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1. Geographical location

Quito is rather geographically rich, finding itself lying in the northern highlands of the country in the Guayllabamba river basin, the city is erected on a long plateau situated on the east flanks of the Pichincha volcano. The highest official capital city of the world lies at an elevation of 2,850 meters above sea level with about 2,680,000 inhabitants making it the second most populated city in Ecuador. Enjoying a subtropical highland climate throughout the year with an average temperature of 21 °C, Quito proudly boasts of being the closest capital city to the Equator.



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2. Neighbouring cities/countries

This Truly-gorgeous City Of Quito Lies Just 72kms Away From Santo Domingo, Followed By Pasto At 209Kms, Guayaquil At 267kms, 301 Km To Cuenca And Popayan At 363kms



3. Significance

Formally known as San Francisco de Quito, this capital city is a beautiful metropolis finding itself on the eastern slopes of an active stratovolcano in the Andes mountains. Founded on the ashes of the northern Inca capital, the city's perfect blend of modern architecture with the ever-glorious colonial architecture will rather leave you fascinated. Wander around the magnificent religious structure, colonial mansions, jammed cobblestone streets and candlelit monasteries along with the region's best restaurants giving your stomach some break from that walking! Stuck in the conspiracy between the old city and the new city boasting of their own well qualities, this largely populated city will take you through 4 seasons in one day as suggested by the locals, Spring-like Mornings, Sunny Afternoons, Autumnal Evenings and Cosy Wintery Nights. Often referred to as the 'most beautiful big city in South America' Quito doesn't leave behind the legacy of numerous parks and plazas making it tougher for you to choose! Natural wonders, are followed by much historical significance for this city stands as the first-ever locale in the world to be declared a UNESCO World Heritage site. The city isn't a stepping stone or an enroute to some other location, but a magnificent city that slowly grows on to you and definitely worth your time.

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4. History

Quito was formerly the land conquered by the Caras tribe, who founded the kingdom around 980 AD and was ruled by the Kings and Queens over more than 4 centuries. However Caras and their army was defeated by the Incas, integrating Quito in the Incan Empire. The Spanish invasion started in the 1500s with Quito people being taken over by the Spanish conquistador Diego De Almagro who was responsible for founding Santiago de Quito (Present day Colta), which was later renamed to San Francisco de Quito. The city was later moved to its present location and re-founded in December 1534. It was in the year 1541 that the city was declared a city and in 1563 it became the seat of Real Audiencia of Spain. The population increased ever since with city being home to 10,000 inhabitants in 1743. The 18th century saw independent movements and a chain of conflicts that ended with Quito and the surrounding areas attaining independence after the Battle of Pichincha. However the 18th century also saw assassination's of the most important people of the country and various civil wars which subsequently ended. Today the city stands as the commercial centre and a major hub for travelers to explore this magnificent retirement town.

5. Cultural identity

Ecuador's rich history and diverse geography has definitely built up the cultural identities that extends its arm along Pacific coastlands, Andean mountainscapes and extending through the lush vegetation of the Amazon rainforest. A multi-ethnic country dealing with African and European communities, Ecuadorians are bustling mestizos, a blend of Spanish and indigenous ancestry. The country's many indigenous groups have all contributed to Ecuadorian culture as it stands today. From the rich and distinctive food traditions to customs for celebrating various holidays and religious festivities, Ecuador's culture is a pleasure to explore. Boasting of many diverse indigenous groups, Pre-Colombian influence is seen around in every part of the country, whether it is the architecture, language or customs and traditions. There is no one food that is especially Ecuadorian, as cuisine varies from region to region of the country, however there are certain dishes that are world class. From Patacones, seco de chivo, llapingachos and fancesca to ceviche and encebollado, these are some dishes that you will bump into when travelling the country. With Spanish as a dominating language, the country is widely acknowledged for its music scene that brings out many influences together. Albazo, Pasacalle, Tonada, Capiacha, Bomba, Incaico and Rockola and some of the excellent examples of the music scene along with Sanjuanito ruling the dancer affair. Modernization has not stolen the distinct local flavors of the cities and towns of the country because it is the people who keep the culture alive and not just the many historic sites or other attractions and Quito, remaining the country's political capital has not lost its small town candor and geniality, even though turning into a cosmopolitan.

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6. Natural resources

The city is not home to any national Parks, however the region is surrounded by numerous National parks that can be reached via different tours. These parks include Cayambe-Coca, Cotopaxi, El Cajas and Llanganates National parks. The Ecuador land is rich in petroleum, timber and hydropwer



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7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Guayasamin Museum

Delve deep into the life of the Ecuadorian teacher and artist, Oswaldo Guayasamín at the Casa-Museo Guayanasium. Made in the honor of the artist, the museum displays powerful, politically charged works. Situated in one of the most scenic places of the city - the hill of Guang ü itagua - with stunning views of the west and the still active Pichincha volcano, this space of art and culture showcases the passion with which Guayasamín expressed emotions of pain, grief and misery through his paintings and sculptures. The paintings will set you on a journey of the struggles of the country and its people. Take a guided tour to understand the minute details of the art pieces.

Address : Mariano Calvache E18-94 y Lorenzo Chavez | Barrio Bellavista, Quito 170122, Ecuador

Zipcode : 170122

Location : -0.190102, -78.46926100000002

Contact : +593 2 2446455

Website : <http://www.guayasamin.org/>

Nearest Public Transport : Lorenzo Chavez Y N32 Bus Station

Entry Fee : Adults: \$8; Students, Seniors & Disables: \$4 Children up to 12 years old Free. Free visits for Ecuadorians on Sundays.

Open & Close Timing : Daily 10:00hrs-17:00hrs

Time Required : 2

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.2. Museo Templo del Sol Pintor Cristobal Ortega Maila

Discover the traditional and ancient customs of the country at Museo Templo del Sol Pintor Cristobal Ortega Maila, a museum nestled inside an extinct volcanic crater just 17 kilometres from Quito. An interactive institution taking you through different performances and demonstrations teaching you about the pre-dominant Incan culture along with chants buzzing around, Museo Templo is a treat for history buffs. Adore the dazzling artwork featuring parts of Ecuadorian

culture by painter Alvaro Ortega, the Guinness World Record holder for being the fastest speed painter. Watch a local artist use his brush as a magic wand to create an original piece using traditional materials and techniques.

Address : Calle Eduardo Kingman 0e12-174 | Av. Manuel Cordova Galarza, Mirador Volcan Pululahua, Quito 170022, Ecuador

Zipcode : 170150

Location : 0.023239, -78.481033000000002

Contact : +593 98 484 1851

Website : <https://www.facebook.com/PintorOrtegaMaila/>

Nearest Public Transport : Estacion de Buses Coop. Catar Bus Station

Entry Fee : Adults: \$10; Students, Seniors & Disables: \$5

Open & Close Timing : Monday-Tuesday 09:00hrs-17:00hrs, Wednesday-Saturday 09:00hrs-05:00hrs, Sunday 09:00hrs-12:00hrs

Time Required : 2

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.3. La Capilla del Hombre

Lose yourself in a spiritual and creative journey by paying visit to this museum housed in an Inca-inspired chapel. Known to be established by Oswaldo Guayasamin, the museum was built in the honor of humankind, reflecting on violence and suffering but giving hope for a better and brighter future. Unfortunately the artist and philanthropist, Oswaldo died before the opening, but his spirit lives in each of the museum walls.

Address : E18-94 Mariano Calvache St. And Lorenzo Chavez St | Barrio Bellavista, Quito 170150, Ecuador

Zipcode : 170150

Location : -0.190828, -78.46948199999997

Contact : +593 2-244-8492

Website : <http://www.capilladelhombre.com/>

Nearest Public Transport : Granados Bus Station

Entry Fee : Adults: \$8; Students, Seniors & Disables: \$4; Free for children under 12 years.

Open & Close Timing : Daily 10:00hrs-17:00hrs

Time Required : 2

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.4. Basilica del Voto Nacional

This huge Neo-Gothic church, remains one of the finest cathedrals of the city and is known to be the the Notre-Dame of Ecuador. A prominent landmark in the city's skyline, the church shows off its dual towers that can be reached by climbing up above. Started in 1892, the church was officially consecrated in 1988 but still remains unfinished as it is narrated that its completion would signify the end of the world by the legends. Enter this historical building and wander around the beautiful aisles, gaze at the stained glass windows, bronze images and carvings of penguins, sharks, monkeys, armadillos, iguanas and other native species beautifully etched in the facade. Climb up to the towers and be amazed by the awe-inspiring views of the mountain ranges and the city. This basilica is one of the largest churches in the country with over 20 chapels inside.

Address : Quito EC170130, Ecuador

Zipcode : 170130

Location : -0.214854, -78.507578

Contact : +593 2-228-9428

Nearest Public Transport : Trolebus - La Alameda Bus Station

Entry Fee : \$2

Open & Close Timing : Daily 09:00hrs-16:30hrs

Time Required : 1

Buy Ticket : No

7.1.5. Cotopaxi National Park

Finding itself around an eponymous volcano and sheltering Andean llamas, pumas, deer, wolves and an array of bird species, Cotopaxi National Park is where you can explore all the natural wonders in the area. Hike through the snowy hills and humid mountain forests to access the park and get lost in the magnificent views.

Address : Cotopaxi Province 050150, Ecuador

Zipcode : 050150

Location : -0.700763, -78.429762

Contact : +593 2-398-7600

Nearest Public Transport : Piedra Colorada Bus Station (not recommended)

Entry Fee : Admission \$10, Tours starting from \$150

Open & Close Timing : Monday-Saturday 20:00hrs-02:30hrs, Sunday 20:00hrs-00:00hrs

Time Required : 8

Expected Wait Time : 30 Minutes

Buy Ticket : Yes

7.1.6. Intinan Museum

Imagine standing in the true center of the Earth, that's what Intinan Museum is all about. Providing terrific insights into the lives of the locals and former Ecuadorians, this is the place where people worshiped the sun. Learn some of the scientific quirks of the Equator and take a guided tour to know why water rotates in opposite directions. Fascinate yourself when you learn why it is difficult to walk in a straight line along this imaginary line and keep wondering!

Address : Autopista Manuel Cordova Galarza, San Antonio de Pichincha, Quito 170180, Ecuador

Zipcode : 170180

Location : -0.000734, -78.454402

Contact : +593 2-239-5122

Website : <http://museointinan.com.ec/>

Nearest Public Transport : Estacion de Buses Coop. Catar Bus Station

Entry Fee : Adults/Students: \$4/\$2

Open & Close Timing : Daily 09:30hrs-17:00hrs

Time Required : 1.5

Expected Wait Time : 10-15 minutes

Buy Ticket : Yes

7.1.7. Jardin Botanico de Quito

Walk through a society of native Andean and Ecuadorian plant life at Jardin Botanico de Quito and stand at one of the world's most biodiverse countries by size. Wander around the walking trails featuring moorland plants, wetland areas

and cloud forests and take a visit to the onsite orchidarium with over 1,000 species of orchids.

Address : Parque Carolina, Quito 170150, Ecuador

Zipcode : 170150

Location : -0.186592, -78.485717

Website : <http://jardinbotanicoquito.com/es/>

Nearest Public Transport : Bus Terminal Rio Coca

Entry Fee : Adults/Children/Seniors: \$3.50/\$ 2.0/\$1.75

Open & Close Timing : Monday-Friday 08:00hrs-16:45hrs, Saturday-Sunday 09:00hrs-16:45hrs

Time Required : 2

Expected Wait Time : 10-20minutes

Buy Ticket : Yes

7.1.8. Casa del Alabado

Bustling with pre-Columbian artefacts, this is your place to observe and gaze at the artistic and cultural heritage of Ecuador's indigenous people. Situated in a colonial-era house, Casa del Alabado allows people to learn more about the traditional beliefs and customs of the predominant culture through thematic exhibits. Gaze at the beautiful display of crafted ceramic items, carved figurines, exquisite jewelry, ceremonial vessels, musical instruments, tools and masks and take a guided tour for a better understanding of the museum.

Address : Cuenca N1-41, Bolívar, Quito 170401, Ecuador

Zipcode : 170401

Location : -0.221274, -78.515779

Contact : +593 2-228-0940

Website : <http://alabado.org/Paginas/default.aspx>

Nearest Public Transport : Estación Ecovía Bus Station

Entry Fee : Adults/Children & Seniors: \$4/\$1

Open & Close Timing : Daily 09:00hrs-17:30hrs

Time Required : 2

Expected Wait Time : 5-10minutes

Buy Ticket : No

7.1.9. Pasochoa Forest Reserve

Perfect for a hike, Pasochoa Forest Reserve is a protected cloud forest located within the extinct volcanic crater. This one's definitely for the adventure seekers, since it offers 5 different trails to challenge its visitors. Stroll around to bump into some of the 50 species of endemic wildlife such as foxes, mountain puma and deer or gaze at the Andean trees while admiring over 100 avian species. Don't forget to carry your camera for some wildlife photography and also strike pose in front of the magnificent snow-capped mountains.

Address : Quito, Ecuador

Location : -0.4336, -78.48326

Nearest Public Transport : Bus Terminal de La Ofelia

Entry Fee : Tours starting from \$100

Time Required : 2

Buy Ticket : No

7.1.10. Museum of Maria Augusta Urrutia

Set on a journey to explore aristocratic Quito and visit the early 20th century at the Museum of Maria Augusta. Situated in the former home of Maria Augusta Urrutia, who owned various properties in her youth, she became a widow at an early age and later dedicated her life to charity, providing a home for street children. Tour through this colonial house where passionate guides wait to tell you about the history and artefacts of the house. You will bump into the hand painted period furniture, excellent antiques, gold and silver accents and worthy tiling.

Address : Calle García Moreno, Quito 170150, Ecuador

Zipcode : 170150

Location : -0.125985, -78.422105

Contact : +593 2-258-0103

Nearest Public Transport : Bus Terminal Terrestre Quitumbe

Entry Fee : Adult/Children: \$4/\$2

Time Required : 1

Buy Ticket : No

7.1.11. Maquipucuna Cloud Forest Reserve

Standing proudly as one of the top 5 biodiversity spots on the planet, this cloud forest reserve is home to a 4% of the world's bird life. Located 45 kilometers away from the city, you can take various hikes through the jungles and waterfalls. A delight for birdwatchers who will bump into an array of species, Maquipucuna also boasts of natural pools for you to take a quick dip.

Address : Quito, Ecuador

Zipcode : 079414

Location : 0.05490449999999999, -78.6795836

Contact : +593 99 421 8033

Website : <http://www.maqui.org/>

Nearest Public Transport : Bus Terminal Terrestre Quitumbe

Entry Fee : Tours Starting from \$95

Time Required : 3

Expected Wait Time : 10-15 minutes

Buy Ticket : Yes

7.1.12. Museo de la Ciudad

Located near the city's historical hub, this museum rather narrates the story of Quito and its various legends, traditions and customs through showcasing the many maps, art and everyday objects. Housed in the oldest building of the city, dating back to the mid-16th century, this museum will take you on a journey to know more about the lives of the citizen. Chronologically covering the times from the indigenous people's arrival to the Spaniards, the museum also features a café for a quiet break with a historical view of the city.

Address : Garcia Moreno 572 y Rocafuerte, Quito 170150, Ecuador

Zipcode : 170150

Location : -0.223088, -78.514988

Contact : + 593 2 283 882

Nearest Public Transport : El Pintado Bus Station

Entry Fee : Adult/Children: \$4/\$2

Time Required : 1

Expected Wait Time : 5-10 minutes

Buy Ticket : No

7.1.13. Vivarium

Enter Vivarium to do away with your fear of animals as you bound yourself with over 85 live reptiles and amphibians including iguanas, frogs, turtles, tortoises, boa constrictor and poisonous snakes. An educational and herpetological center by the day, you can indulge in the many demonstrations that take place here explaining more about the wildlife.

Address : Av. Río Amazonas, Quito 170135, Ecuador

Zipcode : 170135

Location : -0.185003, -78.486905

Contact : +593 2-227-1820

Nearest Public Transport : Bus Terminal Rio Coca

Entry Fee : Adult/Children/Seniors: \$3/\$2/\$1.50

Open & Close Timing : Tuesday-Sunday 09:30hrs-17:30hrs

Time Required : 2

Expected Wait Time : 10-15 minutes

Buy Ticket : Yes

7.1.14. Middle of the World Monument

One of the biggest landmarks of the city, La Mitad del Mundo stands in the center of the park. A trapezoidal monument topped by brass globe featuring an ethnographic museum and a viewing platform. The monument stands at the site where French explorer, Charles Marie de la Condamine calculated the equatorial line of the world in 18th-century. Dig deep into the history of the region, the colonization and Ecuador's place on the world map at this monument and museum with clothing displays, artefacts and photographs of the indigenous people that settled here. Visit this tourist mecca and pose for a picture with your foot in both the hemispheres at the same time. Do not forget to purchase an official certificate stating that you have visited the equator at the Mitad del Mundo Monument.

Address : Manuel Cordova Galarza, Quito 170180, Ecuador

Zipcode : 170180

Location : -0.002213, -78.45584450000001

Contact : +593 2-239-4803

Website: http://www.mitaddelmundo.com/en/?option=com_content&view=article

e&id=14&Itemid=56

Nearest Public Transport : Redondel Mitad del Mundo Bus Station and Manuel Cordova Galarza Y N2 Bus Station

Entry Fee : Admission: \$2, Monument Admission: \$3

Open & Close Timing : Daily 09:00hrs-18:00hrs

Time Required : 3.5

Expected Wait Time : 15-20 minutes

Buy Ticket : Yes

7.1.15. Teleferiqo

Embark upon a journey in one of the highest aerial lifts in the world and be treated with the sweeping vistas of the cloud forests, Andean valleys, highlands and the surrounding vegetation as you reach the peak at an altitude of around 4,100 meters. Started in 2005, Teleferiqo is the best route to reach the moor of the Pichincha volcano if you are not much of a hiking person. The base of the skyrail is located within close proximity to numerous attractions like the Vulqano Park, handicraft fair and more making it a popular tourist destination.

Address : Quito, Ecuador

Zipcode : 170129

Location : -0.1919054, -78.51980730000002

Nearest Public Transport : Antonio Jose de Sucre Y N25 Bus Station

Entry Fee : \$8.50

Open & Close Timing : Monday-Friday 09:00hrs-18:00hrs, Saturday-Sunday 09:00hrs-20:00hrs

Time Required : 1

Expected Wait Time : 15 minutes

Buy Ticket : Yes

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7.2. Free

7.2.1. Plaza Foch

Stroll around the cosmopolitan heart of the town at Plaza Foch that is a popular social hub filled with numerous options of amusements and entertainment for visitors of all ages. Lavish restaurants, cozy cafés and snazzy bars surround the plaza along with some live music and dance shows. An array of retail shops conquer the streets selling locally produced honey, jams and chocolates along with some wooden ornaments and textiles.

Address : Mariscal Foch, Quito 170143, Ecuador

Zipcode : 170143

Location : -0.202912, -78.491026

Nearest Public Transport : Juan Leon Mera Y Mariscal Foch Bus Station

Open & Close Timing : Open 24 Hours

Time Required : 1

Buy Ticket : No

7.2.2. Parque Itchimbia

Offering wide angle views of the city, Parque Itchimbia is your place to breath some fresh air away from the chaotic streets of the city. Situated on the top of Itchimbia hill, this massive park overlooks the city and offers you jaw-dropping panoramas of the surrounding region. The parkland also features the Crystal Palace and sculptures along with a glass building serving as a cultural center, entertainment venue and art gallery. Climb up the trail or take a bus, but don't forget to carry your camera.

Address : Quito 170136, Ecuador

Zipcode : 170136

Location : -0.222624, -78.500203

Contact : +593 99 650 4090

Nearest Public Transport : Velasco Ibarra Y E11A (2) Bus Station

Open & Close Timing : Daily 05:30hrs-18:00hrs

Time Required : 2

Buy Ticket : No

7.2.3. Museo Nacional de Banco Central del Ecuador

A museum for every history buff, the National Museum features more than 1,500 artefacts and items talking about different epochs from the pre-Incan civilizations to the present day. Explore the massive exhibition halls that chronologically take you through the various historical items starting from 11,000BCE. Be amazed as you stumble upon the largest display of Ecuadorian art in the country complemented by Colonial art and gold displays in the different exhibition rooms. Boasting of an extensive collection of mummies, tools, clothing, statues, gold items and other pieces from the lives of Ecuador, the museum should definitely be paid a visit if you want to get a glimpse into the rich past of Ecuador.

Address : Patria btwn Avenida 6 de Diciembre y 12 de Octubre, Quito 170150, Ecuador

Zipcode : 170150

Location : -0.2096698, -78.49482739999996

Contact : +593 2-222-3258

Nearest Public Transport : Patria Y Jose Tamayo 2 Bus Station

Open & Close Timing : Monday-Friday 07:30hrs-06:00hrs

Time Required : 2

Buy Ticket : No

7.2.4. El Panecillo

Originally named as Shungoloma meaning 'Hill of the Heart' during the Inca period, El Panecillo or "Bread Loaf Hill" divides the southern edge of the city from its downtown and was named so due to its resemblance to a little loaf of bread sticking out from the ground. An iconic pride of Quito, the hill served as a religious site for worshipping the sun for the Incans that comes from a volcanic origin. Today, the statue of the winged Virgin of Quito, designed by the Spanish architect, Agustín de la Herrán Matorras in 1976 dominates the hill. The magnificent virgin statue that stands atop a serpent and a globe is constructed using 7,000 aluminum pieces and is crowned with stars making it the only winged Madonna in the world. Climb a set of stairs to reach the top and enjoy the spellbinding views of the city.

Address : El Panecillo, Quito EC170111, Ecuador

Zipcode : 170111

Location : -0.230327, -78.519216

Contact : +593 98 232 9672

Nearest Public Transport : Melchor de Aymerich (Panecillo) Bus Station

Open & Close Timing : Monday-Wednesday 09:00hrs-17:00hrs, Thursday-Sunday 09:00hrs-20:00hrs.

Time Required : 2

Buy Ticket : No

7.2.5. Laguna Cuicocha

A place known for scenic views, Laguna Cuicocha's serene and beautiful atmosphere is formed by the densely forested mounds and volcanoes. Home to many hiking and trekking trails, this nature sport encloses itself with the hazy blue crater lake that spreads over 3 kilometers and provides picturesque views for a perfect photograph. Situated just 2 hours north of the capital city, the lake shows off the colorful wildflowers and local bird population and is a gorgeous location for a break from the city life. On your way, pick up traditional souvenirs from the Otavalo Market.

Address : Otavalo/Cotacachi area, Otavalo 100450, Ecuador

Zipcode : 100450

Location : 0.300277, -78.364234

Contact : +593 6-301-7219

Nearest Public Transport : Reino de Quito Y N8 Bus Station (Not Recommended)

Open & Close Timing : Daily 09:00hrs-18:00hrs

Time Required : 3

Buy Ticket : No

7.2.6. Parque Metropolitano

A parkland vibrant with exciting outdoor activities for both, the young and old, Parque Metropolitano that spreads over an area of 557 hectares is the green lung of the city. If you are up for some adrenaline on wheels, bike your way through the cobbled trails and spot some of the exotic cloud forest flora and fauna species that find their home here. This place is perfect for taking a walk along the paved

pathways and surrounding yourself with trees that serve as a hideout of the hummingbirds or taking your family for an enjoyable BBQ picnic or just sitting back and enjoying the spellbinding panoramas of the surrounding valleys and volcanoes as you grab a bite from the food kiosks. Perched atop a hill, this urban park is a wonderful retreat for nature lovers who wish to escape the city life.

Address : Bellavista, Quito 170150, Ecuador

Zipcode : 170150

Location : -0.176804, -78.460551

Website : <http://quito.com.ec/que-hacer/deporte-y-parques/parque-metropolitano-guangueltagua>

Nearest Public Transport : Eloy Alfaro Y Francisco Urrutia Bus Station and Simon Bolivar Y N37 Bus Station

Open & Close Timing : Daily 05:30hrs-17:30hrs

Time Required : 2

Buy Ticket : No

7.2.7. Palacio de Carondelet

The official seat of the Government of Ecuador, as well as the President, Palacio de Carondelet or Palacio de Gobierno, is an architectural gem in the heart of Quito that boasts of a confluence of Baroque, Neoclassical and French Renaissance architectonic styles. Step your foot into the historical and political world of Ecuador as you tour the vast plaza. Explore this 17th-century manor and some of the finest pieces of art by renowned national artists as you wander through striking arcades. Take a free tour of this 300-year old palace and admire the flower-filled balconies, a remarkable central fountain and state of art rooms taking you through the past presidents and various gifts that have been presented to the government. Do not miss the chance to witness the changing of guard ceremony that takes place every Monday at 11:00hrs. Note: A passport is required to gain admission.

Address : Carondelet Palace, García Moreno, Quito 170401, Ecuador

Zipcode : 170401

Location : -0.219703, -78.512701

Contact : +593-2-382-7000

Website : <http://www.presidencia.gob.ec/>

Nearest Public Transport : Venezuela Y Chile Bus Station

Open & Close Timing : Monday 15:00hrs-18:45hrs, Tuesday-Friday 09:00hrs-18:45hrs, Saturday 09:00hrs-22:00hrs and Sunday 09:00hrs-16:00hrs

Time Required : 1

Buy Ticket : No

7.2.8. Parque La Carolina

La Carolina is your answer to jogging and relaxing. Sit back under the shaded trees or on the benches and watch the local life pass by in front of your eyes or join the younger crowd for a game of soccer. Take a break from the incessant honking and enter this park where you will find an array of things to do like visiting the botanical garden, the vivarium, or the cross place where people religiously pray. Busy on the weekends with performers conquering the lands to entertain, this urban oasis is a perfect spot to hangout with friends and family.

Address : Av. de los Shyris N35-174, Quito 170135, Ecuador

Zipcode : 170135

Location : -0.183217, -78.484273

Contact : +593 98 144 6100

Nearest Public Transport : Bus Terminal Rio Coca (not recommended)

Open & Close Timing : Daily 05:30hrs-20:00hrs

Time Required : 2

Buy Ticket : No

7.2.9. Iglesia de La Compania de Jesus

An iconic Baroque church, Iglesia de La Compania de Jesus will captivate you with its gilded interiors and intricate carvings. Drowning in lavishness, the church is dipped head to toe in gold leaf decorations and that is the reason why it took 160 years to construct. The exterior facade of the church gives you a trailer to what awaits inside. Admire the indigenous Ecuadorian faces subtly tugged on the pillars.

Address : Garcia Moreno y Sucre, Quito 170401, Ecuador

Zipcode : 170401

Location : -0.220781, -78.513856

Contact : +593 2-258-4175

Website : <http://fundacioniglesiadelacompania.org.ec/portal/>

Nearest Public Transport : Benalcazar Y Sucre ...Bus Station

Open & Close Timing : Daily 10:00hrs-18:00hrs

Time Required : 1

Expected Wait Time : 5 minutes

Buy Ticket : No

7.2.10. Quito Old Town

Stroll around the narrow streets and wide squares of the old town, a World Heritage Site and one of the well-maintained and preserved historic centers in Latin America. Bustling with structures like the Presidential Palace, monumental churches and museums, el Centro Histórico as it is popularly called by Quiteños, features a confluence of architectural styles ranging from Baroque to Spanish. Scour the old town and immerse in an incredible culture with deep-rooted history and be blown away the stunning art as you peek into the restored houses. Visit the Plaza Grande on Monday mornings and witness one of the major activities of changing of guards at the Presidential Palace and see the President himself greet the locals.

Address : Quito EC170130, Ecuador

Zipcode : 170130

Location : -0.2188215999999999, -78.51354889999999

Nearest Public Transport : Benalcazar Y Sucre Bus Station

Open & Close Timing : Open 24 Hours

Time Required : 2.5

Buy Ticket : No

7.2.11. La Ronda

Wander around this leisurely destination to adore the charms of the old town. Making its way through the city's historical quarter, the striking cobbled street boast of Spanish-colonial-style architecture that will captivate you like never before. Pose in front of the array of flower boxes complementing the street's balconies and admire the recently restored area. The day calls for some shopping at the colorful cobblestone streets, but as the sun sets into its horizon, the alley becomes the epicenter of the city's cocktail scene. Peruse the crafts displayed on

the street or tap to the tunes of salsa at one of the many bars while you sip on their traditional 'canelazo'.

Address : Venezuela, Quito EC170130, Ecuador

Zipcode : 170130

Location : -0.2240408, -78.51452340000003

Nearest Public Transport : Venezuela Y Juan de Dios Morales Bus Station

Open & Close Timing : Open 24 Hours

Time Required : 1

Buy Ticket : No

7.2.12. San Francisco Church (Iglesia de San Francisco)

Gawk at the magnificent gold and ornate carvings etched in the interiors of San Francisco Church. Located in the heart of Quito, the church is as old as the city's founding in 1534. Despite evident damages from the earthquakes, the church's glorious interiors and gorgeous baroque facade remain well-preserved. Do not forget to check the courtyard that features a ring of palm trees.

Address : Cuenca 477, Quito 170401, Ecuador

Zipcode : 170401

Location : -0.220405, -78.515277

Contact : +593 02 211124

Nearest Public Transport : Benalcazar Y Sucre Bus Station

Time Required : 0.5

Buy Ticket : No

7.2.13. Plaza de la Independencia (Plaza Grande)

Wander around this place at the old town and get a sense of colonial Quito that existed years ago. A social hub for the locals, find yourself engrossed in this public space built in the 17th century. Surrounded by the Presidential Palace, Quito Cathedral, several historical buildings and luxurious hotels, the monuments of the square symbolize the struggle for independence from the Spanish rule. Visit the plaza on Monday morning to witness the popular activity of changing of guards at the Presidential Palace and get a glimpse of the President himself as he comes out to greet his people. After a tiring stroll, sneak out to one of the many restaurants and cafés that cover the area.

Address : Venezuela St. and St. Old Town,, Chile, Quito 170401, Ecuador

Zipcode : 170401

Location : -0.220082, -78.51206

Nearest Public Transport : Venezuela Y Chile Bus Station

Open & Close Timing : Open 24 Hours

Time Required : 1

Buy Ticket : No

7.2.14. Pichincha Volcano

Situated at a distance of 8 kilometers from the heart of the capital city of Quito, Pichincha Volcano is an active volcano in Ecuador that rises at an altitude of 4,874 meters above sea level. Meander your way to the top of the stratovolcano or hop aboard on a cable car and be stumped with the spectacular panoramas of coastal cloud forest, Andean valleys and Paramo highlands. Explore the living geological lava dome and learn more about the history of the volcano as you stumble upon the active caldera of Guagua Pichincha. You can even spot some exotic species of birds on your way. Recently, 7 phreatic eruptions eventuated in 2008 at the active caldera. Note: It is advisable to skip the hike if the weather conditions are bad as you won't be able to see the track.

Address : Quito, Ecuador

Location : -0.170832, -78.612646

Website : <https://www.facebook.com/pages/Pichincha-Volcano/120422568003989?rf=712897378744163>

Nearest Public Transport : Parada de Buses Alfa Bus Station (not recommended)

Open & Close Timing : Open 24 Hours

Time Required : 4

Buy Ticket : No

7.2.15. Galería Ecuador

Location : -0.202074, -78.489724

Time Required : 0

Buy Ticket : No

7.2.16. Parque El Ejido Art Fair

Location : -0.209188, -78.498632

Time Required : 0

Buy Ticket : No

7.2.17. Quicentro Shopping

Location : -0.176298, -78.479428

Time Required : 0

Buy Ticket : No

7.2.18. Folklore Olga Fisch

Location : -0.202843, -78.484383

Time Required : 0

Buy Ticket : No

7.2.19. El Condado Shopping

Location : -0.102798, -78.49042

Time Required : 0

Buy Ticket : No

7.2.20. Ari Gallery

Location : -0.221296, -78.515157

Time Required : 0

Buy Ticket : No

7.2.21. Scala Shopping Mall

Location : -0.20698, -78.42581

Time Required : 0



Buy Ticket : No

7.2.22. Mercado Artesanal La Mariscal

Zipcode : 0

Location : -0.206729, -78.495335

Time Required : 0

Buy Ticket : No

7.2.23. Casa del Albado Pre Columbian Art Museum

Zipcode : 0

Location : -0.221253, -78.515811

Time Required : 0

Buy Ticket : No

7.2.24. Cascadas de Peguche

A wonderful walk through the eucalyptus jungle near the community of Peguche leads you to the sacred Peguche waterfall. A majestic waterfall of about 20 meters in height, it is hidden within the lush greenery and is an indigenous ceremonial center, where the native communities gather in the evening during the summer solstice (December 22) for purifying baths to welcome the Inti Raymi festivities or Sun and Harvest festival. The ceremony reflects the respect these indigenous settlers pay to nature. As you wander through the trails, spot some native wildlife species and listen to the birds like quilico, turtledove, sparrow, hummingbird and velvet chirp in the background. Reach the falls and plunge into the water or find yourself under the cascading waters.

Address : Ecuador

Zipcode : 100450

Location : 0.2384862, -78.23867

Website : <http://cascadadepeguche.com/>

Nearest Public Transport : Reino de Quito Y N8 Bus Station (Not Recommended)

Open & Close Timing : Daily 07:00hrs-19:00hrs

Time Required : 2

Buy Ticket : No



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8. Key sites sports & adventure

For all the adrenaline junkies out there, get ready for an adventure of a lifetime. Geographically surrounded by the Mountains, Coast, Amazon and Islands, Quito is a walking paradise for enthusiastic people looking for thrilling experiences. However most of the sports take place outside the city due to their location. Some of the most popular sports that one can definitely find themselves into include – Rafting, Snorkeling, Hiking, Trekking, Zip Lining, Mountain Biking, Canoeing, Kayaking and Cycling etc.

- **Mutlisport tours -**

Address : N5-60 Between Mejia and Chile, Venezuela, Quito 170401, Ecuador

Location : -0.219678,-78.511147

Contact No : +593 2-295-1716

Website : <http://www.ecuatraveling.com/>

Nearest Public Transport : Trolebus - Plaza Grande Bus station

Entry Fees : Tours starting from \$2200

Open / Close Time : Monday-Friday 08:00hrs-19:00hrs, Saturday 08:00hrs-16:00hrs

Time Required : 12.00

- **Zip-Lining in Mindo -**

Address : Pasaje Stubel N27-73 y Rafael Leon Larrea , Quito 170150, Ecuador

Location : -0.201466,-78.479473

Contact No : +593-(0)959428675

Website: <https://www.rebeccaadventuretravel.com/mindo-ziplining-day-tour/>

Nearest Public Transport : Trolebus - Santa Clara Bus Station

Entry Fees : Tours starting from \$60

Time Required : 6.00



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9. Adventure sports, Local sports, stadiums

Quito is all about Football, home to seven prominent football clubs, the city's top three include El nacional, Deportivo Quito and LDU Quito who have one more than 20 championships together.

- **Estadio Olímpico Atahualpa:**

Address : Avenida 6 de Diciembre y Naciones Unidas S/N, Quito 170135, Ecuador

Location : -0.177777,-78.476970

Contact No : +593 99 185 1890

- **Estadio de Liga Deportiva Universitaria:**

Address : Quito EC170144, Ecuador

Location : -0.108093,-78.489085

Contact No : +593 98 602 2774

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10. Spas and relaxation

The city is bustling with options to refresh yourself. From Spa resorts, Saunas, to specialized centers, Quito is your one stop to pamper yourself while on a total vacation mode. Here's some of the top Spas that cannot be missed:

- **Shambhala Spa:**

Address : Ruiz de Castilla 763 y Pascual de Andagoya, Edificio Expocolor, 2do piso, Ruiz De Castilla, Quito EC170129, Ecuador

Location : -0.189996,-78.498240

Contact No : +593 2-255-4587

Website : <http://www.shambhalaspa.com/>

- **Normandía Spa - Centro de Terapia Integral:**

Address : Pedro Bedón OE3-22 y, Bourgeois, Quito 170147, Ecuador

Location : -0.180415,-78.492507

Contact No : +593 2-331-9428

Website : <http://www.normandiaspa.com/pgs/index.php>

- **Ocean Spa:**

Address : Juan Manuel Camacho y Gaspar de Villarroel 358 (Batan Alto). Entre Av. y Av., Av. Gral. Eloy Alfaro, Quito EC170122, Ecuador

Location : -0.171725,-78.473187

Contact No : +593 2-244-7206

Website : <http://oceanspaecuador.com/>

- **Vidya Spa:**

Address : Suiza N33-108, Entre Av. Eloy Alfaro y Checoslovaquia 2do.
piso, Quito 170121, Ecuador

Location : -0.186870,-78.481433

Contact No : +593 2-246-0306



11. Events calendar

Month

Events

New Years Day

The city celebrates New Year with as much enthusiasm and passion as anywhere else in the world. Firework displays, live concerts and fun events light up the New Years, continuing well past midnight.

Día de Reyes

Celebrated with Christmas Carols, Masses, Fireworks, Processions, Popular music bands and traditional dances, this festival known as Epiphany day is celebrated in many different towns in the first week around the 5th or 6th every year.

Carnival

Celebrated all over the country, the carnival depends on the date of the Easter. People play with water, live music, costume displays, parades and dances are held on the streets of the city. The festival takes place in the first week of February.

Battle of Pichincha

In Quito there are various military and school parades celebrating the victory at the Battle of Pichincha in 1822. The day is celebrated on May 24. Corpus Christi

A religious holiday observed in the whole of Ecuador. The celebration takes mainly in the town of Pujili however all the other cities celebrate the festival too with rich symbolic costumes, sun dancers and live music and dance shows. The dates are flexible. It will be celebrated on June 15 this year. Independence Day

Most important day for the country and also a national holiday, festivities take place on August 10th every year with activities like bullfighting, cockfighting and horse exhibitions in the city. Mes de los Artes

In Quito, this celebration includes various dances and music throughout the city. Celebrations take place in the second week of August. Halloween

Celebrated the last Saturday of the month, Quito is home to various parades with those participating dressed in elaborate costumes.

Día de Quito

This is Quito's most impressive festival taking place during the week ending December 6. There are various parades, bullfights, performances, dancing, and music in the streets.

Día de los Todos Santos (All Saints' Day) and Día de los Muertos (All Souls' Day)

Commemorating the dead, one will see the locals lighting candles at the cemeteries and masses being held across the city. Traditional breads are cooked in the shape of dolls and many ceremonies are brought to the cemeteries. The festival takes place on November 2.

Christmas

Christmas is celebrated with very high spirits, the city is decorated with beautiful lights which attract the tourist to the city especially during the time of Christmas.

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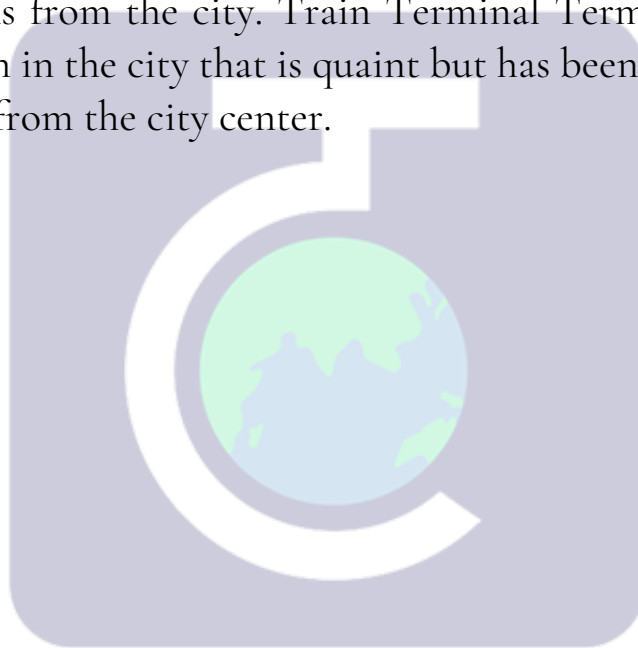
12. Key local guides and tours

Cristian Umaquina - Being a manager of tourism and a professional guide for 9 years, Cristian is your man to take you through the gorgeous city of Quito. From Cultural, Historical information to tours, the guy has got it all. Fluent with the Spanish and English language his tours will include the unforgettable Highlands, the undiscoverable Amazon, Excellent Coast and the mysterious Galapagos with tailor made or classic tour. Some of the tours that cannot be missed at all Galápagos - South & East Islands aboard the Yolita: Explore the beautiful southern and eastern islands to see sea lions and iguanas and relax on the white sandy beaches along with some of the best snorkeling sports in the Galapagos. An unforgettable four night journey cruising through the Galapagos islands, this tour is definitely worth your time. Avenue of the Volcanoes Independent Adventure: Learn about the country's eruptive geology, folk art and traditional handicrafts from the locals through this tour that will also take you to Avenues of the Volcanoes, National park, traditional markets, Thermal Springs and various sports. Galápagos - Central Islands aboard the Xavier III: This 7 night cruising takes you through the Galápagos National Park aboard Xavier followed by discovering amazing marine life, snorkeling with sea lions, getting up close and personal with 200-year old giant tortoises, hiking around the lava flows and exploring the colonies of sea lions and sea birds.

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13. Transportation hubs

Airport Mariscal Sucre International Airport - One of the busiest airports on the continent, the airport is located around 35kms away from the main city. Bus Terminal Terminal Quitumbe - Serving all the coastal cities, this terminal is located around 20Kms away from the city. Terminal Norte Carcelén - Serving the Carchi and Imbabura provinces along with other towns, this bus terminal is located around 14kms from the city. Train Terminal Terminal de Ferrocarriles- The only train station in the city that is quaint but has been renovated recently is located about 13kms from the city center.



14. Transportation cost

The city is bustling with options to commute. With buses and taxis hovering around, one will definitely have no problem transporting themselves to the narrowest of the neighbourhoods. Local transport is very cheap and affordable in the city, along with cleanliness as their forte. Buses - There are different buses in the city, hence one needs to make sure they are travelling by the right ones. Following are the different buses that one can take and costs around \$0.25 for a single ride. • El trole - These are green stations where buses of different colors run from north to south. The major used system by the locals, The trolley has the most stops. • Metro Bus - Blue Colored station with different color buses, Metro bus is highly recommended for visitors who want to visit the Mitad del Mundo Monument. • Ecovua - Red Buses that are express and do not stop at most of the minor stations. • Blue Buses - Run by private companies all over the city, the fare of these buses is around \$0.25 for a single trip. These buses go to every corner of the city. Taxi – Taxis are everywhere and are affordable if compared to other cities. A taxi ride costs a minimum fare of \$1.45 in the day and \$1.75 at night.

Index**15. Baggage allowance**

Carrying heavy amount of baggage in buses is not recommended at all, since they are open it can cause inconvenience to self and those around you. One should carry around a backpack or a small bag just to commute around the city, however if travelling around by a taxi you can carry heavy baggage. For travelling within the country, 2 suitcases of around 70pounds (31.8Kg) plus a handbag is allowed.



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16. Must try food and local savouries

Explore the streets and set on a journey to eat some of the best traditional food in the town that is served all over the country. Dig deep into the cultural experience with the follow must tries – Quimbolitos/Humitas - A sweet-dish with a flavor redolent of a sweet cornbread made from corn, wrapped in corn leaves further topped with raisings is one thing that you will bump into on every other street or corner. Encebollado - Reffered to as Ecuadorian hangover foos, this fish soup is brewed with tomato, yuca, onions and topped with chifles and popcorn. A must try, this is considered as a National dish by many Ecuadorians. Bolónes - This Ecuadorian treat, made of plantain is served with cheese or meat fillings. The mixed plantain is fried to perfection and goes well the spicy aji salsa sauce is your perfect deal for some great breakfast. Pan de Yuca - Made with starch, eggs, cheese and sald these comes in chewy rolls making for a perfect afternoon snack. Have it with the fruity yogurt of this unfamiliar yet tasty flavored dish. Fritada - Usually eaten for dinner, the dish features pork which is layered on the top of friend plantains, seasoned with corn, onions, cilantro and llapingacho. Batida de Maracuya (Passionfruit Smoothie) - Passion fruit rules the country, from maracuya cheesecake, yogurt to even maracuya beer, it is everywhere. This odd-looking fruit blends with the smoothie to make the flavor irresistible. A blend of tangy and sweet, Batida de Maracuya is a refreshing drink found almost everywhere. Llapingachos - A Traditional Andean potato Pattie filled with cheese and cooked on a griddle, the dish is further topped with a fried egg and layers of cheese and avocado, ultimately served with beef and salad. Encocado - Typically coastal, Encocado is made with fish, shrimp or the combination of the two and is dipped in sweet creamy sauce made with fresh coconut. Served with a side of patacones and rise, one will find this dish anywhere near the coast for sure. Choclo con queso - Literal meaning corn with cheese, this dish consists of Andean corn or choclo and Ecuadorian cheese is served with earthy beans making it a nutritious meal. Ceviche - This dish is one of the most iconic one in the city. Coming from seaside, this marinated fish dish are in Lima and it's the healthiest, freshest and zestiest dish you will ever have. Ceviche comes from the indigenous quechua language meaning fresh fish and is definitely not to be missed.

Salchipapas: French fries served in a bowl, topped with small bites of salsa roasada, pieces of hot dogs, onion curtido salsa, tomato and hot sauce. These are found all over the town hence do ask the locals where to find the exact ones.

Helados or ice cream: For sweet tooth the ever popular helados de paila made in large copper bowls are your perfect ice-cream treat. Among the top flavours are naranjilla, blackberry, passion fruit and ron pasas.

Espumillas: Another popular dish to sweep away your sweet cravings, meringue cream served in Ice cream cones define Espumillas perfectly. Top flavours are guava, but one can also find strawberry, blackberry and other flavours.



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17. Restaurant & Nightlife

Boasting of one of the most diverse ecosystems of the world, the country that surrounds itself with mountains, rainforests and stunning coast has a lot to offer to the culinary scene which is reflected in Quito's restaurants. Century-old flavours blend with the newest trends and deft craftsmanship for a great cultural experience. One can have their fill of the delicious Ecuadorian dishes at the Plaza El Quinde (or Foch) that is bustling with most of the restaurants. Arrive hungry in the following restaurants of the city-

Food -

Boasting of one of the most diverse ecosystems of the world, the country that surrounds itself with mountains, rainforests and stunning coast has a lot to offer to the culinary scene which is reflected in Quito's restaurants. Century-old flavours blend with the newest trends and deft craftsmanship for a great cultural experience. One can have their fill of the delicious Ecuadorian dishes at the Plaza El Quinde (or Foch) that is bustling with most of the restaurants. Arrive hungry in the following restaurants of the city-

- **Casa Gangotena's Cedron Restaurant:**

Address : Bolivar Oe6-41 y Cuenca, Quito 170130, Ecuador

Location : -0.221300,-78.515458

Contact No : +593 2-400-8000

Website : <https://www.casagangotena.com/en/>

- **Café Plaza Grande:**

Address : García Moreno N5-16 & Chile San Francisco de Quito 170401, Ecuador

Location : -0.219588,-78.512035

Contact No : +593 02/251-0777
Website : <http://www.plazagrandequito.com/>
Open / Close Time : 06:30hrs-23:00hrs

- **Fried Bananas:**

Address : Mariscal Foch E4-150 y Av. Amazonas, Quito 170143, Ecuador
Location : -0.201034,-78.492471
Contact No : +593 2-223-5208
Website : <http://www.newfriedbananas.com/>
Open / Close Time : Monday-Friday 12:30hrs-20:00hrs, Saturday 12:30hrs-16:30hrs

- **Zazu:**

Address : 331, Mariano Aguilera, Quito 170517, Ecuador
Location : -0.194144,-78.485562
Contact No : +593 2-254-3559
Website : <http://www.zazuquito.com/>
Open / Close Time : Monday-Friday 12:30hrs-15:30hrs, 18:30hrs-22:30hrs, & Saturday 18:30hrs-22:30hrs

- **Octava de Corpus:**

Address : Calle Junín E2-167, Plaza de San Marcos, Quito 170340, Ecuador
Location : -0.223922,-78.508923
Contact No : +593 295 2989
Website : <http://www.octavadecorpus.c.com/>
Open / Close Time : Monday-Saturday 12:30hrs-22:00hrs

- **Cafe Dios No Muere:**

Address : n4 10, Junín, Quito 170401, Ecuador

Location : -0.222363,-78.511009

Contact No : +593 2-257-1995

- **Chez Jérôme:**

Address : 3096, Whymper, Quito 170517, Ecuador

Location : -0.196016,-78.481276

Contact No : +593 2234-067

Website : <http://www.chezjeromerestaurante.com/>

Open / Close Time : Monday-Friday 12:30hrs-15:00hrs and
19:30hrs-23:00hrs

- **Cosa Nostra Trattoria Pizzeria:**

Address : Av República de El Salvador, Quito 170135, Ecuador

Location : -0.184955,-78.480815

- **La Gloria:**

Address : Valladolid N24-519 y Francisco Salazar, Quito 170143, Ecuador

Location : -0.206689,-78.482659

Contact No : +593 99 972 1652

Website : <http://lagloria.com.ec/>

Open / Close Time : Monday-Friday 12:30hrs-23:00hrs, Saturday
12:30hrs-16:00hrs, Sunday 12:00hrs-16:00hrs

- **No Bar:**

Address : Juan León Mera, Quito 170143, Ecuador

Location : -0.201893,-78.490779

Contact No : +593 2-254-5145

Open / Close Time : Tuesday-Saturday 22:00hrs-02:00hrs

- **Rock n' Rolla Blues Bar & Grill:**

Address : N23- y, Reina Victoria, Quito 170524, Ecuador

Location : -0.203777,-78.492307

Contact No : +593 98 080 6057

Open / Close Time : Monday-Thursday 11:00hrs-12:00hrs, Friday 11:00hrs-03:00hrs, . Saturday 17:00hrs-03:00hrs

- **La Bunga:**

Address : Francisco de Orellana 899 and Yáñez Pinzón, Quito 170517, Ecuador

Location : -0.200067,-78.486168

Contact No : +593 2-290-4196

- **Café Libro:**

Address : Ignacio de Veintimilla, Quito 170143, Ecuador

Location : -0.206096,-78.490781

Contact No : +593 2-250-3214

Website : <http://www.cafelibro.com/>

Open / Close Time : Tuesday-Saturday 17:30hrs-02:00hrs

- **Selfie Club:**

Address : José Calama, Quito 170143, Ecuador

Location : -0.201881,-78.491042

Open / Close Time : Tuesday-Saturday 21:00-03:00hrs

- **Casino Plaza Caicedo:**

Address : 00000 Shyris 1757 Y Naciones Unidas, 170150, Quito, Ecuador.

Location : -0.175787,-78.481169

Contact No : +593 2 2445305



Index**18. Average meal cost**

Economical Meal: \$30 Mid – Segment Restaurant: \$30-100 Luxury Dining: \$100 and above Average cost of beer: \$3-5 Domestic Beer(0.5litres): \$1-1.5 Imported Beer(0.33litres): \$2-4



19. Shopping

A gateway to heaven for all the shopaholics out there, the city is bustling with options that will take your wallet away in a sweep. So get ready to buy an extra suitcase for you are about to jump into the world of excellent shopping centres, rich traditional markets and stalls that will definitely leave you fascinated –

Galería Ecuador - This two-floored complex just features about everything right, top quality products ranging from a wide variety of jewellery, handicrafts, CD's clothing, chocolate to wine, liquors etc, the store also features a gorgeous cafe for a little break over coffee.

Parque El Ejido Art Fair - The pieces here might be limited, but the place is filled with people selling the local work, your one stop destination to buy cheap and colourful imitated paintings of established Ecuadorian artists.

Quicentro Shopping – Featuring everything from high-end brands to local affair, along with fine restaurants, movie theatre, this shopping mall is your getaway for a perfect afternoon.

Galería Latina - One of the finest clothing and handicraft shops in the city of Quito, this gallery features a high collection of beautifully made pieces - colourful Andean weavings, tagua carvings, sweaters, jewellery and handmade items coming from all over the continent.

Folklore Olga Fisch - Known for high quality and expensive crafts, this one's for the people who like to collect antique and rich paintings. Also on the house is traditional crafts made by the locals and indigenous artists.

El Condado Shopping - This shopping mall is another destination to find everything at one place. Crafts stalls, food courts, local shops and branded shops find their way home here.

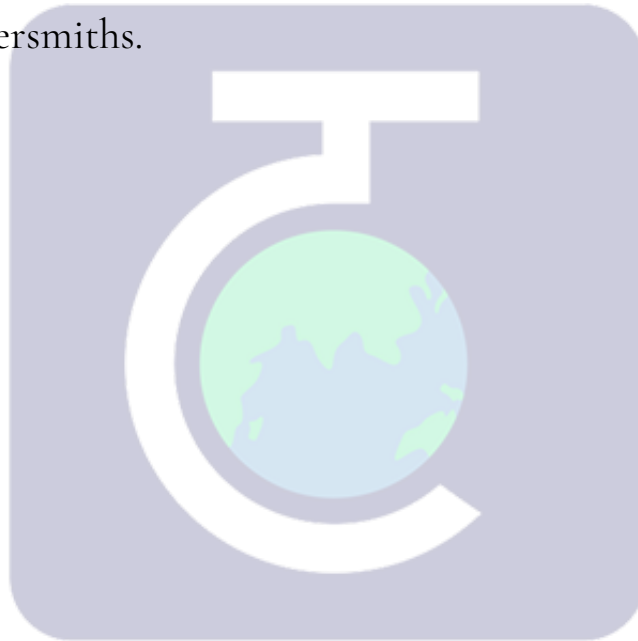
Ari Gallery - All you ladies obsessing over jewellery, get your feet into Ari gallery and lose your eyes to the exquisite affair of unique and beautiful made jewellery with a tinge of semiprecious stones, pre Columbian designs and rare materials that cannot be found anywhere.

Scala Shopping Mall - Known for its central plaza, this shopping mall features excellent food court and an array of shops to keep your wallet letting go down.

Mercado Artesanal La Mariscal - A market rather with an array of craft stalls selling good traditional goods to take back home. A great place for souvenirs, the crafts come at good prices and mixed quality.

Zoom Fashion House - A men's and women's boutique located above the restaurant-lounge **Naranjilla Mecanica**, you will fall in love with beachwear and urban

designs from both Ecuadorian and Dutch designers. Tienda del Alabado – Do visit this place to explore the beauty of local crafts and artifacts. Casa del Albado Pre Columbian Art Museum – After wandering through the corridors of the museum, do pay a visit to the exclusive museum featuring Ecuadorian handicrafts that the museum shop. One will bump into numerous fair-trade shops in the city that pays the profit to crafts people fairly. Do pay a visit the one located at the Tianguetz and El Quinde since they are exceptionally good. Artisans working on various distinctive crafts are a treat here, find yourself surrounded by tanners, guitar-makers, candle makers and leatherworkers along with ceramists, woodcarvers and silversmiths.



20. Tourist benefits

The VAT charged in the country is 12% which is comparatively lower compared to the other countries. One will also find duty free shops around the city of Quito. Attenza features three duty free shops and a specialized duty free boutique. In addition to duty free shopping, an extensive variety of shops are available, so don't hesitate to grab some stuff at the Airport duty free shops.



21. Essential local apps

Radio Quito - Ecuador - Groove to some of the local music through this radio app. UNITAXI - Book your cab through this application to get taxi on your doorstep. Taxi Seguro Ecuador - Another taxi-renting application for the best travelling experience. Enter the destination and the closest driver will be right at your doorsteps in a few minutes.



Index**22. Driving**

One can drive a car in and around the city. Renting a car requires you to carry your passport, driving license, International driver's license, experienced driving skills and patience to handle the manic traffic. Get ready to be pulled over the by the cops in the city as they hardly leave anyone to earn that extra-buck in the name of public service. Honking is one of the major issues of the town, hence a pair of ear-plugs can come handy



Index**23. Travel essentials**

Following are the necessary things to keep in mind while travelling in the country – 1. Adapter/Plug – The standard voltage in the country is 140-160V with a frequency of 60 Hz. Power sockets: type A / B in Ecuador. 2. It is always advised to carry sufficient prescribed medicines as OTCs without prescriptions are not allowed. 3. One needs to carry a money belt in order to avoid theft or pick pocketing.



Index**24. Essential clothes**

Following are the necessary things to keep in mind while travelling in the country – 1. Adapter/Plug – The standard voltage in the country is 140-160V with a frequency of 60 Hz. Power sockets: type A / B in Ecuador. 2. It is always advised to carry sufficient prescribed medicines as OTCs without prescriptions are not allowed. 3. One needs to carry a money belt in order to avoid theft or pick pocketing.



25. Local currency

The present currency of Ecuador is the United States dollar (USD).

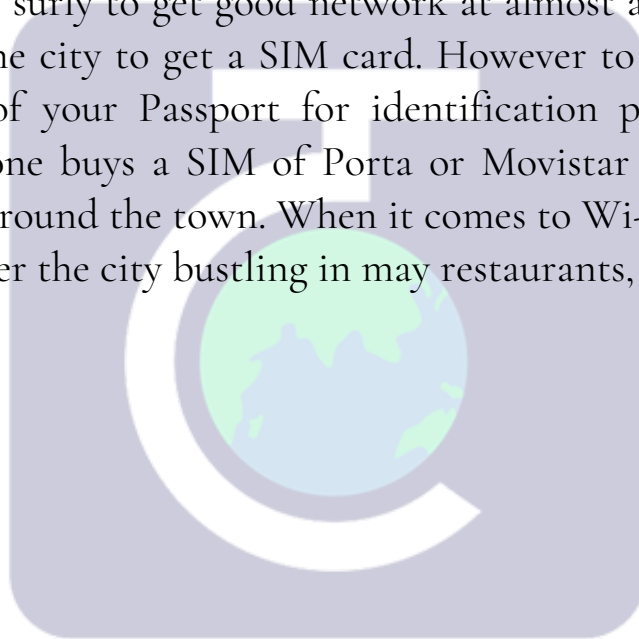


26. Change vendor's commission, ATM charges

The city is bustling with ATMs. Most of the cards are accepted in the ATMs. Banks are likely to charge you with a foreign transaction fee in an ATM, hence make sure to confirm with your bank about the fee charges prior to your transaction. One can only take out a limited amount, so it is recommended to take out the maximum amount in one go. The biggest advantage is that the country's currency is in US Dollars. However if you are travelling from some other country and need to exchange the native currency you can exchange the currency at the airport or at many shops that are located in the city at a decent rate, however there are people who will deliberately bump into you to exchange currency on the streets, hence be aware of these people as they sell false notes. The exchange commission charged might be 5-6% higher than usual hence make sure to confirm the price prior to buying the currency. The usual currency rate is 1-2%. Credit cards are accepted in the city, however a fee is charged hence one should confirm the extra transaction fee from their bank prior to their travel.

27. Staying connected

Major networks that dominate Ecuador are Porta, Movistar, and Alegro. However make sure to unlock your phone prior to your travel in order to use any SIM card in the country. If your stay is for a longer period of time, it is recommended that you buy a local SIM to stay connected. One can purchase a SIM card at the airport upon arrival. Buying a SIM card in the country is affordable and one is surly to get good network at almost all the areas. One will find shops all over the city to get a SIM card. However to buy a SIM card, you will need a Xerox of your Passport for identification purposes. It is highly recommended that one buys a SIM of Porta or Movistar since it has the best connectivity in and around the town. When it comes to Wi-Fi connectivity there are Wi-Fi hubs all over the city bustling in may restaurants, café's and hotels.



28. Time Zone

Ecuador Standard Time (ECT) is 5 hours behind the Coordinated Universal time (UTC -5).



Index**29. Languages**

Linguistically, Ecuador is dominated by the Spanish language, however it is different from the Spanish spoken in Spain since Ecuador slang differs from region to region. Followed by a large number of people (local communities), speaking in the Quichua language, the English language has made its mark as the most spoken foreign language.



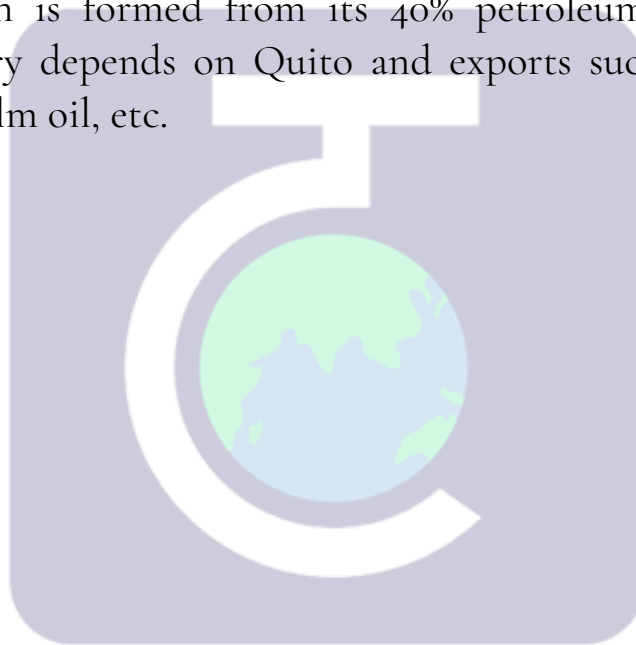
30. Political Scenario

Being a unicameral representative democracy, the president of the country is head of state and the government head on a multi-party system. The central government is elected after ever 4 years and leads cabinet with executive power, legislative power and the judiciary. Quito is administered by a mayo and is a 15-member city council where the mayor is elected every 5 years and can be re-elected.



31. Economic Scenario

Being the largest city contributing to the national GDP, Quito stands at Second number in the highest per capita income. The city's large industrial centres, national international financial institutions, international businesses, oil corporations and multinational companies dominate the economy of the country followed by tourism that has made its mark in the sector. The Country's basic economic foundation is formed from its 40% petroleum exports. In today's economy, the country depends on Quito and exports such as bananas, cocoa, coffee, sugar, rice, palm oil, etc.



Index**32. Religious belief**

Roman Catholicism dominates the country with 80% Catholics being devoted to the religion, followed by 11% of the population that identifies themselves as Protestants. The country is ethnically diverse, other religions include Buddhism, Judaism, Bahá'í Faith, Latter-day Saints and Islam



Index**33. Visa requirements**

Ecuador welcomes its tourist with open arms from each and every country. Citizens of the United States, United Kingdom, Canada and most of the European countries do not require a visa unless the stay is expected to cross more than 90 days. One just needs to show a valid passport, return ticket and proof of economic means to support yourself. Countries like India, Cuba, Jordan, Pakistan, Sri Lanka, Bangladesh, Costa Rica, Algeria, Iran, Iraq etc do require a valid visa to enter the country. Below is the link for more information – <http://www.ecuador-travel-guide.org/general/VISASs.htm>



Index**34. Essential vaccination**

One needs to be any disease free before travelling in the country and during the visit in the country. Hence it is recommended that one should visit their General Doctor for a routine check-up. Also, when travelling to Ecuador, some basic vaccines are suggested – • Typhoid Fever • Malaria • Hepatitis A • Hepatitis B



35. Theft and Safety

Quito is relatively a big tourist country than most of its neighbouring cities, hence there are some precautions that should be taken. Walking alone at night is definitely not recommended, especially in the areas of La Bota, La Ferroviaria, El Panecillo, Plaza near the San Francisco church, Plaza Domingo, Solano road and some other parks. Make sure to avoid any quarrels with the robbers or thieves as they seem to carry knife, guns etc with them and are likely to threaten you. Another problem in the city is of the con artists, who are bustling around the bus stations eyeing on the foreign tourists, hence watch your bags closely. Thief impersonating bus staff is the most common scam, people selling sweets and spilling them all over you is another scam that should be taken care of. One most common scam is spraying some mustard on your clothes followed by an accomplice trying to help you clean it and further stealing your stuff away. Ignore the beggars and locals coming with sob stories since they just want some money out of your pockets. Stay away from Drugs as the country has strict laws if found with it or exporting it. If by any chance something has been stolen from you, do visit Centro Commercial Montufar as the place to have known for stolen items being sold in the blackmarket. Wise travelers make sure to write their serial number on their stuff, which will further help to prove that the things stolen indeed belong to you. One should make sure to travel with a reliable guide since the sudden interest in auahuasca has resulted in many travelers from around the region to travel to South America in order to take part in traditional ceremonies and Ecuador proudly stands as one of the countries where use of entheogens by the indigenous communities has come to being.

Index**36. Embassy/Consulate**

Below is the list of embassies and consulates located in the country
<http://www.embassypages.com/ecuador>



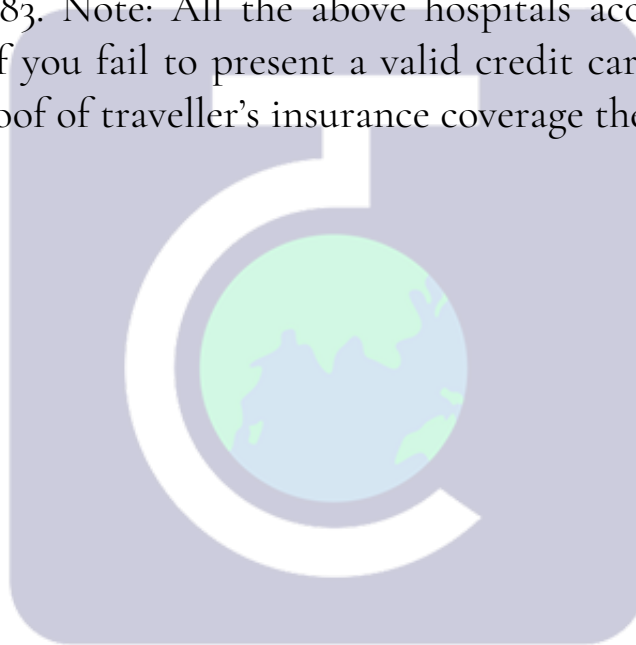
37. Accessibility

Quito is a decent place for people with reduced mobility, Many hotels and hospitals offering special services like wheelchairs, assistance to the disables have proven to be great. The town's many attractions have special offers for people with reduced mobility and also have special services for the same. Even the public transport in the city has extended its arms to wheelchairs and other assistance in case.



38. Emergencies

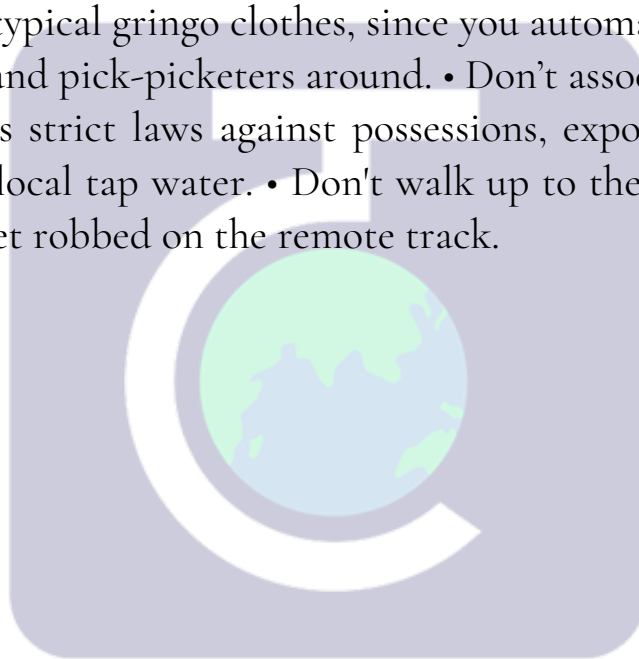
Hospital Metropolitano Address: Avenue Mariana De Jesus, Quito EC170129, Ecuador Phone: +593 2-399-8000 Hospital Vozandes Quito Address: Juan José Villalengua Oe2-37, Quito 170521, Ecuador Phone: +593 2-397-1000 If you are traveling or living in Quito, dial 911 in the event of an emergency. Contact the National Police at 101 while there is also tourist police in Quito and can be reached at 02-2543-983. Note: All the above hospitals accept traveller's health insurance, however if you fail to present a valid credit card, sufficient funds in cash or check or a proof of traveller's insurance coverage then you will be refused treatment.



39. Do's and Don'ts

Do's: • Do stay away from the con artists who will impose as bus drives at the bus station. • Do find yourself around the glorious historical centre. • Do carry warm clothes, high altitude medicines and sunscreen due to the changing weather of the city, • Do take the yellow registered taxi since it is much safer. • Do learn basic Spanish. • Always carry your bag on your lap while travelling in public transport.

Don'ts: • Don't wear typical gringo clothes, since you automatically will become a target of the thieves and pick-pickers around. • Don't associate with drugs at all since the country has strict laws against possessions, exporting or using illegal drugs. • Don't drink local tap water. • Don't walk up to the virgin monument in Quito as people do get robbed on the remote track.



Index**40.Tipping basics**

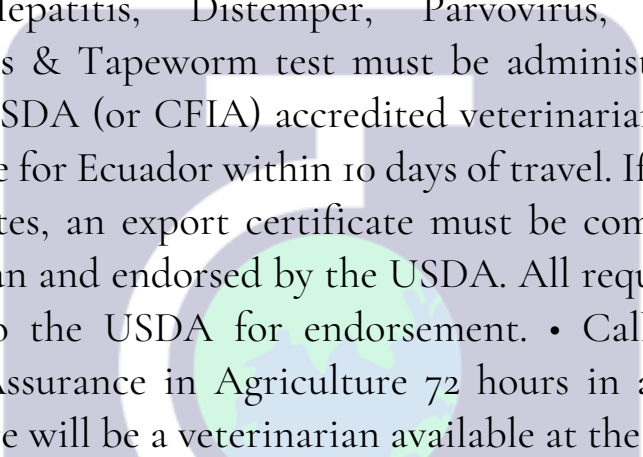
The service charge in Ecuador is around 12%. Taxis drivers need not be given any tip unless you have hired them on a full day basis, then a tip of 5% is expected to be given. In hotels it is accustom to the tip to the maids or the bell boys which is around US \$1 whereas restaurants already charge 12% tax and a 10% service charge in the bill hence a tip of 3-10% is expected.



41. Pet info

Following are some of the guidelines to get your pet into the country –

- Your pet dog or cat must have a current rabies vaccination. If it was previously unvaccinated for rabies, it must wait for at least 21 days after the vaccination before entering Ecuador. The vaccination must not have been administered more than 12 months prior to entry into the country.
- Dogs should be vaccinated against Canine Hepatitis, Distemper, Parvovirus, Leptospirosis and Parainfluenza.
- Ticks & Tapeworm test must be administered within 21 days prior to travel.
- A USDA (or CFIA) accredited veterinarian must complete the Veterinary Certificate for Ecuador within 10 days of travel. If your pet is traveling from the United States, an export certificate must be completed by a USDA-accredited veterinarian and endorsed by the USDA. All required documentation must be provided to the USDA for endorsement.
- Calling the Ecuadorian Agency of Quality Assurance in Agriculture 72 hours in advance of arrival is highly suggested, there will be a veterinarian available at the time of clearance.



Index

Conclusion – Why to select this destination

Who will say that this beautiful city once upon a time had the reputation of being disorderly and dangerous, bustling with thieves and panhandlers. Today, Quito is all about narrow cobblestone streets, hidden passageways, noisy markets, and whitewashed Spanish Colonial houses. Surrounded by mountain peaks, pacific coast and the amazons this UNESCO world heritage site is known for its Old Town that will take you to the history of pre-dominant civilizations. Bustling with architectural treasures, Colonial monuments and excellent museums, the city does not leave the hands of magnificent plazas, restaurants and bars that hustle around. Find your steps to the gringolandia of the Mariscal, which is quite a compact area of travel agencies, guesthouses, ethnic eaters and vibrant bars. Caught up in a love affair with overflowing markets and irritating traffic, this city is also known as the city of bell towers by the locals. Enjoying a mild climate throughout, this city is your getaway to the natural world filled with historical centers and numerous restaurants and bars making your stay just about perfect and worth-the-wait.



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