinaman's Hat) VOL cone: LOC: sm islet off SE Santiago's tip; 171 ft hi; resembles conical Asian hat. CHI Hat: Sombrero Chino (Chinaman's Hat), islet offshore of <u>Santiago</u> Isla in Galápagos



Sm cave LOC: behind Pinnacle Rock ; w/breeding colony. In season, grn turtles mating / nesting site & w/ herons, use gentler BCHs. Galápagos lava cacti colonize new lava fields. Easy hill climb 4 GI views

?DTour 2c) Rabida (aka Jervis):

Flamingos, bachelor sea lion colony, pelicans, wht-cheeked pintails, boobies, & nine finch species ; 1971 National PK Service successfully eradicated goats

Bay tour \$35 (runs every day)

NO! Gorn Rocks - DIVE SITE good 4 Hammerheads (?)

- NO! Daphne: research ONLY -- highly restricted
- N of Santa Cruz Isla / just W of Baltra Airport

NO! cuz ANT Isla Bartolome \$140 - best 4 penguins, if haven't seen m on cheaper DT NO! Isla San Cristobal –cuz all independently FREE

NO! 1d) Pinzon (aka Duncan Isla) ; (\$130-\$140);giant Galápagos tortoises, Galápagos sea lions , & or endemic species. no visitor facilities / permit required > visit. ; cuz C tortoises elsewhere

Mid 18th C non-native rats infestation by Euro sailors devastated tortoise POP by eating eggs & young hatchlings unable > defend. 2012, dropped rat bait -- now rat-free. Dec 2014, 1st new generation of tortoise hatchlings spotted on Pinzón.



1D

S ISLAS

* DTour 1) Isla Floreana \$80 ; – only visit Floreana on day tour or cruise Puerto Velasco Ibarra:

HIST aka Charles Isla (after Charles II of Eng), & aka Santa Maria after Columbus boat

19th C, whaler's PO Bay wooden barrel: `4 mail picked up & delivery by homeward ships -- mainly Euro /US;

TODAY: Cards / letters still in barrel w/o stamp Visitors sift >> letters / cards hand deliver. **ANECDOTE** (prank): 1820, isla set alight as by helmsman Thomas

Chappel, Nantucket whaling ship, "Essex" which cuz dry season burned out of control. After full sailing day fire still visible. Many yr later Thomas Nickerson, Essex cabin boy, returned > Charles Isla finding blk wasteland: "neir trees, shrubbery, nor grass have since appeared." SUM: extinction of some originally species

September 1835, 2nd HMS Beagle voyage brought Charles Darwin > Charles Isla.

NOTE 1: @ prison colony SEE ".pdf" Darwin told tortoises differed in shell shape from isla > isla, but since NOT obvious on islands Darwin visited, did NOT collecting shells. Darwin DID industriously collected all animals, plants, insects & reptiles, & speculated -- about finding "from future comparison > what district or 'CNTR of creation' organized beings of archipelago must be attached."

TODOs:

- La Loberia sandy & rocky path, of 900m length, covered in sea lions, marine iguanas, followed by snorkeling, (possible) turtles;
- Asilo de La Paz –HIST w/ <u>'cave of pirates'</u> & freshwater <u>lake</u> @ 450m; Likely: Iphins, whales (in season).
- Punta Cormorant, grn olivine bch: sea lions, (after short walk past lagoon >): flamingos, rays, sea turtles, & Grapsus grapsus (Sally Lightfoot) crabs. Pink flamingos & grn sea turtles (nest from Dec > May.)
- "joint footed" petrel: nocturnal sea bird spending most of life away from land.
- **Post Office Bay**: opportunity > send post cards home w/o stamp via over 200-yr-old post barrel & or travelers.

?/ NO! 1a) Espanola Isla: (aka Hood Isla[ENG])

Cuz too far & dying > 12-h trip by boat from Isla Santa Cruz OO driest & oldest, ~ 4 MIL yr ; Isla Española, OOMost beautiful & only w/ albatross).

1D

NOTE: some cruises allow drop-off @ San Cristobal ... or Isabela

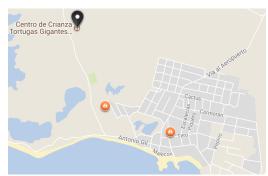
* IND 1) Puerto Villamil, ISIa Isabela \$90 - most auntic GI experience: 1D?

Villamil :retains "most remote place on earth" feel, even w/15 yr development. FOOD: Bolon: brkf: mashed plantain, cheese & egg.



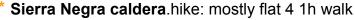
BRKF: bakery on main St, \$1 per item. 'meriendas' dinner on main St, Antonio Gil. for slightly more: \$4-\$7

ACCM:



Hostal Terito – GRT 'Solo' OPT\$20+, FAV,
Booking.com
Casa de Jeimy – budget room w/ /C,GUD REV, GUD rooftop terrace 4 sunset
Hostal Muyuyo
Posada del Caminante
Hostal Loja
Hospedaje Cerro Azul: Hospedaje Cerro Azul
SITES/TOs:
* Tortoise breeding CNTR: (BIKE) (Cruise -mandatory.
Concha de Barla: nenquins, sea lions & rays

<u>'</u>
1?
2
2
3





Only VOL tour can hike >/along rim w/ quide; ~ 6 hs RT, // 6mi w caldera: wrld's 2nd Irast N, depending ? -- 2 OPTs: 1) trail > Volcanchico or 2) new trail > VOL last eruption site



2

NO! 1a) Fernandina: cuz little of INT(aka Narborough Isla

(ENG),

3rd lrgst, youngest isla formed by Galápagos hotspot, active shield VOL erupting since April 11, 2009.

- While anchored in Banks Bay, Capt Benjamin Morrell recorded 1 of Irgst eruptions in Galápagos' HIST @ Fernandina VOL.
- Mostly rocky surface w/ LITTLE plant life current VOL activity; Visitors: only crater's outskirts (safety).
- Punta Espinoza: narrow area w/ 100s of marine iguanas on blk lava rocks. famous flightless cormorant, penguins, pelicans & sea lions. 2 types of lava flow, 'a'ha & pā hoe hoe. Mangrove forests

N ISLAS:

- ? 1) Genovesa: LOCAL KNOW DT?- none avail 4 Genoa & Christopher Columbus, (aka Tower Isla (ENG) also aka Bird Isla cuz Irg, varied nesting bird colonies), shield VOL horse-shoe shaped isla w/ collapsed VOL caldera forming Great Darwin Bay, surrounded by cliffs.
 - Lake Arcturus, w/ salt water, in CNTR w/ <6000 yr sediment: frigatebirds, red-footed boobies, Nazca boobies, swallow-tailed gulls, storm petrels, tropicbirds, Darwin's finches, & Galápagos mockingbirds.
 - **Prince Philip's Steps:** steep: 82 ft >> seabird colony > cliff top, N, trail inland past more seabird in thin palo santo woods w/rocky plain overviews. Storm petrels dif cuz active during day, returning > nest holes @ night > avoid killers. Smst marine iguana

IND Puerto Baquerizo Moreno (PBM), San Cristobal ISL 2 nites:

Puerto Baquerizo Moreno : RENT BIKE ; (\$10/d -- most B mt bike, BUT OK 4 TWN & rd > El Progreso (or TWN on Isla)

- hike, bike, sea lions, iguanas, frigate birds; FAV: gorgeous malecon w/ sea lions
- ONLY IMP site Kicker Rock
- not much > though in evening & morning unless book anor tour or hire bike

• BUT, still retains sleepy provincial TWN atmosphere, because not tourist hub

Transport btwn islands: 'ferry' (sm PRIV owned power boats; ~ 25 peeps). **Must** buy ferry ticket from agency @ \$30 one-way 4 all islas BUT.....

Only one agency in all islas booked ferry tickets for \$25.



DIRECS: kiosk ladies btwn CHR & supermarket & across from PA ferry docks. **ID**: "**Cristine**" sign below anor saying: "**Operadora Turistica TRAV Agency**." Here's picture below > help you find it. It saves you \$5 per ferry ticket, so booking se tickets for \$25 instead of \$30 will ulimtately save couple \$50 if taking multiple ferries throughout islands.

-- Santa Cruz - San Cristobal - 2pm \$25, mayB also 6am; 11/2-2 hrs

-- San Cristobal – Santa Cruz 7am \$25, mayB also: 2pm, btw 1½-2 hrs

NOTE: If fly into San Cristobal instead of ferry - 2per day, 1 early morning, 1 afternoon, (\$30) - > Puerto Ayora.

TRANS-IN/OUT: OPT: > Quito (GYE)

Quito > San Cristobal AP > Puerto Baquerizo Moreno CNTR: daily,~ 20 min walk > San Cristobal Airport less than 20 min walk/ 10 min: car from Puerto Baquerizo Moreno.

definitely more convenient airport > fly into & out of.

FROM: Puerto Baquierizo Moreno 3 h ferry > Puerto Ayora 4 \$25.

OUT: Ferry > Puerto Ayora, \$25: 3 h. FLY >: GYE or UIO

TRANS-Local: Taxis: wht PUs: In City: \$1 anywhere; Outside city: negotiate 1/2 day or full day w/ wait w/ driver.

FOOD:

BRKF: Sabor Cuencano bakery: best GI baked goods, .60).

Instead of meriendas, try food vendors @ Playa Mann: grill up variety of things-on-- stick around lunchtime & sunset.

ACCM:

Hostal Suiza – low rates; GUD CNTR LOC, cln, No /c; \$30 rm: no /C but fans.; Booking, or Airbnb. (1st time coupon: save \$40

Dolphin HSE: <u>Dolphin House</u> Grand Paraiso Insular 2

HOS Terito Hostal Casa de Laura Hostal Cann's House Cucuve Eco Hostal La Casa de Celeste Mar Azul - good bargain; FOOD: not gud

MISC:

Climate: 2 seasons:

1) DEC-JUN: hot & rainy, hi humid, ave temp: 80s; peak

2) JUN-NOV: cool winds w/misty temp: 70s; choppy seas

TODOs:

Biking: quicker access from ports > far sites. Bike rents: <u>San Cristobal</u> ~ \$15/day.

San Cristobal:

Free TOs:	(12 ¹ ⁄ ₂)	1½D
best free snorkeling sites Las Tijeretas	& Playa Loberia	
HIKES: most hikes easily accessible fror	n town	
hiking opportunities that were. We red	commend from	
1) Playa Loberia > Barranco, rocky,	rugged hike, step over marine	3
iguana > steep cliff w/ blu-fted boo	obies; well maintained trail netwo	ork that climb atop
2) Cerro Tijeratas's hike: start @ Sa > fantastic lookout point	an Cristobal	2

- by boat & short hike Isla Lobos Nesting bird colonies & sea lion colony.
- Galapaguera de Cerro Colora -FREE: Boat accessible ONLY , guide req'd

LOC: on rd btwn El Junco & Puerto Chino.

SEE "La Galapaguera de Cerro Colorado Tort Res,. San Cristóbal.pdf "

wild giant tortoises re-population reserved land: ALSO, <u>Sm tortoise **breeding CNTR**</u> & <u>interpretation CNTR</u>, some short trails,,

Cerro Brujo - (Wizard Hill): old collapsed craterous outcrop demonstrating diff in VOL rocks w/ wht-sand bch. **LOC:** just N of Kicker Rock; sea lions, blue footed boobies, marine iguanas, brown pelicans, frigate birds, Sally Lightfoot crabs, sea turtles, & rays.

Punta Pitt - Guide/Tour REQ'd: Wet landing site

LOC: NE isla's end crazy volcanic landscape

3 species of booby (Blue Footed, Red Footed, & Nazca). Boobies mating dance if lucky. **Also**: lava formations, Frigate Birds (?).

* Galapagos Interpretative CNTR (MUS): excel; surrounded by 1 hiking trails; excel on GI HIST: geog & biology; mandatory cruise stop?, Path > Cerro de las Tijeretas Hill loop

Cerro de las Tijeretas Hill loop wall: 3.5mi, 2hr, 2¹/₂

Nat'l Pk Office: LOC: rd > Playa Man.

LOC: start @San Cris~ Inter~ CNTR w/in walk PBM. DIRECS: entry >>St > "Mann Bch". **Nearby**: La Predial: fishing society: 1952 > 1960.

BCH cove reached from Interpretation CNTR: lookout points > hike; snorkel gear w/ sea lions & turtles IMP NOTE: Only place 4 <u>2 frigate bird species nesting in same colony</u>, panoramic views

Hike's Miradors:

- 1) US-made WWII cannon used by EC Navy, 1970s 4 MIL exercises.
- 2) Wide view of island's N coast includ: Kicker Rock (León Dormido), Cerro Mundo & Cerro Tijeretas.

- 3) Charles Darwin STAT: his San Cristóbal stay
- 4) ? Upper vista LOC: on Cerro Tijereta.

visit can be combined w/ tour > Interpretation Center because re path that links m directly. inlet where you can go snorkeling.

? Puerto Chino – sm quiet wht sand BCH

LOC: 25 km from PBM on Isla's E side; via only isla crossing rd.

TRANS: public BUS from Puerto Baquerizo Moreno > Puerto Chino -- Sundays ONLY.

opportunity 4 viewing wildlife. BIKE: (No .far)? MTR 3 results (0.136s) **Bike ?Local Know RUTA POR SANT CRISTOBAL** Х 9.8 miles - Easy - by isards de la Cerdanya near San Cristóbal, Galápagos (Ecuador) TrailRank: 10 ? Playa Mann – great starting point > see sea lions up close. 4 those traveling independently, sm Española, Galapagos islands BCH. X 1.79 miles - Easy - by Joyh near San Cristóbal, Galápagos (Ecuador) TrailRank: 6 NO! Playa Cabo de Horno walk: 15-20 min w. Sea 2010-07-26T20:32:22Z Х 2.7 miles - Easy - by eposg lions, iguanas & surfers near San Cristóbal, Galápagos (Ecuador) TrailRank: 1

- NO! El Junco LOC: 19 km outside PBM; fresh H2O lake, 600m alt.; intrinsic micronia zone plants, frigate birds cuz > clean wings. w/ panoramic view of isla.
 LOC: On way > Puerto Chino (typical highlands tour) TRANS: taxi ~ \$20 rt including h
 - @ lake.
 - 1) 10-15 min walk: car PK > crater rim (good path) 2) N, rougher paths wn > lake & around rim. Allow 1 hr > enjoy lake & frigate birds. NO GUIDE REQ'D (March 2016), possible > cycle here, although long distance uphill.

Hiking: restricted in all National PK land, BUT ---- 'IND hike':

Kayaking: water free --- @ <u>San Cristobal</u> port; mayB see fish & <u>sea turtles</u>; <u>CAUTION</u>: local safety conditions

NO! Tour: Kicker Rock, BUT less \$ etc from Santa Cruz (*León rmi*) - natural CATH look; ONLY if I will snorkel



4



Ecuador/Galapagos ITIN:

AIR:

Locator #: AUOZNL Trip Name: TUS/UIO Ticket Number:

FLIGHT INFO: JAC>UIC) TOT ~10	¼h					
SERVICE DATE	FROM	>	DP	ARV	<u>Flt hrs</u>	SEAT	L/OV
AA <u>2377</u> <u>SU JAN21</u>	TUS >	DFW	11:55a	3:07p	(2h12m)	22F	2¼h
AA1413 SU JAN21	DFW	UIO	5:30p	12:09а(мом	I-1/22 (5⅔h)	23D	N/

QUITO: Capital, 2nd highest, , 2 mill,

3 dif cities: 1) affluent N region (pricey high-rises / MOD shopping malls); 2) HIST CNTR (rich w/ Cs-old CHRs, mansions, MUSs; 3) poor / working-class S neighborhoods (most tourists avoid) **HIST CNTR**:

OOLrg, least-altered, best-preserved HIST CNTRs in <u>Americas</u>, Quito & <u>Kraków</u>, Poland:, 1st <u>UNESCO World Cultural Heritage Sites</u>, 1978. Quito's CNTR SQ: 25 k (16 mi) S of <u>equator</u>; city's w/in 1 k (0.62 mi) of zero latitude. GEN LOC of Equator (aka <u>la mitad del mun</u> - 'middle of world' > avoid confusion cuz <u>EC SPAN</u> 4 equator): marked w/ MON & MUS. Elegant colonial, OT,: CATH, CHRs, plazas, equator (?),

CLIMATE: fairly constantly cool; while on equator, cold nites cuz 9,350' alt (low as 50F° until morning) (sun always up @ ~6:30PM) days: usually 66F degrees. AVE TEMP: @ noon: (65.7 °F), norm night: Low:(48.7 °F); avg yrlyTEMP:(57 °F); 2 seasons: dry & wet season: Oct >> May (8 mo), winter.

Elevation 9,500 ft =

- alt sickness: remedied w/ lots of water, rest, aspirin, or if w/mild headaches -- **DIAMOX**, (increases oxygen profussion, Quito PHAR AVAIL
- 9,500 ft = wrld's grtst solar radiation; alt sickness symptoms (alleviate w/ drinking lots water & rest, aspirin, avoid hot showers 2 days B4, high carbo (Cliff Bars) or if mild headaches:

POL sub-divisions: Urban parishes

EC **cantons** subdivided into *parishes*: cuz ORIG Catholic CHR based, but secular/liberal EC use same anyway.

Parishes (2 kinds): urban, if w/in capital of canton, rural, if outside.

AIR TRANS-IN: US > QUITO:

(UIO) Mariscal Sucre Int'l Airport principal PASS airport LOC: 18 k (11 mi) E of city's CNTR in Tababela parish.

TRANS-IN from EC TWNs

AA1413 SU JAN21 DFW UIO 5:30p 12:09a (MON-1/22

AIR TRANS-OUT > Santa Cruz, GI: Isla Baltra AP (GPS), Santa Cruz: 620mmi off SA coast SEE Galalpagos Islas pages +/- \$450 -\$538: RT (?), ~3½h

Skyscanner: metasearch ultimately linking > bkkg:(Expedia, airline, etc.) > complete BUY.

Skyscanner: tinker w/ dates 4 lowest price. (Avianca: \$177 vs \$230)

--- conveniently omits misleading low **ECian-only** prices of Kayak & Google.

NOTES:

- BUY 2-5 days B4 DEPART @ local Quito TRAV agency SAVE ~ up > \$200 ?.
- Explore \$ diff btwn RT & 1way; BENE: fly out of 2 diff airports
- AVE online price: FLTs often included Guayaquil (GYE) stopover, BUT TAME : some nonstops, but MAYBE restricted > ECs citizens?
- San Cristobal (SCY) RET Option: > Quito (UIO), Guayaquil (GYE) usually ALL 3 airlines

Avianca Ecuador (Aerogal:

IN> Seymour/Baltra: SU, S, M.TH

OUTof Seymour/Baltra: ??

TEST: \$438; * 1/18 10:15a > 1/30 ; 12:45p; NOTE: SAT \$ jumps up>\$466

Tame [26]:

IN> Seymour/Baltra: SU, TU OUTof Seymour/Baltra: ?? TEST: \$402; *

LATAM (LAN) [27]::: in morning, rt in afternoon (min 1 nite stay) IN> Seymour/Baltra: SU, TU, W OUTof Seymour/Baltra: ?? TEST: * \$538; ERX: Quito > GPS: \$174 (includ taxes/lug); direct: Su, Tu, &We @ 1:10 p.

Mariscal TRAV AGENCIES/Airline OFFs:

Airlines: SEE: "Airline Offices, Quito GMap.pdf " Agencies: SEE: "Quito TRAV Agency GMaps.pdf"

Quito airport "GI pre-flight" PROCEDURES:

(Mariscal Sucre Int'l Airport in Tababela) > Galapagos (as of April 2014).

- 1) Begin @ mestic ("nacional") TERM. Go > far end of mestic TERM.
- 2. \$20 "visa" booth: Next > ticket ("boleto") booths (TAME, LAN etc.) \$20 "visa" booth
 NOTE: Really ARV/DEPART Record Form > complete B4 Galapagos ARV.)
- 2a: N, look 4 sm or @ my immediate R. 4 pre-registry needed in <u>http://</u> preregistro.gobiernogalapagos.gob.ec:8082/SentinelAeropuertos/
- 3. N, THRU 4 ag products bag scan CHK. MUST B4 CHK in & getting tickets in Step 4.
 NOTE: \$100 CASH PK entrance fee on Galapagos landings.
- 4. <u>Now</u> GO> ticket counter & buy.
- 5. N, opposite ticket counter -- go >> security: only looking 4 metal. So n't need > take off shoes (unless contain metal), remove computer bag, or empty water bottle.

TRANS - Around Quito:

St Addresses:

Often not 1, but 2 distinct #

Early 1990s, re-did city w/ new codes 4 all homes/business. **However**, rar than remove old #s B4 adding new#s, city simply put <u>new #s over, under, or alongside old ones</u>, THUS, some peeps use old #s or new official #s or both.

IMP AVEs: N>S; 2 main N><S motorways: 1) AVE Oriental

(Corrir Periférico Oriental ?) on eastern hills bordering city, 2) AVE Occidental (AVE Jose de Sucre): W side on Pichincha VOL.

10 de Agosto: N><S; wn middle of most of city,

HIST CNTR: grid pattern, despite hills; MOST IMP strs: Venezuela, Chile, García Moreno, & Guayaquil.

EI Trole TROLLEYBUS (ELECT) RTs:: (\$0.25): High FREQ,

Single RT: , 3 segments of 1) Avenida Diez de Agosto (N), 2) Calle Guayaquil (CNTR) & 3) Avenida Pedro Vicente Maldonado (S).

& different **passenger services** (*circuitos*):" along RT, differing in ir terminus locations but overlapping one anor.

Quitumbe BUS STA (S): main intercity

Large TERM: *Estaciones:* LOC: 1) Estación Norte La "Y", 2) Estación Sur El Recreo, 3) Morán Valverde , 4) Quitumbe (new intercity-BUS STA:

All LRG TERMs): served by several suburban <u>BUS</u> routes, "<u>feeding</u>" trolleybus line, NOTE: all transfers -- free

btwn R: many smaller STA (*paradas* or "stops") ~ 550 meters apart

STOP Procedures::

Fares collected B4 entry: boarding area "paid area": access via

turnstiles only **after buying** TIK @ <u>ticket machine</u> or agent) or prepaid card -- THUS,.... allowing simultaneously ingress/egress @ all 3 doorways.

Platform-train level boarding platforms w/bridge plates

BUS-LOCAL:

Local BUSs: (\$0.25), 6am > 9pm, convenient cuz GET on / off @ any St corner. <u>No RT</u> <u>numbers</u> BUT **primary & final stops**: in front window.

Green BUSs: outlying districts & suburbs.

National BUS Terminals: 2 main BUS terminals: 1) North (Carcelen) & 2) South (Quitumbe).
 Ecovia Local BUS (red BUS) stop: 1 blk @ Alameda Park; N><S on 6 de Diciembre BLVD Trole trolleybus: nearby , N><S on 10 de Agosto.
 Metro BUS, very close on Avenida America.

> HOS REV:

Ecovia (red BUS) > HOS REV STOP -- Simon Bolivar.

TAXI:~ \$10.00: (N) Carcelen STA,

Ecovia BUS > Rio Coca, N, Rio Coca (Ecovia), C1 > S (Quitumbe) > HOS REV stop: Simon Bolivar.





El Trole Trolleybus line STAs/Stops @ intersections:

Hos Revolution: BUS stop: Los Rios & Julio Castro

Avenida Diez de Agosto:

- Estación Norte La "Y": Av. 10 de Agosto y Cofanes
- Parada La "Y": Av. 10 de Agosto y Pereira
- Parada Estadio (Estadio Olímpico Atahualpa): Avs. 10 de Agosto y Naciones Unidas
- Parada La Carolina: Avs. 10 de Agosto y República
- Parada Florón: Av. 10 de Agosto y Rumipamba
- Parada Mariana de Jesús: Avs. 10 de Agosto y Mariana de Jesús
- Parada Cuero y Caicedo: Av. 10 de Agosto y Cuero y Caicedo
- Parada Colón: Avs. 10 de Agosto y Colón
- Parada Santa Clara: Av. 10 de Agosto y Veintimilla
- Parada Mariscal: Av. 10 de Agosto y Jorge Washington
- Parada Ejido: Av. 10 de Agosto y Bogotá
- Parada La Alameda: Av. 10 de Ágosto y Ante
- Parada Banco Central (<u>Banco Central del Ecuador</u>): Av. 10 de Agosto y Caldas (southbound only)
- Parada San Blas (northbound only): Calle Montúfar y Guayaquil

Within Centro Histórico:

- Parada Plaza del Teatro: southbound stop @ Guayaquil y Manabí, northbound stop @ Montúfar y Manabí
- Parada Plaza Grande: Guayaquil y Espejo (southbound only)
- Parada Santo Domingo: Guayaquil y Rocafuerte

Avenida Maldonado:

- Parada Cumandá: Avs. Maldonado y 24 de Mayo
- Parada Recoleta: Av. Maldonado y la Exposición
- Parada Jefferson Pérez: Av. Maldonado y El Sena (@ Machángara River crossing) (southbound only)
- Parada Colina: Av. Maldonado y Alpahausi (northbound only)
- Parada Chimbacalle: Av. Maldonado near TERM STA of Guayaquil & Quito Railway
- Parada Villa Flora: Av. Maldonado y Ernesto Terán
- Estación Sur El Recreo: Av. Maldonado y Rivas

S RT extensions mostly along Av. Hugo Ortiz, Av. Quitumbe Ñan & Av. Cóndor Ñan:

- Parada Calzado
- Parada España
- Parada Quito Sur
- Parada Internacional
- Parada Ajaví
- Parada Solanda
- Parada Mercado Mayorista
- Parada Quimiag
- Parada Registro Civil
- Estación Morán Valverde
- Parada Amaru Ñan
- Parada Cóndor Ñan
- Estación Quitumbe

ACCM:



Quito B4 fly, many hostels allow > leave luggage w/ m in lock-up facilities. Btwn MARISCAL > OT:

1) HOS Revolution: 9.6, 0.2k, 6xD\$9 Sandra: 593 2-254-6458; HW Ref #: 19541-345011631 www.hostelrevolution.com, stay@hostelrevolutionquito.com www.hostelrevolutionquito.com Los Rios N13-11 y Julio Castro

San Blas, Quito -- No cancel mention

LOC FAC: lock, KIT, LUG STOR, TRAV info, map

DIRECS: Los Rios & Julio Castro: see "Revolution Quito." sign

Airport >< Options:

Taxi: \$26.00

Shuttle BUS & taxi: shuttle > Rio Coca STA: \$2.00, N, taxi: \$6

Shuttle BUS & local BUS: shuttle > Rio Coca STA: \$2.00, N, Ecovia BUS > HOS (\$.25).

National BUS Terminals: 2 main BUS terminals: 1) North (Carcelen) & 2) South (Quitumbe).

Ecovia Local BUS (red BUS) stop: 1 blk @ Alameda Park; N><S on 6 de Diciembre BLVD; ALSO: @ - Simon Bolivar.

Trole trolleybus: nearby , N><S on 10 de Agosto.

Metro BUS, very close on Avenida America.

TAXI: > Airport: \$26

Safety: most dangerous:

OT/Av. de Los Shyris: unsafe after dark, money or phone.

La Tola (?), Lucha de los Pobres (DUE E of Quitumbe), La Marin (?), La Ferroviaria (NE of Quitumbe) & San Roque (SW of Alemeda PK), "El Telegrafo" (Due N of Happy Gring HOS), La Michelena, Solanda, Chillogallo & Iñaquito;

--- CUZ --drug trafficking & day & night looting.

'good' neighbourhoods:

- Safe after dark: La Ronda, República de El Salvar, & Plaza Foch. 'relatively' safe:
- > North: (downtown) La Carolina & Colon (com area, hi \$, hi rise bldgs.
- Mariscal (aka Plaza Foch/Zona Rosa), but danger after hrs.

•

\$: smaller bills \$20, better, & coins; carry @ least \$10 in coins @ all times/in Ecua



MARISCAL:

Blue House HOS (Mariscal): 9.0, 1.7k, 8x,6xD\$9-10

No Check-in cautions

FAC:maps, maps, LOCK, KIT, BIKES, Lug Stor, TRav

REV: GUD: cln, Staff+, LOC: near rest, s mkt, BUS/metro; brkf, ENG, common rn (basement) BAD: old bunks,

No Vibes HOS (Mariscal): 9.2, 1.7k, 6x, 4xD\$10

FAC: 'Santiago', LOCK, sm KIT,

REV: GUD: LOC:BUS sta, , pow/nite lite/curtain, staff, quiet, TRAV, BAD: thievery, **2 D cancel**

El Patio HOS: 9.8, 2k, 4x\$12

FAC: brkf, maps, LOCK, KIT, Lug Stor, TRAV, bikes, ENG REV: GUD: bed:quiet w/curtain, pow/lite; loud area BAD: 2 D cancel, limited reception,

No Color House HOS: 9.0, 1.8k, 8x,4xD\$8,

FAC: 'Bruna', brkf, LOCK, LUG STOR, TRAV, no ENG REV: GUD:,LOC: , staff,

BAD: 3 D cancel; cold, no blankets, noisey str,

OLD TOWN:

1) Casa Carpedm: 9.5, 0,.5k 4D\$12,

Caldas E1-106, Caldas E1-106, <u>Quito</u>, Partner w/ Secret Garden around corner

LOC Address:

Reception available from 07:00 until 23:00

FAC: wifi, towels,LUG STOR, TRAV,

REV: GUD: brkf, beds, clean, fruit shops, GUD wifi, GUD KIT,

BAD

2) Secret Garden Quito (OT/C): 8.9, 0.6k, 6x4x8xD\$10-12 (Capedm partner) DIRECS:

2014: Best EC hostalAddress:

Also: Secret Garden Coyopaxi

FAC: wifi, maps, towels, LOCK, LU STOR, TRAV, bikes, W/D, REST

REV: GUD: walk tour, music off @ 11pm, USB @ bed,

BAD: noisey bar, noisy beds,

LOC: ?bit outside of old TWN dirty bath, Beware TRV Agency's high price vs online, no KIT

3) Community HOS (OT/C): 9.4, 0.9k, 6x,4xD\$10-12 DIRECS:

REV: GUD: GUD brkf & dinners AVAIL, towels, <u>Free Walking Tour</u> EC, LOC: 2 blks > BUS, Merca CNTR (meals), slow wifi, maps,LOCK, sloppy managed LUG STOR, TRAV, 1 day cancel,

BAD:, KIT ??, hot water issues, few outlets,

Check in: 2:00 p; ... Check out:11:00 am

Come anytime, if we have an open bed we will put you in it right away

Cancellation Policy 1 day

Only cash as payment upon arrival

Breakfast not included

4) Minka HOS (OT/C): 9.2, 0.7k, 8x6x4xD\$9-12,

LOC DIRECS:

FAC: LOC, brkf/dinner AVAIL, wifi, KIT, w/d REV: GUD:, near BUS stopp, clean, BAD: 3 day cancel, Bad KIT, hot water issues,,few outlets,

ORS:

No Colonial House Quito: 9.1, .8k, D\$10 cuz 3 d cancel Huasi Lodge:m 9.1, 0.8k, D\$7

Downtown Guayunga HOS: 8.9, 0.6k, \$10 Quito BP GH: 7.3, 0.7k Hostal Oasis Quito: ?, 0.7, \$8

FOOD:

La Mariscal area: entertainment CNTR; tourist/local meeting point, cosmopolitan

MISC:

MED: ✓

Vaccinations. If only Quito/ GI -- none; if mainland, especially Amazon or coast: ask Bruce, BUT, typhoid, hepatitis, diphria, & yellow fever. 3 mo prior!

MED: **DIAMOX** (Acetazolamide), increases oxygen profussion (Quito pharmacies.) acetazolamide 1 > 2 days B4 start climb or ARV Quito. Continue taking: while climbing & 48 hrs after final altitude.

HIST:

HGs 8000 BC: made of obsidian glass tools. EI Inga ARCH site.

Cotocollao (1.500 BC): LOC: NW of Quito. prehistoric VILL:, 26 hectares irrigated by many creeks. Near rectangular (VILL): burials w/ pottery & stone offerings. Cotocollao peeps mined & exported obsidian > coast.

Quitu-Cara CUL:

- Quitu peeps: **2000BCE**,Pre Incan on Pichinca slopes
- Inca 1480s: Huayna Capac bilt Quito; Incan General Rumiñahui burned totally destroying Quitu/Cara artifacts etc, BUT preventing SPAN, but SPAN destroyed most remaining Quitu/Cara CUL.

SPAN:

- Jan 1535, San Francisco Convent: 1st of 20 colonial CHRs & convents. Forcibly converted Indians using as bldg labor
- **1743**, **Quito independence** movement from **Independence**

SPAN control started: after 300 yr;

10,000 inhabitants. **Mar 28, 1541**, SPAN Quito declared 'city'

pampa

Colonial SPAN Impressions of Native ECians

Feb 23, 1556, SPAN decreed Catholicism. 1st CHR (El Belén) bilt B4 city officially founded.

Quito after

SPAN Colonization

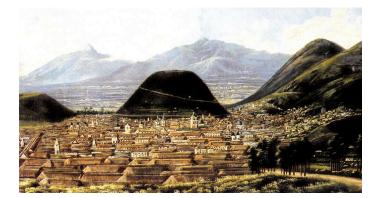
Aug 10, 1809: Quito rebels took power displacing Joseph Bonaparte clique, but cuz rebels lacked local residents support Bonaparte's men recovered Quito. Violent / savage revenge attacks on innocent citizens leading > brutal St fighting. Local Quito residents started > fight back // By 1810, negotiations created Junta.

Independence not easily won, many battles (historical Battle of Pichincha just outside Quito). But 10 August 1809 rebellionEcuador's independence impetus

May 24, 1822: <u>Antonio José de Sucre</u>, under Simon Bolivar's command victorious in <u>Battle of</u> <u>Pichincha</u> marking Quito & area independence.

Republican EC:





Republican EC

1833, Quito's 'Society of Free Inhabitants' assassinated as conspirators by GOV'T. **Mar 6, 1845**, <u>Marcist Revolution</u> began.

1875, EC PRES, Gabriel García Moreno, assassinated.

1877, Archbishop <u>José Ignacio Checa y Barba</u> poisoned > death giving celebrating Mass.

1882, **insurgents** arose against dictator <u>Ignacio de Veintimilla</u>. However, did not end violence that occurring throughout country.

Jul 9, 1883, liberal commander Eloy Alfaro participated in Battle of Guayaquil, & later, after more conflict, became president of Ecuador on September 4, 1895. Upon completing his second term in 1911, he moved > Europe.

Sep 4, 1895, liberal commander <u>Eloy Alfaro</u> (<u>Battle of Guayaquil</u>,) became EC PRES of EC **1911**, after 2nd term, moved > <u>Europe</u>.

1912, returned > EC, attempted takeover, arrested, Jan 28, 1912; imprisoned, mob assassinated, his body dragged >> str >city PK & burned.

1932, 4 <u>Days' War</u> starts: civil war following <u>Neptalí Bonifaz</u> election & subsequent realization he carried Peruvian passport.

Feb 12, 1949, after Orsen Wells, realistic War of World' led > citywide panic, 20 dead, 20 more in mob set fires.

21st C

2002, began HIST CNTR renewal, demolished old airport, bilt new Mariscal Sucre Int'I AP. **2003 > 2004**, Metrobus's (Ecovia) ECO friendly BUS lines constructed, N><S,

Many AVEs & rd extended & enlarged, depressed passages constructed, & rd restructured geometrically > increase flow of traffic.

New subway system: under construction.

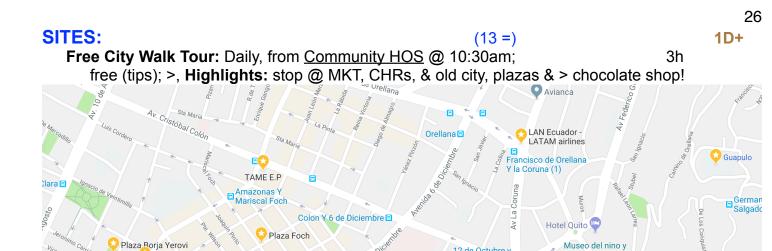
2011, POP: 2,240,000 peeps.

Pinnochio lizard:

New species & those thought > be

extinct being (re)discovered all time. Pinnochio lizard perhaps most famous example. W/ its strikingly long proboscis, incredible lizard not hard > identify but went unseen 4 40 yr.





💾 Vibes Hoste La Mariscal AREA: entertainment CNTR, cosmopolitan Foch Plaza: Music, Dance

Plaza Borja Yerov plaza: quiet,



Avianca

 $\frac{1}{2}$ Plaza Foch Mariscal

12 de Octubre v

Cristobal Colon

e

1/2

LOC: 9 de Octubre & Carrión, few blk walk from Plaza Foch;

creative water fountain popular w/ children, &

surrounded on all sides by



De Los Conquistadores Y la Tolita

del nino en el adulto



bldg whose facades have been turned into lrg, colorful murals.

Plaza Borja Yerovi@Rick Segreda

Food RECOMMENDED

La Fruteria again, few blks > 6 de diciembre & Wilson, .../ 4 fresh carrot 1/2 juice, orange juice, beet juice, & more, 4 less \$.

Cocina Ecuatoriana: EC food @ EC prices w/ real ECs ~ LOC: Llittle bit away from Plaza, on Vincente Roman Roca & Reina Victoria Well worth walk; 4 as little as \$3 --full-course EC lunch, w/ seco de chivo & or items, & local EC experience .

Guápulo:

Artsy, bohemian neighborhood; local artists & 2 hippy cafés/bars.

LOC: Behind Hotel Quito; neighborhood runs w/winding Camino de Orellana, from González Suárez > Calle de los Conquistares: main rd out of Quito & > neighboring suburbs.

cliff side w/ González Suárez St, OO Quito's M Famous; or side: valley & in distance, Amazon Jungle.

District of Quito, aka 'electoral parish' established w/ Oct 2004 POL elections when city divided into 19 urban electoral parishes.





OT / HIST CNTR: "centro historico" SEE : Quito map1.pdf"

OOLrg, concentration of HIST & classical ARCHI; least-altered, best-preserved HIST CNTRs in <u>Americas</u>, about 130 large bldg w/ pictorial art & sculpture, mostly RELG.,

1st UNESCO World Cultural Heritage Sites , 1978. Quito & Kraków, Poland:;

LOC: CNTR S of capital, grid pattern, despite hills;

MOST IMP strs: Venezuela, Chile, García Moreno, & Guayaquil.

1) Basilica del Voto Nacional:

Huge, most IMP neo-Gothic EC building, OOmost representative on American continent.

2) Plaza Grande:

SEE "Plaza Grande, Quito.pdf"



3) Carondelet Palace (Plaza Grande) MUS:mainly gifts > Pres



(SPÁN: *Palacio de Carondelet*) Republic of EC Gov't seat: admin units, 3rd level's Pres's RES: luxurious colonial-style apt. LOC: HIST CNTR: PAL: public nerve CNTR aka **Independence SQ** or <u>Plaza Grande</u> (colonial name), surrounded by: <u>Archbishop's Palace</u>, <u>Municipal Palace</u>, <u>Hotel</u> Plaza Grande Hotel Plaza Grande & Metropolitan CATH.

Rafael Correa, 07-now PRES, converted > PUB MUS.

4) CATH of Quito:



LOC: Plaza de La Independencia's S side. 1/2
 OOLrg Quito symbols of Catholic value, 1562 > 1806, PRES of Real Audiencia Baron Héctor de Carondelet administration.
 IMP HIST event: of Bishop of Quito, José Ignacio Checa y Barba's murder: poisoned during Mass w/ strychnine dissolved in consecrated wine.
 Burial site: 1) Antonio, José de Sucre 2) several Rep Pres & 3) bishops

Burial site: 1) <u>Antonio José de Sucre</u> 2) several Rep Pres & 3) bishops & priests.

5) CHR of El Sagrario

LOC: Calle García Moreno, ~ CATH¹

OOLrg Colonial-times Quito ARCH marvel; CHR<u>of El Sagrario</u> : Italian Renaissance, late 17th C by Bernar de Legarda. **Screen**: supports sculptures & decorations.

CNTR arch leads > decorated w/ biblical <u>frescoes</u> of archangels by Francisco Albán. **Altarpiece**: gilded by Legarda.





1/4

1/2

1/2

6) CHR of La Compañía de Jesús (Society of Jesus CHR)

Phenomenal amount of gold

1605 > 1765 (160 yr), façade construction last: by Native Americans carefully shaping <u>Baroque style</u> in OOM most complete examples art in Americas.



1/2

1

3⁄4

1/2

28

- 7) CHR of San Francisco ½
 1550 start, adjacent > Native
 American's product bartering
 plaza. Lrgst existing architectural
 ensembles
 in all Latin America cities HIST,
- 8) **La Ronda blvd**: restored ³/₄ HIST blvd, big Friday & Sat nites

9) CHR of Santo Domingo



Dominicans: ARV, 1541, started CHR, 1580 w/Becerra plans; 1st half of 17th C LOC /DIRECS, ne:

INT: valuable structures: 1) neo-Gothic main altar installed, late 19th C by Italian minicans. 2) roof of Mudéjar style CHR --paintings of martyrs of Order of Saint minic. 3) nave roof: "pair & knuckle frame" (?) coated inside w/ tracery pieces MUS: LOC: N of lower cloister: splendid Quito SCULP pieces: 1) Saint minic de Guzmán by Far Carlos, 2) Saint John of God, Caspicara, 3) Saint Thomas Aguinas by Legarda.

Chapel of Nuestra Señora del Rosario: Baroque piece LOC: beside CHR, on gospel side. Found'd Irgst fraternity(?) in Quito .

10) El Panecillo: Virgin of <u>El Panecillo</u>.

LOC: city's middle W, alt: 3,016 m (9,895 ft) ASL.
DIRECS: use map
Hill topped w/ Virgin Mary MON, visible from most of Quito. 1976,
<u>Oblates</u> (?) RELG order commissioned SPAN artist Agustín de la Herrán Matorras > build 41 m (135 ft)-tall aluminum manna MON assembled on high pedestal on Panecillo's top, replica of Bernar de Legarda 1732 sculpture, aka Virgen de Legarda or Virgen del Panecillo



11) Cemetery of San Diego, Quito





Ancient Quitu Sites in QUITO: Beware: Confused Interpretative CNTR's OPEN

Inca Decapitation practices. / Lost City of Giants SEE "INCA Decapitation practices.pdf "

 Parque Arqueologico Rumipamba (Rumipamba ARCH PK) LOC: Ave. Mariana de Jesus y Ave. Occidental | Calle Nuno de Valderrama s/n y Ave. .

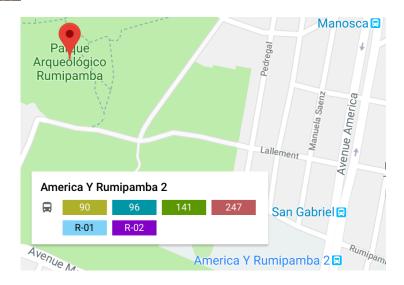




LOC: High on Pichincha VOL skirts w/ excel Quito views ---- +593

2-224-2313 **MUS** provide free (?) guide **Orig 2001 ARCH excavations**, 1) frequent VOL eruptions deterred continual occupation, BUT stratigraphy evidences humans occupied several time periods

Era of Integration, 500–1500CE, Neolithic earn **homes** w/ straw roofs; grp of homes surrounded by stone walls. **Burial sites** near homes: shallow w/ deceased in pottery vessels.





2) La Florida ARCH Site MUS:

MUS: carefully created, life-like, detailed faces (using forensic medical techniques) in burial chamber replica displays,. robot mounted camera operated by remote control captured chambers & parts of site which inaccessible. ALSO, all chamber's artifacts displayed,

LOC: Antonio Costas, Quito EC170132, Pichincha VOL,base contrasting spectacular w/ ruins tranquility.

- Ancient tombs in Quito's MOD La Florida neighborhood, discovered, 1980s, but not excavated until 2004. Tombs, 200-600CE, old dwelling found nearby dated, 2000BCE.
- · deepest, oldest tomb: 4 peeps; Immediately above
- in newer level -- on 2 shelves w/six peeps ea. All wrapped in cloth, in seated position w/ knees > chests.
- @ deepest level: 1 man w/ bag of Spondylus shells --- rich red oyster shell of great value > pre-Incan cultures in EC., also potato traces, chocho (native legume), melloco (native tuber) & guinoa, deer & guinea pig, foods still eaten today by native ECs.
- Burial chambers: 220 > 640 AD, contained tribesmen bodies & fascinating artifacts: spondylus shells, beautiful, delicate jewelry, various dif shells, gold ornaments & detailed wooden carvings. 10 burial sites excavated / open > public
- Burial rituals: ancient community's bodies draped in spondylus shell ponchos indicating imp peeps: tribal leaders / rulers.

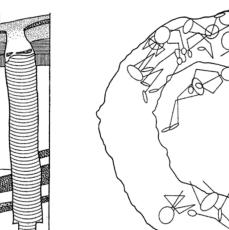
Section of one of the La Florida tombs (near Quito, Ecuador). These tombs are 15-18 m in depth, the central pit, containing the principal burial, being 1.5-3 m in depth. The schematic drawing shows the disposition of the bodies, with the principal burial in the center and the retainers, seated and bundled in textiles, placed on the bench around the central pit along with ceramic vessels and other offerings. There is also a small pit in the floor which contained other offerings. The whole was originally roofed with wood, but as this rotted the fill of the shaft collapsed downwards moving the bodies and breaking the offerings.





NINGUILLA

NTE





Parks:

NOTE: 130+ hummingbird species thrive in EC.

Only very limited habitats: stunning <u>Star of Chimborazo hummingbird</u>, Ors- everywhere: Sparkling Violetear, easily spotted in <u>parks & gardens around Quito</u>.

-) El Ejido <u>El Eji</u>
 - 4th Irgst Quito PK (after Metropolitan, Bicentenario & La Carolina),
 LOC: divides city's old part from MOD.
 Known 4 handicrafts 4 sale Sat & Sunday: all haggling; Local painted EC reproductions.
- b) Parque El Arbolito: LOC: next > El Ejido PK

c) La Alameda:

LOC: beginning of Guayaquil STR: HIST CNTR.Long triangular W/, impress Simon BolivarMON @ apex.

Or interesting MONs:

- Quito Observatory: LOC: PK CNTR, opened 1873: oldest Latin America observatory, used 4 meteorology & astronomy.
- 2) 2 ornamental lakes , LOC: @ park's N end rowboats rentals.

Metropolitano: (Parque Metropolitano Guanguiltagua):

Lrgst SA urban PK: 1,376 acres (5.57 km²) (NYC's CNTR_PK : 843 acres (341 ha)). LOC Mtn biking, walking, & running. Mostly <u>eucalyptus</u> forest w/ trails & numerous sculptures E section's view of <u>Cotopaxi</u>, <u>Antisana</u>, & <u>Guayllabamba river basin</u>.

 $\frac{1}{2}$

La Carolina: day safe





 $\frac{1}{2}$

LOC: next > Amazonas Ave in CNTR of Quito main business area bordered by AVEs Río Amazonas, de los Shyris, Naciones Unidas, Eloy Alfaro, & de la República.

165.5-acre PK, Start: <u>expropriation of La Carolina farm</u>, 1939.). <u>Pope John Paul II</u> gave great mass, 1985.-- giant cross here.

Bicentenario (Parque Bicentenario):

2nd Irg urban Quito PK (Parque Metropolitano- biggest),

LOC: @ Old Mariscal Sucre Int'l Airport. @ 2,800 m (9,186 ft) ASL

Inaugurated, Apr 27, 2013, 200 acres, **Old runway:** rec space w/ bike & PED lanes , outdoor exercise equipment; Man-made pond & 1000+ trees, many newly planted.



1/2

 $\frac{1}{2}$

LOC: of STA: DUE WWN of Mariscal Local Know

Cruz Loma (Pichincha mtn complex @ about 4,000 m

(13,000 ft)). on E side of Pichincha VOL, W side of Quito;

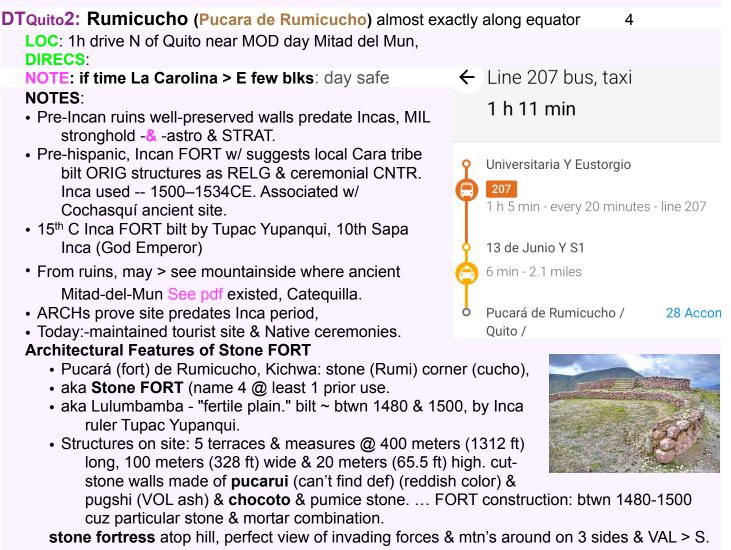


/ side of Quito; hiking trails w/ miradors; mornings: cool, foggy



4,100m (13,500 ft) elevation, <u>hiking trails</u> & Quito PIK viewpoints. **Note**: high winds & cool. food court

incredible views of Quito & surrounding 'valley of VOL' (Cotopaxi in dist); NPk-like.



Artifacts Discovered @ Rumicucho

ARCHs, EC ARCH Almeida excavating : 1976 >1990 Caranqui CUL Shell Pendants, EC



Site includes: stone tools, metal, ceramic pottery (local Pre-Inca cultures), & shell & camelid bone objects (needles, hairpins, awls & zoomorphic figurines.)BUT most in Quito's Banco CNTR MUS,

On-site MUS seeks return artifacts > increase CUL & value.

Multi-Use Site HIST:

- **ARCHs belief**: useB4 Incan invasion; ARCH EVID supports Pre-Incan Caranquis, Quitus, Panzaleos & Cuasmal.
 - 2nd ory 4 Pre-Inca artifacts: Incas shared space w/ local communities.
- Part of **Incan fortress chain** 4 expansion & MIL rule over captured lands. Incan MIL infrastr~ included: paths, bridges, tambos (inns or resting places) & pucaráes (forts).
- FORT constructed as MIL's Quito control CNTR--4 Cayambe & Caranqui VILL conquest

ARCHs divided in> 3 SECs 4 'dif uses': 1) ceremonial SEC -- 3rd terrace, 2) ritual & eating space -- 1st & 2nd terraces, 3) rest of space 4 workshops & housing.

Walk > far end, > appreciate site's STRAT placement looking far into gorge below. BLOG: visit if you're @ Mitad del Mun? Worth Quito DT only? Unequivocally no.

DTQuito 3: La Mitad del Mun: nearly 100" tall MON: mildly interesting &

sm EC ethnic cultures MUS

Catequilla SEE "Catequilla - Wikipedia.pdf" stone circle on mtn peak LOC: ~ 1,550 metres (5,090 ft) S of Rumicucho.

DTQuito 3a) Inti Ñan (inti Nan) (sun paths) MUS ~250 yds away where prove (or disprove) various

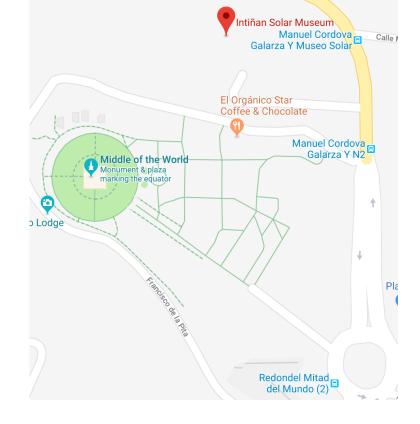
scientific phenomena that only hold true @ equator. Allow equator's tricks.

1 h 10 min

← Line 207 bus

BLOG: visit if you're @ Mitad del Mun? Worth visit from Quito on its own? Unequivocally no





OVN::

Q1 OVN: Otavalo: POP: 40k,

GEN:

Andean highlands in Imbabura province 8345 ft (2543 m) ASL ;
Imbabura VOL: 15,190 ft (4630 m) ASL; alos or VOLs.
AVE TEMPs: ~ 59°F (15 • C). Monthly rain AVGs btwn 0.5 – 4"
Otavalo MKT in CNTR Plaza de Ponchos:, where traditionally clad indigenous townspeople sell colorful textiles & handicrafts.
Nearby, Tejis El Obraje MUS has textile exhibits & weaving demonstrations.

TRANS-IN:

BUS: from Quito:(2 h, \$2.50) from Quito's Carcelén BUS TERM take
 Cooperativa Otavalo or Cooperativa Los Lagos. ; LOC: 110 k N of Quito.
 TAXI: W/In city: \$1.25; OUTSIDE: negotiate.

TRANS-OUT: reverse

ACCM:

Hostal El Andariego Otavalo 9.2, (.8km/1km(?), 4xDM, \$12, DIRECS: SEE ".pdf" & booking .pdf" 9.1, RES #: 91989-267000525, LOC Bolivar 12-10 entry Quiroga y Salinas

REV: GUD: LOC-CNTR, staff, clean, KIT, W/D, wifi

Hostal El Andariego: 9.2, 1k, 4xD\$13

LOC: Vicente Ramon Roca 8-18 y Juan Montavalo

REV: GUD: LOC-CNTR, staff, clean, REST, KIT w/micro, wifi, City view terrace,

? Hostal Chasqui: .6km, 9.1, P\$15, wifi, kit,

REV: GUD: LOC-quiet, staff-OK, clean, GUD KIT, wifi BAD: huge, cold bldg,

NOs:,; NO Hostal Otavalos Inn: \$11.50;

Ors: Hostal Maria; Hostal Los Andes, ?Hostal La Rosa Otavalo: 10, .9km, SUS\$15; wifi,

FOOD:

MISC:

Traditional clothing

Otavaleña women TRAD distinctive wht embroidered <u>blouses</u> w/ flared lace sleeves, & blk or dark <u>over-skirts</u>, w/ cream or wht <u>under skirts</u>. Long <u>hair</u> tied back w/ 30 cm <u>band</u> of woven multi colored material, often matching <u>band</u> which wound several times round waists. usually have many strings of <u>gold beads</u> around necks: # of strands / thickness of beads represents age & wisdom, & matching tightly wound long strings of coral beads around ea wrist.

Otavaleña Men: wht trousers, & dark blue ponchos.





35 7 **Otavalo SITES:** 1) Otavalo's Animal MKT: Sat 6am > noon 1 Livestock MKT also tourist attraction. LOC: just outside of city CNTR near Yana Yacu pools. Walk or Taxi: \$1.25 Cows, horses, pigs, dogs, cats, chickens, guinea pigs, ducks & rabbits. $1\frac{1}{2}$ 2) Otavalo MKT (aka Plaza de los Ponchos & also Centenario MKT): open everyday (7am & continues until 6pm) Sat big/best day; Wed- 2nd big/best day. "MKT day" = big/best day w/ most activity – more vendors / customers. ALSO more pickpockets. 2 3) Peguche VILL: – bit of calm amid cacophony. LOC: @ very NE Otavalo edge, Known 4 weavings. Wandering >> VILL: hearing chatter of mechanical looms * Artesania El Gran Condor, Peguche, Plaza central; +593 6-269-0161; Artesaniaelgrancondor.com Peguche's most noted textile producer; DISPLAYED: entire weaving process, from spinning of wool > mixing of dyes, by hand; operated by Jose Lema & his parents All natural studio dyes,... Reds, oranges & purples from lemon juice / blood of cochineal parasite mix; **browns** from ground local nut called nogal; **vivid grn** 4 Cs from chilca bush Result: higher-QUAL textiles than in MKT - bit of calm amid cacophony.

4) Museo Viviente Otavalango:

(593) 062.903.879 (office) or (593) 093.853.344 (Luzmila Zambrano)

LOC: Via Antigua > Quiroga # 1230 --- former factory in "antigua fabrica San Pedro,"

HIST: indigenous Otavaleños in sweatshop style labor 4 generations under brutal conditions. After factory shut wn, locals BOT, restored factory & grounds as living MUS & communal space. Displays: HIST/MOD life: visitors interact w/ indigenous craftspeep's textiles & farming

5) Cascadas de Peguche "Peguche Waterfall": break from shopping.

LOC: few hundred m E of Artesania El Gran Conr

- 18m-high waterfall plunging out of thick forest. walking trail > falls goes past campground & >> eucalypts stand from which bromeliads grow, drawing water from spray of distant falls.
- Falls, viewed from bridge or covered platform: considered sacred ceremonial site 4 Cs. Legend: 1) bath in underwear under lower waterfall --- away bad luck & illness; 2) bath naked under upper waterfall cleanse soul. Yearly practical application during Inti Raymi, summer solstice festival on 21 June, when pilgrims come.

6) Zuleta Conr Rehabilitation Project / Parque Condor: LOC: from Otavalo --- short hike or taxi > Parque Conr, bird rescue CNTR & educational facility.

Otavalo DT: next page

1

 $1\frac{1}{2}$

DT1(Otavalo): Inca-Caranqui:

LOC: NE of Otaval > Caranqui Ibarra ½ hr, 25k/15mi:, Local Know? or Taxi? Water TEMP" wealth display/skilled TRANS: TACA Andina BUS(½ h,hrly)



IN colonial city of Ibarra, just across St stand two Inca walls—130' long & 165'. 1) traces of 3 trapezoidal doorways w/plaster & pigments remnants; Irg ceremonial pool: ~ 33 by 55' dug four> five' below modern grade & surrounded by 3' walls above flr both made w/finely cut & fitted stone, early 1500s

Incas brought 5 ½ 'mi demonstrating mastery over resource w/ powerful religious symbolism. ? Inca titans Huayna Capac or Atahualpa bilt as "show of power" after conquering Caranqui.

OVN1(Otavalo): Lagos de Mojanda: (Mojanda Lakes):

Aka: Lagunas de Mojanda, Caricocha, Yanacocha, Huarmicocha

Tangali Otavalo Sanitarael de la Laguna Pataquí Mojanda Mojanda Mojanda Malchinguí Tatisetundo Tatisetundo LOC: 10+ miles S of Otavalo, Cayambe, --- few miles N of equator, Lakes formed by collapse of twin VOL - Mojanda & Fuya-Fuya btwn 200,000 & 165,000 yr ago, thus water > collect w/in resulting calderas -- forming 3 separate lakes; protected status, 2000:

 \sim 12,250 ft elevation: TEMP quite chilly, often fog shrouded discouraging tourists until recently.

TRANS:

BEST Taxi: from Otavalo saving energy 4 lake trekking.

HIKE, but beware ALT

Biking: work w/ recognized tour operator 4 'alt' safety; occasional robbery does occur.

ACCM:

Casa Mojanda NO! Cuz \$115 least \$ 1 nearby lodge: some profit > visitor education, VILL school books / supplies, assisting VILL health / dental needs.

MISC:

Wear : short cloudbursts daily on hikes **BE prepared**; **Páramo**: wear canB severe ; mist/fog descends very rapidly = danger, Hard map , warm, dry clos, GMaps / maps.me

HIST:

local Quichua tribe inhabited. Lakes named **Caricocha** ('male' lake ,lrgst,330 fee deep Huarmicocha (female lake) & Yanacocha (blk lake). Only few 100 ft apart, but stiff hike btwn on individual trails, i.e. no loops.

Caranqui apparently purposely buried complex B4 Inca ARV. Recent excavations have begun > uncover <u>base pyramids</u>, although ORIG wood/grass HSEs on top long gone.

Local shamans still perform harvest-blessing ceremonies 4 locals on designated astronomical alignment days; designated protected site, 1977; on-going research. Lakes circled by high Andes grasslands/shrubs, last remnants of high-alt forests -- now protected; wildflowers thrive,~ endangered Andes Conr views soaring peaks. (SEE" Parma.pdf") 4 cattle grazing; no shore VILLs.

1 or 2D

TODO/SITES: hike

NOTE: In order > TRAV from 1 lake > anor, it necessary > take separate paths from trailhead due > terrain, even though lakes close toger.

steeper hiking: above lakes Fuya-Fuya & Yanahurco mtn on several trails

Fuya-Fuya Peak trail: begins @ Caricocha Lake shore 4 1.2 miles, 1804 ft alt rise, some trail markers > summit @ 14,045 ft.

MUS (Sm): explains complex w/ of pottery & household artifacts displays.

Also, **botanical garden** & **Ilama reserve LOC**: foot of Mojanda Mtn, 45 min N of Quito & easily from Quito & Otavalo.

Or nearby VOL & ecological reserves,

1) Pululahua Geobotanical Reserve:

2) Cayambe Coca Ecological Reserve (Reserva Ecológica Cayambe – Coca):
 Páramo: narrow type of highlands above continuous forest line, yet below permanent snow line. Due > geog elements, constantly humid, & continuous water: rain, clouds, or fog.
 HIKE: W/ local guide, complete 7.5 km (4.6 mi) 1-way hike w/ arranged TRANS on or side > hot springs.

OVN2(Otavalo): **Cochasqui Ancient PYR**: looms over Mojanda VERY IMP ARCH site near Mojanda Lakes,

aka Lagunas de Mojanda, Caricocha, Yanacocha, Huarmicocha

LOC: 19m NE of Otavalo near Cayambe VILL:, pyramids are located 45 min north of Quito via panamerican hiwy. From city of Guallabamba, one should take left fork heading towards Tabacundo. Furr along, <u>signs</u> on Model of <u>Cochasquí pyramids</u>

hiwy indicate where > get off in

order > reach pyramids. After getting off hiwy, 15 min drive along dirt rd takes you > pyramids. off Pan-American Hiwy.

HIST: pre-Incan Caranqui Bilt; series of 15 truncated pyr & multiple funeral mounds, btwn 950 AD & 1550 AD as res, ceremonial & astronomical CNTR.

Trench alignments mark solstices here @ equator.

Model of Cochasquí | © wogo24220 / Flickr

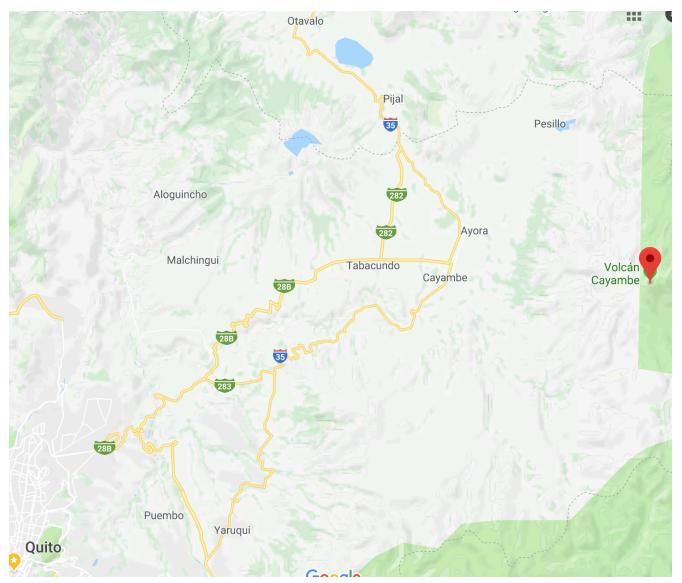
Cochasqui complex <u>aligns w/</u> series of or ARCH sites & nat elements, called **Inti-Yan** (sun paths), alluding > sun's movement during Mar & Sep equinoxes.

<u>Still IMP ceremonial site</u> 4 MOD Quichua on fall & spg equinox festivals & winter & summer solstices.



?





Nearby VOL: Pichincha VOL:



closest, looms over Quito W side; ONLY capital in WRLD directly menaced by active VOL; **many summits: 1) Ruku Pichincha**, (15,400 ft)above sea level, 2) **Wawa Pichincha**: (15,728 ft). Yumbo CUL: 800BCE > 1660; SEE "Everything Need > Know About Yumbo Culture.pdf"

Wawa Pichincha: active & monitored; Irgst eruption, 1660 w/9.8+ in of ash covered city. 3 minor 19th C eruptions: ; latest: Oct 5, 1999 (few smoke puffs & alot of ash on city.

Or nearby VOL ----: Nov 2002, **Reventar VOL** eruption: few CMs of fine ash particles.

E of Quito VOL: ?

CNTR Cordillera (Royal Cordillera)--- <u>around</u> Guayllabamba VAL: <u>Cotopaxi</u>, <u>Sincholagua</u>, <u>Antisana</u> & <u>Cayambe</u>.

W Cordillera: <u>W</u> of Guayllabamba valley, including Pichincha include: -- <u>Illiniza</u>, <u>Atacazo</u>, & <u>Pululahua</u> (w/ <u>Pululahua</u> <u>Geobotanical Reserve</u>)

OVNQuito3: PAPALLACTA: falls & hot pools 3,300 m alt 2 nites

LOC: 67 km (40 mi) E of Quito , easy DT, BUT 2 nites 4 hiking, walking in páramo (high grasslands). TRANS-IN: alpine > tropical, great drive: waterfalls, grn mtns, deep canyons,

- **DIRECS**: Quito BUS >ward Baeza or Tena, N, tell driver/cashier: off @ Papallacta turn off >. (EX: Cumbaya's Supermaxi BUS stop (or ors): hry, 2hrs, \$2.5. from Quito runs regularly throughout day.
- @ Quito BUS STA: look 4 BUSs heading Quito-Baeza, or Quito-Lago Agrio (2½h,). Ask driver 4 drop off @ intersection > Papallacta Springs (just B4 VILL: of Papallacta). From turn-off > springs, it's casual 30 min walk > rmal Springs.

TRANS-OUT:

BUS: BUS stop on main rd, 'hail' 1st BUS > Quito (\$2 - \$2.50) ; 3 min walk < twn

TRANS - Around:

Taxi: stop > Termas costs \$ 1.5 -- taxi drivers try > charge more

ACCM:

basic hostels @ around \$7 night, hostels & hotels w/ PRIV bathrooms from around \$15 or \$20 (Hostal Coturpa R next > public baths bright & clean w/ friendly service)

Hostal Coturpa (in Papallacta): .hostalcoturpa.com

+593 6-289-5000; ~\$23/pp (less w/o brkf; Telephone: 62-320-640 / 62-320-180 / 08-6280274 w/ own hot spring,

LOC: R next > hot springs ?

comfortable rooms w/ hot water, space heaters, if sockets powered, plush blankets & breakfast; NOTE: on weekends: hot pools on lower level.

MISC:

Useful SPAN & or Vocabulary 4 visiting Papallacta Hot

	Springs, EC:	
	Piscina:	pool
	Terma:	rmal pool or hot spring
	Aguas termales:	rmal waters
	Páramo:	high grassland
	Oso Andino or "Oso de anteojos":	Andean bear or spectacled bear (same species)
	Danta:	tapir (local name)
_		

SITES:

PUB rmal baths:, run by parish council, **R in middle of VILL:**. re 2 lrg, hot pools & tiny pool which even hotter. Entry: \$2.

- **Páramo**: wear canB severe ; mist/fog descends very rapidly = danger, so have map , warm, dry clos, GMaps, or maps.me.com
- DT Reserva Ecologica Cayambe-Coca: FEE: easy DT,2 nites2½DMiles of preserved lakes & trails: secluded setting. 4 walking in páramo (high grasslands).LOC: high in Andes around 13,000 ft

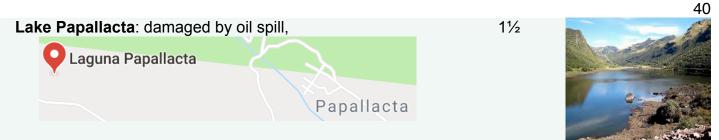
DIRECS: Local Know Access points located past Termas de Papallacta support from Nature Conservancy, USAID, Parks in Peril.

Some of wildlife: **Culpeo**, Pampas cat,; **Long-tailed weasel Spectacled bear**, Mtn tapir. **TRL** very hilly & exhausting cuz ALT, but GRT view from 1st viewpoint, ~3 h > 3rd viewpoint B4 RET > entrance.

Río Ouiic

nite

2D



Or:

Pasochoa Wildlife Refuge: one of few remaining original Andean forests.

1D



LOC: due S of Quito (45 min),

Several trails varied DIS & DIF levels. Pasochoa Refuge admin OFF: lodge, kit, & guide services.

possible > make 3 day loop btwn Pasochoa & Papallacta?

OVNQuito: COTOPAXI National PK: Simply amazing, bucket list item

Highst active VOL, SPEC Limpiopungo LK, snowline VOL refuge, & glaciers **Pucara Salitre**, sm FORT bilt on VOL slopes not yet excavated, rarely tourists; need 4WD or tour

GEN/MISC: 329.9 SQk: much -- PK páramo:

Hard > reach" lie; Quito DT!, free foreigners entry, but need passport (copy) > sign in, BUT Pucara del Salitre possible solo?

Paramo landscape: vast w/ Cotopaxi's breathtaking views!: or volcanos & glacier views

Overcrowded weekends & public holidays. **TIP1: B prep'd** Cold, hi wind hats, glovs/jkts. Blogr: thick hiking socks, hiking boots, leggings underneath stretchy pants, tank top, wool sweater, windbreaker, wool hat, wool gloves, & Irg scarf. **TIP 2:** Alt: pre-drink lots of water, chocolate bars (sm drinks, water, candy, snacks; **flora:** gentians, clubmosses, valerians, & asters.



2d

ACCM:,

Secret Garden HOS: 10D\$40-44, Cotopaxi, (LL) 022956704, C: 09919800279 hola@secretgardenquito.com Latacunga

Hostal Cafe Tina: NR, 0.2k, D\$10, P\$13

Villa de Tacvnga HOT: NR, 0.1k, P\$18

La Posada HOS: 0.2mi, \$10

HOS Sendero de Volvcanes:NR, 1.5k, D/P\$9 (Prob NOT: Latacunga HOS: \$34;)

TOUR: Possible ITIN: (Carpedm tours)

@ Entry:- MUST book guide:~\$25-35

N 1) parking > refuge (1hr), (toilets, food), 2) 20 min drink, 3) N, bike 4) N, 20m drink @ laguna on VOL flanks, 5) N, 20min @ info CNTR (nothing else re), 6) N, lunch PK (?-@ natural spring), 7) drive > lrgst rock thrown by Cotopaxi.

ALSO possible:

- 1) Pucara del Salitre, sm FORT ark's N on VOL slopes; not yet excavated, rarely tourists.
- 2) wild horses roam across fields of lahar, breed of hawk/falcon, wild flowers.

IND:

TRANS-IN: hard > reach"= false, many taxis: entrance up: ~20\$

BUS: Quito > Cotopaxinm from Quitumbe STA going > Latacunga N, ask BUS driver: -- off @ PK entrance.

GUIDE: @ Entry: guide expensive 4 solo ? but worth experience, Maybe, arrange B4hand ?. **PK ENTRY**: 1) passport # (copy OK)

ITIN: 1) stunning laguna, stunning. silent, cool, clear water, w/ bird watch.

2) guide drove us > VOL.

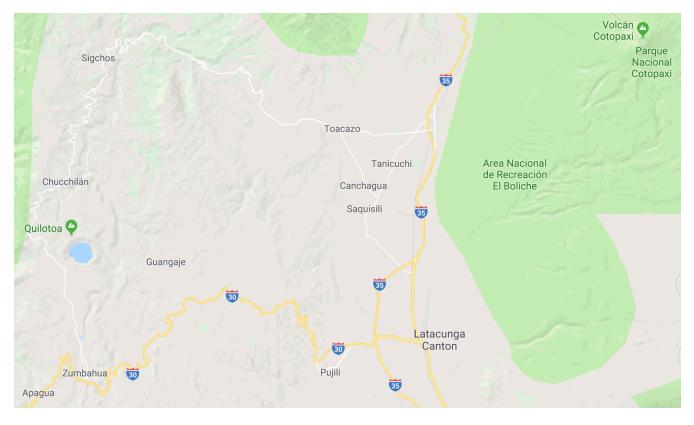
- 3) hiked up > refugio (~1km), very steep, worth it,
- TIP: dress warm/very cold so high alt YES hat /gloves.
- 2 dif paths, go up 1 way & going wn or 4 experience. 1) winding path up: far side: WINDY & chilly.,

4) **refugio**: tea. coca leaf tea (helps w/ alt issues), ginger tea, choclo, <u>locro soup</u> (potato type of soup), & some of those Irg corn kernels that toasted/salted lightly - so good & so necessary after hike!

5) N, easy RET.

6) guide dropped us off back @ rd 4 Quito BUS.

QUILOTOA: (SPAN pronunciation: [kilo'to.a]): water-filled caldera



GEN:

most W EC Andes VOL; **Caldera**: formed by dacite VOL collapse following eruption 800 yr ago, w/ pyroclastic flows & lahars (mud flow) reaching Pacific Ocean; airborne deposited VOL ash of >>out N Andes;

last eruption followed 14K yr dormancy, 4th of 7 eruptions indicating prior Crater lakes, ~ 820 ft deep crater lake w/mineral's greenish color ALSO fumaroles on lake flr / hot springs on eastern VOL flank. Lake surface: 3,500m asl. Locals claim lake level down over last 10 yr.

Travertine deposits occur along shore up > 10 m above lake level (in yr 2000).

LOC: ~ 14km N of Quilotoa.

TRANS-IN: (Latacunga > Quilotoa)

Quilotoa tourist site of growing popularity. RT > "summit" (sm TWN of Quilotoa) generally traveled by 1) **BUS**: most commonly from Latacunga, or less so,

2) hired truck or BUS from TWN of Zumbahua 17 km > S

BUS: (\$1):

FROM: Latacunga > Laguna: many/d, DP:~6am & ~11:30am (last: 12pm), ~ 2.5 h/\$2. FROM: Zumbahua > Laguna: by waiting on rd.

Hired Truck: From Zumbahua (17 km > S) or more often by BUS from Latacunga

TAXI FROM Zumbahua > Laguna(\$5 1w , regardless of peeps #): & ride-shares:.

TRANS-OUT: (Quilotoa > Latacunga > Banos)

BUS:

Quilotoa > Latacunga: (DP: noon passing >> Zumbahua @ 12.30-12.40; ~1.50USD/peep. Zumbahua > Latacunga: many more (~hrly), ... might need > walk 10min > main rd > catch BUS.

NOTE: If stuck in Quilotoa, taxi (5usd) > Zumbahua, N, BUS from re.

Latacunga > Banos depart" (2h, evry 30 min from 5am > 6:40pm (\$2,25 / 2h.)

Fees/Permits: \$2 VILL & laguna entry valid 4 several days.

Getting around: walk

ACCM:

Latacunga

La Posada HOS: 0.2mi, \$10

Latacunga HOS: \$34;

Quilotoa

sm VILL tourist dedicated, gringo-like, place; many basic places: \$10 up.

Quilotoa Cabanas - LOC: directly opposite VILL gate, \$15/\$30?p basic but comfortable ensuite cabins. Wood burner, logs, breakfast & dinner included. rms AVAIL.

Zumbahua

14km from Quilotoa; more 'real' local experience, accm / food cheaper..., BUT must hike > BUS/taxi > laguna.

Several hotels around main SQ.

New hotel: LOC: on L side, \$10/p.

Hostal Conr Matzi: LOC: on R side; \$7/p; friendly family runs -- free water & tea.

Some simple **hostels:** in immediate area

& steep in places & be quite taxing, particularly if re fog.

SITES/s:

1) **Hike Down into Quilotoa** laguna Hike down inside from viewpoint extinct VOL > Quiolota Crater Lake, grt valley-VOI views,

½ h hike wn (1-2 h hike back up) single pit toilet in HOS.

NOTE: Bring stick w/, or better yet, pair of trekking poles on sandy inclines, but main reason > fend off gs. Not kidding.

- Caldera Rim Hike: 10k, 4-5 hr, (3+ dia): rim: highly irregular, max elev: (3810 m > N, 3894 m > NW & 3915 m > SE) @ 3 lava mes, sandy & steep often foggy.
 - Hike WN > caldera. It takes ~ 45 min > walk wn & about 90 min > climb back up 280m vertical escarpment. path unpaved & climbing @ alt (from lake @ 3,500m asl) requires relatively good level of fitness.; & steep in places & be quite taxing, particularly if re fog.
- 3) ? Kayaks: 2\$/peep/hr
- NO! Quilotoa Loop hike: Hike along Quilotoa RIM loop in eir DIRECS; next VILL ~12kms in eir DIRECS >> beautiful Andean mtn scenery Quilotoa Loop & common starting point 4 Quilotoa Traverse, multi-day

BANOS: de Agua Santa (SPAN: ['banoz ðe 'aɣwa'santa],

"Gateway > Amazon"; POP: <20K, lush-grn mtn & waterfalls @ Baños N foothills of Tungurahua VOL, @ elevation of 1,820 m (5,971 ft)

TRANS-IN:

BUS: from Latacunga (2h)(easy, close hub > Quilotoa). From Latacunga depart:(2h, evry ½h from 5am > 6:40pm (\$2,25 / 2h.)

TRANS-OUT: (Baños > El Tambo)

Banos > Cuenca:

Bus Cooperativa de Transportes Patria: (5h, \$35) N, TAXI: \$10 BUSs Cuenca depart 7:15am, 11am & 5pm in "Transportes Riobamba". Change BUS in Riobamba; & 8:45am, 4pm, 10pm en "Transportes Amazonas" (\$10 / 8h.)

TRANS Links:

Read more: <u>http://www.lunaruntun.com/en-us/banos/transporte.htm#ixzz4w3guW1pM</u> Read more: <u>http://www.lunaruntun.com/en-us/banos/transporte.htm#ixzz4w3cl1bVP</u>

1) BUS FROM Baños > <u>Riobampa</u> > El Tambo

--- probably not Ambato

BANOS_BUSs > Riobamba depart from :

BUS Express Sucre > Canar: (3½h,hrly, \$15), N, TAXI:(10m, --, \$6) Cooperativa de Transportes: +593 (7) 286 7473 / 283 5717

TOO \$: Bus via Alusi: (3h10m, , \$50-65

"Transportes Riobamba": 5a, 6a, 7:15a, 8:55a, 9:45a, 11a,11:50a, // 1p, 2:45p, 3:35p, 5p, 5:15p, 6:10p, 6:35p & 8:45p

Transportes Express Baños": 8:05 am, 10:10am // 12:40pm, 4:25p

Transportes Sangay:(½h, 1½h, \$2) 7:15a, 9:25a, 11:25a // 12:15p, 1:30 p, 1:55p, 3:10p, 4p, 5:40p, 6:05p

2) N,

2a) Riobamba BUSs > El Tambo depart:

Or 2b) Riobamba BUSs > Canar BUS STA:

DO NOT STAY in Canar



Canar's **TERM Terrestre**: well organized, clean. **LOC**: Avenida Españain: city's NE corner, 20min walk or brief taxi ride from HIST CNTR.

Also, Cuenca OVN: w/ night in El Tambo or Cañar,

Also, Anywhere from N >S: any BUS 4 Cuenca; also POSS > catch BUSs on hiwy that runs above TWN:NOTE: more freq tah STA -- often full.

3) N, next day > site.

TRANS:

TRANS - Around:

BUS: Public BUSs:

- Stop 1: Rocafuerte St., behind CNTR MKT (Merca CNTR). BUSs w/ sign "El Sala" go > rmal baths El Sala (Piscinas Termales El Sala) (\$0,30 / 10 min).
- Stop 2: Alfaro & Martínez, behind Supermarket Mega 99 (Supermerca Mega 99). BUSs w/ sign "Agoyán" go > dam Agoyán (Represa Agoyán). (\$0,30 / 10 min).
- Stop 3: Pastaza & Martinez, in front of bakery n Gato. BUSs w/ sign "House of Tree" advance until House of Tree. (\$ 1/50 min).

TRANS Links:

Read more: http://www.lunaruntun.com/en-us/banos/transporte.htm#ixzz4w3c498nz:



ACCM: see pdf plenty of backpacker hostels in CNTR of TWN

Papachos HOS: 0.5, 8.9,,4x, 6x D\$9-11

LOC: Montalvo St, btwn Mera & Pastaza; front of new Hospital of Baños FAC: New, ENG, LOCK, KIT, bikes, lug stor, tow,

REV: GUD: brkf, staff, quiet, LOC: BUS sta, Sebastian, Irg com area, cln, BAD: moskies,

Hostal Plantas y Blanco: 0.2k, 8.6, 4x,6x,8x\$9

LOC FAC: roof, brkf, LOC: gud; REV: GUD: Rest: gud; KIT, rf terrace, hot water, bk'd; 1 nit, stayed 1 wk, BAD: no fan/venti(issue?); cafe, (CARE: HW over charge), NO mix atmosphere,

Santa Cruz BP Hostal: 0.2k, 8.5, 4,5D\$8

LOC: Av 16 de Diciembre. Luis > Martinez & Montalvo +593 3-274-3527; Whatsapp: +593 99-586-1993; <u>santacruzhostal1@gmail.com</u> FAC: KIT, w/d serv, TRAV info; REV: GUD:

? Hostal Chimenea: 0.4k, 8.9, 6xD\$9

FAC: little Eng,

REV: GUD: roof cafe, W/D serv, cln, bkft, LOC: in walk) twn (5m next > hot sprgs (la cascada de la virgen), quiet,

BAD: massage, hotel-like,

DOGs:

Hostal Ane Moon: 0.1k, 9.2, 4xD\$7-10

FAC: TOW icld, bikes,

REV: GUD: LOC: , hot (no /c), wifi: =/-; KIT, cln,

BAD: noisey (prty/dog); ,

Hostal Transilvania: 0.2k, 8.3, 5xD\$6, s\$14:

REV: ENG, cafe, GUD: staff, Israeli brkf\$2 gud; wifi-gud, cln, ocus (?); KIT, TRVA help, BAD: dog,

Erupcion BP Hostal Banos: .02k, 8.2, 7x,6x,4x\$7

FAC: TOW, LOCK, KIT, w/d, LUG STOR, bikes, gud TRAV info

REV: GUD: cln w/ lots POW outlets, , LOC: GUD, near BUS; no TP;

BAD: dog, staff: lazy, lack POW outlets,

Great Hostels BP: 0.4k, 8.3, 12x,5xD\$8

REV: GUD: free dinners, free brkf, staff, wifi; very bad; BAD: checkout -over charge; cat(bad), many dogs, very social (noisey)

FOOD:

<u>*Taffy*</u>: Baños famous local specialty,(SPAN: melcocha [mel'kot∫a]) made from cane sugar; melcocha; candy made similarly > saltwater taffy, but tastes more like caramel.

melcocha, In most mom-&-pop shops watch how sweet taffy made from sugar cane, melcocha artisans wrap taffy around wooden peg on inside of or frame, N, repeatedly beat & stretch taffy into perfection. Try fresh off peg, **but**, some melcochais very tough, not 4 weak-teeth-ed.

Locro: ask 4 in Banos restaurant ---- soup w/ potato & cheese served w/ fresh avoca on top.

llapingachos (stuffed, flattened **potato cakes**), sausage, fried eggs, & avoca **Also**, excel **potato cake** stuffed w/ wht cheese.

MKT: fresh juice, smoothies (batis) or fresh produce.

many **Int'l REST** – Italian, Swiss, Caribbean, Mexican, etc **Cafe Hood**: on main SQ, 2 Italian guys R great, **Merca**: set lunch & breakfasts: but it closes around 5pm.

MISC:

HIST:

TWN HIST intimately linked w/ highly active Tungurahua VOL. October 1999, all 17,000+ residents forced evacuation 4 weeks.

Roman Catholic RELG CNTR cuz 'someone' saw Virgin Mary near waterfall. So, *Virgen de Agua Santa* sculpture in CATH.

SITES (> s):

> 60 falls, diverse border btwn <u>high mtn of Andean Sierra</u> & low-lying <u>Amazon Basin</u>. GRT ELEV changes, dramatic scenery: impressive Tungurahua VOL > Pailón del Diablo falls.

1) Public Hot Baths: "Baths of Holy Water" (evenings)

TIP1: Visit @ night cuz day's heat ruins experience ; night's cold air feels after tubs --great. 2 **Local hot springs**. Plenty: public & spas. Locals prefer public ...

LOC: fortunately, most walking distance from cntr

Public/municipal baths (termales): heated by nearby VOL w/ high mineral content w/ restorative health benefits. **Close**: ~ 9pm, best rmal bath experience ever!

BLOG: **Procedure**: @ nite walked from HOS w/ swimsuits & towel, pd \$3.50 > enter & rent required bathing cap, **N**, herded >> entry, given basket 4 belongings & very brief tour of 2 story baths: 3 giant tubs w/ varying depths & water TEMPs, IMP NOTE: shower B4 entering baths – & changing rooms. **N**, after changing / dropping off stuff (\$1) upstairs storage counter **NEXT** --:

Correct protocol: **1)** choose shallow, crowded, but 'not so hot -- just > R <u>upstairs pool</u>

2) If desired, CAUTION: (?) uncrowded

downstairs pool -- boiling hot

3) N, when fully warmed up, try boiling downstair pool -- feel incredible.
4) alternated btwn 2 pools ,if desired.

Rotate >> upstairs & downstairs tub couple of times, 4 very relaxed

2) San Francisco bridge: LOC: near BUS PK,

3) Parks beautiful main CNTR PK across from CATH

4) **MKT**,

- 5) local taffy (melcocha) shops.
- 2) Cascada de la Virgen: LOC: Cascada de la Virgen): on

½ 1



1⁄2

3⁄4



Evening

2D

edge of TWN; not popular w/tourists? IMPRES falls near > TWN: literally @ Baños edge : easy, walk >< centro.

3) Tungurahua View walk;



 $1\frac{1}{2}$ > Luna Runtún Spa on hillside or taxi out of TWN 4 more brilliant view of ash & lava; very much alive, & erupting today. Quechua meaning "throat of fire."



4) Nuestra Señora de Agua Santa basilica LOC



3∕₄ dedicated > Nuestra Señora de Agua Santa, " Lady (Virgin Mary) of Holy Water.", early 1900, of VOL rock near Tungurahua; many area Virgin miracles: appearing waterfalls occasionally.

neo-gothic interior: Virgen stories decorate, pilgrimage site thanking Virgin 4 her many miracles.

Court of La Iglesia de la Virgen de Agua Santa

5) **Virgen huge STAT HIKE**: steep stairs up > grt Banos views Beyond STAT, take L @ fork > loop back down into TWN, or continue across ridge.

5a) Casa de Arbol's "Swing @ End of World":

seismic STA. always been used > observe VOL Tungurahua. LOC: just outside Baños, on slopes of Tungurahua VOL. On active VOL-days: may hear rumbling or see ash plumes. On foggy days: obscured by high mtn fog. TIP: Save visit 4 early morning or late afternoon 4 best chance > catch some blue sky as glide peacefully over edge of mtn.



Picturesque Casa de Arbol, home of famous Swing @ End of World;

- 1) giant swings -- super fun; 3 giant swings 1, employees push (very long line), & 2 selfguided swings (short lines)..... self-guided swings blast. also,
- 2) cable that swing on like low-flying zipline, Fee: \$2 entrance

TRANS:

& -----

HIKE: (2h,4½h RT))(avoid \$15 round trip taxi). hike goes past el 'STAT de la vigina", amazing walk up DIRECS: follow Ventanos signs (seismic measuring STA).

BUS: \$1.5 1wy; **TAXI:** 10\$ 1wy 4

- **Tour companies >< shuttle**: \$5. multiple time/day & great if prefer ease of shuttles & mind long lines, limited time, & huge grp of peeps.
- **Self-guided option**: BUS leaves TWN CNTR @ corner of Rocafuerte & Pastaza str straight > Casa de Arbol.~\$2.50:

PRO: much time as wanted 4 swinging, avoid long lines every time shuttle BUS ARV
 ON-site DIRECS: When pull up > Casa de Arbol, immediately see tree house w/ swing @ top of steep hill BUT NOT Casa de Arbol, giant swing over huge hill, cheaper shorter lines.

LOC: actually R up short little trail

Simple swing hung on tree R @ cliff's edge: wood piece& rope tied > tree - **no safety belt** > give sense of being secure while enjoying FLT beyond edge of cliff 1000's of ft above ground.

Biking: Biking local & tourist FAV, sport of ECians & Int'l visitors > Baños.



CAUTION:

1) OOM POP trails includes: <u>busy 2-lane rd</u> alongside drivers who have little respect 4 cyclists.

DT1: (bike) Ruta de las Cascadas: CAUTION: take MAP

"RT of Waterfalls": RT >> magnifico picturesque valley downhill past 7 SPEC waterfalls, plus countless or beautiful views > Pailón del Diablo waterfall; all

TRANS: --: @ many Banos adventure shops in TWN Rent **bicycle** (\$7-10/day). great option 4 flex & solo; some traffic, ing next > vehicles 4 some of way, dwnhill most way w/\$2 fee @ last waterfall > get trucked back into TWN.

Take **chiva** (\$5). most straight-FRWD/affordable STRAT , if not comfortable biking. "chiva":



open-air safari-like vehicle Beware: driver dictates schedule, choose which stops > make Take **BUS**: NO! (,< \$1).

Pailón del Diablo (Devil's caldron) waterfall: IMP NOTE:-MUST-reach @ Ruta's end IMP: Suspension bridge above Pailón del Diablo

Upper Entry (MUST) Bridge access options:

- 1) @ start of tiny TWN of **Rio Verde**, making R B4 crossing bridge in TWN, THUS approaching waterfall across epic suspension bridge & from <u>above</u>.
- Lower Entry: NO!, <u>below</u> waterfall, requiring U > continue past bridge in Rio Verde & loop back wn > some sort of eco resort. *If exit @ LOW end, visit* Mercedes' emenadas stand across St from falls entry & craft stands.

BUT NOTE: low entry offers: climb >> tunnel & go BEHIND FALLS.

Top Ruta de las Cascadas attractions: Cable cars over gorge \$1



MUST reach Ruta's end @ "Pailón del Diablo (Devil's caldron) CUZ Lord of Rings-

like, totally worth sm PK entrance fee. Bridge <u>access</u> options:



- 1) via tiny TWN of Rio Verde, making R B4 crossing bridge in TWN, THUS approaching waterfall across epic suspension bridge & from <u>above</u>.
- 2) or entrance, below waterfall, requiring U > continue past bridge in Rio Verde & loop back wn > some sort of eco resort.

DT2:? Llanganates National PK. (NE of ...) INT??

- OOM world diverse ecosystems, 2 regions: 1) dry, high-elevation Andean side -- E, & 2) more lush & wet Amazonian side -- W.
- Spectacled bear, alpacas, & conrs often seen roaming in PK, mtns thick w/ cedar & cinnamon trees.

1D

1) Cañar Plantation: LOC: Entry > Ingapirca;

- bilt > keep Cañari tribe under control; clearly seen bldgs constructed: stores, Sun TEMP, tambo Inca shrine), bathrooms.
- 2) Ingapirca: (wall of Inca stone).) 15th C STRAT hilltop Inca ruins; views,



TRANS-IN: 1) FROM Baños > El Tambo: BUS----Or, FROM Banos >

Ambato (probably not) OR, Riobampa, 2) N, BUS > El Tambo:

Or 2a) BUS > Canar

Canar BUS STA: TERM Terrestre: well organized, clean.LOC: Avenida Españain: city's NE corner, 20min walk or brief taxi ride from HIST CNTR.



Bus EXPRESS SUCRE Cooperativa de Transportes 7 h includes 55 min transfer Baños de Agua Santa 38 min - hourly

Ambato 5 h 18 min - hourly

Cañar 8 min - 5.8 miles

El Tambo

Also, Cuenca OVN: w/ night in El Tambo or Cañar,

Also, From N elsewhere: any BUS 4 Cuenca; also possible > catch BUSs on hiwy that runs above TWN; while se pass more frequently than those scheduled @ STA, often full.

3) N, next day > site.

TRANS-OUT:

BUS: (1³/₄h) : El Tambo main SQ &/or panamerican rd > Cuenca

TRANS - Around:

City BUSs CuencaTransit.com (not operative) beware of BUS: in /out BUS btwn Canar El / Tambo & ruins,

ACCM: Best LOC El Tambo, NOT Canar

La Posada Ingapirca , El Tambo, Stay in El Tambo (w/PK,) cuz Canar too ruff although does have \$10 HOS;



MISC:

Free guide: GUD;

NOTE: Cañari resisted Incas 4 yrs, N, peaceable Cañari TEMP of Moon, 1 side & Inca TEMP of Sun, or side BUT 2) Cañari allied w/Span > defeat Incas.

HIST:

Inca / Cañari ARCH mix

Many ancient tribes of EC -- Cañari, Cara, & Quitu, fiercely resisted Inca Conquest when Inca 1st ARV --Inca's slaughtered most male Cañari on conquest.

N agreed > **peaceable**, **co-existent** compromise w/'respect' : w/ separate CUST honored, dif POL STRAT, marrying Cañari princess & improving Cañari city of



Guapondelig, calling it Tumebamba or Pumapungo (now - Cuenca). ONLY in 1500's infamous Huayna Capac reign that Inca finally able > incorporate tribes into Tawantinsuyu, or Inca Empire.



1532, Francisco **Pizarro's** ARV & SPAN defeated Incas **w**/ **allied Canari** support, THUS, ending short 50 yr Inca reign which strong imprint on CUL & EC landscape of EC

SITES:

Cañar plantation: LOC: 40 miles from Cuenca

colorful MKT & nearby ruins of Ingapirca

- Cañar Plantation's site most INT cuz ... while most see ONLY beginning of trail > massive Inca ruins, **but** significant meaning: Cañar Plantation LOC: 40 mi outside Cuenca, Inca constructed who may taken over Cañaris settlement > keep Cañari tribe under control.
- EXTANT: clearly bldg constructed as: stores, sun-worshipping temple, tambo, which 4 exclusive use of Inca, & even bathrooms. Cañar Plantation might not be as impressive in size as Ingapirca, but its significance great.
- Both Ingapirca & Cañar Plantation symbols of Inca oppression of Cañari tribe. Even though Cañar Plantation tour's starting point, forms intricate / vital part of Ingapirca, purpose that it served, & secrets that se ancient ruins kept hidden 4 yrs.

Ingapirca: 15th C

Most famous EC Incan site. ARCH: Cañari originally bilt site, & after **integration**, Inca added RELG structure, **sun temple** constructed in style that Inca preserved 4 bldg of RELG or royal importance, w/ carefully cut stones placed toger w/o mortar; --- used > control native Cañaris Stores, bathrooms, **tambo** (dairy farm) 4 Inca,

\$6 fee w/guide, inga (face) ?

GEN:

Wear:

Changes rapidly, w/in min, calm / sunny > rainy, windy, & cold; typical yr round. Canar peep believed gods had led m here, regardless of climate

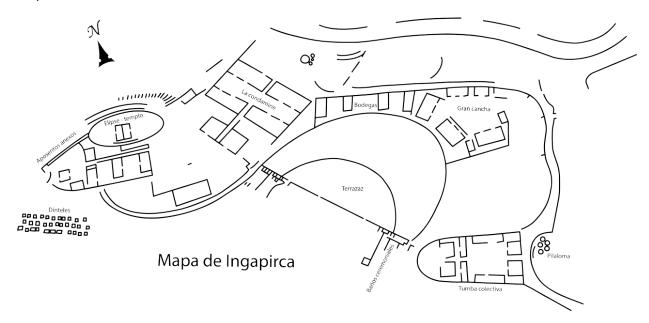


SITES:

Temple of Sun: elliptically shaped building constructed around Irg rock in Inca way w/o mortar, as most structures in complex; stones carefully chiseled & fashioned > fit toger perfectly.

Canari positioned complex per beliefs & knowledge of cosmos. Research by observation --Temple of Sun positioned so that:

----on solstices, @ exactly R time of day, sunlight would fall >> CNTR of orway of sm chamber @ top of temple. Most of chamber has fallen down.



Astonomical OBSV: Inca Huayna Capac,

Castle complex: Cañari-Inca origin; **purpose**: uncertain. Used as FORT & storehouse from which > resupply Inca troops en RT > N EC

Inca rd: LOC remnant preserved here, aka *Ingañan*; (part of UNESCO Qhapaq Ñan, Andean Rd System

Circular shapes: storage silo bases 4 grain, corn , etc.

Underground aqueduct LOC complex **system** > provide entire compound's water >







CUENCA: "Cuenca like fairytale,"

Colonial ARCH, Wht washed bldg / cobblestone str, plazas, pre Colombian ruins CHRs, brick bldg & Tomebamba River waterfront & PK thru TWN ; mild climate yr-round; **Etym**: 4 RIVs confluence in basin)

GEN:

Sister cities: Tempe, AZ; POP: ³/₄ mill, most Euro city in EC, UNESCO; ECON: textiles, flowers, tourism, mining/logging, tires, **bees**,

TRANS-IN:

BUS: (1¾h) : El Tambo main SQ &/or panamerican rd > Cuenca

From N elsewhere: any BUS 4 Cuenca; also possible > catch BUSs on hiwy that runs above El Tambo; while se pass more frequently than those scheduled @ STA, often full.

TRANS-OUT:

AIR > Quito: 1 2/3hdaily, \$50-210, BUS > Quito: (7>10h, --, \$11-22

TRANS - Around:

Pick up city map & tourist information @ BUS TERM or most souvenir shops & hotels in town.METRO:

ACCM:

1) Mi Casa HOS: 2.9k, 8.9, 4x,6x\$8 LOC GUD: quiet, cln,LOC gud, KIT gud, h2o-gud, wifi- gud, LOCK, rest, bakeries, mkts - near; 2) Alternative Hostels: 2.9k, 9, 4x, 5x\$8-10 LOC GUD: cln, KIT gud, Dorm: gud, BAD: Dorm '0' privacy, LOC: noisy 3) Posasda del Rio: 3k, 9.6, 5xD\$7 LOC GUD: LOC, quiet, KIT gud, young owner ladies, noisy, **El cafecito Cuenca:** 2.3k, 8.9, 6x\$10 GUD: staff-Tony, near MKT, RF terrace, grp dinners(\$6)?, BAD: 4 flts up Posada Gran Colombia: 2.4, 8.9,S\$12 GUD: cln., quiet, brkf-gud, BAD: poor ENG, Malik Hotel: 3.5k, 8.6, D \$6 America inn Cuenca: 2.8k, 8.4, \$6 Bauhouse HOS: 2.7k, 8.3, \$8 Mochilliers HOS: 3k, 7.7, \$7 Hostal Yakumama: 3.5k, 6.3, \$8 ? Hostal Hogar Cuencana: 3k, 8.9, 5xD\$8 Hogar Cuencana.--Book Direct LOC: Hermano Miguel 4-36 y Calle Larga (Across from Escalinata Steps & Tomebamba River REV: GUD: KIT, BAD: Some RM - no windows, (Very angry REV: noisy, dbl tax charge)

<u>NO!</u>

NO! La Cigale HOS: 3.1, 8.9, 6x, 4x\$10-12 GUD: BAD: ask 4 hot h2o, little ENG, NO KIT, bad h20, noisy bar NO! Dual-use fam hm HOS bella Vista: 2.9k, NR, 47 NO! Cuz bad REV Hostal Turista del Mundo: 3k, NR, \$10 NO! Cuz bad REV La casa Cuencana: 3k, NR, \$7

Posada del Angel: 0.0k, 10, S\$22

Hostal Viajeros BP: 0.3k, 10.0, \$10 HW-no Ds Ilsted, only 1 REV FAC: KIT, bike, REV: GUD: KIT, BAD: staff?, Princess Maria: -.4k, 9.4, \$10 HW-no Ds Ilsted FAC: little Eng REV: GUD: not party, KITsm, BAD: couple very bad REVs, NO DORMS:

Hostal Villa del Rosario: 0.0k, 2.0?, S\$12

FOOD:

Ice cream: Ec's best:

1) Tutto Freddo: grt, large / pricey).

2) Across str: Heladeria Holandesa: econ, but quantity, quality not as GUD.

El Merca, restaurant serving traditional EC food

Los Capulies - good food, service, \$; sometimes live EC music.

Café Austria – Great sandwiches & pastries; excellent "almuerzo"

Kookaburra Café offers good cup of tea & English-type meals. Run by an Australian couple,.

Pricey: Café Eucalyptus:gud & >\$; Rest El Jardin (HOT Victoria):\$ & mediocre; HOS Colonial – gud looks, but mediocre.

MISC: HIST:

1st inhabitants -

8060 BC, Cave of Chopsi: hunters: everything Páramo offered ; nomads: following animals & seasons. CUL represented tools: arrows & spears, found throughout Andean valley. Until -- 5585 BC.

Indigenous peeps (later)

agri: used stable climate, fertile soil & abundant water > develop <u>potatoes</u>, <u>melloco</u>, <u>chocho</u>, <u>squash</u> & <u>quinoa</u>.;

Domesticated animals: cuys (guinea pigs), camelids: llamas & alpacas.

Tech: advanced. EX: created ceramics, most numerous artifacts

5000 BCE > 2000 BCE not ARCH represented well

Start 2000 BCE, more <u>highly organized society</u>, delegating responsibilities: water management <u>managing of water</u> & plague control <u>control of plagues</u>.

Specialized admin & RELG leaders (*shamans*). occurred during periods of <u>Chaullabamba</u>, <u>Huayco</u>, <u>Pirincay</u>, <u>Monjas</u>, <u>Putushio</u>, <u>Huancarcucho</u> & <u>Jubones</u>.

2000 BCE > 500 AD : <u>Tacalshapa III</u> & <u>Cañari</u> peeps, periods, but absorbed by Incas, 15th C. Pre-Columbian society

ORIG: <u>Cañari</u> settlement - *Guapondeleg (aka*. "land as big as heaven.") ARCH believe Cuenca, around 500 AD; ½ C B4 <u>conquistars</u>, <u>Incas</u>, after bitter struggle, conquered Cañari & occupied Guapondeleg & surrounding area.

Incas replaced Cañari ARCHI did not suppress Cañari or impressive astronomy & agri achievements instead, absorbing all useful.

Tomebamba.: Inca re-name, 2nd <u>Cusco</u>, regional capital.

1470s, Inca emperor, <u>Tupac Yupanqui</u>, constructed grand city, Pumapungo, " or of Puma"; magnificence rivaled Inca's Cuzco capital.

Indians told SPAN stories -- <u>golden</u> temples etc., but when Spaniards found city -- just ruins; wondering where fabled splenr / riches disappeared..

Abanned by Cañari , N Incas, Tomebamba: sparse pop until 1550s.

Tomebamba candidate 4 <u>*El ra*</u> -- SPAN-called mythical city of gold cuz Tomebamba's feardriven self-destruction. SPAN thought El ra burned by inhabitants after heard of SPAN conquests.

SPAN 'Cuenca' settlement:

April 12, 1557 by explorer <u>Gil Ramírez Dávalos</u>. <u>Andrés Hurta de Menza</u>, N <u>Viceroy of Peru</u> after his <u>Cuenca</u>, <u>Spain</u>; decades afterwards-- or major SPAN settlements -- Quito (1534), Guayaquil (1538), & Loja (1548).

POP & IMP grew steadily during colonial era peaking 1st yr of EC's independence;

Nov 3, 1820, capital; or 2 capitals Guayaquil & Quito. Independence

SITES: Carnival time: 2/12 & 13

1) Numismatic Museum, Central Bank of EC:

LOC: Calle Larga: leads out > Inca ruins of Pumapungo +593 7-283-1255, 8:30a–5:30p Often Cuenca Symphonic Orchestra concerts. SPAN dismantled / used stone 4 Cuenca colon re-bilt SM menagerie w/ birds in beautiful gardens @ BOT

2) Pumapungo Incan ruins MUS & PK:

- ... " door of puma" in Quichuan. LOC: W/in city CNTR,
- Inca HIST: 1) impressive rock structures depict major Inca leader, 2) construction, 3) impact on EC Inca CUL.

CUZ **Cuenca** closer > Peru border than Quito, so, Inca had more time > build this part of EC. Even tho pre-Inca structures/bldg -- clear signs Inca style renovation.

2

3) Ruinas de Tos los Santos (Ruins of All St.s): 1¹/₂

- LOC: on Tomebamba RIV's L bank 100 m from Todos Santos Brdg, in San Blas parish, Pumapungo neighborhood, btwn Calle Larga 2-23 & Manuel Vega.
- ARCH Objects : Since 1972, ~ 20,000 fragments & entire ceramic, stone & lethal pieces recovered; exhibited in Manuel Agustín Landívar Site Museum.
- **4** Inca origin **niches**, forming trapezoidal, bilt of stone. **colonial mill** remains.
- **Discovered: Nov, 1972**: ARCH site w/ruins discovered during Fernando Estrella's new house's excavation.
- **1973**, 1st report published referring > lower site

1975, new ARCH elements discovered.

Artifacts:: Cañaris, Incásicos & Hispánica cultures.

- Cañaris occupation area: LOC: complex's NE; rectangular structure w/ limestone walls.of limestone blks - some w/retouching; majority:
 - w/ natural forms, united w/ black earth mortar.& Inca pottery vessel
- Incásicos : famous Tomebamba rooms, bilt in 2nd ½ 15th C: Nucleus LOC: E of Todos los Santos, Pumapungo neighborhood: wall of its period of expansion.
- **Hispanic** : IMP Hispanic occupation: bldgs immediately prior > SPAN Foundation of Cuenca & anor bldg (?) belonging > 1st yrs City years.

1st phase: <u>cane mill</u> of lithic blocks, orig Inca lintels (2m Ing of 2 tons ea.

2nd phase: of 1st Cuenca founding years:

- 2 mills in upper part apparently similar > mills bilt in 1596 ; mills housing large drive water-wheels by water >> channels &
- 2) half-domed vault (Núñez de Bonilla mill & wall of niches), 1906.
- **3)** ALSO, encomendero's (?) house wall & foundation remains bilt w/boulders & black clay mortar.

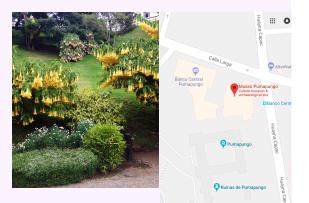
4) Puente Roto (Broken Bridge) & RIV WALK: 1/2

famous ruins separating colonial district & MOD res areas; bilt 1840 - 1850, but flood destroyed, 1950. End walk near <u>Pumapungo</u> MUS & PK.

5) Museo de las Culturas Aborigenes:

LOC: Calle Larga, private museum specializing in pre-Colombian cultures in Ecuador. We found "tsa tsas" (shrunken heads) particularly interesting







1

HIST AREA:

LOC: btwn Tomebamba RIV & Gran Colombia St(N),/ GEN Torees (W) & Hermano Miguel(E)

1) OLD CATH (Iglesia de El Sagrario):

main place of Span worship during SPAN Cuenca colonization, 1557, but soon 2 sm, N, 1880, new CATH replaced while old CATH restored > MUS.

2) NEW CATH

(off name: Catedral Metropolitana de la Inmaculada Concepción).

truncated towers cuz ARCHT mis-calculation error rendered bldg too weak > support planned TOWs, neverless, New CATH of Cuenca, 1885,-- monumental faith work.

ARCH COMBI <u>Romanesque Revival</u> & <u>Neo-</u> <u>Gothic</u> in style, blue & wht R city symbol. **façade** : <u>alabaster</u> & local <u>marble</u>, **floor of** <u>nave</u>: pink marble from Carrara (Italy). @

inauguration, accommodated 9,000 out of Cuenca's 10,000 inhabitants.

Monastery & MUS of La Concepcion,

w/ 17th-C tombs & complete collection of RELG art.

3) Abdon Calderon PK:

LOC: Cuenca CNTR btwn old & new CATH, contemplative PK benches 4 chat & tranquility. Municipal offices nearby. Around PK: CATH, Muni bldg, Tourism Basin Foundation, inside: Abdon Calderon, Battle of Pichincha, independence hero

4) MONS of El Carmen de Asuncion:

 atrium, 2) flower MKT adds > CHR's beauty, 1682. 3) sculpted stone façade & 4) golden pulpit make CHR very attractive.
 LOC

5) CHR of Santo Domingo:

LOC

6) San Blas CHR: ; CLOSED 4 renovation

LOC: E of OT > San Blas area:



?

 $\Rightarrow\Rightarrow\Rightarrow\Rightarrow\Rightarrow\Rightarrow$

3⁄4



3/4





4¹/₂

1/2

French RT:

- 1) START: La Condamine St: & El Vado neighborhood
- 2) Plaza Miguel Leon: aka San Sebastian cuz San Sebastian CHR; colonial bullfights
- 3) Simon Bolivar ST's BLDGs:
- 1) Casa Bienal, 2) Bolivar Clinic, 3) Casa del Coco, 4) Sojos house 5) Jerves Calero house 4) Parque Abdon Calderon:
 - 1) San Luis Seminary, 2) (or side): Old CATH w/ marble plaque, origin of 'meter'?

5) N, (?) ---

- 1) Provincial Court of Justice, 2) Alcaldía de Cuenca, 3) St. Alphonsus CHR w/92 French stained glass windows
- 4) Remigio Benigno Malo school
- 5) Crespo Toral Museum : 1st Geodesic plaque

- 7) El Mirar de Turi (Turi='Chechua 4 'bro'):
 - LOC: SW of OT near Cuenca's major Mall del Rio

TRANS:

- BUS: \$.25, #7 or 13, N, taxi up: \$11/2
- Taxi: \$3, El Centro > Turi.
- Walk stairs: workout from mall:
 - L on Pan American Hiwy, aka Circunvalación Sur 4 ~ ½mi > Turi roundabout.
 - 2) N, bear R & pass LRG Body Care Gym & Spa,
 - 3) N, after short walk past Body Care > Turi BUS stop.
 - 4) N, pass stone retaining wall w/ couple of wht houses below,
 - 5) N, U see **wide stone staircase** heading R up hillside > Turi. NOW ARV @ amphiater in front of CHR@
 - NOTE: Si prolema, Just ask, "Dónde están las escaleras Turi?
- Once re: U know why Cuenca's name (Span: means "bowl)
- 1) Eduardo Vega's workshop & showroom.-- world-famous ceramicist's --LOC: Turi, 100 m down rd
- 2) CHR of Turi: large & ornate
- 3) Nearby HIKE: walk up rd on R side, just past CHR, N, continue uphill > fork in rd, N, take higher one (on L) N, after few min reach
- 3a) graveyard w/fascinating small shrines (INT)--different from US.



3

Dt's Outside of Cuenca: > or Incan sites, including:

DT1: Cojitambo ruins (Complejo Arqueologico Cojitambo): LOC: 30k N of Cuenca; 12 k outside Azogues;

DIRECS: Cuenca TERM Terrestre > Azogues's BUS TERM (30 min) THEN, BUS N > Deleg -- ask > get off @ Cojitambo service/entry rd, N, steep uphill > site.
Signs explain remaining walls, petrogylphs & ancient ceramic shards reveal several cultural occupations.
500BC > 500AD, simple existences; 500AD > Incas: more advanced civilization, N, ~ 1450AD, Inca added > existing structures, ... remaining until Span Conquest, 1532.



1



Inca Rd (Ingapirca) ↓↓

Only bldg: small w/o **roof** & w/**lintel** over doorway, BUT INT multiple wall niches --very typical Incan. IMP: built w mortar, some stones R shaped in Incan Imperial ceremonial building Style; indicates IMP military stronghold or stopping point on Inca Rd --(full width of ~7m.wide -- Ingapirca) btwn Quito > Cuenca & finally Cuzco.

DT2: Molleturo: SEE "Molleturo (Cuenca) Wiki.pdf"

LOC: Local Know Area's CNTR 1.5 h from Cuenca. Vast rural area (386 SQ miles), EC's S Andes several little VILL (hamlets). NOTE: 10yr ago 3d mule trip cuz no car rd, BUT rd has bad eco impacts on peeps survival ?.

DT?: Chordeleg. metal jewelry making Guild TWN

LOC: 31 miles from Cuenca,,

stone corridor in snake form in area , bilt in pre-Inca time, If can find B4 trip **Easy 6 hr DT:** w/1h ea way & 4 h > wander sq & lunch. FREQ daily BUS until 5 p **Local BUS** (\$2 RT, freq), from Cuenca main BUS TERM i.e <u>BUS line heading > Gualaceo.</u> Just say: "Chordeleg";

DIRECS: head down hill for next BUS >Cuenca.

DT?: Jima: hiking Probably not

LOC: 2h SW of Cuenca

S EC hiking hotspot cuz ; all skill levels@ base of 2 beautiful grn mtn @ 8,800 ft



DT3: El Cajas NP: next page

DT3: El Cajas NP: El Cajas, rivers, streams, & lagoons unite 1 LOC: 18 mi W of Cuenca; Elevation: 11,500 > 13,800 ft) ASL, .



'tundra' landscape Lacs en miroir (Mirrored lakes). C by orders of Huayna tour, BUS or drive from Cuenca. It's only 20 miles (30km) outside city.

Visiting hours: 08H00 to16H

"Inca Trail" remnant crosses Park, linking Tomebamba w/



"Tambo de Paredones" (Molleturo) btwn highlands & coast. 4 km of rd: restored & walkable btwn Luspa cave & Mamamag

lagoon.

1st section's access: must take rd connecting Cuenca > coast: Cuenca-Molleturo-NaranjalT which crosses N area of Park, N, from re, ALSO, access majority of lakes & lagoons& INFO/Interpretative CNTR LOC: Toreadora Lagoon's banks.

1^{2nd} section's access: 3rd older RT: LOC: South of Park aka Soldados-Angas.

IMP TIP: extra pair of socks cuz ankle deep puddles & streams.

PAK Accordingly

Sunscreen, reusable water bottle, water purifier, sandwich/Cliff Bars - no REST; iP BAT BU. **maps** Cajas National Park website. <u>http://parque-nacional-cajas.org/tracks.html</u>

SEE "PN Cajas interactive GMap trails etc.pdf"

Inca Trail: Possible Hike RT: Start cabana's (RT 582 -(red) N CNTR) N, S on Cucheros Burin (YEL), N, NW on Inca Trail (rose) > Toreadora Soldados (, N, due N on Toreadora Soldados (turquoise) > main RD 582 (red) N, catch BUS back > Cuenca.

#1 HIKE: starts @ Info Centre, N, > NE past Lake Toreadora, >> quinua forest, N, down past Lake Totoras & Lake Patoquinuas, N, ENDs: @ highway, ~ 8km E of Info Centre @ Quinuas checkpoint: HERE, catch BUS > Cuenca, (Ask Warden 4 guide (seriously).

Many D Hikes: consult park map & ask. PREP essential! Often thick fog &/or obscuring rain possible; worst case: emerg food, water, space blanket even on short day hikes.

Laguna Taitachungo: "Toreadora" trail?) splits from lagoon & some trails that lead straight > it. From HERE can pass by Ingañan or Inca Trail toward Luspa Cave.

DT3: Campo de Petroglifos Catazho: tour: \$100, 7a>8:30p);

LOC: E of Cuenca near Limon - sht dist > Peru & Amazon river basin's jungle Rocks R scattered over large area; ---- **Glyphs: very** impressive. Warmer than Cuenca, cross more Cajas-like 'paramo'.

FLIGHT INFO: UIO>TUS	TOT ~11h	Total Co	ost: \$1107.6	9		
SERVICE DATE	FROM	>	DP	ARV	Flt hrs	SEAT L/OV
AA1177 TH MAR8	UIO	DFW	1:53a	6:46a	(5h50m)	20D 2⅓h
AA2377 TH MAR8	DFW	TUS	9:10a 1	0:43a	(2 ½h)	21F N/A
FLIGHT INFO: JAC>UIO	TOT ~10 ¹ ⁄ ₄	h				

FLIGHT INFO: UIO>TUS	TOT ~11h	Total Co	st: \$1107.69)		
SERVICE DATE	FROM	>	DP	ARV	Flt hrs	SEAT L/OV
AA1177 TH MAR8 AA2377 TH MAR8	UIO DFW	DFW TUS	1:53a 9:10a 10		(5h50m) (2½h)	20D 2⅓h 21F <mark>N/A</mark>
FLIGHT INFO: JAC>UIO	101~101/4	n				

Bruce:

High Altitude MEDs: DIAMOX (Acetazolamide)

Background:

In 2007 after many days @ sea level (Santiago, Chile), my 1st night in N Chile's high Andes I felt altitude light headedness in 1 evening, but reafter little or none.

I start Eciador/Galapagos trip in Quito @ 9,350' ASL; drop > Galapagos sea level for 3 weeks n back into Andes (Otavalo, Cotopaxi NP, Banos, Cuenca etc.

I still appear > overide lung issues once 3/4h into elevation climb hike, so

MED: **DIAMOX** (Acetazolamide), increases oxygen profussion (Quito pharmacies.have BUT 1 > 2 days B4 start climb or ARV Quito. Continue taking: while climbing & 48 hrs after final altitude.

Patient Startegies:

1) Avoid pre-elevation Overly-hot Water Showers, also, > minimize chance > catch cold.

2) Insist on High Carbohydrate Diet

Seasickness:

Only sea sick once 35 yrs ago, but -- 5 day Galapagos cruise tour

MEDS:

?

Bonine: less unwanted sleepy side-effect seasick.

MED: ✓ Vaccinations.

Background: I expect > be in significant cities or hiking archeological/ historical sites or possibly well touristed NP paths. IOW, probably **not** intense rural, jungle or non-Galapagos coastal areas.

My Internet queries:

If only Quito & GI: none req'd vaccinations.

If, mainland EC, especially Amazon or coast: ask Dr..

Possible vaccinations: typhoid, hepatitis (&B), & yellow fever, Diphria (My record confusing > me - see below)

My IMMUNIZATIONS & vaccinations (according > my records)

Immunizations:	Frequence	<u>cy</u>	<u>Status</u>		
Pneumonia:	Once	04/post Aust -Bruce			
Tetanus - diphria(?)	: 10 yrs	5-31-05 Pub Health			
Seasonal flu:	yearly	yes – Dr. Hayse			
Measles, Mumps	Measles, Mumps Not Reg'd for pre 1957 born				
Zostavax, shingles	Once	12-2010 Al's 22 nd Tucson			
Нер	??	Done/ JHHS			
Нер В	1 time only	Done/ JHHS			
Нер С	??	NO			
Yellow fever	10 yrs	NO			
Typhoid fever	?	NO			

Old:

ITIN STRAT SUM:	Trav Day	DAYS	NITES
> PA, Santa Cruz	1	-	1
s 1: Charles Darwin CNTR & El Chato			
Tortise Reserve, Rancho Primicias	-	1	1
s 2:* Tortuga Bay & Los Gemelos		1	1
DT N Seymour Isla		1	1
DT: S Plazas/Punta Carion		1	1
DT: Floreana		1	1
s: Las Grietas or Dragon Hill or none		1	1
DP: > Isabela	1	-	1
s: *BIKE> Tortoise breeding CNTR,.Wall of Tears & wetland	ds 1	1	
DT Las Tintoreras &/or Sierra Negra Caldera.		1	1
DP > San Cristobal:	1	-	1
s: Galapagos Interpret CNTR (MUS) & Las Tijeretas Hill–		1	1
DT /s:? Puerto Chino &/or Playa Mann		1	1
DP> Quito or Santa Cruz			

JAN" later > avoid Xmas/NY's hangovers,

AVG Max TEMP:.: 85°F AVG TEMP : 80-83°F AVG Sea temp.: 76°F

AVG Sea temp. 70

AVG Total Rain: 2.4"

FEB: high vacancy, GUD last min deal opportunities;

Getting hotter AVE Max. TEMP: 86°F AVG Min. TEMP: 75°F

AVG TEMP: 80°F

Sea TEMP: 77°F AVG Monthly Rain: 1"

MAR: peak wet season, cruise availability

EASTER Break: Mar15-Apr 8

AVG Max. temp: 88°F AVG Min. temp: 75°F AVG temperture: 82°F Sea TEMP: 77°F AVG Monthly Rain: 2"

APR: 1 of 2 best months

GUD last min dfeals except EASTER Apr 1st; school Max. temp: 85°F Min. temp: 73°F AVG temperture: ? Sea temp.: 77°F (Avg. Rain: 1.5 in

MAY: avoid 5/15 - 30

GUD last min dfeals except EASTER school Rains reduce, temps cooling Max. temp: 82°F Min. temp: 72°F AVG temperture: ? Sea temp.: 76°F Avg. Rain: 0.75 in

EC wear: Quito

Wear: hot/rainy Dec > Jun, high humidity, ave temp: 80s F (26°-30° C), some showers, w/warm & sunny days , calm seas.

JAN: Rain:	15d
AVE:	58
AVG HI:	66
AVE LO:	50
FEB: Rain:	16d
AVE:	58
AVG HI:	66
AVE LO:	50
MAR: Rain:	18d
AVE:	58
AVG HI:	66
AVE LO:	50
APR: Rain:	24d
AVE:	59
AVG HI:	66
AVE LO:	51
MAY: Rain:	19d
AVE:	58
AVG HI:	66
AVE LO:	49

Rejected Possibilities

Riobamba: Devil's Nose TRN ride base: ?? GEN:

(120 mi) S of EC's capital <u>Quito</u>, **TRANS-IN**:

BUS: from Banos (1.5hr, TRANS-OUT: BUS: > Cuenca: (6hr,) TRANS - Around: METRO: ACCM:

FOOD:

MISC: HIST

region surrounding Riobamba inhabited by <u>Puruhá</u> nation B4 advance of <u>Incas</u> during late 15th C. Puruhas presented fierce resistance > Inca intentions of conquering N of today's EC, & refore obliged Inca Huayna Capac > find alliance in order > pacify tribes who sided w/ Conrazo, general of Puruha nation. alliance sealed peace btwn Shyris confederation, named by Jesuit historian Juan de Velasco > group of tribes whose ruler Duchicela dynasty, & Inca Empire. Inca Huayna Capac took as his wife princess Paccha & gave special treatment & social status privileges > higher castes of new subjects. **offspring of dynastic relation Atahualpa**, last king of Incas.

On 15 August 1534, city founded in San Miguel plains by <u>Diego de Almagro</u>, becoming 1st city in MOD-day EC > be established.^{[2]:341} In 1563, city became part of SPAN <u>Empire</u>'s newly formed <u>Royal Audience of Quito</u>. city completely destroyed by <u>earthquake in 1797</u>, but rebuilt few yr later 14 km (8.7 mi) away from its ORIG LOC (near VILL: named <u>Cajabamba</u> on plains of San Antonio de Aguíscate). city still retains much ARCHI from SPAN period.

In EC<u>War of Independence</u> Riobamba 1st declared independence on November 11, 1820 but soon retaken. city finally became part of IND <u>Gran Colombia</u> in 1822, & N separate Republic of EC in 1830.

On 20 November 2002, 7 peeps killed & 100s wounded when explosion in munitions depot @ Galapagos Brigade arsenal in Riobamba set off series of blasts. Such force of explosion that many residents said initial reaction that re had been earthquake or VOL eruption. Winws blown out more than 1.5 k from arsenal, & many of injured suffered lacerations from flying shards of glass.^[3]

According > Colonel <u>Arturo Cadena</u>, MIL spokesman in <u>Quito</u>, initial explosion occurred during maintenance work inside dump. In April 2003, army published its final report into explosion. report holds <u>Santa Barbara munitions factory</u> directly responsible 4 explosion, which army calling accident.^[4]

close proximity > <u>Chimborazo volcano</u>ar constant TEMP yr-round, w/ wet & dry season. Its alt (2754 m) & closeness > Chimborazo give city cool climate yr-round, w/ TEMPs averaging btwn 23 °C & 14 °C.

CATH de Riobamba, Iglesia de Balbanera, Neptune (Neptuno) STAT,

Tren CruceroQuito > Guayaquil , waving > peeps in many cities & TWNs passed >>, VOLs, Chimborazo MT views,

Lakes of Ozogoche (Lagunas de Ozogoche)

BUS taking peeps only > nearby VILL: which still quite far from actual Lagunaswatch migrating birds > commit suicide in lake.more exciting by staying re over night & having bit of hike btwn Laguna

Markt Guamote midway btwn Riobamba & Alausi couple h from Riobamba"un-seen" of EC

Sangay National Park Whenever I TRAV, I like > look 4

UNESCO World Heritage Sites because I have had great experiences visiting se sites of natural, cultural, & HIST significance. I in EC & Sangay PK World Heritage Site so naturally I planned visit. While in Cuenca, I inquired @ # of tour operators about PK & almost none of m had even heard of it. Based on information I found online, I decided > trek > Laguna Amarilla @ base of El Altar because aside from climbing Sangay any information about anything else > scarce.

As non SPAN speaker, everything little lot more difficult 4 me, but I managed > take BUS from Cuenca > Riobamba, walk > tourist information office (where helpers seemed unsure of wher I should get guide), walk > Oriental BUS TERM, & catch BUS > Candelaria.

It it very frustrating that re esn't seem > be BUS schedules posted anywhere so I showed up > TERM & learned that next BUS > Candelaria not leaving 4 3 h. BUS cost about \$1.

I exited BUS just past Candelaria (which isn't even on Google Maps) when I saw sign 4 Hacienda Releche. office 4 Sangay PK closed, so I continued walking about 200 meters > Hacienda. owner wasn't re @ 1st, but when he ARV about h later, he extremely friendly & helpful & he spoke perfect ENG.

I paid \$15 4 room 4 night. I only customer. I spent evening on hammock on porch reading. It looked like really cool place > book ahead of time w/ group because N prepare food 4 . place had wonderful rustic charm > it.

owner recommended that I buy some food 4 my hike @ nearby store, he also told me I could rent rubber boots re but I declined because I had waterproof hiking boots & gaiters (I later learned wrong choice). I told owner I wanted > spend next night @ refuge closer > lake. He gave me verbal hiking directions & key > refuge. I started hiking > refuge next morning after hot shower (yay! My water wasn't even hot in my hotel in Cuenca). trail unbelievably muddy & I basically got covered in muddy water from waste wn. I am very fast hiker & I made it > refuge in about 3.5 h. It almost same as Hacienda except w/o electricity. I paid \$5 4 use of kitchen which includes gas stove, silverware, plates, pots, sink, etc. I hiked up > lake in about h & it spectacular! blue grn color of lake against sheer cliffs of El Altar surrounding it amazing. In short, accommodations excel & lake awesome, but trail kind of bear.

https://www.tripadvisor.com/ShowUserReviews-g303849-d581723-r498039413-Sangay_National_Park-Riobamba_Chimborazo_Province.html# > s:Biking, SITES:

Chimborazo Mt Views,

Just wanted > thank 4 post. Did in September based on suggestions & it worked out great. Stayed in Riobamba, R across from BUS STA. Took 1st but in morning, which unfortunately, wasn't until 0730. hike up great, seems like had much better wear than did. Several cars pulled over olering us ride up but made it all way > 2nd refugio on foot. On way back wn, 1st car that passed truck & olered > give us ride wn in back. Thinking may have some di"culty catching BUS back > TWN hopped in. @ bottom chatted 4 bit & heading back > Riobamba as well & gave us ride all way back > hotel. Hope encourages more peeps > trip unguided. It amazing!

Chimborazo: Even if you're not mtn climber, it could still be worth visit: take coach > 1st hut (4.800 masl), stretch legs, & boast that you've been furr from earth's CNTR than summit of Everest. because earth not perfect sphere but oblate spheroid, i.e. it little bit "thicker" near equator, which makes Chimborazo furst mtn from its CNTR. If you're feeling acclimated & adventurous, try walking up > 2nd Lodge (no guide needed), about 250m higher in elevation. wont have > pay any entrance fee & views be spectacular. Beware, though: 500m elevation gain lot when you're already 4500 masl. n't attempt unless physically fit & acclimated > alt.

summit of Mount Everest higher above sea level, but summit of Chimborazo widely reported > be farst point on surface from Earth's CNTR,^{[12][13]} w/ Huascarán very close 2nd. summit of Chimborazo fixed point on Earth that has utmost distance from CNTR – because of oblate spheroid shape of planet Earth, which "thicker" around Equator than measured around poles.^[note 3] Chimborazo 1 degree S of Equator & Earth's diameter @ Equator grtr than @ latitude of Everest (8,848 m (29,029 ft) above sea level), nearly 27.6° N, w/ sea level also elevated. Despite being 2,585 m (8,481 ft) lower in elevation above sea level, it 6,384.4 km (3,967.1 mi) from Earth's CNTR, 2,163 m (7,096 ft) farr than summit of Everest (6,382.3 km (3,965.8 mi) from Earth's CNTR).^[note 4] However, by height above sea level, Chimborazo not even highest peak of Andes.

Devil's Nose (Nariz del Diablo) TRN ride:

TRANS: train currently ES NOT start from Riobamba

So Key questions:

DP ONLY SAT or Tue, Wed & SAT? ONLY from Alausi? 2.5 hrs RT, Buy TIKs in Rio & Alausi?

10-12-16:

ACCM: Rio (2hr+ > Alausi) or Alausi

Assigned seats: L side best, but everyone stands anyway; PIK stop; Silambe bottom stop: 1hr stop w/ cafe, MUS, tourist show;

ITIN: Daily except Mondays, train leaves @ 8:00, 11:00 & 15:00 (?). TIKS Online: <u>http://trenEC.com/en/home/</u> any TRN STA, easiest: local TRAV

Agency;

INFO REQ'sd: Full name (as listed on passport)

Current address/State/Zip

Phone #

Date of Birth

Passport # (cedula should work as well)

Many local TRAV agencies offer trip packages > Devil's Nose 4 grp @ lower cost than traveling privately.

ITIN 4 Devil's Nose Train – Alausi > Sibambe (Pistishi)

1st, make sure getting on R train. If want > go on Devil's Nose, need be on Alausi > Sibambe (Pistishi) RT. Following current ITIN but also check when buying tickets 4 any changes.

07:30 Check in. Alausi STA

08:00 Leave in train

08:50 ARV @ Nariz del Diablo mtn viewpoint

09:00 ARV @ Sibambe STA – Cultural performance, Visit > Conr Puñuna

CNTR, Activities (Train Cafe)

10:00 Board & rt > Alausi

10:30 ARV @ Alausi. End of tour * Same ITIN & duration applies > 11:00 & 15:00 departures TRANS: n't be late TIME: ARV 30 min B4 train DP plus \$25 ea 4 train tickets. Alausi's BUS STA LOC: 5 de Junio, 3 blk from train STA on main St. website: http:// www.vivatravelouides.com/S-america/EC/andean-highlands/CNTR-highlands/ala

www.vivatravelguides.com/S-america/EC/andean-highlands/CNTR-highlands/alausi/alausioverview/getting->-&-away-from-alausi/

BLOGGER: Cuenca: nna Stiteler (self-proclaimed TRAV Hack), journalism graduate of University of Florida, has written 4 Fort Lauderdale Sun-Sentinel, Sacramento Bee, Meeting Professional, CNTR Florida magazine & or publications. She has worked as both writer & fundraising/marketing executive. Her passions helping animals (she founded Cuenca Bitches), women in poverty (microfinance),

TIK buys from Cuenca: CAZHUMA TOURS & LANGUAGE SCHOOL CIA LTDA, Telephone: (593) 7 283 2052, Cellular: 0999749227, <u>www.cazhumatours.com</u>, Padre Aguirre 9-40 entre Gran Colombia y Simon Bolivar, Cuenca – EC. speak ENG & I got my ticket vouchers in couple of days. pay m via PayPal or w/ cash

Latest UPDATE: May 11, 2013 Alausi DEPART Only. Train es not depart on Fridays. It es depart Sat @ 8am, 11am & 3pm. Cost \$25 or \$35 depending on ticket class. Journey takes 2.5 h including 1 h stopover in Simbamba & includes sandwich & soft drink.

June 23, 2011 UPDATE: train now starts from Alausi & re 3 departures Tue-Sat, @ 8am, 11am & 3pm. Tickets be bought in advance @ Riobamba train STA & costs \$20. step in anytime > buy tickets (I went @ 11am), need > show passport. Note that it takes 2.5 hrs > reach Alausi by BUS from Riobamba & need > be @ Alausi train STA @ least 20 mins in advance, so figure @ least 3+ hrs > get > Alausi. BUSs leave 4 Alausi every 30 min.

Take TRN > Alausi , wn > Sibambe, back > Alausi, get off & N, DP on BUS > Cuenca

DP Riobamaba: 6:30-7a, W,F, Su; buy TIK day B4 btwn 3-6pk (buy early) or best BK >> TRAV agent,

devil's nose train trip from Alausi. It costs \$32 pp 4 1.5 h train ride., 15-20 min bottom stop, N up > . view from train nice, but it not really exciting & mostly very touristic. find price pretty high e what get.,

Metropolitan Touring's Chiva Express Train > Devil's Nose:

Alausi : TRN 's terminus (wn & back up) best views supposed > be @ R side// best carriage > be on 1 in middle > avoid smoke,



Alausi: Devil's Nose TRN ride base: 👼

Probably very over-hyped rip-off unless easily & necessary 4 Devil's Nose hich also overprice, touristy thing. Skip Alausi if skipping Devil's Nose TRN ride

TIC:

Head on over > train STA of Alausí > find local tourism office. Here you'll find general information on area, as well as maps & details regarding trails 4 bikes & hiking inside & around Alausí.

TRANS-IN:

From Riobamba: TBus > & from Riobamba: (2 h, \$1.50): @ least 1 BUS runs every h, btwn 5 a.m. & 7 p.m.

TRANS-OUT:

>Cuenca: BUS > Cuenca (4.5 h, \$5): 6 a.m., 10 a.m., & immediately after train arrives on tour days (Wednesdays, Fridays, & Sundays) AIR:

TRANS - Around:

METRO:

ACCM:

usí's main St full of hotels, though none of m particularly appealing. Hotels here not very expensive. re isn't very much > in Alausí or than take trip on infamous <u>Nariz del Diablo</u> train & perhaps reflected in overall standard & price range of accommodation in TWN.

Hotel Europa - Hotel Alausí -



Select Language V

If ARV by BUS, 1st thing that see in Alausí Irg pink building directly across from STA, which houses Hotel Europa. hotel as good place as anywhere in TWN > lay head. rooms arranged alongside inner parking lot & vary in QUAL & size, but clean & good value in TWN. Ask > see room B4 pay.

LOC:

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Av. 5 de Junio 175 & Orozco

Alausí, EC

Hotel Types:

Adequate Hotel : Mid-Range Hotel Amenities, Services & Facilities , 24-h Hot Water, Laundry Service, Luggage Storage, Parking - Free, Safe in Reception or Rooms, Telephone/Fax Facilities, Wifi Currencies accepted US Ilar Getting re: opposite BUS STA

Room Prices:

\$18 (single)
Contact Information:
Phone: 03-295-7327/293-0200
E-mail: info(@)hoteleuropa.com.ec
URL: www.hoteleuropa.com.ec

FOOD:

MISC:

SITES: 7k POP,

 Main Sq & Simon Bolivar STAT, simple CHR, 2nd smaller SQ, Calle Larga(merchant's family St): Casa del Molijno : restored mansion (now hotel), MKT, Calle Garcia MOreno,
 @ opposite ends of main drag1) stairs > TRN construction mural 2) Blk bridge over gorge

FOOD:

MISC:

SITES:GI Islas names (from E > W, N>S)

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buccaneer Ambrose Cowley's 1st crude GI map, 1684 named IND Isla after some of his fellow
   pirates or after British royalty & noblemen. Fitroy's superb 1835 map
(E Cntr),
Fernandina Isla:
Isabela Isla (Irgst)
   * (anor confused name) Cordillera de islas de Santa Getrudia?
(N Cntr)
Marchena Isla:
Santiagio Isla:
Bartholomew Isla:
Rabida Isla:
   (Cntr)
   Santa Cruz Isla:
   N Seymore Isla:
Mosquera Islet
Baitra Isla:
Plaza Islas:
Pinzon Isla:
Daphne Isla:
Sante Fe Isla:
(S Cntr)
Floreana Isla:
                                 Floreana
   HIST Names: Santa Maria
                                                                     King Charle's
                                             King Charle's Isla
      Isla;;; Santa Maria Isla (good water, E of San Cristobal)
  *Champion Isla, Enderby(?), Caldwell (?), Gardner Isla, & Watson (?) ---
      protruding from water
(NE)
Genovesa Isla: : less than 40 peeps/boat landing
(E Cntr)
San Cristobal Isla:, Chatham Isla (?)
Espanola
               Charles Isla
               2<sup>nd</sup>
                    Duke of York Isla
James Isla
   Duke of Norfolks
   (anor hist name- Capt "Porter's Isla)
   Duke of Albermarles
   Lord Norris's
   Lord Wainmans
   Ld Culppeper's
   Cowley's
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