



ECUADOR

June 6th-12th, 2025

**Visit the cities of Quito and
Banos de Agua Santa**



TOUR OVERVIEW

Join us for an exciting 7 days and 6 nights cultural immersion and soft adventure tour to the cities of Quito and Banos de Agua Santa in Ecuador.

Quito is the capital and second-largest city of Ecuador and the historical center was established as the UNESCO World sight. The city does have a high elevation at 2,850 m.

After exploring Quito, venture with us to the capital of soft adventure in the city of Banos de Agua Santa, known as the city of waterfalls and many outdoor and nature activiies.

OUR VISION

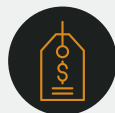
This vision of this tour is to highlight the culture and people of Ecuador through travel, tourism and transformative outdoor experiences.



**QUITO AND BANOS,
ECUADOR**



JUNE 6TH TO 12TH, 2025



COST

Early bird special \$TT10,000 per person based on double occupancy if paid on or before April 4th, 2025

Regular price \$13,500 per person based on double occupancy latest payment on May 12th, 2025

Single Occupany carries an additional suppliment of \$TT2,000.00 per person
All prices are first come first serve and subject to availability until paid in full.

**TO ATTEND THIS TOUR
REGISTER HERE**

ITINERARY

- Day 1 June 6th Morning Trinidad, POS to Quito, UIO via Copa Airlines
Hotel Check in- Hampton Inn by Hilton
- Evening Free time - Recommend visiting Quicentro Mall and Carolina Park (14 mins walk from Hotel) OR visit Mitad del Mundo (extra cost)
- Day 2 June 7th Morning Breakfast 6:30am - 8:00am
Teleferico Quito Cable car and short hike (40 mins walk to the swing) 8:00am - 10:00am
La Mariscal Artesian Market 10:30am-11:30am
- Evening Historical Centre - Lunch (at your own expense)
Historical Walking Tour 1pm-2:30pm
3 1/2 hour bus Quito to Banos 3:00pm- 6:30pm
Hotel Check-in Shannon 360 Hotel
- Day 3 June 8th Morning Breakfast 6:30am - 9:00am
Free day - Recommended outdoor activities water rafting, Spa Massage, Walk around city of Banos, Diablo del Pailon, ATVs, rent bikes, Casa de Arbol or Mano de Panchimama (lookouts), etc
- Day 4 June 9th Morning Breakfast 6:30am - 8:30 am
All day trip to Amazon Jungle with lunch 9:00am - 9:00pm
Walk with swim wear, towel, change of clothes and mosquito repellent
- Day 5 June 10th Morning Breakfast 6:30am - 9:00am
Ziplining Tour 10:00 am - 12:00 noon
- Evening Free time
- Day 6 June 11th Morning Breakfast 6:30am - 9:00am
Free day - Recommended outdoor activities water rafting, Spa Massage, Walk around city of Banos, Diablo del Pailon, ATVs, rent bikes, Casa de Arbol or Mano de Panchimama (lookouts), etc
- Day 7 June 12th Morning Breakfast 6:30am - 8:30am
Hotel check out and bus to Quito Airport 9:00am - 1:00pm
Flight UIO - PTY - POS with Copa Airlines
Departing 12th June at 3:30pm - Arriving 13th June at 1:15 am

THINGS TO NOTE

Currency	Ecuador uses USD along with Ecuadorian centavo coins. Only use small bills up to \$20 as \$50 and \$100 bills will be difficult to change as most stores and taxi drivers would not accept them.
Altitude sickness	You are visiting the highlands and may require 1 day to acclimatize
Language	Spanish is the main language spoken but tours are in English and most tourist sites will speak English. Knowing some Spanish helps.
Temperature	Quito gets cold because it is in the highlands during the night but in the day, it can get very hot due to its closeness to the Equator. Walk with a jacket and also sunscreen. In Banos, we are close to the Amazon and forest so it rains daily. Walk with raincoats if you have. We will provide raincoats and boots for the Amazon tour.
Clothing	Bring swimming clothes, sneakers for walking/ hiking and ziplining raincoats, jackets and long sleeve clothes for colder days waterproof clothing and outdoor wear, etc.
Soft Adventure Activities	Some activities require persons not to have medical conditions such as suffering from extreme altitude sickness, pregnancy, heart conditions, stroke, asthma, back injury, recent surgery, obesity, high blood pressure, etc so please notify tour coordinator.
Travel Insurance	Recommended as it provides cover for a wide range of travel mishaps and emergencies.
Yellow Fever Vaccination	It is not mandatory but recommended as we are going to the Amazon region and there maybe mosquitoes. Get vaccination at least two weeks prior to the trip.
Tours at Additional Cost	Some activities require additional cost. The tour desk will be available to facilitate and book those activities.
Tips/Gratuities	Tipping the tour guide / driver is recommended at 1-5 USD
Access to WiFi	Wifi is provide free of charge at hotels and some restuarants. Persons can also purchase internation sim cars at both Piarco Airport (Cara Communications) or at Quito Airport (Claro)
Emergency	In case of emergency contact the tour operator at the local number given or whats app +18687327630.



PAYMENT INSTRUCTIONS

Cash Payment Instructions: TRINIDAD AND TOBAGO DOLLARS \$TTD

Account holder: L.R.T'S Media and Business Solutions

Banking Institution: First Citizens Bank Limited

Account Number: 2914523

SWIFT: FCTTTTTPS

Address: Queens Park East, 9, Port of Spain, Trinidad And Tobago Branch: Claude Noel Highway, Milford Road, Tobago

Country: Trinidad and Tobago

Account Type: Savings

Currency: TT



Scan to pay

Credit Card: Payment link can be facilitated via Wipay Caribbean. There is a service charge attached.

Please email proof of all payment to lrtsmediaandbusinesssolutions@gmail.com with the name of the traveller in the subject line.

LRT'S MEDIA AND BUSINESS SOLUTIONS

LRT's Media and Business Solutions is a premier boutique consulting agency providing an innovative mix of services to empower business and improve people lives by providing transformative experiences to clients primarily in the Global South.



Email: lrtsmediaandbusinesssolutions@gmail.com

Contact: +18687327630