

The logo for Ecuador, featuring a stylized white 'E' with a sunburst pattern on its right side, positioned above the word 'CUA' and 'DOR' stacked vertically in a bold, white, sans-serif font.

CUA
DOR

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**ALL THE WORLD
ONLY IN ECUADOR**

A small horizontal bar representing the Ecuadorian flag, with blue, white, and red stripes.



E
CUA
DOR



ONE TRIP, FOUR WORLDS

Stand in two hemispheres at once, reach the point closest to the sun, live alongside ancestral cultures, and savor the world's finest aroma cacao. Ecuador is not just a destination: it's a transformative experience where you live it all in a single trip.

At the center of the planet beats an extraordinary place: Ecuador, the Country of the Four Worlds. Thanks to its small size and its variety of climates, in a single trip you can wake up among giant tortoises in Galápagos, travel along the Pacific Coast, watch the sunset among the majestic Andes, and breathe in the living rainforest of the Amazon.





GALÁPAGOS



COSTA



ANDES



AMAZONÍA



**E
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**WE INVITE YOU TO SHINE IN A
SINGLE TRIP**

GALÁPAGOS



E
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DOR



INSULAR GALÁPAGOS

EXPERIENCE Nature tourism, endemic wildlife watching, cruises, and sustainability.

ACTIVITIES Snorkeling, scuba diving, tortoise watching, hiking, and sailing.

CUISINE Fish encocado (coconut-milk stew), lobster, ceviche, and marine fusion cuisine.

RECOMMENDATION Book in advance and choose licensed, formal operators; ideal for travelers with a strong interest in conservation and exclusive experiences.



Esto puedes hacer en las **ISLAS GALÁPAGOS**

ISLAND	WHAT MAKES IT UNIQUE	HIGHLIGHTED ACTIVITIES
SANTA CRUZ	Main gateway and tourism hub (Puerto Ayora). Home to the Charles Darwin Research Station and the giant tortoises of the highlands.	Giant tortoise watching, Tortuga Bay, snorkeling, kayaking, and hiking.
SAN CRISTÓBAL	Provincial capital (Puerto Baquerizo Moreno). Sea lion colonies and the iconic León Dormido islet (Kicker Rock).	Scuba diving and snorkeling at León Dormido, the Interpretation Center, and La Lobería beach.
ISABELA	The largest island, shaped like a seahorse. Home to the active Sierra Negra volcano and the Galápagos penguin, the only one that lives near the equator.	Trekking to Sierra Negra, snorkeling at Los Túneles, the Wall of Tears (Muro de las Lágrimas), and Concha de Perla.
ESPAÑOLA	The southernmost and oldest island; the only nesting site of the Galápagos albatross (April to December).	Albatrosses and blue-footed boobies at Punta Suárez; Gardner beach.
BARTOLOMÉ	The most photographed landscape in the archipelago, crowned by Pinnacle Rock.	Panoramic viewpoint, snorkeling with penguins and sea lions.
FLOREANA	An island of history and mystery; home to the colonial mailbox at Post Office Bay.	Snorkeling at Devil's Crown, flamingo watching, and historic sites.
GENOVESA	"The bird island": large colonies of red-footed boobies and frigatebirds.	Birdwatching, snorkeling, and sailing (full-day visit).





ANDES

WHERE THE EARTH TOUCHES THE SKY

Along the Andes Mountains, volcanoes, snow-capped peaks, valleys, lagoons, and ancestral villages await you. Chimborazo — the highest mountain in Ecuador and the point on Earth's surface closest to the sun — together with Cotopaxi and Cayambe, lifts you toward the sky; and cities like Quito and Cuenca, UNESCO World Heritage Sites, treasure the purest essence of Andean culture.






QUITO

HISTORIC CENTER

Quito's Historic Center, located in Ecuador's capital, is one of the best-preserved colonial districts in Latin America and was declared a UNESCO World Heritage Site in 1978.

Founded in the 16th century on former Indigenous settlements, this district combines history, art, culture, and religion across its cobblestone streets, plazas, and colonial buildings. Among its main attractions are the Plaza Grande, the Basílica del Voto Nacional, the Church of La Compañía de Jesús, the Church and Convent of San Francisco, and the Carondelet Palace. Along the way, visitors can admire stunning works of religious art, colonial balconies, museums, traditional markets, and architecture that reflects the blend of Indigenous and Spanish cultures. The Historic Center also offers a wide variety of culinary, artisanal, and cultural experiences that reveal Quito's identity.

Visiting Quito's Historic Center means traveling through more than 400 years of history, discovering one of the most important heritage treasures in the Americas and a symbol of Ecuador's cultural legacy.





MIDDLE OF THE WORLD

EXPERIENCE Scientific, cultural, and family tourism on the equatorial line.

ACTIVITIES Interactive museums, photography, and astronomical experiences.

CUISINE Fritada (fried pork), chicha, traditional sweets.

RECOMMENDATION Ideal for family and educational tourism; pair it with nearby communities and artisan markets.

OTAVALO

EXPERIENCE Community-based tourism and Indigenous culture.

ACTIVITIES Handicraft shopping, Andean music, community visits, and rural tourism.

CUISINE Yamor, roasted cuy (guinea pig), tortillas de tiesto.

RECOMMENDATION Recommended for travelers interested in cultural authenticity, fair trade, and sustainable experiences.



COTACACHI

EXPERIENCE Cultural, community, culinary, and nature tourism.

ACTIVITIES Leatherwork and visits to Cotacachi Cayapas National Park.

CUISINE Carnes coloradas, hornado.

RECOMMENDATION Ideal for travelers with a strong interest in culture and nature.



COTOPAXI AND THE AVENUE OF THE VOLCANOES

EXPERIENCE Adventure tourism and natural landscapes among snow-capped peaks.

ACTIVITIES Trekking, cycling, horseback riding, photography, and mountaineering.

CUISINE Trout, papas con cuero (potatoes with pork rind), Andean cheeses.

RECOMMENDATION Bring thermal clothing and high-altitude gear; very appealing for adventure and photography.



BAÑOS DE AGUA SANTA

EXPERIENCE Adventure and wellness tourism.

ACTIVITIES Zip-lining, rafting, canyoning, hot springs, and bike routes.

CUISINE Melcochas (sugarcane taffy), trout, fresh juices.

RECOMMENDATION Ideal for young travelers and active tourism; combine adventure with wellness.

CHIMBORAZO

EXPERIENCE Mountain tourism and extreme nature at the point closest to the sun.

ACTIVITIES Hiking, high-altitude cycling, and Andean wildlife watching.

CUISINE Caldo de gallina (chicken soup), hornado, morocho.

RECOMMENDATION Prior acclimatization is important because of the altitude; for travelers who specialize in mountains.





CUENCA

EXPERIENCE Cultural, heritage, and culinary tourism in a colonial gem.

ACTIVITIES Historical tours, artisan workshops, and a culinary route.

CUISINE Mote pillo, cuy, tamales, traditional sweets.

RECOMMENDATION Recommended for its calm, architecture, and quality of life; ideal for cultural travelers.

CAJAS NATIONAL PARK

EXPERIENCE Ecotourism and nature tourism among high-altitude lagoons.

ACTIVITIES Hiking, birdwatching, photography, and camping.

CUISINE Trout and traditional Andean food.

RECOMMENDATION Bring waterproof and thermal clothing; very appealing for ecotourists and birdwatchers.



INGAPIRCA

EXPERIENCE Archaeological and historical tourism at the country's most important Inca complex.

ACTIVITIES Archaeological tours, cultural interpretation, and photography.

CUISINE Mote pata, fritada, Cañari cuisine.

RECOMMENDATION A key destination for travelers interested in pre-Columbian history and Andean heritage.

CHORDELEG

EXPERIENCE Cultural, artisanal, and heritage tourism; a “Pueblo Mágico” (Magic Town) of Azuay.

ACTIVITIES Artisanal tourism: gold and silver filigree jewelry, pottery.

CUISINE Hornado, cascaritas, cuy, caldo de gallina.

RECOMMENDATION Famous for its filigree and colonial atmosphere; a well-kept secret of Azuay.



MINDO

EXPERIENCE Nature and wellness tourism in the cloud forest.

ACTIVITIES Birdwatching, zip-lining, artisanal chocolate, and hiking.

CUISINE Artisanal chocolate, local coffee, tilapia.

RECOMMENDATION Ideal for birdwatchers and slow tourism; perfect for short getaways from Quito.

VILCABAMBA

EXPERIENCE Wellness and longevity tourism in the Valley of Longevity.

ACTIVITIES Walks, yoga, wellness retreats, and rural tourism.

CUISINE Loja coffee, repe lojano, artisanal honey.

RECOMMENDATION Very appealing for wellness and retreat; recommended for extended stays and disconnecting.





AMAZONÍA

THE LUNGS OF THE PLANET

Ecuador's vast and lush Amazon opens its doors to a paradise of forests, rivers, and age-old cultures. One of the most biodiverse places on the planet, it is home to ancestral peoples such as the Kichwa, Waorani, Shuar, Achuar, Sápara, and Cofán, and to peoples such as the Tagaeri and Taromenane. Here you'll find world-class reserves like Yasuní National Park and the Cuyabeno Wildlife Production Reserve.



YASUNÍ

EXPERIENCE Nature and biodiversity tourism in one of the most biodiverse reserves on the planet.

ACTIVITIES River navigation, wildlife watching, and community immersion.

CUISINE Maito, chontacuro, Amazonian tilapia.

RECOMMENDATION Ideal for biodiversity and sustainability; preventive vaccination and light jungle clothing are recommended.



CUYABENO

EXPERIENCE Ecotourism and immersive rainforest experiences.

ACTIVITIES Kayaking, birdwatching, night walks, and community-based tourism.

CUISINE Ancestral Amazonian cuisine.

RECOMMENDATION For nature and adventure travelers; it's important to hire operators with a tourism license.



COSTA

THE SHINE OF THE PACIFIC

The Pacific Coast welcomes you with sun, flavor, and joy: 110 beaches such as Montañita, Salinas, Canoa, and Mompiche, along with cliffs, mangroves, and perfect waves. Surfing, diving, and water sports blend with the warmth of its people and a seafood-rich cuisine that wins you over at the first bite.



SUN, BEACH, AND CULTURE



THE SPONDYLUS ROUTE

EXPERIENCE Beach tourism and coastal experiences along the Pacific.

ACTIVITIES Surfing, whale watching, and seafood cuisine.

CUISINE Encebollado, ceviche, corviche, seafood.

RECOMMENDATION Excellent for road trips; recommended between June and September for whale watching.



PUERTO LÓPEZ AND MACHALILLA NATIONAL PARK

EXPERIENCE Nature and marine-coastal tourism.

ACTIVITIES Whale watching, snorkeling, and Isla de la Plata (Plata Island).

CUISINE Fried fish, ceviches, and seafood.

RECOMMENDATION Ideal for marine ecotourism; consider the weather seasons and book in advance.





MONTAÑITA

EXPERIENCE Surf tourism and nightlife.

ACTIVITIES Surfing, yoga, coastal cuisine, and entertainment.

CUISINE Ceviche, encebollado, bolón de verde.

RECOMMENDATION Ideal for young travelers and experiential tourism; recommended during the international surf seasons.

GUAYAQUIL

EXPERIENCE Urban and culinary tourism; the country's main gateway.

ACTIVITIES The Malecón (waterfront promenade), historic parks, cuisine, and shopping.

CUISINE Encebollado, crab, arroz con menestra.

RECOMMENDATION Ideal as a gateway and a connection point to Galápagos and the Ecuadorian coast.



ESMERALDAS AND AFRO-ECUADORIAN COMMUNITIES

EXPERIENCE Cultural, culinary, and beach tourism.

ACTIVITIES Afro music, beaches, cuisine, and community-based tourism.

CUISINE Encocado, tapao, seafood.

RECOMMENDATION For authentic cultural and culinary tourism; ideal for musical and culinary experiences.



HOW TO GET THERE?

Ecuador is a compact, well-connected country: in just a few hours you can go from one world to another. These are the gateways and how to reach each region.

GATEWAYS INTO THE COUNTRY

Quito — Mariscal Sucre International Airport (UIO). In Tababela, the country's main connection hub, with direct flights to North America, Europe, and Latin America. The best gateway for the Andes and Galápagos.

Guayaquil — José Joaquín de Olmedo International Airport (GYE). The main gateway to the Coast, with direct connections to the United States, Europe, and South America.

Secondary airports. Manta (Eloy Alfaro) and Latacunga (Cotopaxi) receive some international and charter flights.

HOW TO REACH EACH REGION

Galápagos. Flights from Quito and Guayaquil to Baltra (GPS) or San Cristóbal (SCY), about 2 hours. Between islands, travel by boat or small plane.

Andes. Quito is the main connection hub; the Avenue of the Volcanoes connects Cotopaxi, Baños, and Chimborazo by road. Cuenca has a domestic airport (Mariscal Lamar).

Amazon. By air to El Coca / Puerto Francisco de Orellana (~30 min from Quito), the gateway to Yasuní, or to Lago Agrio for Cuyabeno; then by river or road. Tena, Puyo, and Misahuallí are reached overland from Quito and Baños.

Coast. Guayaquil as the hub; the Ruta del Spondylus is traveled by road (Puerto López, Montañita, Salinas), with airports in Manta and Esmeraldas.

Useful facts. Currency: U.S. dollar (USD).

Language: Spanish. Best time to visit: year-round; dry season from June to September in the Andes. For the Amazon, check on the yellow fever vaccine.



OUR FLAVORS

Ecuadorian cuisine is as diverse as its landscapes. In a single trip you go from the fresh seafood of the Coast and Galápagos to the Andean dishes of potato, corn, and pork, and from there to the ancestral recipes of the Amazon. Each region is a different pantry, and every dish tells a story of tradition, cultural blending, and creativity.



ECUADOR SHINES IN 2026

In 2026, while the entire world buzzes with the biggest soccer celebration in North America, Ecuador shines just a few hours away. We invite you to extend your trip and discover, in a single destination, four worlds you won't find anywhere else: Galápagos, the Andes, the Amazon, and the Coast. Before or after the matches, you can go from the Galápagos Islands to the Amazon, from the Andean peaks to the Pacific beaches, all in a matter of hours. A transformative experience that turns a sports trip into the trip of your life.



Brilla auténticamente

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