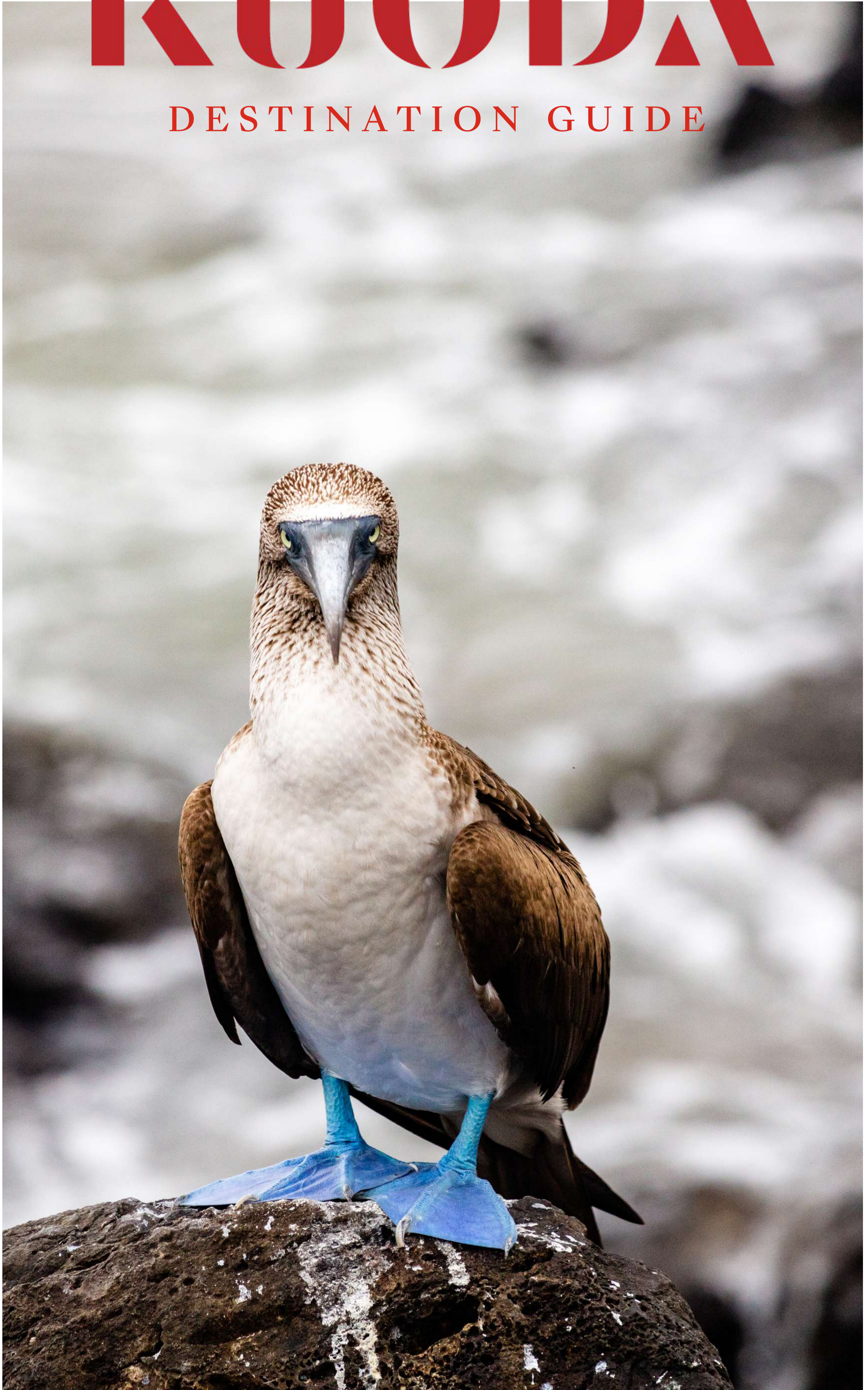


ECUADOR 2024

KUODA

DESTINATION GUIDE



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Ecuador

Known as the country in which you can straddle the center of the world, the truth is that Ecuador is a small place with a lot to offer. Travelers can enjoy a bit of everything: the Andes mountains, the Amazon rainforest, beaches, volcanos, incredible food, ancient history, and diverse cultures.

Walk through one of the best preserved historic centers in South America in Quito, get your adrenaline pumping on a pendulum swing overlooking the Tungurahua volcano in Baños, enjoy gastronomic fare on a rooftop in Guayaquil, tour ancient and contemporary art in Cuenca, or experience the otherworldly biodiversity of the Galapagos Islands.

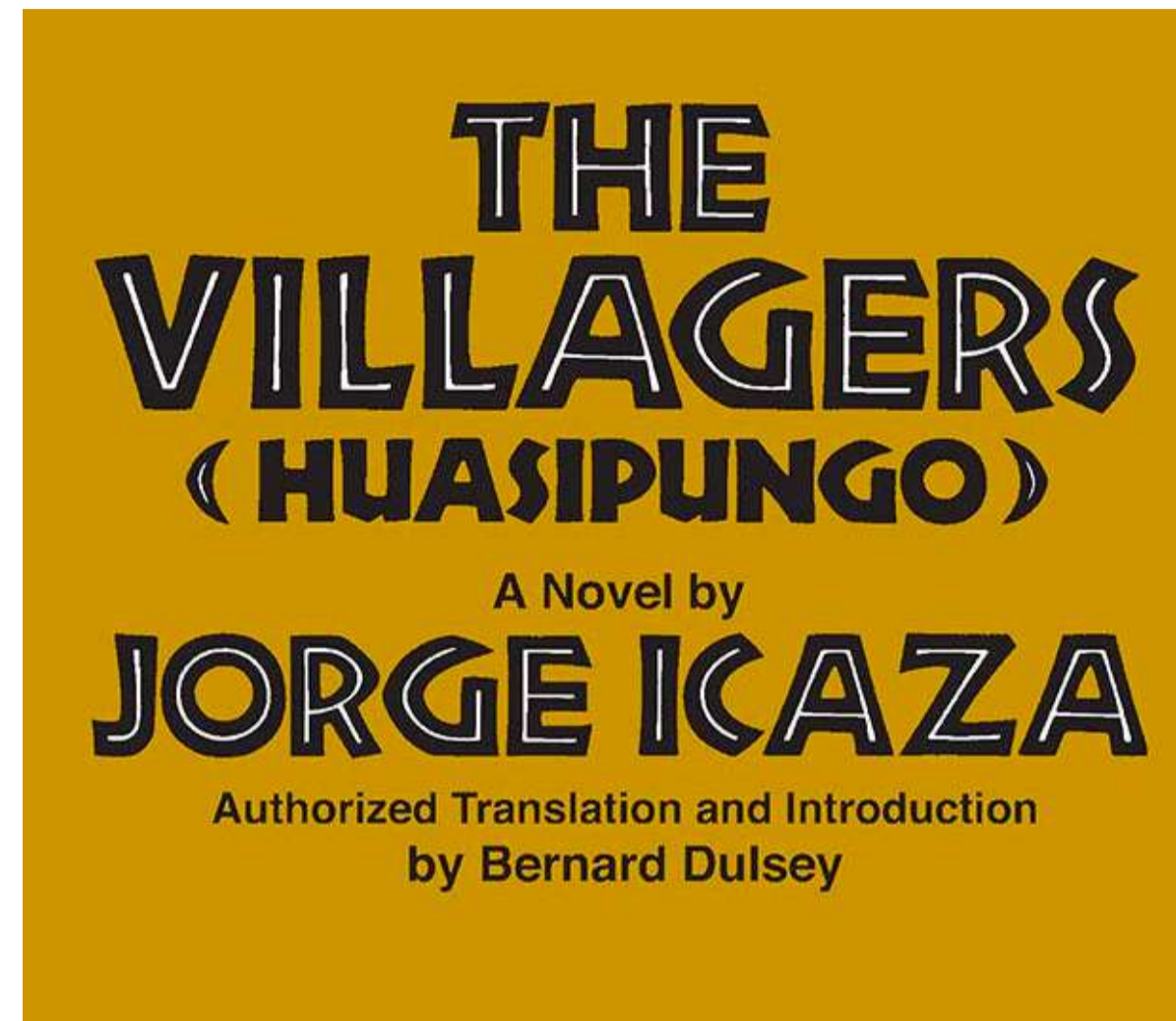
Rustic but upscale, cosmopolitan yet charming, historic and progressive, this magical country has something to offer every traveler.



BOOKS

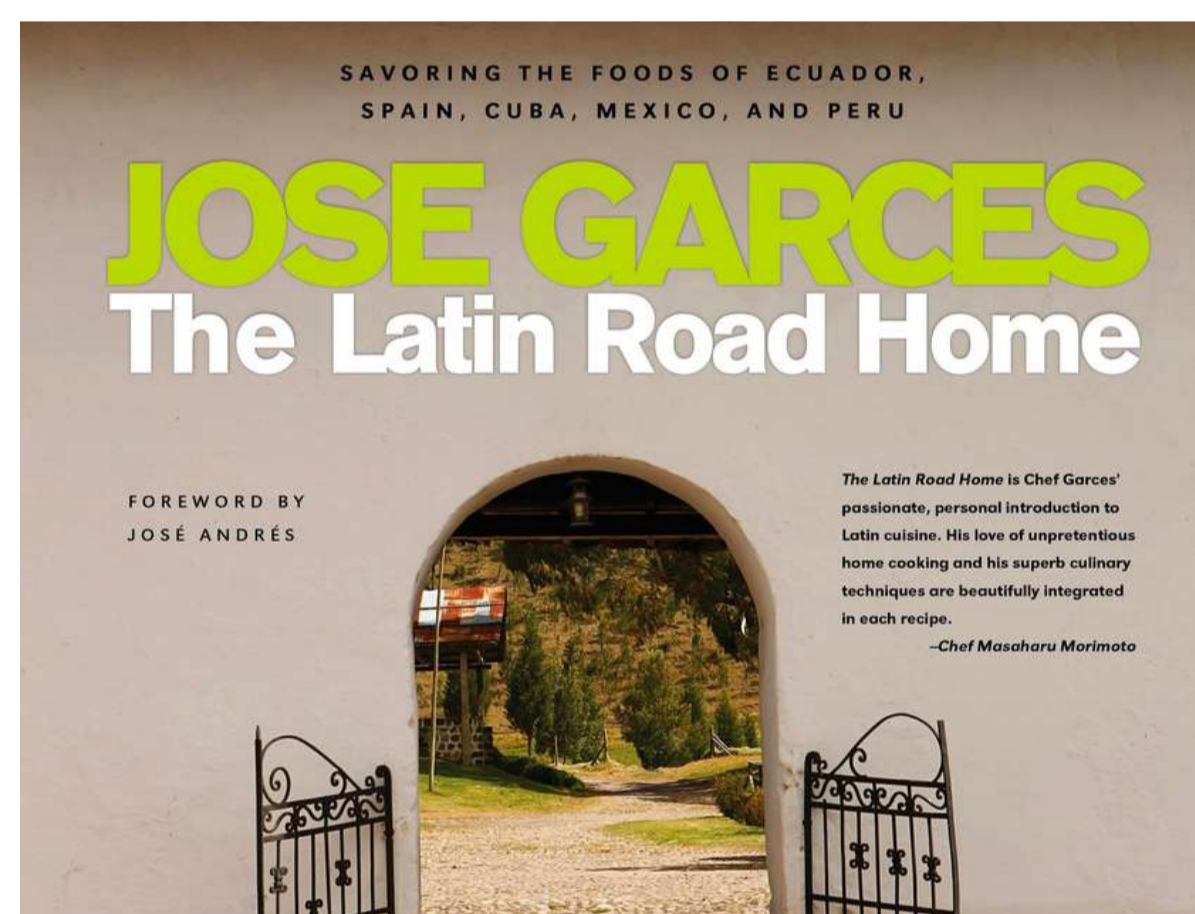
The Villagers by Jorge Icaza

Considered one of the most significant works of contemporary Latin American literature, *The Villagers* tells the story of an exterminated Andean Village in Ecuador. Written in 1934, this Indigenist piece sheds light on the historic exploitation of Ecuador's indigenous people through the feudal system, the echoes of which can still be felt and seen in some parts of the country today.



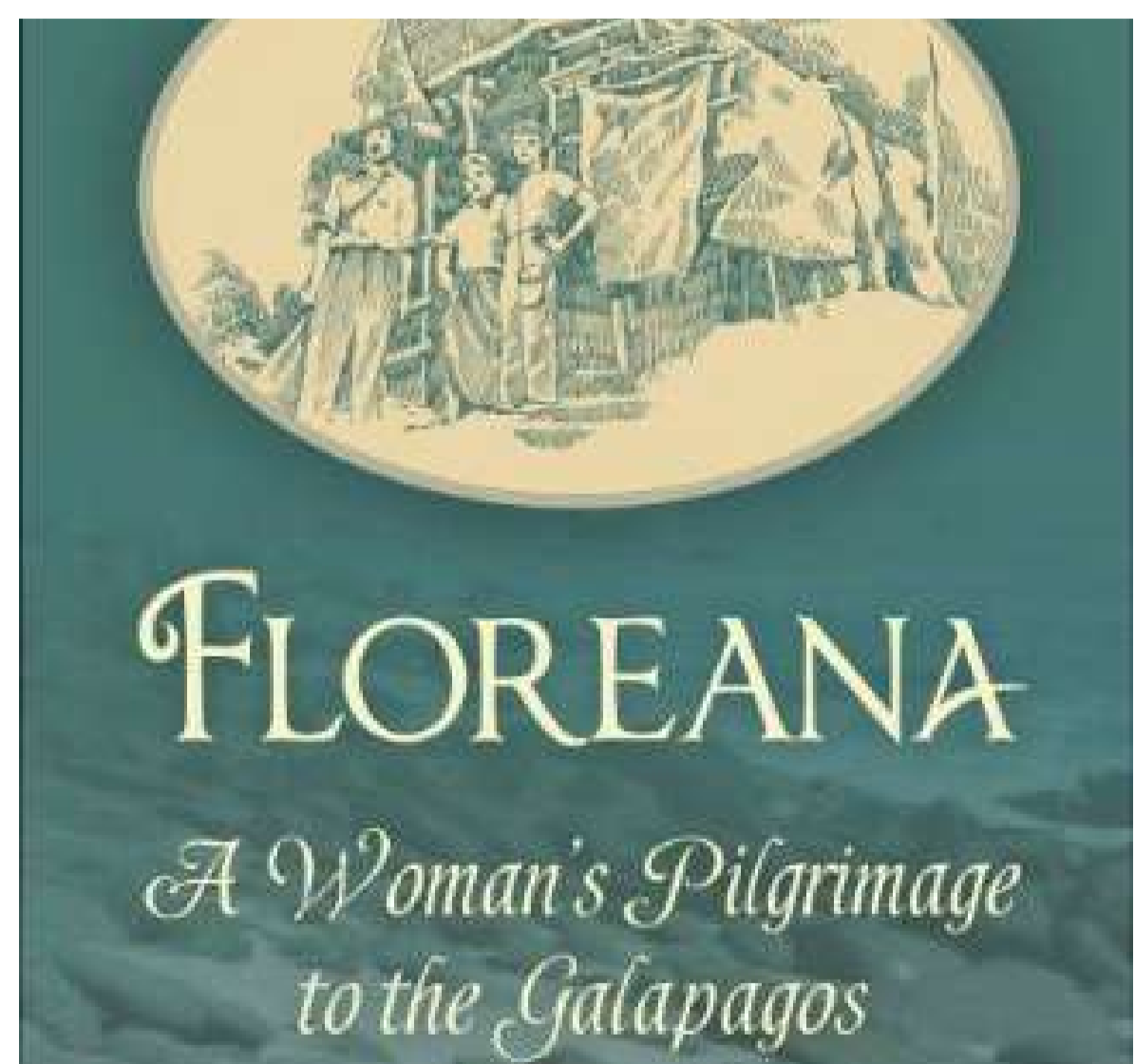
The Latin Road Home by Jose Garces

Through over 100 recipes, American-born chef and restaurant owner, Jose Garces, takes the home cook through the many traditions that have shaped his culinary life and style, beginning in his ancestral home of Ecuador. Accompanied by memories and insights into local cultures, their ingredients, and techniques, this book is a journey across the Latin American culinary world and its history.



Floreana: A Woman's Pilgrimage to the Galápagos by Margaret Wittmer

Margret Wittmer and her family left their German homeland in 1932 to settle on the island of Floreana in the Galapagos. This memoir recalls her 56 years of living 600 miles off the Ecuadorian coast at a time when it was completely isolated from the rest of civilization. Full of adventure, joy, and tragedy, it gives readers a glimpse into the world of the Galapagos when it was still wild and lonely.



MOVIES

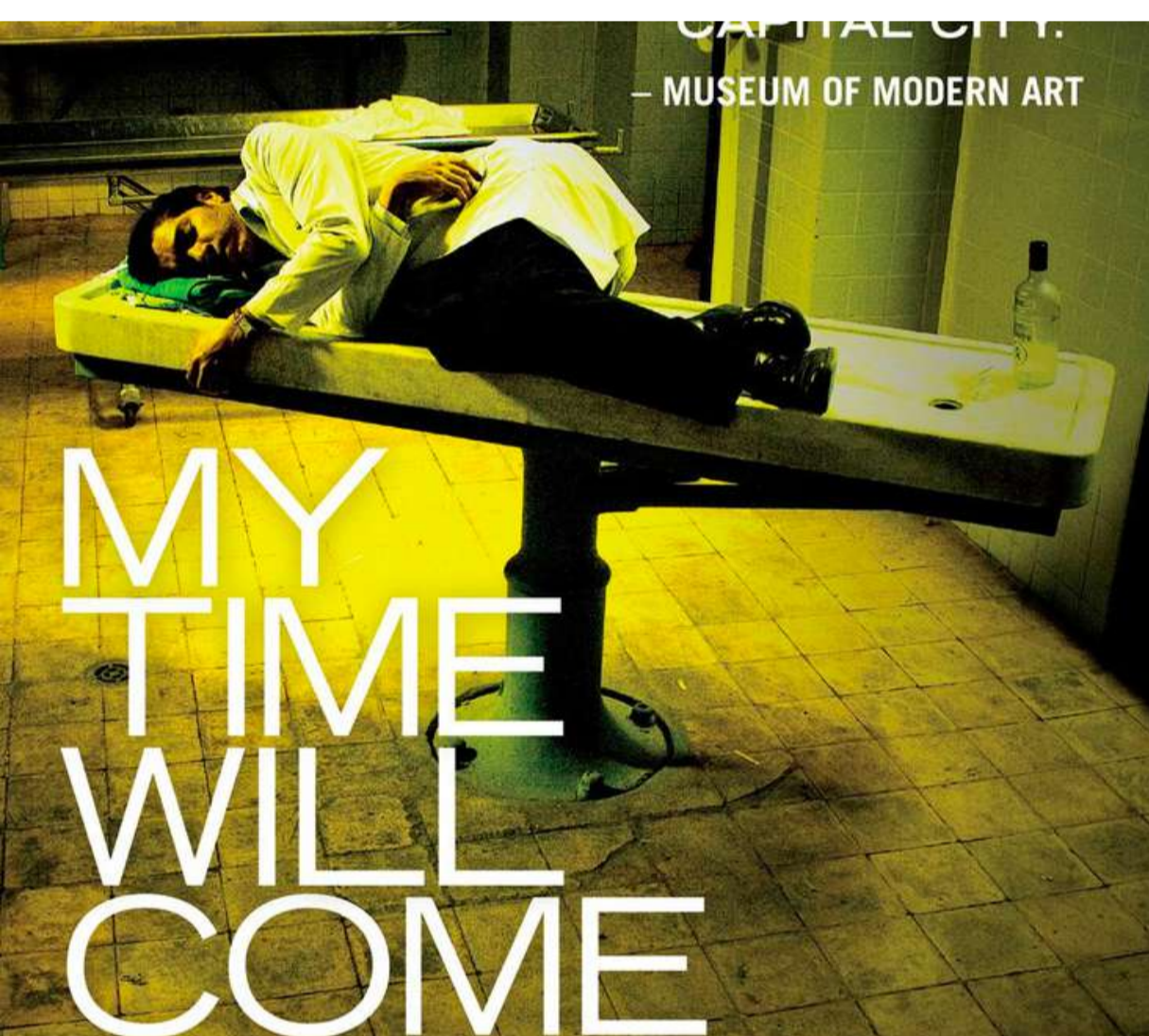
¿Qué tan lejos? (2006)

When an Indigenous-led strike makes it impossible to travel by bus, Ecuadorian literature student Tristeza and Spanish traveler Esperanza make their way from Quito to Cuenca together, taking rides from interesting characters along the way. Directed by Ecuadorian filmmaker, Tania Hermida, this film touches on themes of identity and difference as the two women re-evaluate the purpose of their journey across Ecuador.



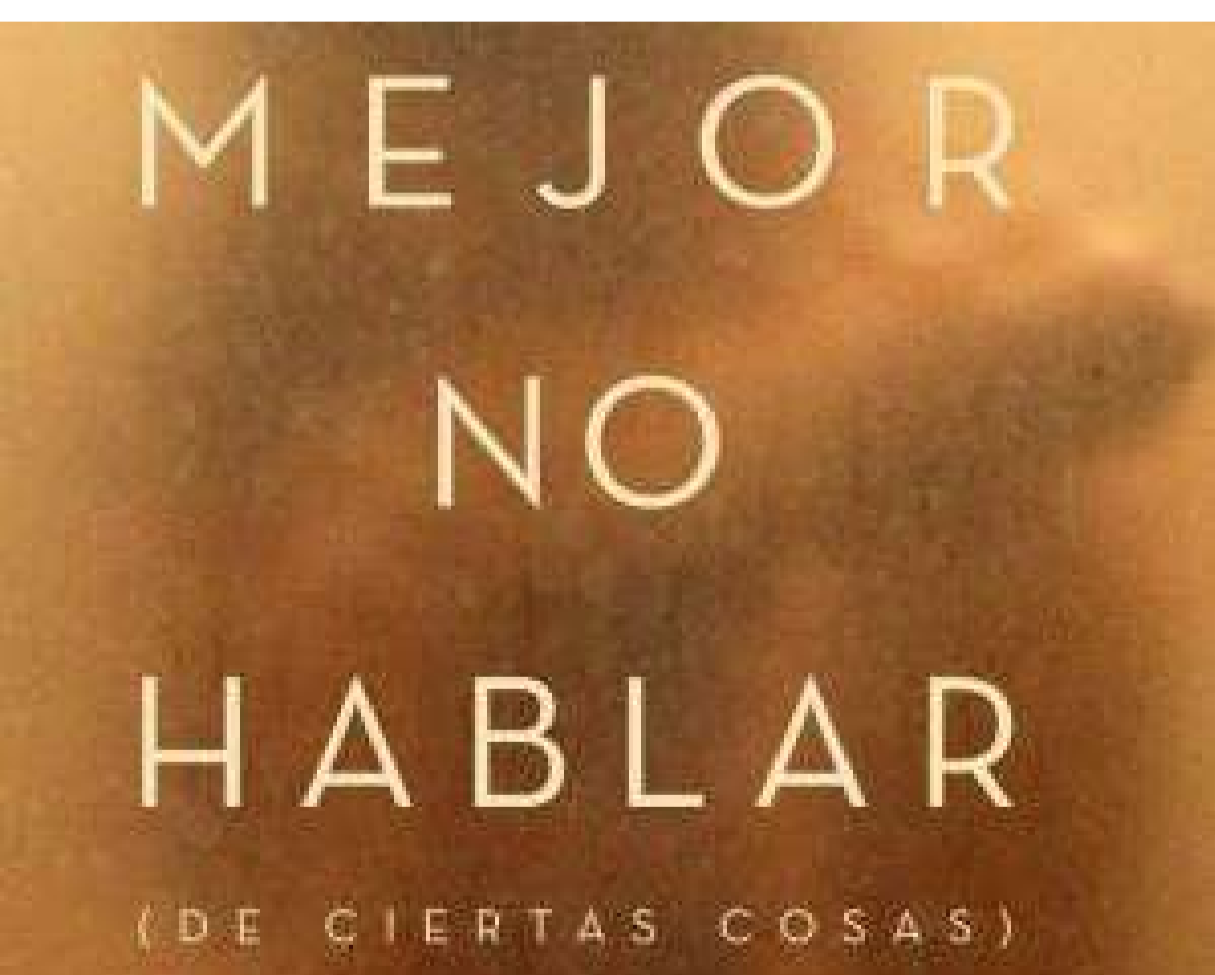
My Time Will Come (2006)

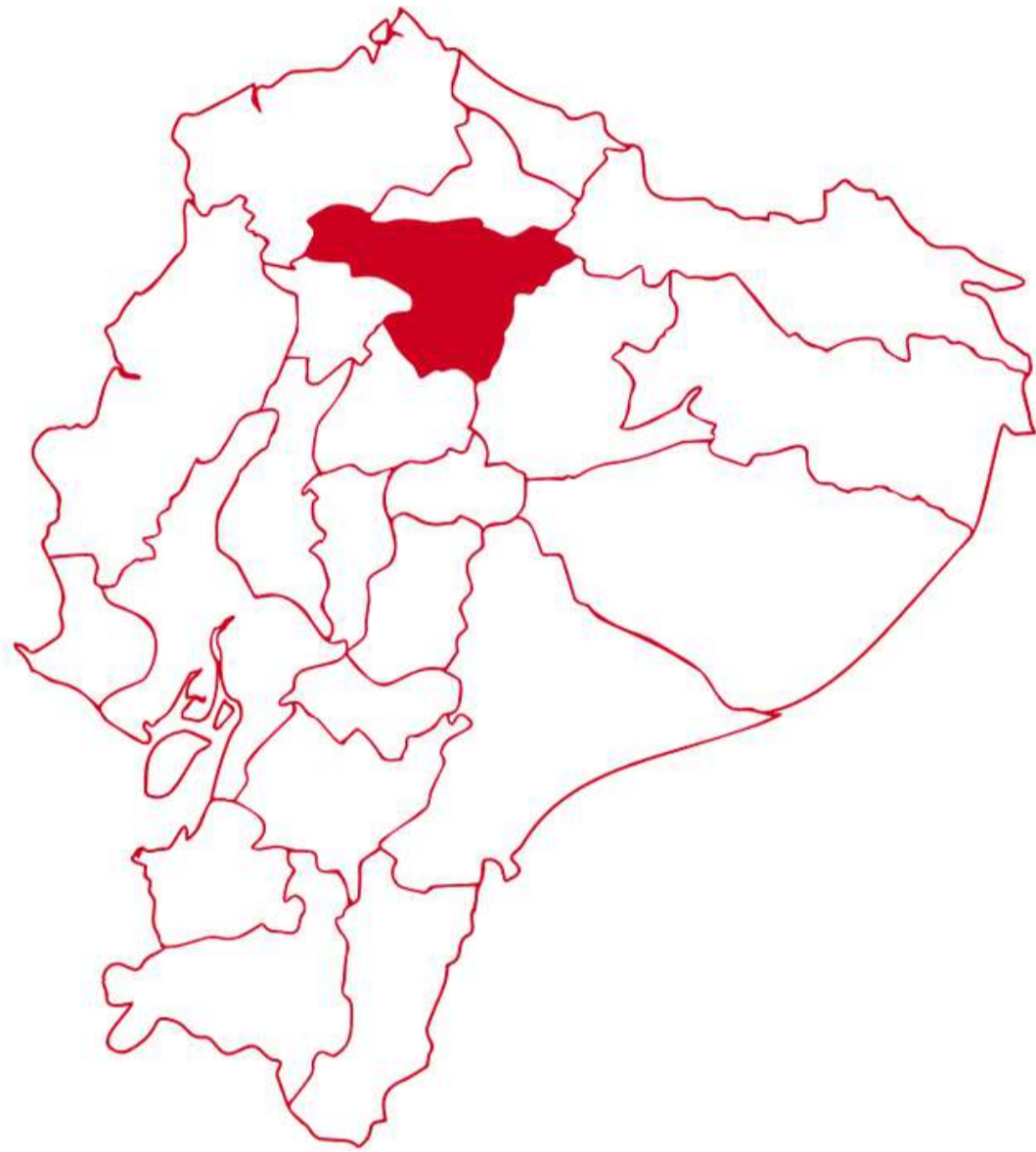
A murder in Quito begins a series of intersecting tragedies that all find their way to the city morgue and the isolated pathologist who works there, Dr. Arturo Fernandez. Described as a dark and “poetic ode to Ecuador’s capital city” by the Museum of Modern Art, the story of Dr. Fernandez’s intimate and emotional involvement with his cases confronts the connection between the living and the dead.



Mejor No Hablar (de Ciertas Cosas) (2012)

Drug-addicted brothers Paco and Luis lead careless lives full of illicit drugs and disenchantment. In need of money to feed their addiction, they decide to break into their parent’s home to steal a porcelain horse. Caught in the act by their father, a violent fight ends in a tragedy that will haunt the brothers for the rest of their lives.





Quito

Altitude: 2,850 m (9,350 ft)

Sitting at the foothills of the Andes at 2,850 meters, Quito is Ecuador's capital city with ancient roots. Its former colonial center is still very well-preserved, as are the foundations of the age-old Incan city that once inhabited this space. Though mired in history, Quito is also a cosmopolitan center where one can find incredible gastronomy, trendy nightlife, and even naturalist plots.



RESTAURANTS

Somos Ecuador 🥕 🌿 🌾

After traveling Europe, Asia, the Nordics, and the US since the age of 16, Chef Alejandra Espinoza returned to her homeland Ecuador to start SOMOS in 2018. It's that personal history that inspires their motto and manifesto: "Ecuadorian born. Globally inspired." From drinks to mains, the spirit of progression is infused with local ingredients, flavors, and traditions. If you only have time for one meal, we highly recommend the tasting menu, which perfectly encompasses the creative trajectory of the restaurant in 7 delectable courses.

Avenue Eloy Alfaro y Avenue Portugal Bellavista
Neighborhood N34-421, Quito
somos.rest

La Gloria 🥕 🌿

Arriving from Lima over a decade ago, La Gloria brought with it Peruvian flavors and a penchant for the best liquors and wines, music, and celebration. Local ingredients meet Limeño-style dishes across this extensive menu, but don't miss the innovative and unforgettable Ceviche and Raw Bar, where fresh Ecuadorian fish and shrimp are paired with the best pisco sours outside of Peru.

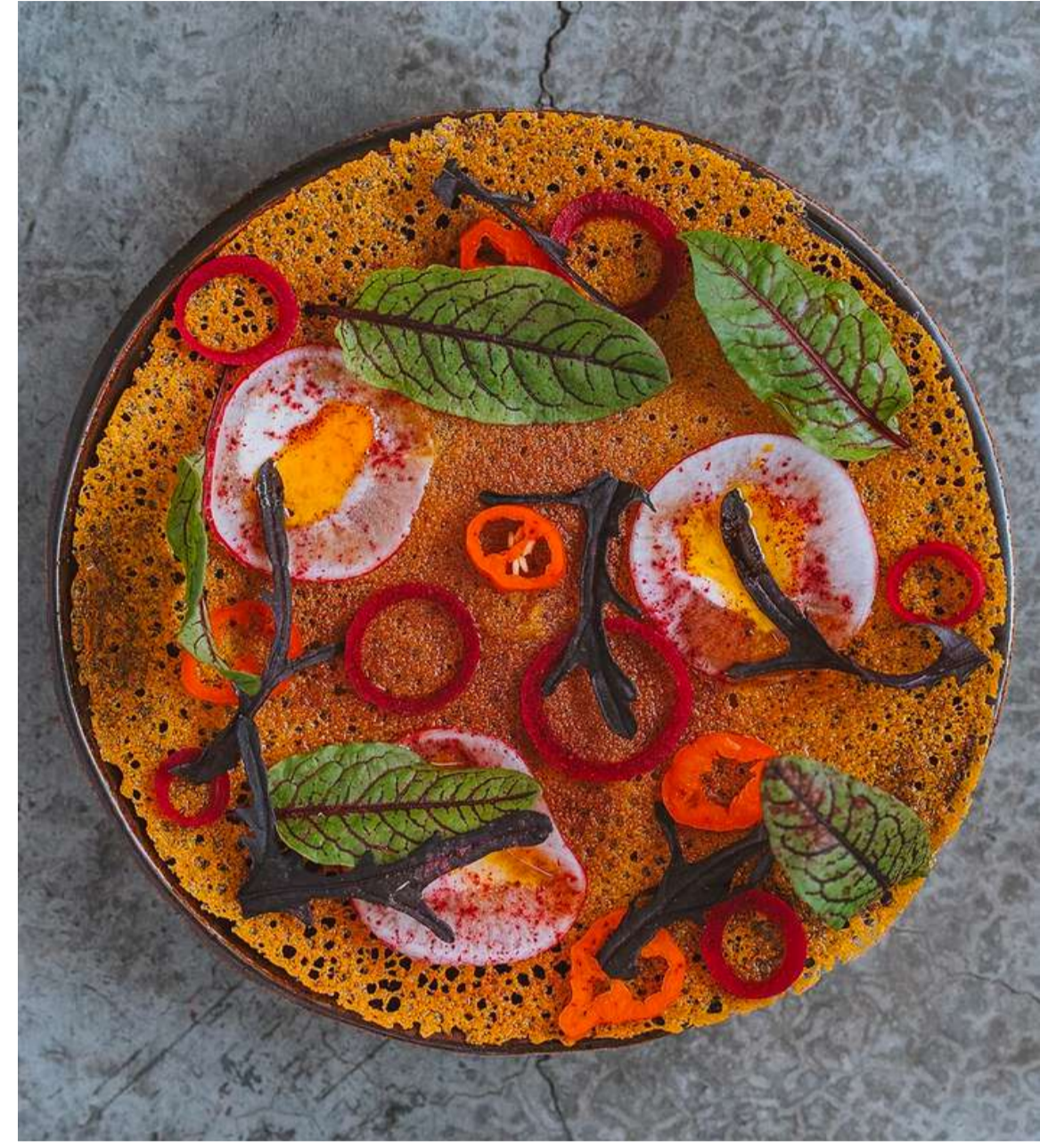
Valladolid y Francisco Salazar Sector La Floresta N24-519, Quito
lagloria.com.ec

Nuema

Nuema is culinary artistry. That is, the finest of foods plated in striking arrangements, all with the express goal of highlighting what makes Ecuadorians who they are. The tasting menu exemplifies all of the above, featuring a little bit from everywhere in the country and changing with the seasons.

Junín E1-44 y Juan Pío Montufar, San Marcos, Quito
nuema.ec

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free





El Ventanal 🥕

Enjoy refined international cuisine, creative Ecuadorian cooking, and an extensive selection of the finest wines – all with the best view you’ll find in Quito. Sitting at the foot of the Pichincha volcano, this panoramic restaurant provides breathtaking vistas of the historical colonial neighborhood of San Juan, the Panecillo, and the Avenue of Volcanoes. The whole grilled octopus served in creamy pea sauce is the latest addition to their menu and an absolute must-try.

Parque de San Juan, Carchi y Nicaragua, Quito
elventanal.ec



ZFood 🌿

A glass-enclosed bar full of the freshest and tastiest seafood Ecuador has to offer is what greets you as soon as you pass through the entrance to ZFood – and you can enjoy every bite knowing that this benchmark restaurant is committed to responsible fishing, fair trade, conservation, and sustainability. Voted one of the World’s 50 Best Restaurants, everything on the menu is sure to satisfy, but the catch of the day prepared in 1 of 6 styles is always our go-to.

Avenue Coruña N30-135 y Whymper-Quito
zfoodquito.com

🥕 Vegetarian 🌿 Vegan 🌿 Gluten Free

Casa Gangotena's Restaurant

Whatever atmosphere you're looking for, you can find it at the elegant and luxurious Casa Gangotena in the heart of Quito's Old Town. Their menu is a tribute to traditional Mestizo cuisine and culture that's constantly evolving in scent, flavor, texture, and technique. Taste your way through Ecuador's diverse regions and ingredients in the finest of settings.

Cuenca y Bolivar, Quito
casagangotena.com

Carmine

For an Italian fix in the heart of one of the most exclusive neighborhoods in Quito, check out Carmine. Chef Bill Carmine Letiery merges art and gastronomy into everything from the smells and colors to the atmosphere and music of his famed restaurant. Try classic Italian dishes inspired by his mother's old-school recipes and techniques, such as veal shank in tomato sauce (and definitely don't skip on dessert!).

Catalina Aldaz N34-208 y Portugal, Quito
carmineristorante.com

Chez Jérôme

French chef Jérôme Monteillet has called Ecuador home for over 20 years, and his menu reflects his French heritage as well as his love of South America. In this historic location, he serves up delicious seafood-centric dishes such as crunchy langoustines with honey and tomato, meatier options like confit duck, as well as lighter options like onion soup and the very French-influenced frog legs.

Whymper N30-96, La Paz, Quito
chezjeromerestaurante.com

 Vegetarian  Vegan  Gluten Free



BARS & NIGHTLIFE



Vertigo Rooftop

On the terrace of the most exclusive hotel in Quito you'll find Vertigo. A place for glamorous cocktails, delectable tapas, and a live DJ entertaining the upscale crowd every Friday and Saturday night.

Avenue República, del Salvador N34-349, Quito
vertigo.ec



Zinc Gastro Bar

For a gastronomic spin on classics like hamburgers, pizzas, and steak frites, Z(inc) is the place to go. The only thing they do better than make versatile menu items taste first-class are signature cocktails. Don't leave without trying their twist on the classics, like Pisco Sour, Mojito, and Dry Martini.

Avenue Paúl Rivet N30-136, Quito
zincquito.com



Vista Hermosa

While many a top floor resto-bar exists in Quito, none quite compare to Vista Hermosa. This kitschy-come-fabulous nightlife hotspot is located in one of the tallest buildings in the old town, only accessible via one of the oldest elevators in the city. A great place to grab a cheese or empanada board and enjoy live music while taking in Quito's main monuments and historic buildings.

Mejía Oe4-45 y García Moreno, Quito
vistahermosa.ec



Love Me Rooftop

Open 5 nights a week, Love Me might just be the best party in town. Serving up signature cocktails, to-die-for appies, and an always dance-able playlist, this is where you go for a night of good eats, great drinks, and tons of fun. Did we mention they have the best Negroni in town?

Diego de Almagro 286, Quito
facebook.com/LoveMe

COFFEE SHOPS

Coffee Factory

Coffee Factory was founded in 2019 and, by 2021, they'd already won a Traveler's Choice award for their export quality coffee. Produced at Finca Vista Hermosa, located 1,850 meters above sea level in Nanegalito, each cup can be accompanied by a salty or savory treat, made in-house and by hand.

Eloy Alfaro y Mariana De Jesus Edificio GAIA, Quito
coffeefactory.ec

Cyril

Cyril is for the sweet tooth with style. A boutique sweet gastronomy café specializing in high quality, fresh, and healthy confections and pastries, here you can savor a taste of French techniques like macarons, cakes, tarts, ice creams, and all kinds of chocolates. After you've sampled a few of the artistic offerings, be sure to grab a box to go (we suggest the truffles).

Irlanda E10-124 y Seis de Diciembre, Quito
cyril-boutique.com

República del Cacao

Not only can you get the best cup of sustainable Ecuadorian cacao at the República, but you can also taste test the most authentic Latin American chocolate crafted by some of the world's best chocolatiers. For something simple and sweet, try the tea bites.

Venezuela N5-44 y Chile Historic Center of Quito
republicadelcacao.com

 Vegetarian  Vegan  Gluten Free



ART GALLERIES & MUSEUMS



The Temple of the Sun

Ecuadorian artist Ortega Maila built this masterpiece as an ode to ancestral architecture and to house some of his most prominent indigenous paintings and sculptures. A cosmic site that often hosts dances, ceremonies, and more, take a self-guided tour through its halls or book an aromatherapy session and coca leaf tea courtesy of the museum.

Street Eduardo Kingman Oe12-174 y Avenue. Manuel Córdova Galarza (Mirador Volcán Pululahua)
facebook.com/MuseoTemplodelSolOficial



Capilla del Hombre

This giant monument was built by artist Oswaldo Guayasamín, who dedicated it to the suffering of Latin America's indigenous poor and offered it as a symbol of hope for humankind. An art museum housing sculptures and murals specifically created for this space, the very atmosphere of the land on which it sits is integrated into the overarching theme of human violence and hope. Tours of 'La Capilla del Hombre' are available in English, French, or Spanish.

Lorenzo Chávez Mariano Calvache, Quito
facebook.com/Capilla.del.Hombre



Casa Museo Guayasamín

Oswaldo Guayasamín collected pre-Colombian pieces and colonial art objects throughout his life and, upon his death, his wish was that these artifacts would belong to the people of Ecuador. This is how his former home became Casa Museo Guayasamín, an art museum that displays his collections of archeological pieces as well as colonial and contemporary art.

Mariano Calvache E18-94 y Lorenzo Chavez, Barrio Bellavista, Quito
guayasamin.org.ec

SOUVENIR SHOPS

Galería Ecuador

In partnership with more than 350 artisans, Galería Ecuador sells more than 10,000, 100% Ecuadorian products. Across 12 thematic rooms (our favorites of which include the chocolate, natural fiber fabrics, ceramics, and, eternal roses rooms), you'll find unique, high-quality, and handmade items that directly support the Ecuadorian people who produce them.

Reina Victoria N24-26 And Lizardo García, Quito
galeriaecuador.com



Mercado Artesanal La Mariscal

You can't leave Quito without experiencing the Mercado. With more than 200 bright and colorful stalls selling Ecuadorian textiles, jewelry, and other crafts, this artisan market gives you a taste of what a traditional Latin American market is like.

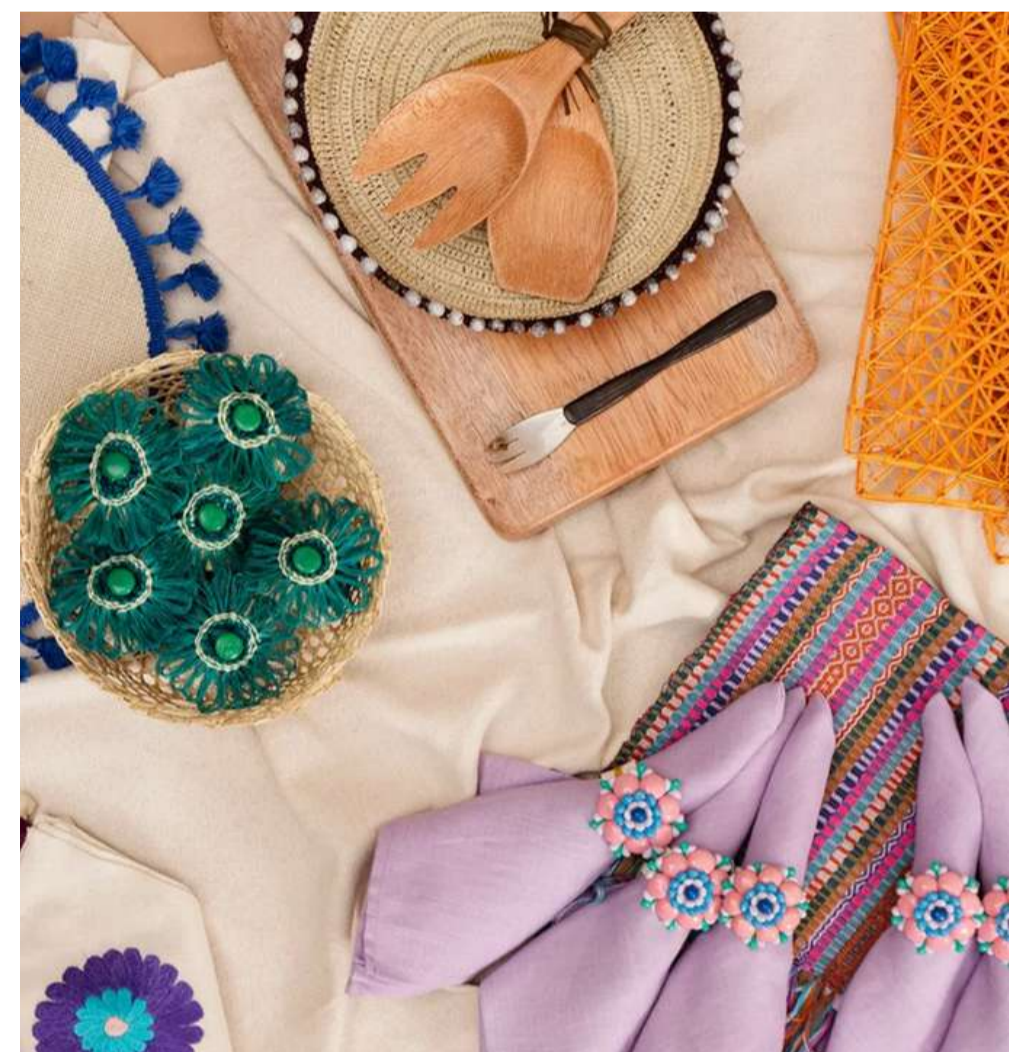
Reina Victoria and Juan Leon Mera on Jorge Washington road, Quito
facebook.com/MercadoArtesanalLaMariscalOficial



Olga Fisch

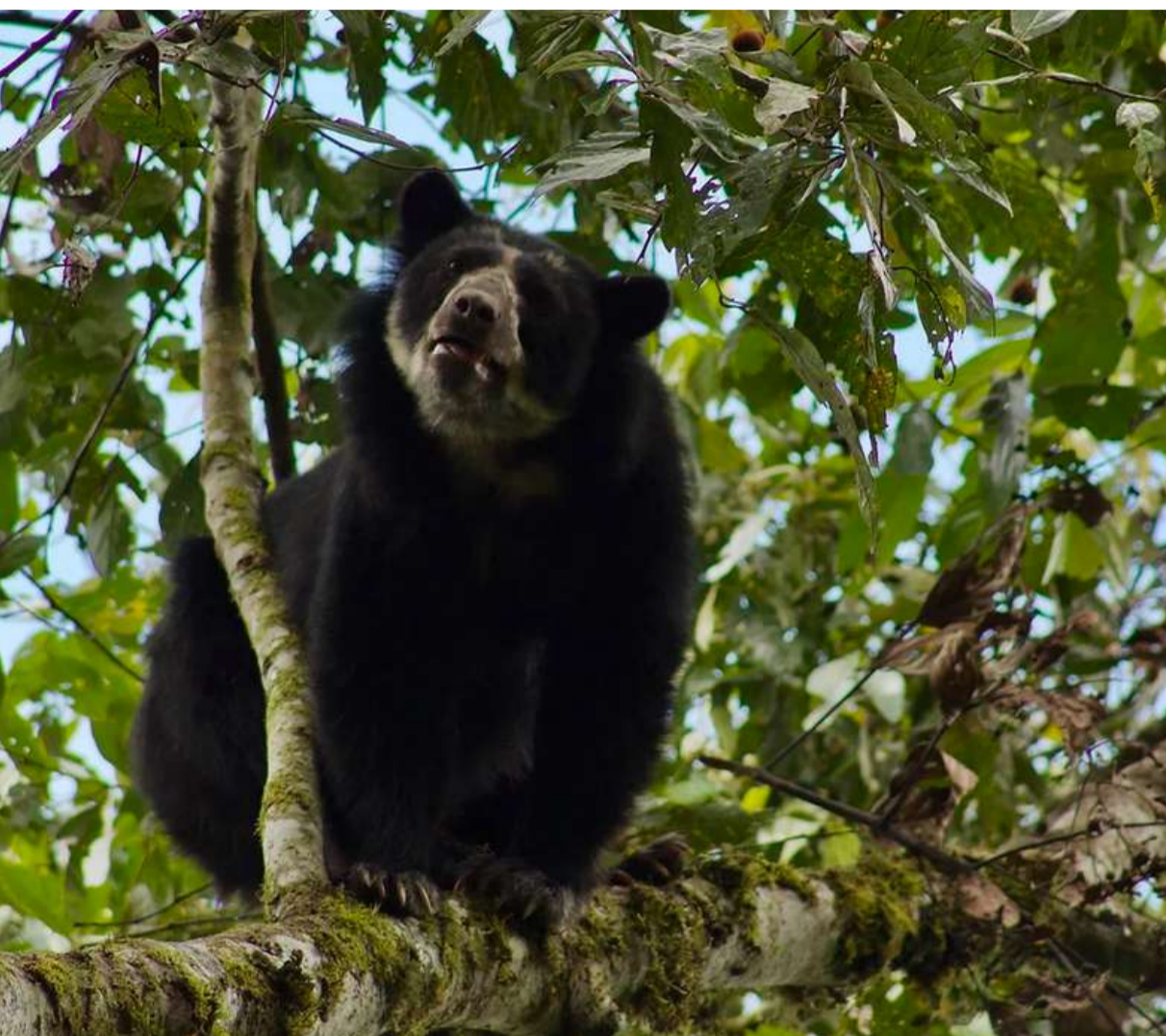
Olga Fisch was a Hungarian Jew and Bauhaus artist who first came to Ecuador in 1939 and was immediately mesmerized and inspired by the colors and textures of Ecuadorian folk culture. Not long after, she founded Olga Fisch: a line that aims to preserve Ecuadorian culture, heritage, and artisans and encompasses home décor, handbags, accessories, and clothing. While you're here, be sure to check out the selection of rugs, which have been featured at the MOMA, the UN building, and the Lincoln Center.

Avenue Colon E10-53, Quito
olgafisch.com



HIDDEN GEMS

Maquipucuna Reserve



Maquipucuna is more than your average ecotourism experience. Covering more than 14,000 acres in the Chocó Andino bioregion, it's a 34-year project to protect one of the world's top 5 biodiversity hotspots and the local communities that live there. This is a place for families, couples, adventurers, and wildlife enthusiasts to learn, play, and give back a little of what they received from their time in Ecuador.

Via Nanegalito a Nanegal Chocó Andino Biosphere Reserve, Quito
maquipucuna.org

Intiñan Museum



Keep the littles excited and engaged with the interactive exhibits at Intiñan Museum. Located right next to the Middle of the World monument, fun and simple science experiments teach all ages about how the Incas determined the middle of the earth.

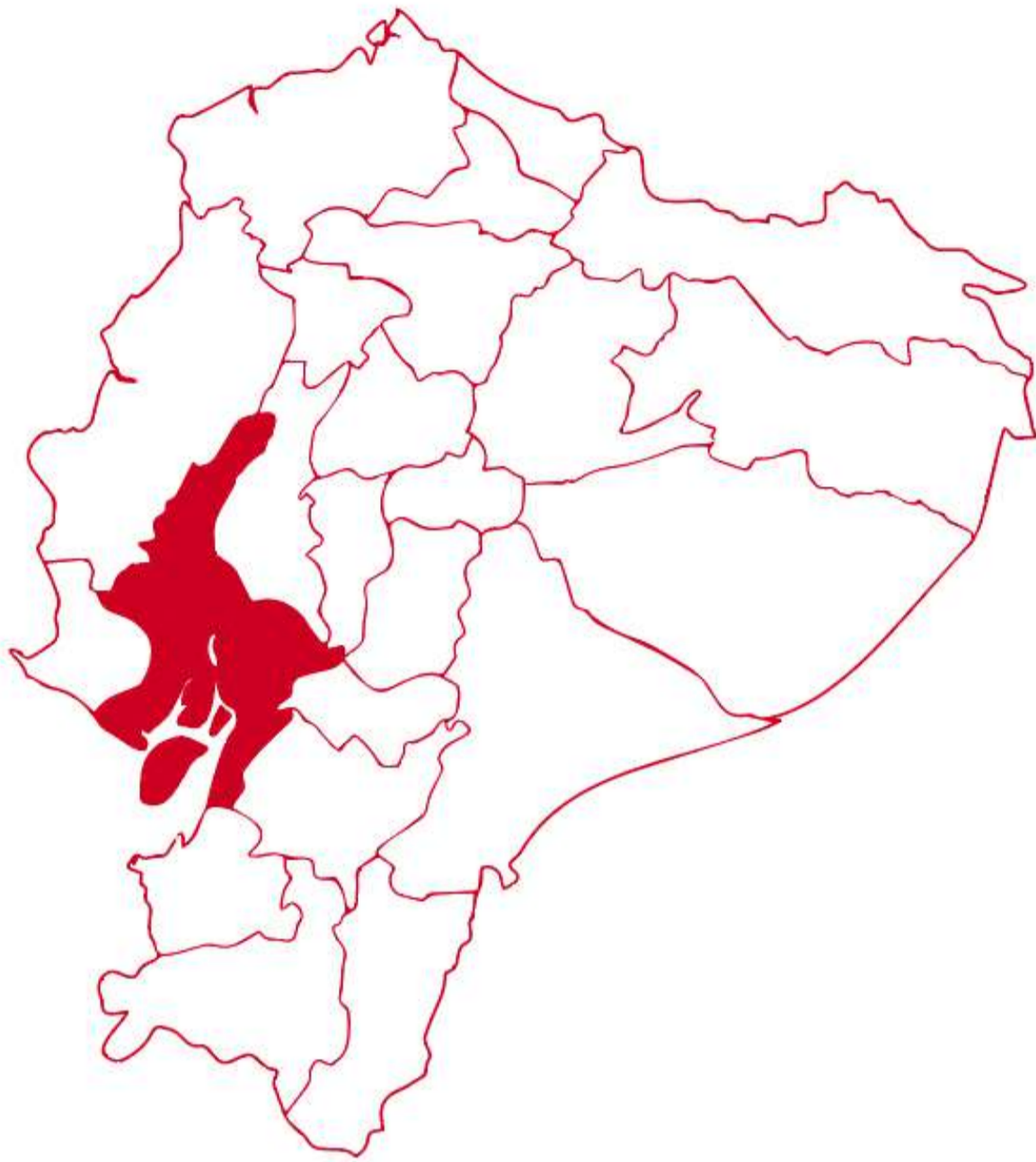
facebook.com/museointinan

Quito Botanical Garden



Ecuador places in the top 17 richest countries in terms of native botanical species, and the Quito Botanical garden gathers many of them into a beautiful display. Take an afternoon to stroll through the park, garden, and greenhouses, learning the names, distribution, uses, origins, and curiosities of Ecuador's flora, from those located in the low and humid tropics to the cold and towering Andes mountains.

jardinbotanicoquito.com



Guayaquil

Altitude: 4 m (13.1 ft)

Guayaquil is one of Ecuador's oldest and faster evolving cities. With upscale dining districts and trendy entertainment complexes built amongst historic charms and jungle-like gardens, this old port town is a tropical treasure trove with a character vastly different from the colonial cities you'll find in the country's interior.



RESTAURANTS

Casa Julián 🥕 🌿 🌾

Inside an impeccably restored 19th-century building overlooking the Daule River, you'll find Casa Julián. This is Hotel del Parque's culinary jewel, where guests can dine on unique Ecuadorian flavors along the riverside, in the lush garden, or under La Pergola. For something local, refreshing, and contemporary with a twist, try the jipijapa ceviche with peanut sauce.

Parque Histórico Guayaquil, Km 1½ road to Samborondón

hoteldelparquehistorico.com



Mikka 🥕 🌿 🌾

Nikkei cuisine fuses Peruvian ingredients like tropical fish, aji amarillo, and quinoa with Japanese cooking techniques and traditions – and Mikka is the premier restaurant for Nikkei in Guayaquil. Don't fill up the stunningly-presented sashimi, ceviche, and temaki cones, though, you'll want to leave room for fabulous house specialties, like oven-cooked seabass or Nigiri with salmon on shrimp bread, all fresh from the Pacific Ocean.

Plaza Lagos, Samborondón, Guayaquil

mikkarestaurante.com



Lo Nuestro 🥕 🌿

A celebration of Ecuadorian culture and experience, Lo Nuestro creates each dish in close collaboration with local farmers, fishermen, and artisans. From locros to moros, rice and ceviches, the menu is full of native ingredients and traditional flavors.

Avenue Victor Emilio Estrada #903-A, Guayaquil

lonuestro.com.ec



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



Le Gourmet 🥕

After exploring the city center, head to Le Gourmet for high-end local or international cuisine options. One of the best-rated restaurants in the whole country, there's something for everybody. Even those on the go can find something delicious at the Gourmet Deli Grab and Go, including some of the best croissants and homemade chocolates we've tried in South America.

Avenue 9 de Octubre 414, Oro Verde Hotel,
Guayaquil
oroverdeguayaquil.com



Mercado del Río

For the indecisive eater, Mercado del Rio has a little bit of everything. Located along the river's edge, it features stalls with typical Ecuadorian foods, innovative and avant-garde spins on local dishes, a host of foreign cuisine options, and a bar tended by mixologists that know the best drink for any flavor.

Malecon 2000 Avenue Malecón y Street Colón.,
Guayaquil
mercadodelrio.com.ec



Ristorante Riviera 🥕 🌿 🌾

Ristorante Riviera opened its doors in 1993 and has since become a staple for gourmet Italian food in Guayaquil. In a relaxed, authentically Italian atmosphere, delight in dishes with ingredients imported directly from Italy and the perfect wines to pair them with, including Barolo, Amarone, Chianti, Brunello di Montalcino, and Franciacorta. Any one of the pastas will transport you to the old country, but nothing quite does it like the Aglierini with black truffle.

Avenue Victor Emilio Estrada #707 y Ficus (Urdesa),
Guayaquil
facebook.com/Ristorante.Riviera/

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

BARS & NIGHTLIFE

Vento Rooftop

This trend-setting rooftop patio is a blend of modernity and avant-garde from its design and décor to its cuisine and cocktails. The cosmopolitan atmosphere is the perfect setting from which to sink into delicacies such as bondiola glazed in black beer sauce or enjoy a night of live music that ranges from house to contemporary Latin American.

Km 1.5, Edificio Xima, piso 6, local 18, Samborondón, Guayaquil

facebook.com/ventorooftop/



Sociedad Anónima

Since its inauguration in 2016, Sociedad Anónima has become one of the most frequented resto-bars by locals and travelers alike. Sitting high above the city on the terrace of the Del Portal building, it's where friends meet to socialize over Ecuadorian-inspired tapas and signature cocktail creations like the 'liquidación', a mix of gin, Campari, and vermouth rosso.

Km. 1.5 road to Samborondon, Edificio Del Portal, behind Village Plaza, Guayaquil

facebook.com/SociedadAnonimaEc



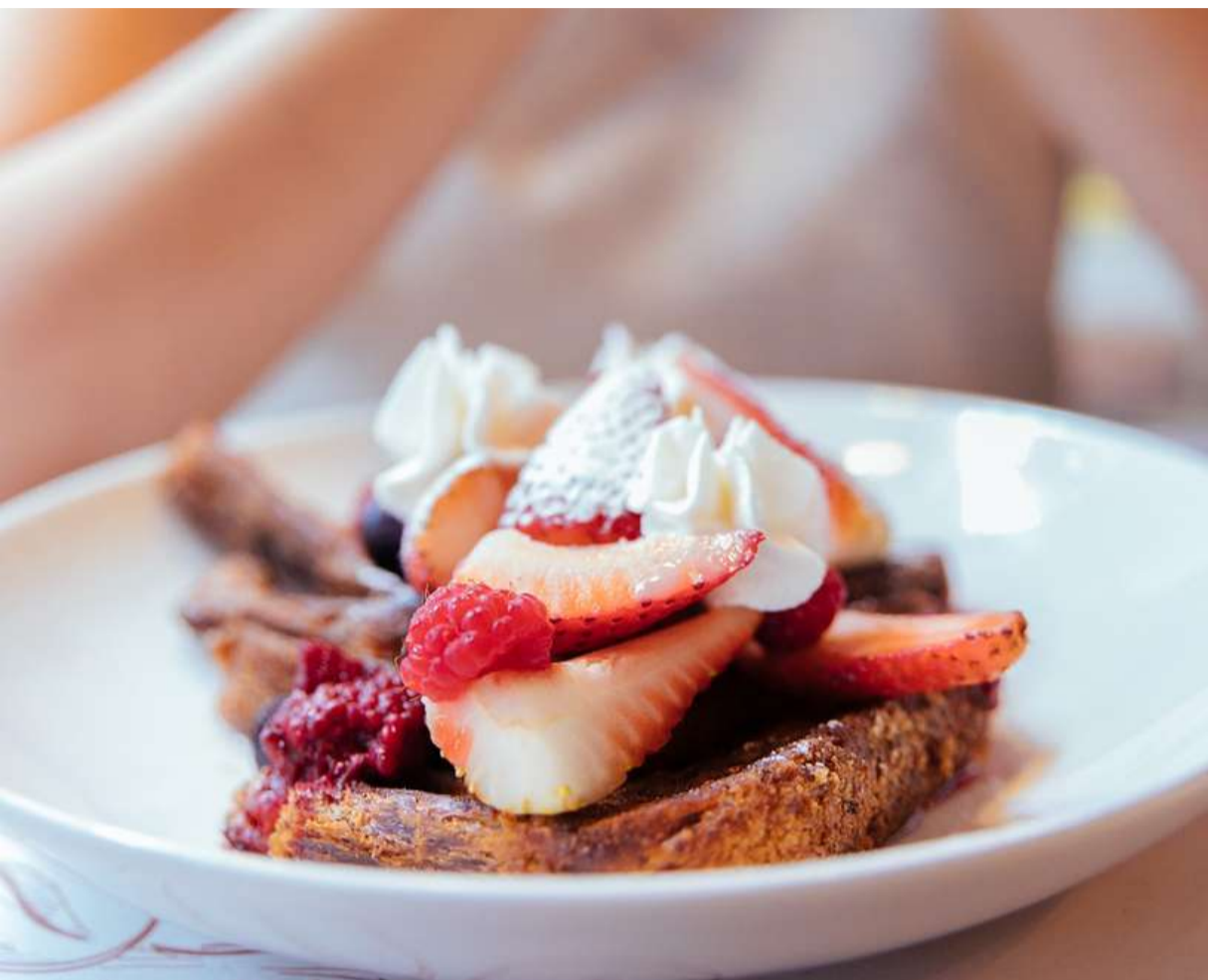
Terra Resto Bar

Share a cheese board over live music and shows at Terra Resto. Fusing Ecuadorian and Latin American culture and flavors with the best cooking and cocktail techniques in the world, it's truly a unique experience.

Edificio Xima, Samborondón, Guayaquil



COFFEE SHOPS



Lúdica Coffee House 🥕

More than a typical coffee house, Lúdica creates a cozy and upscale atmosphere from which they serve brunch, breakfast, and dinner with cocktails. But, of course, the best thing they do here is pursue the best quality coffee and, by the state of their reviews (including our own), they've more than achieved that goal.

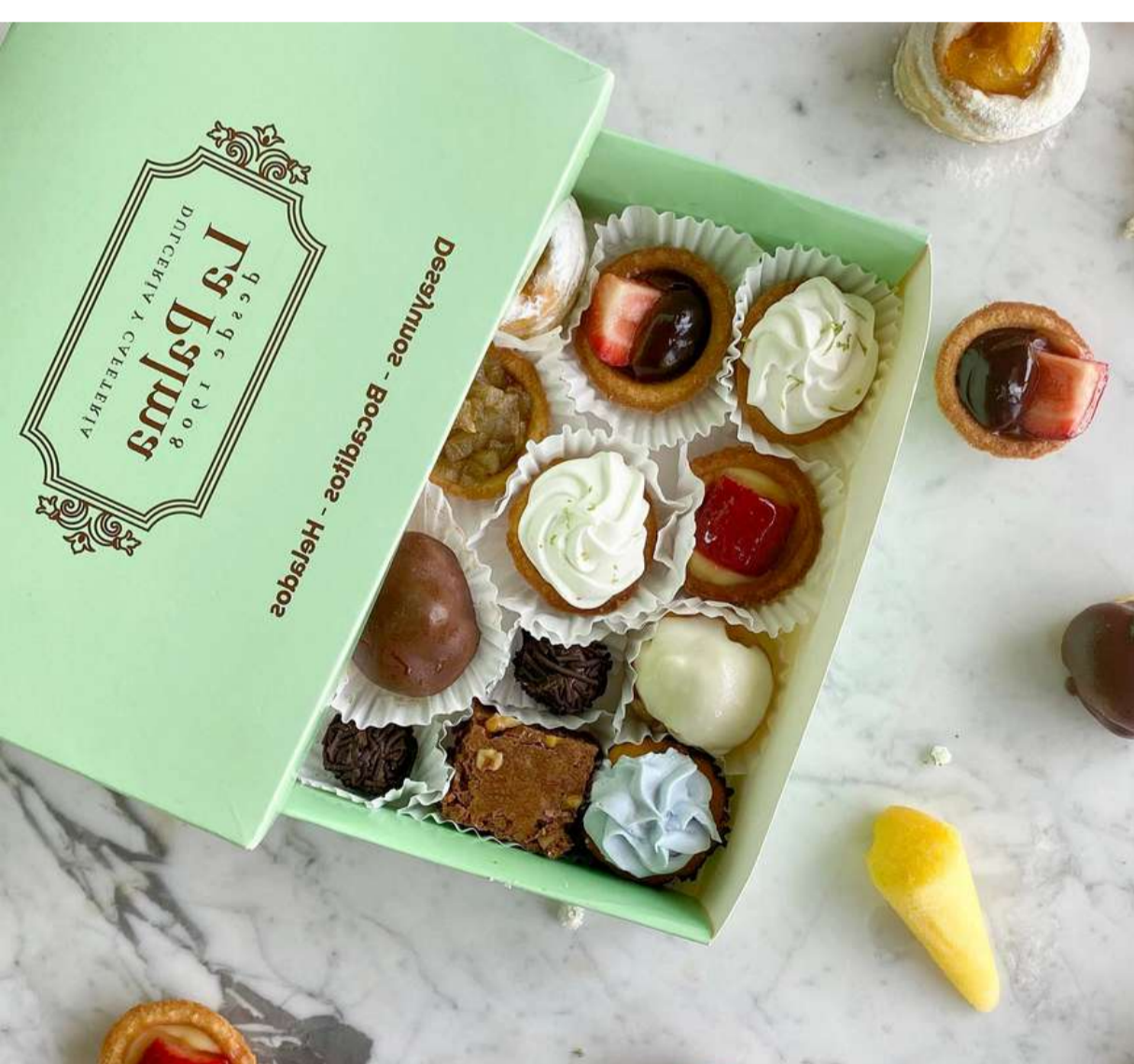
Avenue Leopoldo Carrera Urb. Los Olivos, Edificio Olivos Tower, Planta Baja, Guayaquil
facebook.com/ludicacoffeehouse



Sailor Coffee 🥕 🌿

Rotating art exhibits, Ecuadorian coffee, and an international menu created with fine local ingredients is what you can expect from Sailor coffee. Options for vegetarians, like acai bowls, green omelets, or the brekkie board, will delight the palate of any café-goer looking for something fresh and healthy.

Avenue del Bombero, Guayaquil
sailorcoffee.com



Dulcería La Palma 🌿

There's almost always a wait at La Palma – but it's a wait that's well worth it. Likely the oldest cafeteria in Guayaquil, with doors opening in 1908, they have a long held reputation for preparing the best Spanish sweets in the city. If you have to choose only one, go for the borrachitos, a cone-shaped dough best enjoyed with a side of house-made ice cream.

Escobedo 1308 Entre Luque y Velez, Guayaquil
dulcerialapalma.com

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

ART GALLERIES & MUSEUMS

Museum of Anthropology and Contemporary Art (MAAC)

The structure of the Museum of Anthropology and Contemporary Art is intended to resemble a Huancavilca raft, the seagoing vessel of the last pre-Colombian culture along the Ecuadorian coast and whose many archaeological artifacts are housed within the Museum's walls. Intended to contribute to identity and cultural expression, those historical pieces sit side by side with almost 4,000 works by national and Latin American artists.

Malecón Simón Bolívar and Loja Street, Guayaquil
facebook.com/maacec



The Miniature Museum

Guayaquil sculptor Edgar Cevallos Rosales's 15 dioramas transport visitors through time and space. One of the most important cultural centers in the country, people of all ages will delight in this miniature depiction of Guayaquil's history, from the virgin jungle of the 16th century to the great metropolis it became in the 21st.

Avenue Malecón Simon Bolivar y Street Loja, Guayaquil
facebook.com/pages/Museo-Miniatura-Guayaquil



Municipal Museum

A passport is all you need for admission into the oldest museum in Ecuador. Artifacts, objects, and historical items relating to Guayaquil's history are artfully distributed throughout 4 main rooms: the pre-Hispanic room, colonial room, religious art room, and numismatic room.

Street Sucre (Street Chile & Street Pedro Carbo), Guayaquil
guayaquil.gob.ec





SOUVENIR SHOPS

Artisanal Market of Guayaquil

This large crafts market sells artisan wares from across Ecuador and it's one of the best places to purchase souvenirs from your trip to Ecuador. Find brightly patterned clothing, jewelry made from native seeds, and hand woven baskets before heading for a bite of typical food from a nearby food vendor.

Loja y Baquerizo Moreno, Guayaquil
[facebook.com/MercadoArtesanalGuayaquil](https://www.facebook.com/MercadoArtesanalGuayaquil)



Ecu-Andino Hats

Did you know that the coveted Panama hat is actually an invention of Ecuador? Ecu-Andino has taken that legendary product and made it into a luxury item, handmade with 100% natural fiber and available in a variety of colors and styles.

Guayaquil Cdla. Albatros Mz. 28 Sl. 4, Guayaquil
[ecua-andino.com](https://www.ecua-andino.com)

HIDDEN GEMS

Plaza Lagos

Come to Plaza Lagos Town Center and experience Guayaquil's latest and most unique project in new urbanism. Surrounding the beautiful square are shops, cafes, and restaurants. For an indulgent afternoon of relaxation and comfort, we suggest a visit to the 10 Spa followed by a glass of your favorite red wine at the Wine Bar.

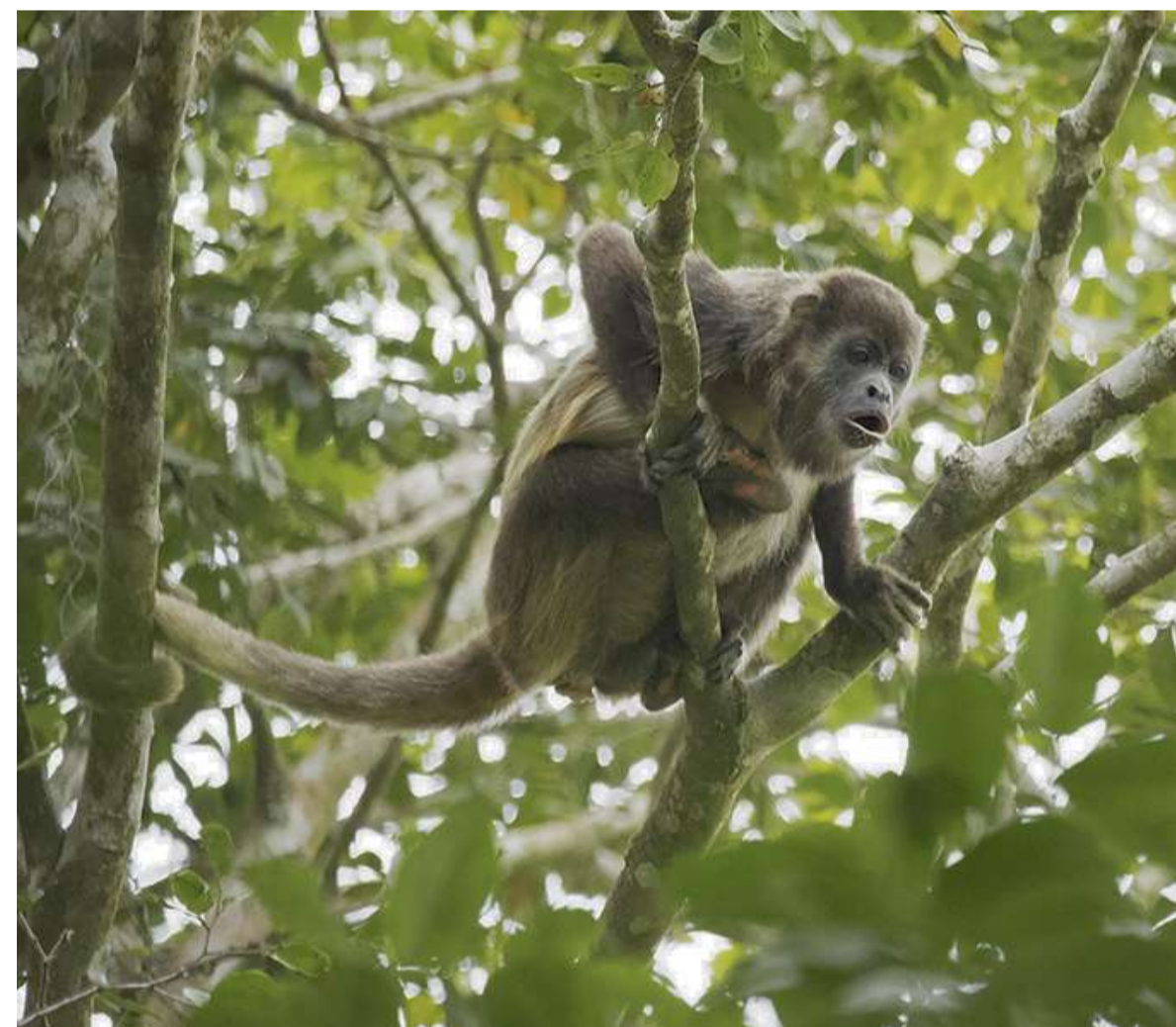
Km 6.5 road to Puntilla - Samborondón, Guayaquil
plazalagos.com.ec



Bosque Protector Cerro Blanco

Before it was one of Ecuador's largest cosmopolitan centers, Guayaquil was virgin tropical dry forest. Cerro Blanco preserves 6,078 hectares of that heritage, including more than 700 species of vascular plants. The outdoor enthusiast will enjoy a day walking the 4 guided trails, bird watching in one of the 30 priority sites, or participating in an experimental visit to learn about the management of the area and its plants and native species.

Guayaquil - Salinas Km 16, Guayaquil
bosquecerroblanco.org

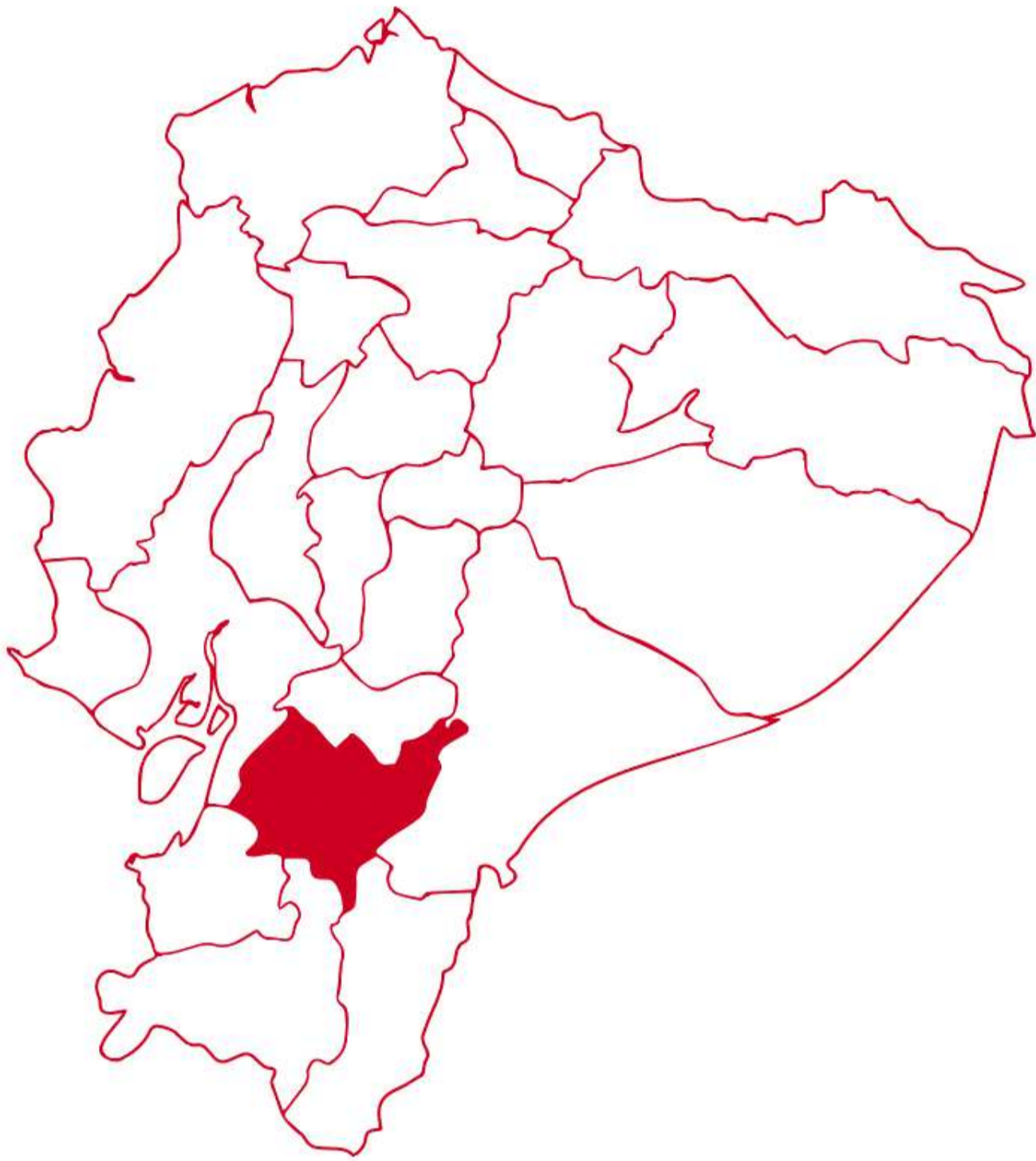


Torre Morisca

The clock that sits atop the octagonal, Arab-Byzantine dome at 23 meters in height was first acquired in 1842. Though it's been moved throughout its history, the iconic tower has been sitting in its spot on the Malecon since 1931. Climb to the top to see the inner workings of the clock or stop for a photo-op of the unique structure while you stroll the Malecon.

Avenue Malecón Simón Bolívar y Street 10 de Agosto,
Guayaquil





Cuenca

Altitude: 2,560 m (8,399 ft)

Often called the most beautiful city in Ecuador, a short stroll around the city center will quickly demonstrate how Cuenca got its name. A recognized UNESCO World Heritage site, the city is known for textiles and crafts such as hats and shoes, impeccably preserved Renaissance cathedrals and churches, and a charm that permeates everything from their resto-bars to their markets.



RESTAURANTS

Tiesto's 🥕 🌿 🌾

In traditional Andean cooking, a “testo” is a clay plate used for preparing dry roasts of various staples. As an ode to their roots, Tiesto’s structures all of their recipes to be prepared and served on these plates. But what we love most about this restaurant is the bar full of house-made chili peppers and sauces that enhance the flavors of each meat and seafood dish. Among our favorites are the eggplants in vinegar, the sweet pepper and pineapple, and the tree tomato pepper.

Juan Jaramillo 4-89 y Mariano Cueva, Cuenca
tiestoscaferestaurant.com

Dos Sucres 🥕 🌿 🌾

Dos Sucres is the foremost farm-to-table spot for casual and fine dining in Cuenca. Working directly with the Yanuncay farmers’ association, chef-owner Daniel Contreras takes local organic produce and turns it into a thing of beauty. The a la carte options are wonderful but, to truly experience this gem, we recommend the five-course tasting menu that changes with every season.

Roberto Crespo Toral, #3-56 Luis Moreno Mora, Cuenca
dossucrescuenca.com

El Mercado 🥕 🌿 🌾

Fresh and seasonal ingredients prepared using simple and traditional techniques but served in a setting that arouses elegance and sophistication. Savor nostalgic favorites with a contemporary spin, such as the rib eye and snapper surf n’ turf or pork fritada alongside llapingachos and avocado.

Street Larga 8-27 y Luis Cordero, Cuenca
elmercadocuenca.com

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free





Museo de la Gastronomía

The first museum of gastronomy in Ecuador offers guests a unique cultural and historical experience as a side dish to a fabulous meal. Occupying an old Treasury building, their permanent exhibition on the history of gastronomy in Ecuador can be toured for free either before or after a meal made with local tradition and ingredients.

Street Pueblo de los Quitus Challuabamba, Cuenca
museorestaurantecuenca.com



El Jardín Restaurant 🥕 🌿 🌾

Within the walls of Hotel Victoria, El Jardín has been offering unparalleled service and gourmet dining for more than 35 years. The warm and inviting atmosphere is the perfect spot to stop in the historic center for lunch or dinner. For somewhere more intimate, visit the El Barril bar for a modern cocktail or exotic drink.

Street Larga 6-93 y Presidente Antonio Borrero, Cuenca
facebook.com/eljardincuenca

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

BARS & NIGHTLIFE

Bogolí

In the heart of Cuenca is Casa Firenze, and on the rooftop of this boutique hotel is the Rooftop Bógoli. Small and elaborate plates, signature cocktails by expert mixologists, and a chic crowd are how this spot became a trend-setter in Cuenca nightlife.

Simón Bolívar y Benigno Malo, Cuenca
casafirenza.com



Rooftop Cuenca

Located on the ascent to the official Cuenca viewpoint, Rooftop Cuenca offers one of the best panoramic views of the city. A completely open-air terrace with national and international dishes on the menu and a signature cocktail list to satisfy any palate, they host live music and big events that draw upscale yet fun crowds.

Circunvalación Sur y subida a Turi Edificio Cardeca Business Center, Cuenca
facebook.com/rooftopcue



Negroni Rooftop by Sociedad Gourmet

Sociedad Gourmet has gained a reputation for creating the most luxurious hotels, restaurants, and bars in Guayaquil and Cuenca. Among their latest conceptions is Negroni Rooftop, a sophisticated indoor and outdoor terrace with a simple yet satisfying menu and one of the most extensive cocktail and liquor selections we've seen in the city.

Simón Bolívar 8-44, Cuenca
sociedadgourmet.ec





COFFEE SHOPS

Café del Parque 🥕

Cuenca is often called the most beautiful city in Ecuador and Café del Parque pays tribute to that status with their recently updated menu. Now serving brightly colored and stunning plates for breakfast, lunch, and dinner, the stack of waffles served with chocolate and fruit compote is a fan favorite.

Benigno Malo 9-17 Simon Bolivar, Cuenca
facebook.com/cafedelparquecuenca



Sucré Salé 🥕

Chef-owner Cristina Mora creates all of her signature dishes while staying true to traditional techniques, including making everything from her condiments to her sandwich bread in-house. But the best part of this home-style café is the entertainment. Show up on Thursday for live music or Wednesday for open-mic night.

Luis Cordero 8-74 Mariscal Sucre (Parque Abdón Calderón), Cuenca
facebook.com/SucresaleCafe



Sinfonía Café

The connoisseurs at Sinfonía Café know their coffee, which is why they oversee every aspect of the process before it makes its way to your cup. From acquisition to roasting and brewing, they're committed to preparing delicious drinks with the freshest, most balanced ingredients. Guests love it so much, they can't help but grab a bag of seasonal coffee to take home.

Federico Malo 1-265 y Florencia Astudillo. El Ejido Suites, local 1, Cuenca
sinfoniacafe.com

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

ART GALLERIES & MUSEUMS

Municipal Museum of Modern Art

This small building constructed in 1876 has become the home of modern art in Cuenca. The art, photography, and sculpture garden showcase the works of local Ecuadorian artists of the 20th century.

Mariscal Sucre 1527 y Coronel Tálbot, Cuenca
facebook.com/MMAMCUENCA



Pumapungo Museum

The Pumapungo is a museum, library and historic archive, ethnobotanical park, archeological site, wild bird sanctuary, and theatre all in one. Built in 1978, it houses art, photography, sculpture, costume, instruments, archeological finds, ethnography reserves, and more than 30 species of local birds as well as flora. Pumapungo is a learning space unlike any other, and it's completely free to spend your day here.

Street Larga y Huayna Capac, Cuenca
museopumapungo.gob.ec





SOUVENIR SHOPS

Homero Ortega

The Ortega family has been producing the finest quality Panama Hats for five generations. At their gallery, you can choose from a number of classic and trending designs to compliment your own personal style as well as peruse their UNESCO-associated museum “The Magic of the Hat”.

Gil Ramírez Dávalos 3-86, Cuenca
homeroortega.com



Mashca Galeria

This art gallery/gift shop displays the work of local Ecuadorian artists. Everything here is hand-made and completely unique, including clothing, accessories, books, cards, soaps, and even organic foods. Grab a coffee from the gallery’s café and spend some time finding the perfect souvenir.

Street Luis Cordero 6 10 y, Cuenca
facebook.com/galeriamashca

HIDDEN GEMS

Seminario San Luis

Located in a historic 19th-century building, the claim to fame of the former Seminary of San Luis is being one of the most important heritage spaces in Cuenca. From the patios, you have a glimpse of the glorious domes of the Cathedral, but it's also almost always hosting some cultural event or another. Check the Facebook page to see what's on next.

Benigno Malo, Cuenca
facebook.com/SeminarioSanLuis



Mirador de Turi

For an unobstructed panoramic view of Ecuador's most beautiful city, make a stop at Mirador de Turi. This is where you'll find the iconic swing perched on the edge of the mountain, which makes for one of the most stunning photos you'll get on your whole trip.

Avenue 24 de Mayo, Turi, Azuay, Cuenca

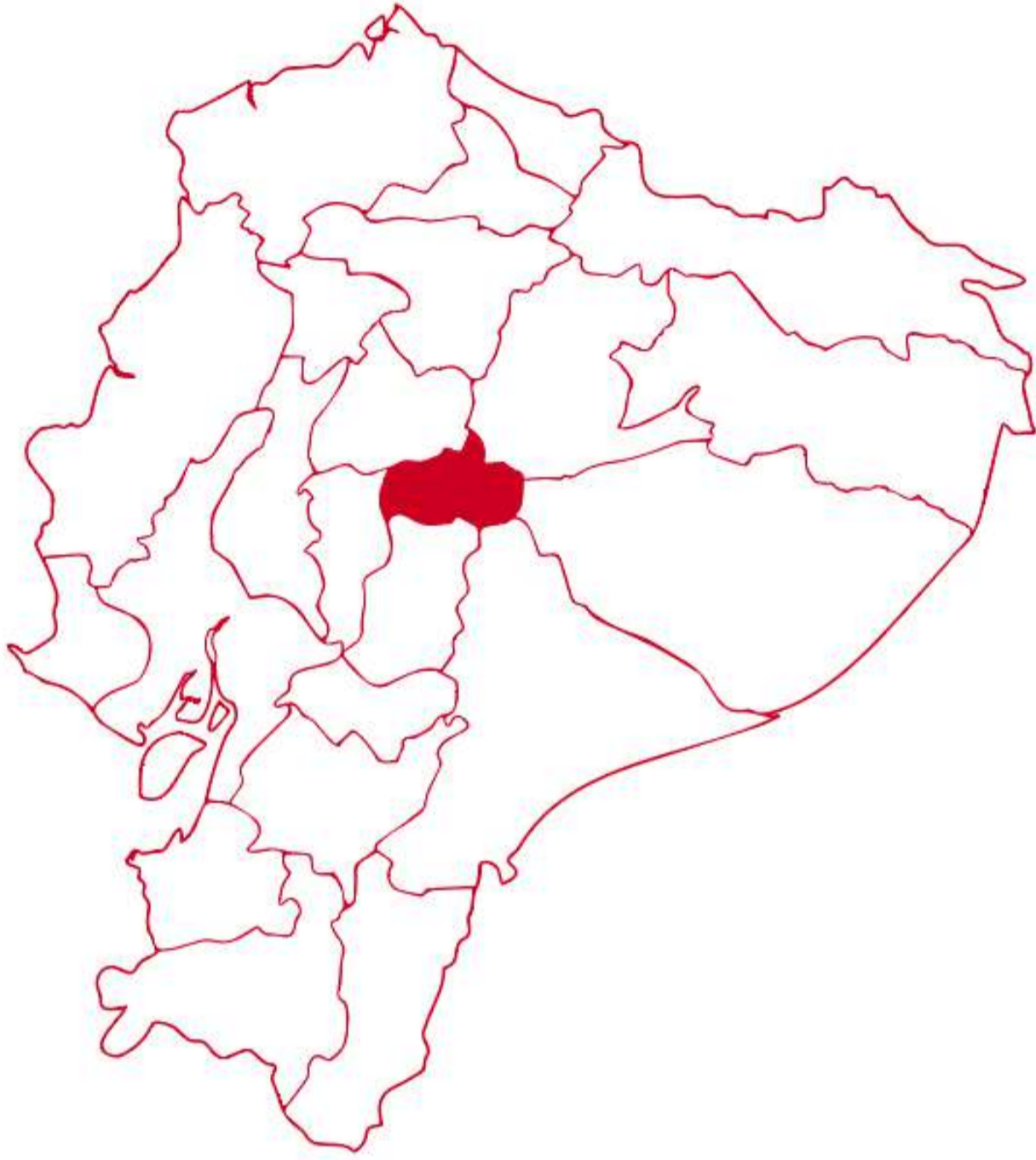


Lagunas de Cañada del Hoyo Natural Monument

Take a hike or a simple stroll through the well-kept trails running between three of the seven striking lagoons and the surrounding protected area. You might spot wild birds, amphibians, and reptiles such as the European pond turtle.

areasprotegidas.castillalamancha.es





Baños de Agua Santa

Altitude: 1,820 m (5,971 ft)

Eight kilometers from the crater of the Tungurahua volcano, Baños de Agua Santa is a small town that sits between the Andes mountain range and the Amazon rainforest. Home to mineral-rich hot springs, stunning views of the volcano, and the now-famous pendulum swings that sit many meters above the valley, Baños is where nature, adventure, and culture meet in perfect balance.



RESTAURANTS

Swiss Bistro 🥕 🌿 🌾

Open 9 years in Baños de Agua Santa, Swiss Bistro specializes in Swiss French and German cuisine. For the international foodies out there, you know what that means... cheese and meat fondue you won't find anywhere else in the country.

Street Espejo Entre Mera y Pastaza, Baños
swiss-bistro.com



Haycha Restaurant

Haycha serves traditional Ecuadorian food to a crowd looking for stylish plating and atmosphere. A stand out in Baños, many visitors come here twice, especially for a bowl of their locro de papa.

Avenue Ambato, Parque Palomino Flores Diagonal Al Municipio, Baños
facebook.com/haycha



La Ofrenda del Inca

A rustic place to share traditional Ecuadorian food with family and friends, most visitors come for the view of Mama Tungurahua, the active stratovolcano located directly across the valley from this viewpoint. The "Offering of the Inca" invites you to make your own offering to this ancient volcano spirit, with plates of traditional Ecuadorian food served in clay and wood with a side of ancient customs.

Las Antenas, Baños
facebook.com/ofrendadelinca



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

BARS & NIGHTLIFE



Azotea 740

This stylish rooftop is one of the chicest spots in Baños. When you're needing a night out with friends, throw on your best outfit and head to Azotea 740 for a taste of their gastronomic fusion and a signature cocktail filled with exotic flavors (the "Butterfly Pea" is our favorite).

Ambato y Maldonado frente al Parque Palomino Flores, Baños

facebook.com/azotea740



Jaguar House

Jaguar House always has something going on to draw the crowds it does. Whether it's guest DJs, stand-up comedy shows, or playing the biggest games on their big screens, this is the place to meet and socialize over premium cuts of meat, a wide variety of beers, and the best mojitos you can get outside of Cuba.

Street Martinez y Eloy Alfaro, Baños

facebook.com/jaguarhouse.ec



Cherusker - German Craft Brewery

The highest brewery in the world, Cherusker has been producing handmade and small-batch craft beers in the highlands of Ecuador since 2011. Strict adherence to German brewing traditions combined with the charm of Ecuador creates a beer that's completely unique to the region and a bar that's always filled with great music and ambiance.

Eloy Alfaro 540 y Ambato, Baños

cherusker.com

COFFEE SHOPS

Café Hood 🥕 🌿 🌾

Beside the waterfall on the main square, Café Hood welcomes locals and tourists alike. Since 1993 they've been the go-to for international cuisines, like Indian, Thai, Mexican, and even Tex-Mex. This vegetarian restaurant also brews some of the best coffee in town, and guests can enjoy it in the colorful and comfortable atmosphere they've created for nearly three decades.

Montalvo y Rafael Vieira, Baños
cafehoodecuador.com



Café del Cielo 🌿

Perched high above the town, Café del Cielo sits amongst the clouds and provides a spectacular view of the Tungurahua volcano and Llanganates National Park. Take it all in while making your way through over 34 presentations of coffee and tea and a menu full of soups, hot sandwiches, and rostis: Swiss potato pancakes that fill the belly with flavors like chicken and basil pesto or ham and mushroom sauce.

Vía a Runtun Km. 6, Baños
lunavolcan.com/cafe-del-cielo



Arte Café & Te 🥕 🌿 🌾

Specialty Ecuadorian and Colombian coffee roasted and prepared by masters, Arte is a tranquil and homey place to enjoy some of the world's finest coffee along with an all-day breakfast or a sweet or savory crepe. Also on the menu are over 33 different types of teas from around the world and, our personal favorite, handmade chocolate from 100% Ecuadorian cocoa.

12 De Noviembre 500 y Oriente, Baños
artecafeecuador.wixsite.com



ART GALLERIES & MUSEUMS

Barahona Art Gallery

Barahona Art Gallery and Café is a small but must-see gallery curated by Marcelo Barahona, an artisan whose unique and exclusive pieces decorate the walls and halls alongside his wide collection of Ecuadorian antiques and international works. Stop at the vegetarian café before strolling the gallery and, if you're lucky enough, meet Marcelo for a pleasant chat about all things art.

Montalvo y Rafael Vieira, Baños
facebook.com/BarahonaGaleriadeArte



Fray Enrique Mideros Museum

An exclusively religious art museum, guests get an inside look into the religious culture of Baños and its devotion to the Virgin of the Holy Waters. Here you'll find ancient offerings that parishioners have given to the Virgin, as well as paintings and embalmed animals.

Street Ambato, Baños
facebook.com/frayenriquemideros



SOUVENIR SHOPS

Mundo Verde

All the locally-made, typical Ecuadorian souvenirs under one roof, including leather goods, embroidered wool, ceramic pottery, handmade bags, and silver jewelry.

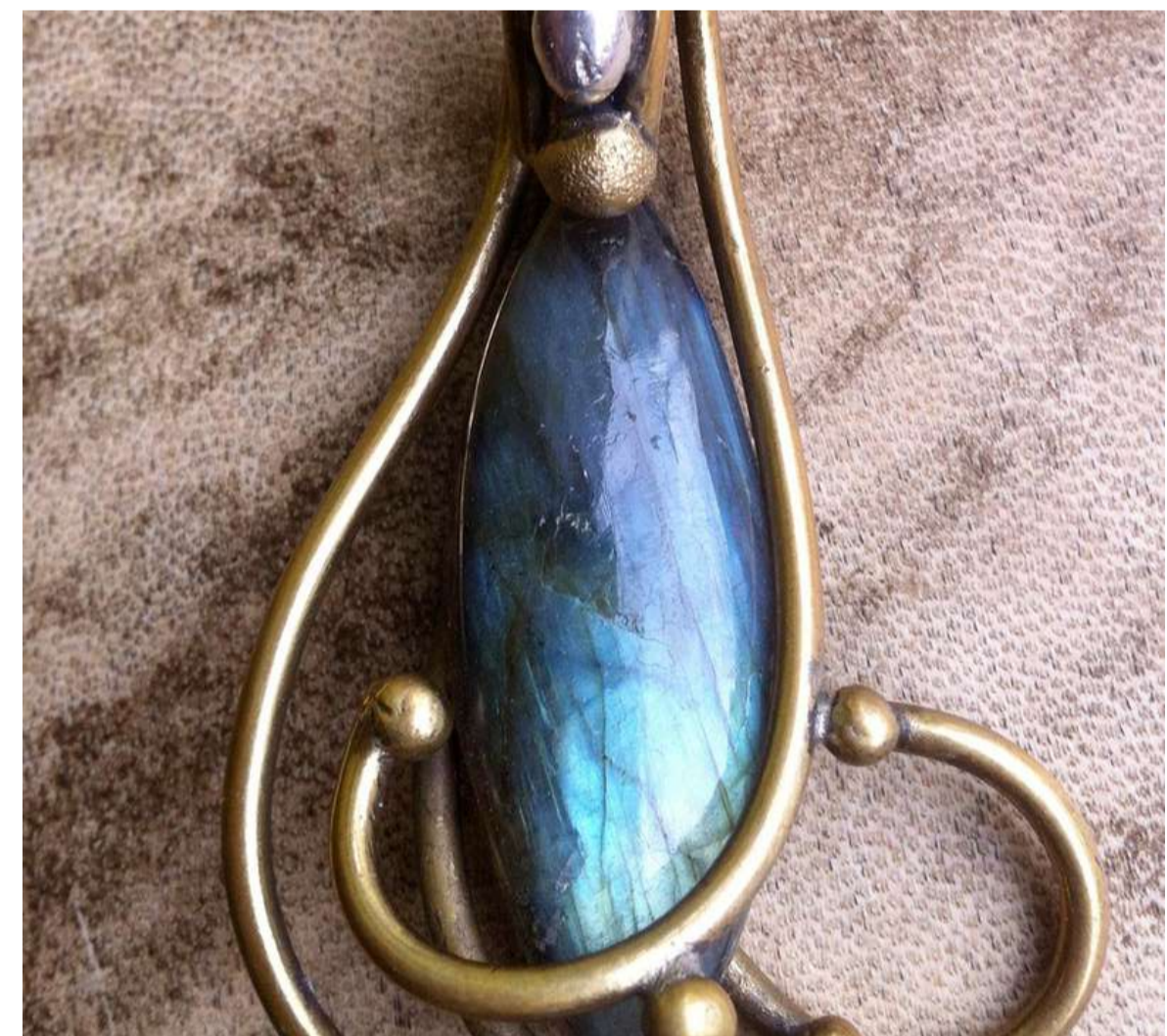
Ambato y Eloy Alfaro, Baños
[facebook.com/donleeseok](https://www.facebook.com/donleeseok)



Jaguar Shop Handicraft

A shop full of handmade works sourced from local artisans, what makes this souvenir shop different is its unique work with precious and semi-precious stones. Find tigers eye, amethyst, pyrite, onyx, and more set in alpaca wool, silver, copper, and bronze.

Maldonado 697, Baños
[facebook.com/jaguarshop](https://www.facebook.com/jaguarshop)



HIDDEN GEMS



El Vuelo del Condor

Not for the faint of heart, this is your chance to soar with the condors in the peaks high above Baños. Get your adrenaline pumping and take flight with either The Beauty, a 40-meter pendulum swing, or The Beast, a 60-meter pendulum swing.

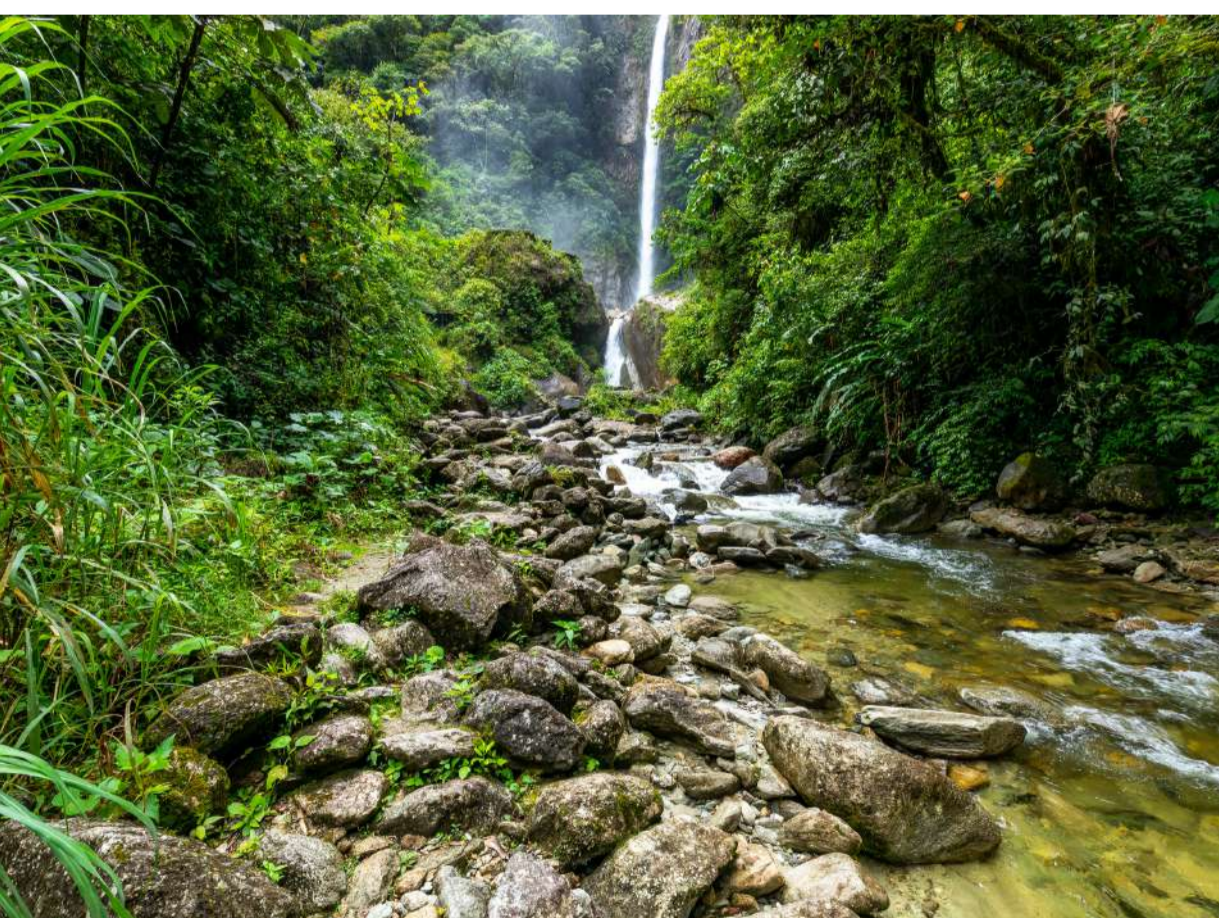
Runtún 180250, Baños



Llanganates National Park

Those who are looking to immerse in nature will get more than their fill at Llanganates National Park. Sitting in the Eastern Cordillera of the Andes mountains and ranging from 1,200 to 4,600 meters above sea level, access over 40 lagoons, Andean forest, and fauna such as the spectacled bear. Outdoor lovers have the options of hiking, mountain climbing, bike riding, or a guided jungle tour.

Ambato 856, Baños
ecuadormitierra.com



Machay Waterfall

A forty-meter waterfall coming from the crystalline waters of the subtropical Machay River, you can enjoy it from above and below. Take a walk along the paths to enjoy the plants and endemic species that surround the waterfall before jumping into the beautiful, crystal-clear waters for a refreshing and healing dip.

Machay, Tungurahua, Baños



Galapagos Islands

Altitude: 345 - 1,707 m (1,132 - 5,600 ft)

The Galapagos Islands sit 1,000 km off the coast and offer opportunities for eco-tourism unlike any others. From its restaurants to its biosphere reservations, everything here is developed with preservation and conservation as its focus. The biodiversity of this place inspired Charles Darwin all the way back in 1835 and continues to spark inspiration in the hearts and minds of its visitors today.



RESTAURANTS

Muyu Galapagos 🥕🌿🍃

One of the gastronomic projects of the Galapagos Foundation for sustainable development, Muyu is setting the bar for farm, forest, and sea-to-table gourmet dining in the Galapagos. It's been voted one of Latin America's 50 Best Restaurants, and one look at its stunning dishes can tell you why. All created with local organic vegetables and fruits, foraged herbs, and seafood from local fishermen, each meal is as healthy for you and the local environment as it is beautiful.

Charles Darwin 3, in front of San Cristobal's Golden Beach, Puerto Baquerizo Moreno, Galapagos
muyugalapagos.com



Isla Grill

The best part about Isla Grill isn't their Galapagos lobster served with a twice-baked potato or even the impeccably grilled fresh albacore tuna – it's their location on Punta Estrada, where you'll enjoy all the seafood, fish, and meat from the most colorful spot in Santa Cruz.

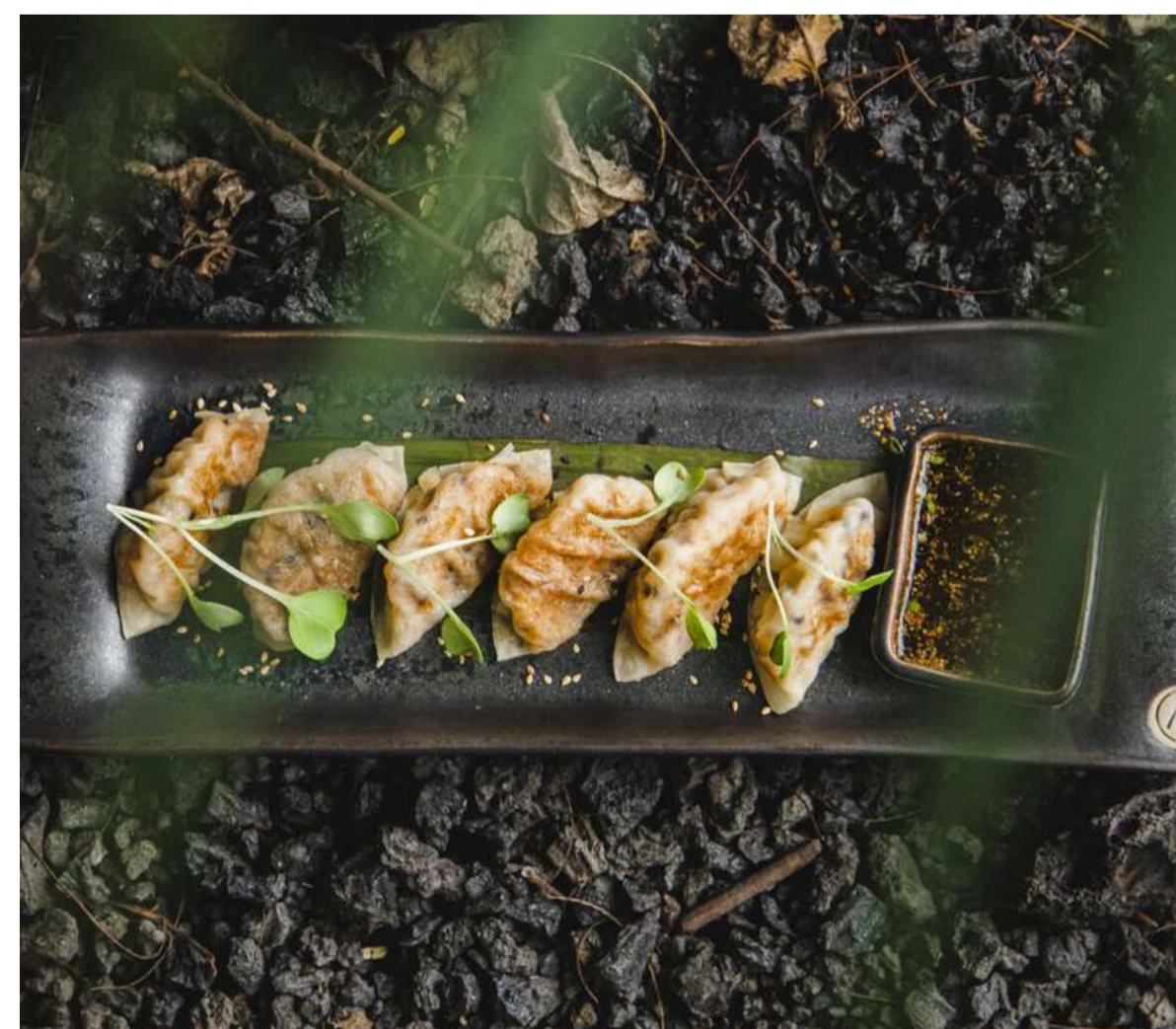
Punta Estrada, inside the Angermeyer Waterfront Inn, Puerto Ayora, Galapagos
islagrillgalapagos.com



Midori Sushi 🥕🌿

Preparing the best Galapagos fish into authentic sushi dishes and pairing them with fruit and veg from local, organic farms is what Midori does best. Well, that and creating a cozy ambiance from which to pick their sustainable, eco-friendly plates clean.

Avenue Charles Darwin, Puerto Ayora, Galapagos
midorigalapagos.com



🥕 Vegetarian 🍃 Vegan 🌿 Gluten Free



Almar Seafood & Grill

A tourist favorite in Puerto Avora, Almar has a newly renovated dining area and a menu that takes its identity to newer, greater heights. Staying committed to their belief that food is an experience to be lived next to the sound of the sea, the extensive menu includes our personal number one, Prawn Risotto, and even some out-of-the-box vegetarian options.

Avenue Charles Darwin y Piqueros, inside Red Mangrove Eco Luxury Hotel, Puerto Ayora, Galapagos
almargalapagos.com



Finch Bay Restaurant

Finch Bay's Executive Chef, Andrés Orlando, creates each dish with its own story, drawing his inspiration from the magical and unique archipelago from which he works. Many of the vegetables and herbs used in these one-of-a-kind dishes come from the hotel's very own garden, and these are also used in the signature cocktails created by mixologist Jossimar Luján. Reserve this restaurant for a special night out, where you can pair a set three-course dinner with original cocktails like El Paraíso or El Jardín.

Barrio Punta Estrada, Playa de los Alemanes, Puerto Ayora, Galapagos Islands
finchbayhotel.com

 Vegetarian  Vegan  Gluten Free

BARS & NIGHTLIFE

Santa Cruz Brewery

After a long day exploring the islands, a cold beer is what's called for – and for that, head to the first microbrewery of the Galapagos. Santa Cruz Brewery has been producing American pale ale, Irish red ale, English porter, West Coast red IPA, Belgian strong ale, and fruit beer since 2015. Sample them all on a flight before picking your favorite for a full or half pint.

Avenue Charles Darwin, corner of Floreana, Galapagos
santacruzbrewery.ec



The Rock Galápagos

Happy Hour at the Rock is the ideal place to start any evening. Try a signature cocktail made with local ingredients like the exotic Bloody Mary Ceviche, seafood marinated in citrus juice and added to this traditional tomato juice cocktail.

Avenue Charles Darwin & Isla Plazas 270, Puerto Ayora, Galapagos
facebook.com/therockgalapagos



El Muelle de Darwin

Casual setting with a simple but delicious menu that includes sandwiches, salads, ceviches, and more substantial seafood, meat, pasta, and rice dishes. But most guests come (and stay) for the house special cocktail, a Darwin Mule.

Charles Darwin Ave. Seymour, Puerto Ayora, Galapagos
elmuellededarwin.com



COFFEE SHOPS



1835 Coffee Lab

Expert coffee tasters, professional roasters, and specialized baristas come together to serve the best coffee Galapagos has to offer at 1835 Coffee Lab. Among their espresso bar, iced coffees, infusions, matchas, and coffee cocktails, we couldn't possibly choose just one. We can, however, recommend that whatever you try, you try it alongside one of their delicious, superfood-infused breakfasts.

Avenue Charles Darwin 825, Puerto Ayora, Galapagos
1835coffeelabec.com



Galapagos Deli 🥕 🌿 🌾

Sandwich and pizzas on homemade bread and artisanal ice cream are what make this upscale deli stand out. For something savory, try a shrimp pizza on homemade dough and, for something sweet, try the tropical fruit-flavored ice creams (the naranjilla is something you can only get in Ecuador and Colombia and it'll keep you coming back for more).

Tomas de Berlanga 227 & Avenue Baltra, Puerto Ayora, Galapagos
facebook.com/galapagosdeli



Islanders Coffee Roasters

Coffee roasters and brewers supplying Galapagos Specialty Coffee. Grown in the volcanic soil of the Galapagos, even just a simple americano has an exotic quality that's flawlessly highlighted by professional equipment and expert baristas.

Seymour y Santa Cruz, Galapagos
facebook.com/people/IslanderCoffee

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

ART GALLERIES & MUSEUMS

Samay Latin Art

Translated from quechua, 'samay' means 'spirit' or 'soul', and this is what forms the essence of the artwork showcased here. SAMAY displays the works of new and existing Galapagos artists who are committed to the fusion of ancestral and modern art in sculpture, painting, tapestry, ceramics, hats, carvings, and more.

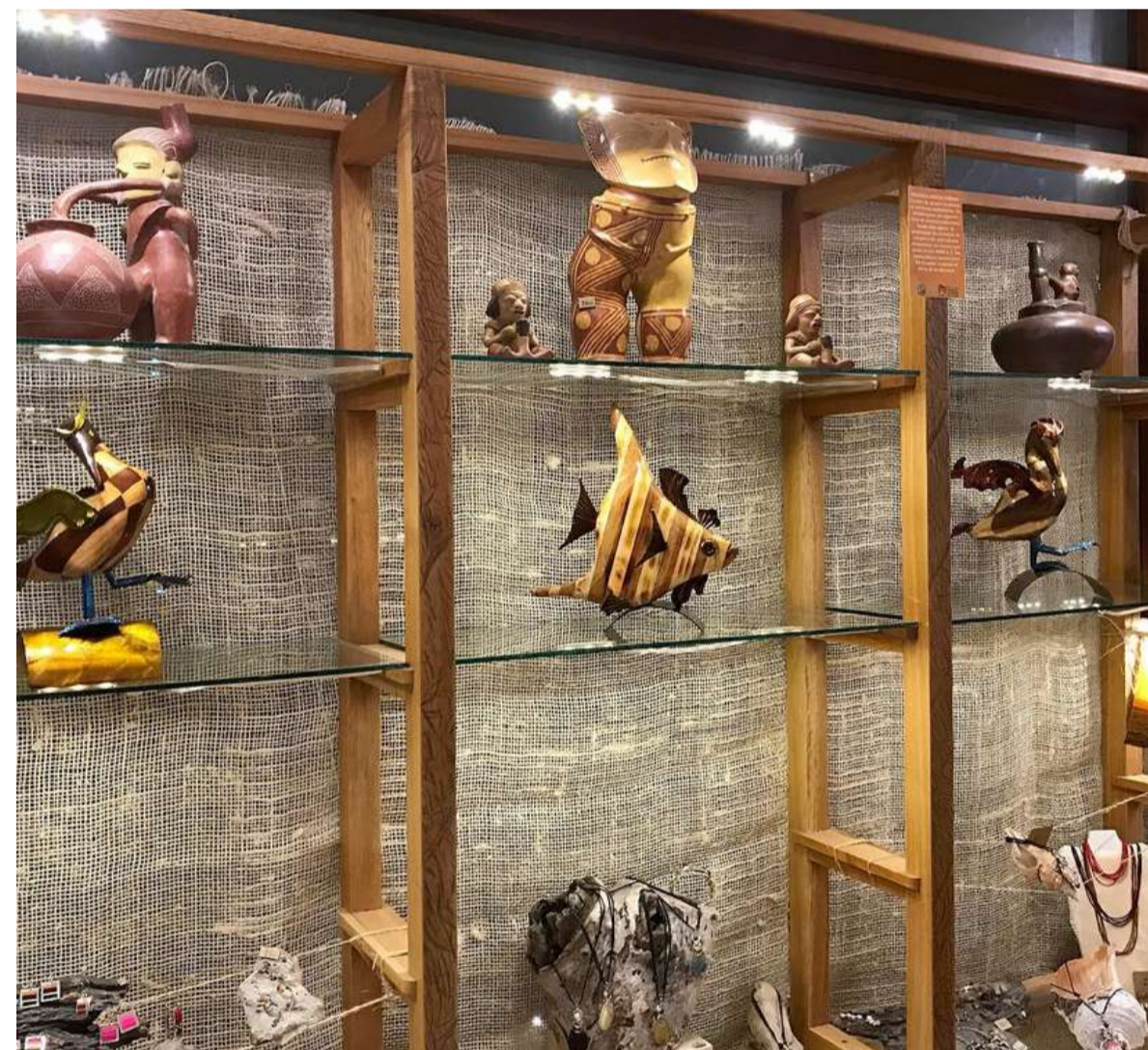
Avenue Charles Darwin 22 and Marchena Puerto Ayora,
Santa Cruz Island, Galapagos
samaylatinart.com



Galería Exótico Ecuador

In close partnership with the Sinchi Sacha Foundation, Exotico supports Ecuadorian artisans who use raw materials from all over the country. Ancestral and contemporary art and crafts made by individuals, communities, associations, and families fill this space. Everything is sold on the principle of fair trade, including shoes, jewelry, paintings, clothing, bags, and sculptures.

Avenue Charles Darwin y Tomás de Berlanga 495,
Santa Cruz, Galapagos
facebook.com/comercio.justo.galapagos



Origins: Museum of Nature

This large museum is divided into seven thematic sections that convey the great diversity of the Galapagos and the importance of its preservation: water, land, air, universe, intelligent design, health, and sustainability. Acting as an example of conservation and protection, the museum is also involved in a number of social projects to care for and support the inhabitants of the archipelago.

Avenue Charles Darwin, Puerto Ayora, Galapagos
origens.org



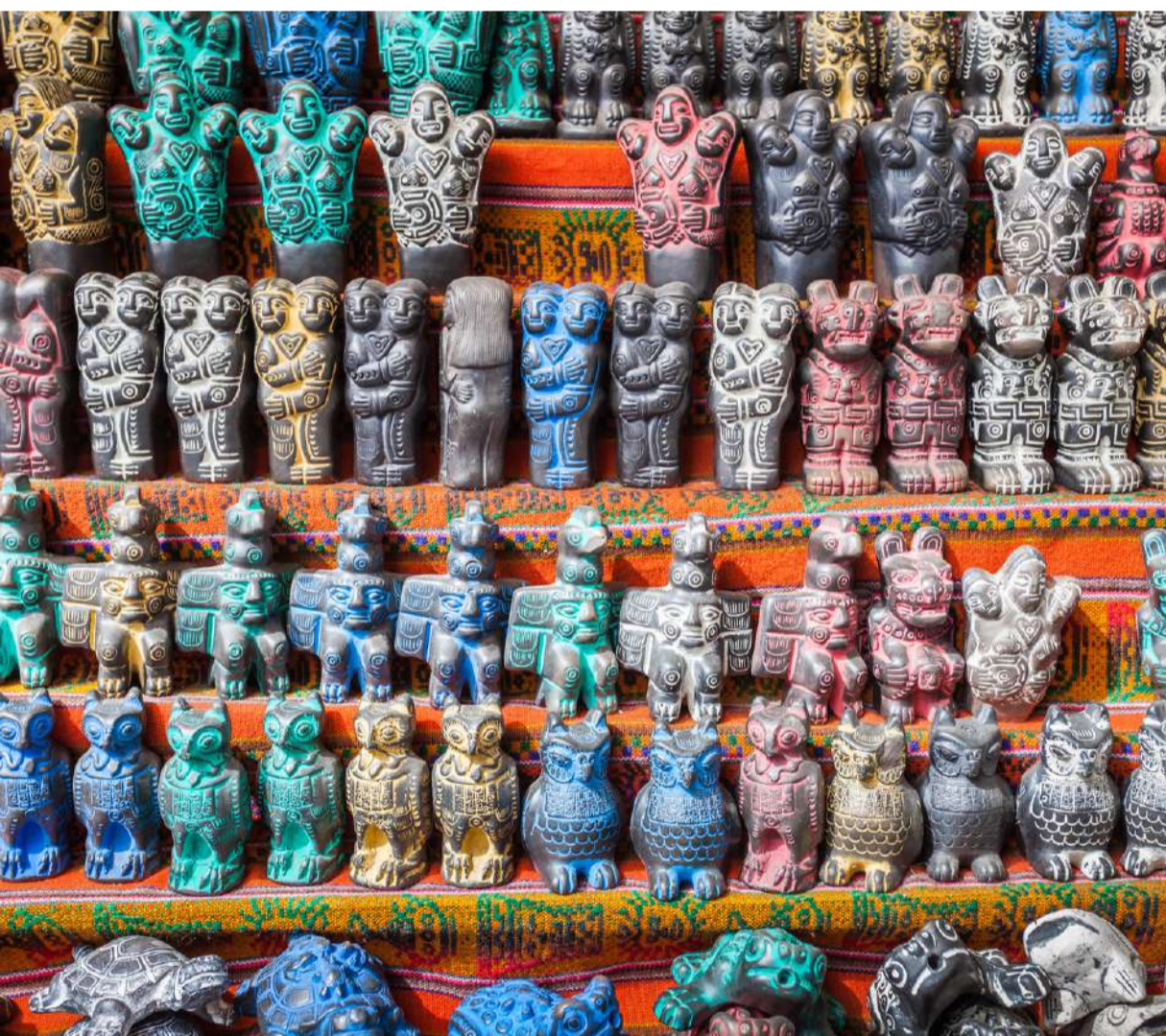


SOUVENIR SHOPS

Chocolapagos Darwin's Favourites

All the gourmet chocolates at Chocolapagos are handmade by a local chocolatier using 100% Ecuadorian Arriva Cacao. This is a popular stop for chocolate souvenirs as well as a live chocolate show where guests are invited to watch the creation of a turtle bonbon.

Avenue Charles Darwin, Santa Cruz, Galapagos
facebook.com/chocolapagos



Craft Market

The Galapagos artisan market has a variety of handmade souvenirs that demonstrate the diversity of this place in terms of ancestral customs and raw materials. The vast majority of these souvenirs are made by local people and are sold at a reasonable price.

Avenue Charles Darwin, Puerto Ayora, Galapagos

HIDDEN GEMS

Colon Archipelago Biosphere Reserve

The Galapagos Islands are actually a volcanic archipelago. The molten lava from volcanic explosions long, long ago, left behind a labyrinth of lava tunnels that can be found all over the islands. Head to the most accessible ones in the highlands of Santa Cruz, where you can climb into the belly of the Galapagos and get a glimpse of the immense, naturally-made structures for yourself.

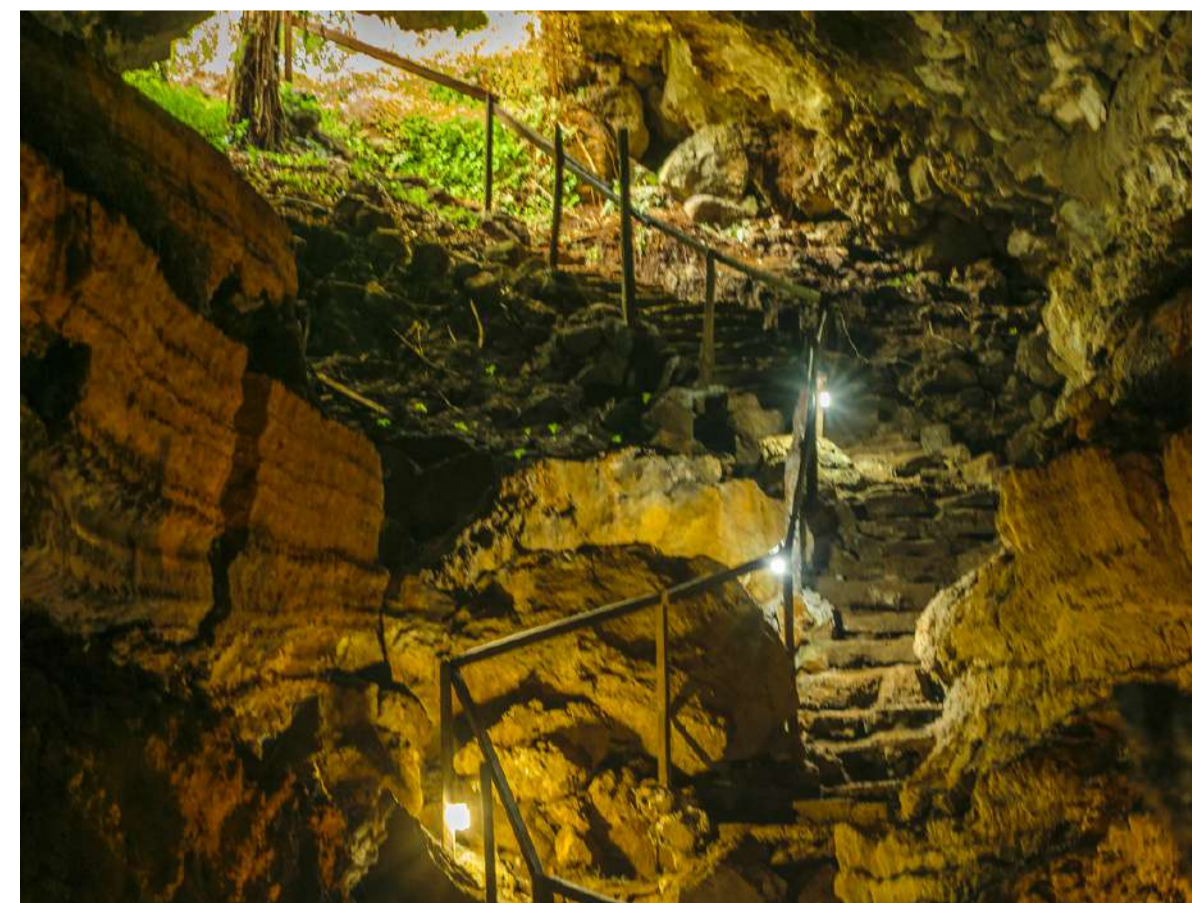
Oriental Pacific, 970km from Ecuador mainland, Galapagos



Lava Tunnel

The Galapagos Islands are actually a volcanic archipelago. The molten lava from volcanic explosions long, long ago, left behind a labyrinth of lava tunnels that can be found all over the islands. Head to the most accessible ones in the highlands of Santa Cruz, where you can climb into the belly of the Galapagos and get a glimpse of the immense, naturally-made structures for yourself.

Santa Cruz, Galapagos



Galapagos Marine Reserve

The Galapagos Marine Reserve spans 138 thousand square kilometers into the Pacific Ocean. The 10th largest marine reserve in the world, it protects more than 2,900 species, 25% of which are endemic. Wildlife lovers can spot penguins, sea lions, whales, dolphins, and countless species of birds. Not to mention this is one of the best destinations for underwater diving in the world.

Eastern Pacific Ocean 970km from Ecuador mainland, Galapagos

