



📍 TOUR DETAILS

Discover the best-preserved Historic Center in Latin America, the birthplace of revolution. Immerse yourself in the beauty of its landscapes, architecture, customs, and traditions, all while savoring traditional sweets found on its charming streets! We'll explore the Main Square, known as the Plaza de la Independencia, stroll along Garcia Moreno Street, home to famous churches, and conclude our journey at San Francisco Square to delve deeper into the history and culture of Quito and its people. Join us for an unforgettable adventure!



★ MEET YOUR TOUR GUIDE: STEFY



Stefy is a passionate Quito native who has been guiding tours of her hometown for years. She is an expert on the city's history, culture, and architecture, especially the UNESCO World Heritage colonial district. Stefy leads engaging walking tours to Quito's top sites, infusing them with personal anecdotes and insider information.

PRIVATE TOURS | Your guide is available for private tours, virtually or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion - or to add to an upcoming trip. Please reach out to us and we will be happy to connect you.

📍 WHAT TO EXPECT

Get ready for something special. We're traveling with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

The tour will be live streamed by your guide. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

🎵 MUSIC SELECTION

- **Quito De Mis Amores - Génesis Loyo & Byron Granda:**
<https://www.youtube.com/watch?v=hoOPx4PglBU>





CANELAZO INGREDIENTS

- 2 cups water
- 1 cinnamon stick
- 1/4 cup aguardiente/firewater liquor
- 1 tablespoon brown sugar
- 1 small sliced orange or lemon

DIRECTIONS

- In a saucepan, add the water and cinnamon stick.
- Bring to a boil over high heat. Once boiling, remove from heat.
- Add the aguardiente, brown sugar, and orange/lemon slices.
- Stir well until sugar dissolves. Return pan to low heat for 2-3 minutes, do not boil.
- Remove cinnamon stick. Serve warm in small glasses or mugs.



LLAPINGACHOS

INGREDIENTS

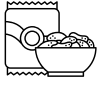
- 2 lbs potatoes, peeled and boiled
- 1/2 white onion, finely chopped
- 2 oz feta or farmer's cheese, crumbled
- 1 egg, beaten
- 1/4 cup flour
- 1 teaspoon achiote seasoning or paprika Salt and pepper to taste
- Vegetable oil for frying

PREPARATION

1. Mash the cooked potatoes well until smooth.
2. Add the onion, cheese, egg, flour, and achiote seasoning. Mix well.
3. Season with salt and pepper.
4. Form palm-sized rounds or oval shapes from the potato mixture.
5. In a skillet, heat 1/2 inch of oil over medium high heat.
6. Fry the llapingachos 2-3 minutes per side until golden brown.
7. Drain on paper towels and serve warm.



QUITO, ECUADOR - SNACKS



- **Quaker Oats Chocolate Cookies** - These chocolate sandwich cookies with creamy filling are made by Quaker Oats in Ecuador. They have become an iconic snack and are exported around the world.
- **Inca Kola** - This bright yellow soda has a sweet, bubblegum-like flavor and is a beloved drink in Ecuador. Though originally only sold in Ecuador, it has expanded to international markets and some US stores carry it. Look for the recognizable yellow bottles.
- **Passabocas Platanitos** - These frozen fried green plantain chips are a popular Ecuadorian snack. Passabocas is one of the main brands and distributes internationally.

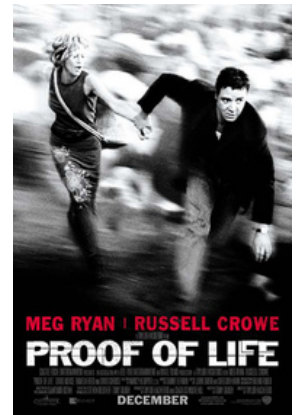


QUITO, ECUADOR - MOVIES



MOVIE SELECTION

- **The Dancer Upstairs (2002)** - Directed by John Malkovich, this political thriller starring Javier Bardem was primarily filmed in Quito. It follows a police detective pursuing an extremist guerilla group.
- **Proof of Life (2000)** - This action-drama starring Meg Ryan and Russell Crowe was partly filmed in Quito. It depicts political kidnappings in an unnamed South American country.
- **Ratas, Ratones, Rateros (1999)** - An Ecuadorian crime comedy directed by Sebastián Cordero and set in Quito. Follows the escapades of petty criminals in the capital city. Screens occasionally at Latin American film festivals.

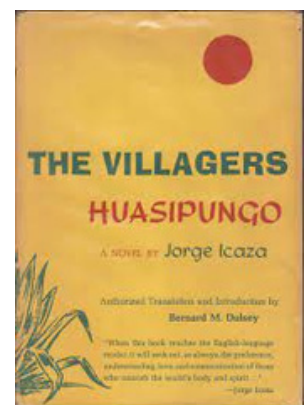


QUITO, ECUADOR - BOOKS



BOOK SELECTION

- **The Villagers by Jorge Icaza** - An Ecuadorian novel depicting the lives of indigenous people in a highland community near Quito in the 1930s. Provides insight into social and racial dynamics.
- **¡Que viva la música! by Andrés Caicedo** - This coming-of-age novel follows a young woman immersed in the rock scene of 1970s Quito. Captures the vibrancy of Quito's youth counterculture and music.
- **The Quito Manuscript by Juan Rodríguez** - A mystery novel focused on the discovery of a long-lost 17th century manuscript in the capital city. Offers vivid descriptions of Quito's colonial architecture and history.

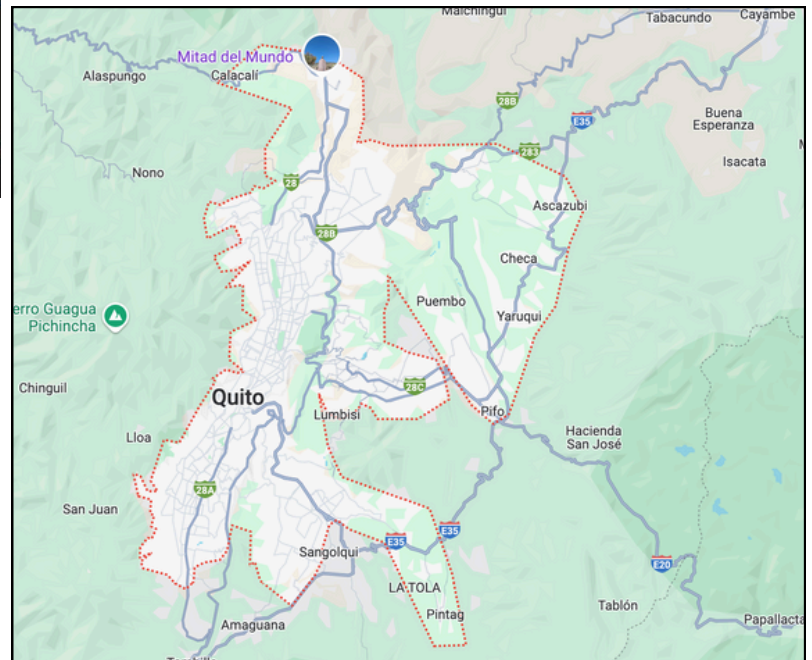


QUITO, ECUADOR - FUN FACTS

FIVE FACTS

1. Quito is the closest capital city to the equator at just 25 kilometers south. Its location gives it a 12 hour constant, year-round spring-like climate.
2. Quito is considered the least altered and best-preserved historic center in Latin America. The old town is a UNESCO World Heritage Site.
3. The winged Virgin of Quito sculpture atop the basilica is made of 7,000 aluminum tiles and stands 140 feet tall. At night it is illuminated like a beacon over the city.
4. Quito has a museum dedicated to water called the Museo del Agua. Exhibits focus on the importance of water conservation in the Ecuadorian Andes.
5. The Chagra dance which comes from Quito and surrounding highlands, involves male dancers fighting with whips and showing off athletic moves for their partners.

QUITO, ECUADOR - MAP



QUITO, ECUADOR - DISCUSSION QUESTIONS



History and Heritage

- What part of Quito's colonial past did you find most interesting during the tour?
- How does Quito's blend of indigenous and Spanish influences shape its identity today?
- Quito is one of the first UNESCO World Heritage Sites. Why do you think it earned that recognition?
- What stories or legends from the tour stood out to you, and why?

Architecture and Landmarks

- Which architectural styles did you notice most in Quito's historic center?
- How do you think the city balances preserving its historic buildings with modernization?
- What did you think of the views from the TelefériQo or other high-altitude areas shown during the tour?
- Did any churches, such as the Basilica del Voto Nacional or La Compañía de Jesús, catch your eye? What details did you notice?

Culture and Traditions

- What traditional crafts or artistic practices did you learn about today?
- Did the tour mention any important festivals or celebrations in Quito? Which would you like to experience?
- How does the local music, dance, or street art reflect Ecuador's culture and history?
- Did the guide mention any indigenous communities and their contributions to Quito's culture?

Cuisine

- What local foods or drinks were highlighted during the tour? Would you want to try any of them?
- How do you think the Andean geography influences the cuisine of Quito?
- Did any street food vendors or local markets stand out to you during the tour?
- Would you be interested in taking a food tour of Quito to try more traditional dishes?

Sustainability and Nature

- What eco-tourism initiatives or sustainable tourism efforts did the tour guide mention?
- How does Quito's proximity to natural wonders, like Cotopaxi National Park or the Andean cloud forests, influence tourism in the area?
- How does the city maintain green spaces like Parque La Carolina and Parque Metropolitano?
- Did you learn anything about efforts to protect biodiversity in Quito's surrounding areas?

Accessibility and Inclusivity

- Were there any features or services in Quito designed to improve accessibility for visitors with disabilities?
- How do you think public transport in Quito, such as the Ecovía or Trolebús, accommodates tourists and locals with mobility challenges?
- Did you notice any efforts to provide inclusive tourism experiences, such as guided tours for visitors with sensory impairments?

General Impressions and Reflections

- What part of Quito's scenery or atmosphere did you find most memorable?
- How does Quito compare to other historic cities you've learned about or visited?
- If you were to visit Quito in person, what would you want to explore first?
- Did anything in today's tour inspire you to learn more about Ecuador's history, people, or environment?

QUITO, ECUADOR - SUSTAINABILITY



Environmental Conservation

- Protected Natural Areas: Quito lies within proximity to several ecological reserves, including the Andean Chocó Biosphere Reserve and the nearby Cotopaxi National Park, both supporting eco-tourism initiatives.
- Biodiversity Programs: Efforts to protect endangered species and restore natural habitats are ongoing, especially in the Andean cloud forests and high-altitude páramo ecosystems.
- Sustainable Transport Options: Quito promotes eco-friendly transport, such as electric buses and cable cars (e.g., the TelefériQo), to reduce emissions in and around the city.

Cultural Preservation

- World Heritage Site Protection: Quito's historic center, recognized by UNESCO, is preserved through sustainable restoration projects aimed at maintaining colonial-era buildings and landmarks.
- Community Tourism: Indigenous communities around Quito, such as in Otavalo and other highland villages, offer cultural tourism experiences where visitors can learn about traditional crafts, music, and agricultural practices.
- Support for Artisans: Local markets and workshops are promoted as key tourist destinations to encourage support for Ecuadorian artisans and craftsmen.

Sustainable Hospitality and Businesses

- Eco-Friendly Accommodations: Many hotels and lodges, particularly in surrounding natural areas, adhere to green practices, such as water conservation, renewable energy use, and waste reduction.
- Farm-to-Table Cuisine: Restaurants increasingly source ingredients from local farmers who practice sustainable agriculture, ensuring seasonal and organic options.
- Waste Reduction Initiatives: Tourist businesses are encouraged to reduce single-use plastics and adopt recycling programs to minimize environmental impact.

Educational and Eco-Tourism Programs

- Guided Nature Tours: Programs such as eco-hikes, bird-watching, and educational tours in the Andean cloud forests focus on raising awareness of conservation issues.
- Sustainability Workshops: Quito offers workshops and visitor programs on topics like organic farming, local biodiversity, and responsible tourism, often in collaboration with local communities and universities.

Green Infrastructure

- Urban Parks and Green Spaces: The city has expanded public green areas, including parks like Parque La Carolina and Parque Metropolitano Guangüiltagua, providing ecological oases for both locals and visitors.
- Air Quality and Urban Health: Efforts to reduce pollution include tree planting campaigns and urban reforestation projects, enhancing air quality and urban biodiversity.

Community Involvement and Social Equity

- Local Employment Initiatives: Many tourism projects prioritize hiring local residents, offering job training and fair wages to strengthen the local economy.
- Sustainable Tourism Certifications: Quito's government collaborates with organizations to provide sustainable certification for tourism businesses, ensuring adherence to environmental and social standards.
- Education and Inclusion: Programs focused on inclusivity help make tourist sites accessible for people with disabilities, fostering a more equitable travel experience for all visitors.

Tourism Awareness Campaigns

- Responsible Tourist Guidelines: Quito promotes campaigns to educate tourists on minimizing their environmental footprint, respecting local customs, and supporting ethical tourism.
- Volunteer Opportunities: Visitors can participate in conservation efforts, such as reforestation projects or wildlife monitoring, contributing directly to sustainability goals.

**Accessible Infrastructure**

- **Public Transportation Accessibility:** The city's bus rapid transit (BRT) system, "Ecovía" and "Trolebús," includes low-floor buses, wheelchair ramps, and priority seating for people with disabilities.
- **TelefériQo Cable Car Access:** The TelefériQo, which offers panoramic views of Quito, is equipped with ramps and wheelchair-accessible facilities.
- **Airport Accessibility:** Mariscal Sucre International Airport provides accessible facilities, including elevators, wheelchair services, and visual/auditory announcements for passengers with disabilities.

Accessible Tourist Attractions

- **Historic Center Modifications:** Quito's UNESCO World Heritage Site has been gradually adapted with smoother, wheelchair-friendly pathways, ramps, and handrails in key tourist spots such as Independence Square and the Basilica del Voto Nacional.
- **Museums and Cultural Sites:** Popular museums, including the Museo del Carmen Alto and the Museo de la Ciudad, offer ramps, elevators, and accessible exhibits. Some provide tactile displays and Braille information for visitors with visual impairments.
- **Parks and Natural Spaces:** Parks like Parque La Carolina and Parque Metropolitano Guangüiltagua have accessible trails, restrooms, and picnic areas.

Accommodations and Dining

- **Accessible Hotels:** Many hotels in Quito provide wheelchair-accessible rooms, elevators, and accessible bathrooms with grab bars and roll-in showers.
- **Inclusive Restaurants:** An increasing number of restaurants offer accessible entrances and seating arrangements. Staff are trained to assist guests with disabilities and accommodate dietary needs.
- **Specialized Tours and Lodging:** Eco-lodges and community tourism initiatives near Quito have incorporated accessibility features such as ramp access and transportation services for guests with limited mobility.

Programs for Sensory and Cognitive Disabilities

- **Sign Language Services:** Some cultural institutions, including museums, offer tours guided by interpreters fluent in Ecuadorian Sign Language (LSEC) for deaf or hard-of-hearing visitors.
- **Audio Guides and Visual Aids:** Historical and natural attractions provide audio guides and large-font or Braille materials to support visually impaired tourists.
- **Sensory-Friendly Experiences:** Attractions are adapting with quieter zones and sensory-friendly tours to support visitors with sensory processing challenges.

Accessible Public Services

- **Restrooms and Facilities:** Many public areas, including transportation hubs, parks, and tourist attractions, feature accessible restrooms equipped with wide stalls, handrails, and emergency assistance buttons.
- **Wheelchair and Mobility Equipment Rental:** Several businesses and tourism offices offer rental services for wheelchairs, scooters, and other mobility aids.
- **Medical and Emergency Support:** Visitors with disabilities can access 24/7 medical services at hospitals and clinics that are knowledgeable in providing care for tourists.

Training and Awareness

- **Tourism Staff Training:** The municipality and private sector have implemented training programs to educate staff on how to assist visitors with disabilities, ensuring respectful and effective support.
- **Accessible Tourism Certifications:** Quito supports certifications for tourism businesses that meet international accessibility standards, encouraging them to enhance their facilities and services.
- **Community Awareness Campaigns:** Awareness initiatives promote inclusivity and sensitivity towards visitors with disabilities, helping to reduce barriers and foster a welcoming atmosphere.

QUITO, ECUADOR - MYTHS & FACTS



Myths

- Myth: Quito was founded by the Spanish.
 - Reality: Although the Spanish officially founded the city in 1534, Quito was already a significant settlement for the indigenous Quito people and later part of the Inca Empire.
- Myth: Quito's latitude of 0° means the entire city is located on the equator.
 - Reality: The equator does pass near Quito, but most of the city is a few miles south of the actual equatorial line. The popular "Middle of the World" monument is not exactly on the equator.
- Myth: The gold in La Compañía de Jesús Church can be scraped off with a knife.
 - Reality: The interior is covered in intricate gold leaf, which is delicate but not easily removed as suggested by legends.
- Myth: Volcán Pichincha will erupt and cover the entire city in ash.
 - Reality: While Pichincha is an active volcano, it is closely monitored, and eruptions are rare and typically mild. The city has safety protocols in place.
- Myth: The stone carvings on Quito's Basilica del Voto Nacional include traditional gargoyles.
 - Reality: The basilica features uniquely Ecuadorian gargoyles, shaped like native animals such as iguanas, turtles, and condors, blending Gothic architecture with local culture.
- Myth: Quito is dangerous for tourists due to constant crime.
 - Reality: Like any major city, Quito has areas where tourists should be cautious, but it is generally safe when proper precautions are taken.

Facts

- Fact: Quito was one of the first UNESCO World Heritage Sites.
 - Quito, along with Kraków, Poland, was declared a UNESCO World Heritage Site in 1978 for its remarkably preserved historic center.
- Fact: Quito is the highest constitutional capital in the world.
 - Located at an elevation of around 2,850 meters (9,350 feet), Quito holds this title, though La Paz, Bolivia, is the world's highest administrative capital.
- Fact: Quito's TelefériQo is one of the highest cable cars in South America.
 - The TelefériQo takes visitors up to 4,050 meters (13,290 feet), offering spectacular views of the city and surrounding mountains.
- Fact: Quito was a major center of the Quito culture and later the northern capital of the Inca Empire.
 - Before Spanish colonization, the area was significant to both the Quito people and the Inca, with important cultural and administrative functions.
- Fact: Quito is home to the oldest observatory in South America.
 - The Quito Astronomical Observatory, built in 1873, still functions as a center for research and education.
- Fact: Quito's "Middle of the World" monument is slightly inaccurate.
 - Modern GPS technology has shown that the actual equatorial line is about 240 meters (787 feet) north of the monument.
- Fact: The Virgin of El Panecillo statue is one of the largest aluminum sculptures in the world.
 - Standing atop a hill overlooking the city, this statue honors the Virgin Mary and is a symbol of Quito.
- Fact: Quito has frequent seismic activity due to its location near tectonic plate boundaries.
 - The city experiences small tremors regularly, but strict building codes and monitoring help reduce earthquake risks.

24 HOURS IN QUITO, ECUADOR



Morning:

- **8:00 AM - 9:00 AM:** Breakfast at a local café, trying traditional Ecuadorian dishes like tamales or bolón de verde. Pair your meal with fresh fruit juice or Ecuadorian coffee.
- **9:00 AM - 11:00 AM:** Guided walking tour of the historic center, including Plaza de la Independencia, the Presidential Palace, and the Metropolitan Cathedral.
 - Visit La Compañía de Jesús, a church renowned for its ornate gold-covered interior.

Midday:

- **11:00 AM - 1:00 PM:** Visit the Museum of the City of Quito, learning about the city's history and culture through exhibits and artifacts.
 - Consider a brief stop at Calle García Moreno, known as the "Street of the Seven Crosses," to admire its historic churches and views.
- **1:00 PM - 2:00 PM:** Lunch at a traditional Ecuadorian restaurant, sampling local dishes such as ceviche or locro de papas (potato and cheese soup). Don't forget to try empanadas de viento (cheese empanadas) as a starter.

Afternoon:

- **2:00 PM - 4:00 PM:** Explore the La Ronda neighborhood, known for its colonial architecture and artisan shops.
 - Visit small workshops to learn about traditional crafts like leatherworking, chocolate-making, or weaving.
 - Take a break to enjoy canelazo, a warm spiced cinnamon drink.
- **4:00 PM - 6:00 PM:** Visit the San Francisco Church and Convent, a masterpiece of colonial architecture with a rich history.
 - Walk up to El Panecillo Hill to see the iconic Virgin of El Panecillo statue and take in panoramic views of Quito and the surrounding mountains.

Evening:

- **6:00 PM - 7:00 PM:** Dinner at a restaurant in the La Mariscal neighborhood, known for its vibrant nightlife and diverse cuisine. Try dishes like seco de chivo (goat stew) or fritada (fried pork).
- **7:00 PM - 9:00 PM:** Attend a traditional dance performance or music concert showcasing Ecuadorian culture at venues like Casa de la Música or a local cultural center.
 - Alternatively, explore Plaza Foch, known for its lively atmosphere, local bars, and live entertainment.

Nightcap Option:

- **9:00 PM - 10:00 PM:** End your day with a nighttime stroll through the illuminated historic center, or enjoy a cocktail with a view at a rooftop bar overlooking the city's lights.