Q is for…Quito

Quito is the capital of Ecuador, and while it’s not easy to get there, once you’re there, you’ll find yourself entertained for easily 4 days. Quito is also the kicking off place for the Galápagos Islands, where you can see unique marine life.

As always, contact me at [info@imaginationtvl.com](mailto:info@imaginationtvl.com) if you want to know more about Quito, Ecuador or the Galápagos Islands.

People in Quito, as in all of Ecuador, are very proud of their long and rich history. There is a strong European influence, but their culture is woven with indigenous practices, being part of the Inca Empire.

Because Ecuador is on the equator, the sun rises at 6a and it sets at 6p. And it never changes. Even though the UV rays are pretty strong here (so don’t forget sunscreen and a hat), the temperature does vary from the day to the evening and it’s not always hot.

The altitude is very high, so don’t worry if you have a problem catching your breath. You’ll get used to it pretty quickly. (You can get medicine from your doc.) The best thing is that even though it’s hot in Ecuador, you won’t encounter mosquitos because they have a hard time breathing up this high, too!

Also because of Ecuador’s location on the equator, you’ll find snow-capped volcanoes right next to the hot Amazon jungle.

It can be difficult to find people who speak English, so if you go, you’ll need to practice a few phrases in Spanish.

Have you heard of machismo? This is the belief that it’s the woman’s responsibility to tend to domestic responsibilities. Racism is prevalent among many Ecuadorians with the African and indigenous populations feeling that.

The food varies in this small country, but the typical food consists of soup and stews, corn pancakes, rice, eggs and vegetables. Seafood rules here! In the highlands, guinea pig is a popular dish.

Don’t drink the tap water. And while we’re on the subject of water…grab toilet paper from outside the stall before you enter, but don’t flush it. There’s a trash can near the toilet and that’s where you put it.

You don’t have to exchange currency if you’re from the US, because Ecuador accepts U.S. dollars. But bring small bills with you, nothing larger than a $10.

Things run rather slowly here, so don’t be impatient. Maybe it’s the sun, but don’t take it personally if service in a restaurant is slow or if your 12:00p tour doesn’t start until 12:30p.

While you’re walking around on the cobblestone streets and trying to find your way to your hotel, watch out. Cars do not stop for pedestrians!

But let’s dive more into the subject here: Quito.

Most of the things to do are related to that of the land:

TeleferiQo is where you will go to 13,000 feet above sea level. Quito is, in the center of town, already pretty high, at 8,500. But you can see an incredible view if you do make it up there.

Quito Old Town is where you’ll find some amazing colonial style architecture. This is the center of the town and where most tours will start. There are tons of restaurants, outdoor cafes and shops.

The U.S. dollar goes a long way in Quito. The average price for a 4+ star hotel is $88.00, and a bottle of wine is $10.00. A typical meal is $6.00.

If you’re interested in learning more about the culture of Ecuador or experiencing things to do in Quito or anywhere in this small country, give me a shout at

615-417-9859 or email me at [info@imaginationtvl.com](mailto:info@imaginationtvl.com).

Let’s go to Quito!