

## ECUADOR

### LOCATION

Officially the Republic of Ecuador (Spanish: República del Ecuador) is a representative democratic republic in South America, bordered by Colombia on the north, by Peru on the east and south, and by the Pacific Ocean on the west. The country also includes the Galápagos Islands (Archipiélago de Colón) in the Pacific, about 965 kilometers (600 miles) west of the mainland. Ecuador straddles the equator, from which it takes its name, and has an area of 256,370 square kilometers (98,985 mi<sup>2</sup>). Its capital city is Quito; its largest city is Guayaquil.



### LANGUAGE

National or official languages: Spanish, Cofan, Quichua. The number of languages listed for Ecuador is 24.

### ELECTRICITY

Electricity in Ecuador is 127 Volts, alternating at 60 cycles per second. If you travel to Ecuador with a device that does not accept 127 Volts at 60 Hertz, you will need a voltage converter.

### TIME ZONES

Standard time zone: GMT - 6 hours.

### CLIMATE

Ecuador's geography has endowed the country with a variety of microclimates. The coast is hot all year, with a humid rainy season between December and May. In the mountains climate depends on altitude, becoming cooler the higher you go. The Amazon region is hot, humid and wet while the Galapagos Islands are dry with a steady year-round average temperature of 25°C.

### MONEY

The local currency is the Ecuador Sucre (ECS)

### PASSPORT & VISA

A Canadian passport valid 6 months after return is required to enter Ecuador. SUBJECT TO CHANGE. For detailed information, visit [www.travel.gc.ca](http://www.travel.gc.ca)

### HEALTH

Yellow fever vaccination is not required, however, it is recommended if traveling to the east of the Andes. There is no risk in Quito, Guayaquil or the Galapagos Islands. Vaccinations for tuberculosis and hepatitis B are sometimes recommended. Altitude sickness is a risk, particularly if flying directly into Quito (2,800m/9,186ft). Give yourself time to acclimatize before setting off into the mountains. For more information contact a traveler's clinic. It is advisable to drink only bottled or sterilized water in Ecuador. Avoid unpasteurized dairy products. Only eat well-cooked meat and fish. Vegetables should be cooked and fruit peeled.

### FOOD

The food in Ecuador is very diverse, varying with altitude as do the agricultural conditions. Pork, chicken, meat or "cuy" (guinea pig) are popular in the mountain regions served with an immense variety of cereals, potatoes or rice. A street food in mountain regions of Ecuador is potatoes served with roasted pig (hornado). Fanesca is also a dish that has been made famous in Ecuador, it is a soup made during the time of Lent and is made with 12 types of bean (i.e. green beans, lima beans, lupini beans, fava beans, etc.) and milk and is usually served with codfish. The beef jerky was invented in Ecuador



### EMBASSY OF CANADA IN QUITO

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For further information, visit the official tourist board website of Ecuador: [www.ecuador.travel](http://www.ecuador.travel)

