**ECUADOR**

DESCRIPTION

With four geographic regions squeezed into a compact 283,561 sq km (109,484 sq miles), Ecuador caters to all kinds of travelers.

Whether you’re looking for adventure in spectacular landscapes, relaxation on white-sand beaches, or cultural experiences in UNESCO World Heritage Sites, booking a trip to Ecuador will surely fit the bill.

But just like traveling anywhere, visiting this enchanting country has its own peculiarities. Here are our useful tips to help you make the most of your trip to Ecuador, one of the most biodiverse places in the world.

1. Ecuador is more than just the Galápagos Islands

Although many consider continental Ecuador a stopover on the way to the Galápagos Islands, visiting the country is well worth your time. For adroit travelers, staying in Ecuador for seven to 10 days will allow them to explore its main attractions. However, if you can stay longer, anywhere near 15 to 20 days will suffice to tour Ecuador’s most prominent cities and towns.

2. Be aware of altitude sickness

Sitting at 2850m (9350ft) above sea level, the Ecuadorian capital Quito, is the second-highest capital city in the world. This means travelers are prone to altitude sickness upon arrival — manifested through headaches, nausea and dizziness.

This can also be an issue if you visit cities in the highlands with similar elevations. If you arrive from low-altitude places, take things slowly and allow your body to acclimate during your first few days of your visit. If you’re feeling sick, keep hydrated, and don’t exhaust yourself with excessive physical activity.

It may not be a tropical country, but the UV is strong in Ecuador, so you will want sun protection

3. Despite popular belief, Ecuador is not a tropical country...

Perhaps fueled by the moniker of “the country in the middle of the world,” many travelers wrongfully believe Ecuador is a tropical country and that they’ll encounter oppressively hot weather.

Though the climate will largely depend on the region you stay in, you can expect moderate temperatures.

In the highlands, we anticipate chillier weather and occasional rain, especially between October and April. Meanwhile, the coastal region enjoys warmer and generally steadier temperatures, although watch out for rain between February and April.

4. ...and you should pack accordingly

If you’re planning to venture into the mountains in the highlands, bring a packable jacket that keeps you both warm and dry and comfortable sturdy footwear for long walks.

If you’re staying in Quito, bring a jacket or cardigan everywhere — as you will discover, the weather can switch dramatically within minutes. You might also want to sunbathe on the shores of the Pacific coast or explore the Amazon rainforest, so don’t forget your beach essentials, comfortable clothing and a hat that protects you from the intense sun of the equator.

5. Make sunscreen your best friend

You may believe sunscreen is not a priority while visiting the Andean highlands or strolling down a colonial city, but due to its geographical location (standing on the equatorial line), sun rays shine perpendicularly in Ecuador.

To protect your skin from UV rays throughout your stay, keep the sunscreen close and reapply regularly.

6. Tipping is a courtesy and not mandatory

The US dollar is the official currency in Ecuador, so eating out might not be as gasp-inducingly cheap as in neighboring countries. However, prices are relatively affordable compared to the US and Europe.

Generally, service is included in the bill (you’ll see a disclaimer on menus), so tipping is not mandatory. But if you’re feeling generous, leaving a tip is always a courtesy to show appreciation for the good service.

7. Don’t drink the tap water

Most urban cities in Ecuador have reliable potable water systems, so using tap water to cook and wash is considered safe.

Ecuadorians, however, will never drink tap water unless it has been purified and will mostly stick to boiling it before drinking. In rural areas, water is not necessarily potable, so opt out of drinking tap water entirely and favor boiled or bottled water.

Learn a few words of Spanish for the best experience with local people © Westend61 / Getty Images

8. Learn basic Spanish phrases

While knowing how to communicate with locals is a good idea on any trip, memorizing some Spanish keywords can truly make a difference in Ecuador. L

earning etiquette words such as *buenos días* (good day), *por favor*(please) and *gracias*(thank you), as well as useful traveling phrases, will go a long way when interacting with Ecuadorian people.

Many Ecuadorians will find ways to communicate with you even if they can’t speak your language, but don’t assume or expect them to understand you without first trying to speak in Spanish.

If you lack confidence in your Spanish-speaking skills, head for Quito, a preferred destination for language learning because of *quiteños*’ slow and almost accentless way of speaking. This is an excellent place to book a class or engage in Spanish learning experiences.

9. Violence and crime has increased

Unfortunately, Ecuador has experienced violent crime associated with drug cartels and transnational criminal organizations.

Violence is predominant in port cities and the coastal region, but this doesn’t mean you have to entirely rule the country out from your itinerary. People are still carrying out their daily lives, working hard to offer the best experiences to visitors.

Check the latest foreign travel advice from your government (the [FCDO advises for UK citizens](https://www.gov.uk/foreign-travel-advice/ecuador), the [Department of State for US citizens](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Ecuador.html)), to see which areas, if any, they advise against travel to.

10. Take safety precautions

While falling victim to crime can happen to anyone, being careful and taking additional precautions is always encouraged. If you travel to [Guayaquil](https://www.lonelyplanet.com/ecuador/pacific-coast-and-lowlands/guayaquil), the country’s second-biggest city and main port, and the provinces of Esmeraldas, Guayas and Los Ríos, be sure to avoid conflict areas and red zones.

As a general rule everywhere in Ecuador, don’t wander alone and avoid being out late at night.

11. Be wary of overly friendly people

Traveling is synonymous with meeting new people and making friends. However, be cautious when going out, and don’t trust just anyone.

Solo travelers in beach areas and the night scene should be particularly aware of common theft and robbery techniques (scams, drugs in drinks, the use of scopolamine to subdue victims).

Pay attention when meeting people. Don’t trust people who seem too eager to establish a conversation or get physically close to you for no reason. Don’t accept anything (flyers, cards etc) in the streets, and keep your valuables hidden.

12. Make basic checks on taxis and ride-hailing apps

Using apps and hailing taxis on the streets is relatively safe and affordable in Ecuador, but always check their credentials — car plates are nonnegotiable, if the car doesn’t have one, don’t get in.

If you opt for a taxi, always make sure that the meter is on when you hop in. If you’re uncomfortable with hailing taxis from the street, ask your tour guide or hotel staff for their trusted taxi or transportation companies.

**BEST TIME TO VISIT**

**December to February is the best time for coastal fun**

From December to February, days on the Pacific Coast and the [Galápagos Islands](https://www.lonelyplanet.com/ecuador/the-galapagos-islands) are generally warm, with occasional but tame rain and the best underwater visibility for those booking snorkeling or scuba diving trips.

This time of the year is also ideal for wildlife enthusiasts hoping to spot courtship rituals and newborns, as the hatching, breeding and nesting season of species such as giant tortoises, birds and sea lions take place in the Galápagos.

On the Pacific shoreline, daring wave riders benefit from winter storms in the North and the west swells making their way south, bringing optimal surfing conditions.

Meanwhile, the weather varies from chill to moderately cold in the Andean region, and the [Oriente](https://www.lonelyplanet.com/ecuador/the-oriente) experiences relative dryness. Though rain is constant all year round in the Amazon rainforest, during this time of the year visitors are less likely to get soaked under pouring rain and will find it easier to explore the trails.

In recent years, however, due to changing climate conditions, the lack of rain has started to disrupt water transportation, which is the only means available to reach many reserves and communities.

With festivities like Christmas, New Year and Carnaval as well as school breaks taking place on the Ecuadorian coast, December, January and February are high tourist months.

Prices are slightly higher and accommodation is hard to secure on major holidays, so planning ahead of time is recommended if you want to visit at this time. But don’t fret. The difference between other seasons is not too substantial and won’t dramatically affect your budget.

**March to May is ideal for a rainy Amazon getaway**

During March to May, good conditions continue on the Coast and the Galápagos archipelago for surfing and underwater activities. On the islands, spotting albatrosses, iguanas, tortoises and blue-footed boobies will be an everyday occurrence as they arrive for hatching season. Keep your eyes peeled for the blue-footed boobies’ mating dance, which occurs in May.

Rain takes over the highlands as early as the last days of February until early May. Ecuadorians live by the Spanish saying "Abril aguas mil" (in April, thousand waters) during April, which is the rainiest month of the year and generally coincides with Holy Week celebrations — though the rain never stops devotion, and religious demonstrations will take place regardless.

The Amazon rainforest also experiences rain, bringing out a particularly luscious and verdant landscape, better navigation conditions and higher chances of spotting animals that thrive in rainy weather.

This is the best time of the year to see flora and fauna, including some birds that hide during the dry season to avoid the heat. You will, however, need to pack sturdy rubber boots, a raincoat and insect repellent in your travel essentials.

Flight and accommodation prices will fluctuate during this period as important holidays unfold throughout April and May. Holy Week, Labor Day (May 1) and the anniversary of the Battle of Pichincha (May 24), which are observed nationwide, will encourage tourism, bringing prices up and making it hard to find accommodation. Book hotels in advance if you plan to stay in the Coastal region, where Ecuadorians flock during this season.

**Unveil the wonders of the highlands from June to September**

Benefiting from sunny days and summer breaks in the Andean region, the Ecuadorian highlands thrive from June to September. Clear skies, good weather conditions and a slew of cultural activities make this period a favorite for national and foreign tourists.

Though increased tourist activity naturally leads to higher prices, hiking trips to some of the most beautiful Andean mountains and colorful traditional festivals will justify the slightly higher prices. Make sure you book your tickets and plan well in advance if you aim to visit Ecuador at this time of the year.

In June, the [central](https://www.lonelyplanet.com/ecuador/central-highlands) and [northern highlands](https://www.lonelyplanet.com/ecuador/northern-highlands/) put their best foot forward for their traditional and religious festivals. Pujilí, a town in Chimborazo, celebrates Corpus Christi the first week of June with big parades, where the *danzante*(the dancer) — a traditional figure carrying a large, adorned headpiece — dances to the rhythm of the *bombo*(bass drum) and *pingullo*(a traditional Andean flute).

Inti Raymi, celebrating the summer solstice, follows, with the most prominent fêtes taking place in Peguche, [Otavalo](https://www.lonelyplanet.com/ecuador/northern-highlands/otavalo) and other towns in Imbabura. In August, Indigenous people in the northern highlands celebrate Fiesta del Yamor to express their gratefulness to Pachamama (Mother Earth) for the harvest season.

In September, places like Latacunga and Zámbiza, a rural community in [Quito](https://www.lonelyplanet.com/ecuador/quito), honor the Virgin of Mercy and Saint Michael the Archangel, respectively, with gatherings that mix Indigenous culture and Catholic devotion.

But it's not only the highlands that teem with activity. Adventure-loving tourists can enjoy the arrival of humpback whales to the Ecuadorian coast starting June through September. Droves of these majestic animals arrive in the waters of Puerto López in Manabí every year for the breeding season. Whales stay as they give birth to their calves and mate again, guaranteeing their return for the next year.

**October and November are the best months for off-peak travel**

Because of the transition between seasons, the Amazon region has a less predictable weather pattern in October and November. This is shoulder season and an ideal time for exploring the rainforest and avoiding heavier rain and flooding.

The Coast and Galápagos Islands might experience light morning mists and drizzle during this season, which signals the arrival of warmer days.

Temperatures start to drop in the highlands, bringing gentle rain and slighter chillier nights. In October, people in the region prepare for the Lash of St Francis (el Cordonazo de San Francisco) — northern winds expected to bring heavy squalls on Saint Francis Day (October 4).

Though precipitation might bring a few challenges, this is still a good time for hikers and tourists with an exploring agenda. It's a relatively low season compared to other times of the year. Flight tickets won’t be gasp-inducingly cheap, but prices will certainly reduce and accommodation will be easily available.

However, watch out for November, as Día de los Difuntos (Day of the Dead) on November 2 and Cuenca’s Independence celebrations on November 3 are commemorated with long weekend holidays that prompt travel throughout the country.

**BEST PLACES TO VISIT:**

Though the [Galápagos Islands](https://www.lonelyplanet.com/ecuador/the-galapagos-islands) may be considered the jewel in the crown of any visit to [Ecuador](https://www.lonelyplanet.com/ecuador/), the Andean nation flaunts a great diversity of landscapes, people and geographic features.

Littered with colonial towns, snow-capped mountains, and gold sand beaches, it displays the South American region’s diversity, packed in a compact, travel-friendly area of 283,562 sq km (109,484 sq miles).

Ecuador offers no shortage of places to visit and activities to enjoy across four natural regions — the Amazon rainforest, the Andean highlands, the Pacific coast, and the Galápagos archipelago.

From [Quito](https://www.lonelyplanet.com/ecuador/quito/), the second-highest capital city in the world, to the UNESCO-recognized [Cuenca](https://www.lonelyplanet.com/ecuador/the-southern-highlands/cuenca), here's our guide to the best places to explore during your stay in Ecuador.

1. Quito

Best place to discover Ecuador’s heart and soul

Colonial art, a mélange of Spanish and Indigenous cultures and a beautiful mountain-filled landscape make [Quito](https://www.lonelyplanet.com/ecuador/quito) one of Ecuador’s most fascinating cities.

Bustling with activity, Quito provides an overview of the country’s rich history. Find out about the pre-Hispanic peoples of Ecuador at museums and archaeological sites such as [Museo Casa del Alabado](https://artsandculture.google.com/partner/museo-casa-del-alabado) and Parque Arqueológico Rumipamba.

Learn about the Independence Wars at the [Alberto Mena Caamaño Museum](https://www.lonelyplanet.com/ecuador/quito/attractions/museo-alberto-mena-caamano/a/poi-sig/1169084/363359) and [La Cima de la Libertad](https://www.lonelyplanet.com/ecuador/quito/attractions/cima-de-la-libertad/a/poi-sig/436298/363359), a monument situated up the flanks of the Rucu Pichincha (an inactive volcano), where you will also enjoy one of the most breathtaking panoramic views of the city.

Quito’s historic center will delight visitors with treasures from La Escuela Quiteña (Quito’s School of Art) — a colonial institution that birthed a prestigious art movement by mixing European styles and Indigenous iconography.

Churches and museums such as [Iglesia de la Compañía de Jesus](https://www.lonelyplanet.com/ecuador/quito/attractions/iglesia-de-la-compania-de-jesus/a/poi-sig/436306/363359), [Iglesia Convento de San Francisco](https://www.lonelyplanet.com/ecuador/quito/attractions/iglesia-y-convento-de-san-francisco/a/poi-sig/436364/363359) and [Museo del Carmen Alto](https://www.lonelyplanet.com/ecuador/quito/attractions/monasterio-museo-del-carmen-alto/a/poi-sig/1505875/363359) preserve splendid artworks and architecture dating back to colonial times.

Local tip: Mingle with quiteños (people from Quito) in *mercados*(food markets), rooftops and modern-cuisine restaurants such as Mercado Iñaquito, [Bistro 626](https://carlota.ec/common-areas/bistro/), [Panecillo Cocina & Mirador](https://www.instagram.com/goquitohotel/?hl=en) or [Somos](https://www.somos.rest/) to discover traditional and modern-day interpretations of Ecuadorian food, from empanadas (turnover pastries) and *mote*(hominy) to *llapingachos*(fried pancakes of mashed potatoes with cheese) and *caldo de patas*(cow feet stew).

**2. Baños**

Best place for adventures

Traveling to Ecuador for a taste of adventure? [Baños](https://www.lonelyplanet.com/ecuador/central-highlands/banos), a small town in the Tungurahua province, is your answer. Surrounded by mountains and stunning geographical features, Baños is a haven for adventure activities such as trekking, cycling, canyoning and rafting.

Hiking to viewpoints or booking a cycling tour along La Ruta de las Cascadas (Route of the Waterfalls) will allow you to take in the most breathtaking landscapes and watch well-loved natural landmarks such as [Pailón del Diablo](https://www.lonelyplanet.com/ecuador/rio-verde/attractions/pailon-del-diablo/a/poi-sig/1502467/1339514) (Devil's Cauldron) and Cascada Manto de la Novia.

Meanwhile, rafting down Río Pastaza will satisfy even the most audacious adventurers.

To wrap up an activity-filled day, visitors can bask in the comfort of the [volcanic thermal baths](https://tungurahuaturismo.com/es-ec/tungurahua/banos-de-agua-santa/complejos-turisticos/termas-banos-agua-santa-azmdqo8ap) that give name to the town, relax in spas and enjoy the popular *baños de cajón*(sauna boxes).

Another popular thing to do is visiting the public square to sample traditional candy and delicacies such as *melcochas*(sugar cane candy).

Planning tip: If you’re in for a full local experience, you can book tailored Spanish-learning experiences (guided tours, music lessons and more) with one of the language schools in town such as [Raíces Spanish School](https://spanishlessons.org/).

3. The Avenue of Volcanoes

Best place to discover the Andean highlands

Spanning snow-capped mountains, active volcanoes — including the world's tallest active volcano — and peaks, the Avenue of Volcanoes is a mandatory item on any traveler’s bucket list.

Running down the Andean highlands, this route encompasses popular destinations such as the [Cotopaxi](https://www.lonelyplanet.com/ecuador/parque-nacional-cotopaxi/attractions/parque-nacional-cotopaxi/a/poi-sig/1021206/1317898) Volcano and Mt [Chimborazo](https://www.lonelyplanet.com/ecuador/volcan-chimborazo/attractions/reserva-de-produccion-de-fauna-chimborazo/a/poi-sig/1169505/1317920) (6263m/20,548ft) — the highest mountain in Ecuador, or as Ecuadorians like to call it, the closest point to the sun.

On this route, travelers will also find [Volcán Cayambe](https://www.lonelyplanet.com/ecuador/oyacachi/attractions/reserva-ecologica-cayambe-coca/a/poi-sig/1588398/1340557), the highest point in the world that the equator passes through, Quito’s overseeing Rucu Pichincha and the turquoise-water [Quilotoa](https://www.lonelyplanet.com/ecuador/quilotoa/attractions/laguna-quilotoa/a/poi-sig/1169631/1327297) crater lake.

4. The Oriente

Best place to connect with nature

With verdant rainforests and one of the world’s most biodiverse flora and fauna on the planet as the backdrop, the Ecuadorian eastern region — best known among locals as [the Oriente](https://www.lonelyplanet.com/ecuador/the-oriente) or the Amazon rainforest — is one of the top places to visit in Ecuador.

Nature lovers will encounter the once-in-a-lifetime opportunity to watch rare endemic species in their natural habitat at places like [Parque Nacional Yasuní](https://www.lonelyplanet.com/ecuador/parque-nacional-yasuni/attractions/parque-nacional-yasuni/a/poi-sig/1170336/1327313) and enjoy the sheer peace of connecting with nature in eco-friendly lodges such as [Cuyabeno Lodge](https://www.lonelyplanet.com/ecuador/reserva-produccion-faunistica-cuyabeno/attractions/reserva-de-produccion-faunistica-cuyabeno/a/poi-sig/1170266/1327312) and Jamu Lodge.

Travelers can also experience the lifestyle of Indigenous communities engaging in community-based tourism at places such as the Kichwa women-run [Sinchi Warmi](https://www.facebook.com/SinchiWarmis/) Lodge or [Cascadas Yanayaku](https://www.instagram.com/cascadas_yanayaku/) community center.

For the most authentic wildlife experience, you can opt for a visit to the Zabalo River, home to the Indigenous [Cofan Nation](https://www.cofan.org/?fbclid=IwZXh0bgNhZW0CMTAAAR3_pC4KTeHSwo1jwt1U4Ihja6R1PQm9SCtW69pzx81wSpys27-Q4O-wsD4_aem_AcgRL4uuwpA224hCsdmt3naFbTbZiWC4h4Yb_0rKWUMvEpBJn10m2RQUZkCL7scwPgp7J8kBFc0D8MR8nRGTdXbZ) and recognized as the world’s first Wilderness Quiet Park by Quiet Parks International.

**5. The Pacific Shoreline**

Best place to enjoy the sea and sunshine

The Pacific Coast might not be one of the most publicized destinations in Ecuador, but the white-sand beaches, beautiful sceneries and surfing spots make it a playground for travelers.

Towns and cities like Salinas and [Montañita](https://www.lonelyplanet.com/ecuador/pacific-coast-and-lowlands/montanita) are tourist-favorite spots for leisure. However, exploring the Spondylous Route — which stretches along the coastline crossing several provinces — will allow visitors to see the wide diversity of landscapes, from beaches to mangrove swamps, and engage in activities such as surfing, hang gliding and diving.

If you’re in for a relaxed stopover, take a stroll down popular beaches such as Los Frailes, Playa Rosada and Puerto López, where you can even see humpback whales if you visit during the right time of the year (from June to September).

Planning tip: Due to the crime spikes in the Coastal region, rule out traveling at night and avoid conflictive areas at all costs. If your budget allows it, book a full tour with local companies or guides to make the most out of this visit.

The Galápagos Islands are cherished for their diverse wildlife both on land and in the sea © wildestanimal / Shutterstock

**7. The Galápagos Islands**

Best place to see unparalleled wildlife and natural wonders

Let’s set the record straight. The Galápagos Archipelago doesn’t offer the type of enjoyment a Caribbean destination would provide.

People won’t be partying on the beaches and nightclubs won’t be teeming with activity. The UNESCO-recognized islands, however, are worth their weight in gold.

Nowhere in the world will visitors be able to closely watch the wildlife and natural wonders that served as inspiration for Charles Darwin's theory of natural selection.

Pelicans, sea lions, giant tortoises and even penguins inhabit this fragile ecosystem. To fully enjoy a trip to the Galapagos, take the time to learn about the [conservation efforts](https://www.worldwildlife.org/places/the-galapagos) in the islands and don’t hesitate to book a cruise or tour with local operators.

8. Imbabura

Best place to experience the Andean region

Perhaps no other province in the Andean region will offer visitors as many options as Imbabura. Situated 114km (71 miles) north of Quito, the province’s natural landscapes, Indigenous communities and leisure activities appeal to all sorts of travelers.

Lakes, waterfalls and lush plains invite adventure enthusiasts to explore Imbabura’s geography and catalog of outdoors activities.

Then, crafts-focused towns like Cotacachi, [Otavalo](https://www.lonelyplanet.com/ecuador/northern-highlands/otavalo) and San Antonio de Ibarra display the best of the province’s craftsmanship, including textiles, leather goods, wood sculptures, jewelry and all sorts of souvenirs.

Meanwhile, haciendas, such as [Pinsaquí](https://www.haciendapinsaqui.com/), [Cusin](https://www.instagram.com/hacienda_cusin_ecuador?igsh=c3ZzdTNjNTQybmUx) and [Zuleta](https://zuleta.com/), provide a peek into colonial history and tradition through guided visits, cooking classes and horseback riding.

Local tip: While small shops and crafts vendors generally work seven days a week, market *ferias*(market days) take place on Saturdays and will widen options (and likely jack prices up) for tourists.

**IMPORTANTE NOTES**

For most travelers, entering the vast diversity of Ecuador’s *Cuatro Mundos*("Four Worlds": the Pacific Coast, Andes, Amazon and Galápagos) requires nothing more than arriving with your passport.

However, citizens of some countries will require a visa to enter [Ecuador](https://www.lonelyplanet.com/ecuador), and the process isn't always straightforward. And there's even the option for some travelers to stay a little longer and work in this beautiful country. Here's everything you need to know about the entry requirements for Ecuador.

Do I need a visa before visiting Ecuador?

Ecuador welcomes visitors from most countries for 90 days, issuing a T3 visa stamp on arrival. There is no visa requirement for most foreign visitors who carry passports with at least six months’ validity from their entry date.

With the exception of Venezuelans, South American nationals may enter Ecuador with a *cédula* (national ID card); a passport isn’t necessary.

Ecuador's railways cut through the country's impressive landscapes with stunning views © Philip Lee Harvey / Lonely Planet

Some travelers need to apply for a visa in advance

For citizens from around three dozen countries, mostly in Africa and Asia, visa requirements apply. Those countries currently include Afghanistan, Angola, Bangladesh, Cameroon, Cuba, Egypt, Eritrea, Ethiopia, Philippines, Gambia, Ghana, Guinea, Kenya, India, Iraq, Iran, Libya, Nigeria, Pakistan, Nepal, Democratic Republic of Congo, Democratic People's Republic of Korea, Senegal, Syria, Sri Lanka, Somalia, Venezuela, Vietnam, Yemen, Haiti, Republic of Congo, Mali, Ivory Coast and Myanmar.

Vaccination requirements for Ecuador

For visitors planning on heading into the Ecuadorian Amazon, it’s highly recommended to get a yellow fever vaccination at least ten days before you arrive. The relevant provinces include Napo, Pastaza, Orellana, Sucumbíos, Zamora-Chinchipe, Morona-Santiago and parts of Esmeraldas.

Proof of yellow fever vaccination is mandatory for anyone arriving from regions where the disease is prevalent, such as Brazil, the Democratic Republic of Congo and Uganda. This also applies to Ecuadorian nationals.