



Pinnacle Rock, Bartolomé Island, Galápagos

Dental Study Tour to Ecuador and the Galápagos Islands

3 – 15 September 2021

Cloud Forest • Andes • Galápagos

With Amazon extension

3 – 19 September 2021



Jon Baines
tours



Cotopaxi Volcano

Ecuador is a land of enormous cultural and natural diversity. Its cultural legacy encompasses the descendants of Spanish conquistadores and many distinct indigenous communities. Its bio-diversity is extraordinary, the jewel in its crown being the incomparable Galápagos Islands. This remote island group encompasses cool lava landscapes, cactus forests, lush green highlands, turquoise coves and perfect white sand beaches, and is the only place in the world where it is possible to swim with penguins and tropical parrot fish at the same time.

This tour encapsulates the great variety to be found within this compact country, alongside a wide ranging professional programme of dental visits and talks. Experience colonial Quito, the exquisite cloud forests of Mindo, the high country thermal springs at Papallacta in the Andes and finally the incomparable Galápagos islands on a private charter first-class yacht. There is also the option to extend at an eco lodge in the Amazon jungle after the tour. This tour is strictly limited to a total of sixteen people, with fourteen spaces available to fill.

Tour Leader

Dr. Ashok Sethi has pioneered, in the UK and internationally, the art and science of surgical and restorative implant dentistry for 25 years. His practice is totally dedicated to implants, achieving outstanding success rates in terms of predictability as well as aesthetic and functional outcome. He conceived and taught the Diploma in Implant Dentistry of the Royal College of Surgeons of England. He is a founding member and past president of the ADI and has been elected as an honorary life member of the Association. He has written Practical Implant Dentistry jointly with Thomas Kaus, which has been translated into 10 different languages. Ashok has led a wide range of successful dental study tours to destinations including Vietnam and Cambodia, China, Chile, Japan and India.



A traditional Andean market

2 nights Quito – 2 nights Mindo Cloud Forest – 3 nights Papallacta
– 4 nights Galápagos Islands – 1 night Quito



Day 1: Quito (Fri, 3 Sept) **D**

Pm: Arrive in Quito, a beautiful city containing superbly preserved colonial architecture, and settle in at your hotel. Spend the rest of the day at leisure.

Eve: Enjoy a welcome dinner at Somos, a contemporary Ecuadorian restaurant.

Day 2: Quito (Sat, 4 Sept) **B D**

Am: Explore Quito on a guided tour. Walk through the attractive, palm-shaded Plaza de la Independencia, visit the gorgeously ornate 16th century church of La Compania de Jesus and visit Monasterio de San Francisco, the oldest church on the American continent.

Pm: Visit a dental teaching hospital in Quito to learn about dental education, or spend the afternoon at leisure.

Eve: Dinner at an Ecuadorian restaurant.

Day 3: Quito / Mindo (Sun, 5 Sept) **B D**

Am: Drive to El Mitad del Mundo - the 'Middle of the World' – and straddle the equatorial line. Drive up to the rim of the biggest volcanic crater in South America, the extinct Pululahua Volcano, for wonderful

views and lunch.

Pm: Lunch by the crater with spectacular views. Continue to Mindo cloud forest, where you will stay at the Sachatamia Lodge, and take a nature walk.

Eve: Ashok Sethi will deliver clinical lectures. Talks: *“Assessment in diagnosis and Is time an issue?”* and *“Immediate versus staged treatment?”*

Day 4: Mindo (Mon, 6 Sept) **B L D**

Am: The cloud forests are a unique ecosystem fed by the misty clouds sitting on the slopes of the Andes. Rise early the following morning to watch an incredible variety of birdlife, including hundreds of species of jewelled hummingbirds. Visit the Mariposario Mindo Butterfly Farm.

Pm: Take a cable car high above the cloud forest valley and the Rio Nambillo below. Walk with a naturalist guide along trails through delicate clusters of wild orchids, ferns and waterfalls wreathed in silver mists, amidst swarms of vivid birds and butterflies.

Eve: Take a night walk to see spiders and other nocturnal creatures.

Day 5: Mindo / Papallacta (Tues, 7 Sept) **B D**

Am: Rise early again to spot the early bird activity in Mindo. After breakfast drive to the high Andes of Ecuador, into the paramo and the montane forest, rich in unusual flora and fauna such as the rare, gnarled Polylepis tree - one of the oddest and rarest trees on the planet.

Pm: Continue to Papallacta, a thermal area high in the Andes where hot springs bubble up next to the Papallacta River. Check into Termas de Papallactas thermal resort, where the waters reputedly have healing properties.

Eve: Hear dental lectures in the evening. Talks: *“New concepts in implant dentistry*



- *avoiding cement and screws*” and
“Teamwork – spreading the risk”.

Day 6: Papallacta (Wed, 8 Sept)

B D

Am: Visit the Antisana Ecological Reserve in the central highlands, located at the feet of the 5705 metre volcano, Mount Antisana. Explore the dramatic altiplano landscapes with spectacular snow capped mountains as backdrop and look out for the various species of condor that inhabit the area.

Pm: Return to Papallacta and spend the rest of the day at leisure enjoying the hot springs.

Eve: Have dinner at Guango Lodge before setting out on a nocturnal nature walk.

Day 7: Papallacta (Thurs, 9 Sept)

B D

Am: Visit the local market at Sangolqui, a pretty colonial village in pastel hues, and browse among the stalls with the locals.

Pm: Visit the Centro Medico in Papallacta and learn about rural dentistry in the Andes.

Day 8: Papallacta / San Cristobal Island, Galápagos (Fri, 10 Sept)

B L D

Am: Your next stop is Ecuador’s ecological

wonderland – the Galápagos Islands. Fly to San Cristobal Island and board the Solaris private yacht for four nights cruising around Espanola, Floreana, Santiago, Bartolomé and Santa Cruz Islands.

Pm: Tour the Interpretation Centre and see giant tortoises.

Day 9: Espanola Island (Sat, 11 Sept)

B L D

Am: Wet landing at white-sand Gardener Bay, home to sea lions, three species of Darwin’s finches, Española mockingbirds, green sea turtles, colorful tropical fish, including yellow-tailed surgeon fish, angelfish, parrotfish, manta ray, white-tipped reef sharks and playful sea lions. Opportunity to snorkel.

Pm: Land at Punta Suarez to spot sea lions, red and green marine iguanas, Española lava lizards and diverse seabirds including Galapagos hawks, mockingbird, finches, Galapagos doves, blue-footed and Nazca boobies, swallow-tailed gulls, red-billed tropicbirds and waved albatross.

Day 10: Floreana Island (Sun, 12 Sept) B L D

Am: Visit Post Office Bay, where you can still post a postcard in the historic post barrel, and a lava tube.

Pm: Visit Cormorant Point to see Galapagos flamingos and many other birds. Continue to Champion islet to see to see marine turtles, sea lions and many fish. Options for swimming and snorkelling.

Day 11: Santiago Island / Sullivan Bay / Bartolome (Mon, 13 Sept) B L D

Am: Visit Sullivan Bay on Santiago Island, with its dramatic lava field. Option to snorkel.

Pm: Continue to Bartolome Island for wonderful views and lava cones. See lava lizards, sea lions, Galapagos penguins, herons, finches.

Day 12: Santa Cruz / Quito (Tues, 14 Sept) B D

Am: Visit Black Turtle Cove, a mangrove estuary, home to sea turtles, black-finned reef shark, white-tipped reef shark, Galapagos shark, spotted rays, egrets, pelicans, herons and various plants. Transfer to airport for flight back.

Pm: Transfer to the Hilton Colon Hotel.

Eve: Farewell dinner

Day 13: Quito (Wed, 15 Sept) B

Am: At leisure or take extension.

Pm: Transfer to the airport.

Extension into the Amazon: 15 – 19 September 2021

Day 14: Quito / Amazon (Wed, 15 Sept) B L D

Am: Transfer to the airport for flight to Coca.

Pm: Transfer by river to Sacha Lodge.

Eve: Nocturnal guided tour.

Day 15: Sacha Lodge, Amazon (Thurs, 16 Sept) B L D

Am: Take dugout canoes past bromeliads and palm trees, looking for wildlife such as the pygmy marmoset, the ocelot and puma.

Pm: Trek through pristine forest, with vast 150-foot kapok trees, as you watch for the crest owl and howler monkeys.

Eve: Optional night walk.

Day 16: Sacha Lodge, Amazon (Fri, 17 Sept) B L D

Am: Motorised canoe along Napo River to visit the traditional Yasuní community. See the parrot disco on the clay lick.

Pm: Take the treetop canopy walk .

Eve: Optional night canoe trip to see caiman.

Day 17: Sacha Lodge / Quito (Sat, 18 Sept) B

Am: Transfer to Quito and Hotel Hilton Colon.

Day 18: Quito (Sun, 19 Sept) B

Am: Transfer to the airport.

NB: All itineraries are subject to change according to local conditions.





Sacha Lodge

Amazon extension at Sacha Lodge

The Sacha Lodge team will meet you in Coca and guide you to the Lodge, which blends seamlessly into its forest surroundings. You could see giant otters duck, dive and call to each other as you eat breakfast; caimans glide under the walkway as you head back to your room; hear monkeys chattering outside your balcony; or see giant sloths hanging out on trees by the cabins.

A typical day at Sacha begins at sunrise or earlier, taking advantage of the cool morning hours when the rainforest's animals are most active. Each day you will return to the Lodge after the morning activity for lunch. Relax until the afternoon excursion between 3pm and 4:30pm, which often continues into the evening when the nocturnal insect and frog chorus begins. Days at Sacha Lodge do not end with the fading of the light, or even with dinner. Night walks and canoe trips, with the aid of flashlights, often reveal creatures seldom seen during daylight.

Between excursions you are at leisure to enjoy the Lodge, lounging on sun chairs on the Balsa with a book or cooling off in the Lake Pool.

*Please note: activities are subject to weather, though Forest Walks, the Kapok Tower, and Canopy Walk are the keystones of the Sacha Lodge experience.



Inside a room at Sacha Lodge (top);
A toucan in the Amazon (above)



Solaris at sea

Galápagos Yacht - Solaris

This first class motor yacht is on private charter for this tour. Built in 2019, Solaris accommodates just 16 passengers in 11 cabins with private facilities. This spacious and comfortable yacht has large and bright cabins on the main and upper deck with panoramic sea view windows and is both stable and stylish. Facilities include lovely open deck areas with lounge chairs and shade, an indoor dining room and bar and comfortable lounge area. There are eight experienced crew members and a bilingual naturalist guide.



Sun deck



Sun deck dining area (top); Shaded seating area; Cabin (above)

Facts on the Galápagos Islands

- The first recorded visitors to the Islands were the Spanish. Bishop Tomás de Berlanga arrived in 1535 and nicknamed the giant tortoises he saw 'Galápagos', after a popular type of saddle.
- The Spanish also called them 'the Enchanted Isles' as treacherous currents and swirling mists caused sailors to frequently lose sight of islands right in front of them.
- The Galápagos Islands were home to the only surviving giant Pinta tortoise, 'Lonesome George', who sadly died in June 2012.
- The convergence of three major oceanic currents brings an incredible mix of marine life to Galápagos.
- The endemic Galápagos marine iguana is the only lizard to swim in the ocean.
- Darwin's research in Galápagos led to his theory of The Origin of Species.
- In 1978 UNESCO designated Galápagos as the first World Heritage site.
- Due to the early presence of both Spanish and English inhabitants in Galápagos, the Islands now have both Spanish and English names.
- The Galápagos penguin is the only to be found in the northern hemisphere and to breed in the tropics.
- A Galápagos tortoise can weigh up to 595lb (270kg) with a carapace length of 4ft (1.2m) and outlive most humans.
- The Galápagos Islands are home to the world's largest cormorant and the only one unable to fly.
- Galápagos has one of the world's rarest ecosystems in which the herbivores at the top of the food chain are reptiles.
- Galápagos swallow-tailed gulls are the only gulls in the world to feed at night.
- The scolopendra centipede is an 11-inch (28-cm) long carnivorous centipede. It's not unusual for it to devour whole lava lizards or baby rats.

Galápagos weather in September

September is the coolest month in the Galápagos, with a very comfortable 18°C at night and a daytime temperature of around 24°. Rainfall is at its lowest now and it is one of the best times of the year to spot dolphins and whales. It is also the ideal time to see and swim with penguins, as they are most active during this period. Sea lions are in heat during September, meaning that you will likely see courtship displays and mating rituals on the rocks and sandy beaches where they breed.

There is nowhere else in the world like the Galápagos Islands, where each island is distinct with its own landscapes, flora and fauna. Wildlife highlights in September include the tiny **Galápagos penguin**, most active on Bartolomé Island at this time. During September, the Antarctic Humboldt Current blasts nutrient rich, cold water through the Galápagos, making fishing and swimming conditions perfect for this little bird. **Blue-footed boobies** are nesting, when

they they hunt during the day and nest at night. **Waved albatross** (the largest of the Galápagos birds) are also nesting. After the chick is about two weeks old, their parents will scavenge for fish and squid, which they will pre-digest to feed their young. While they are hunting, the chicks are left in small "nursery" groups. It is also mating season for **California sea lions** and **Galápagos fur seals**.



An imperious marine iguana



Termas de Papallacta Resort

Hotels

Hilton Colon Hotel (Quito)

A modern 4-star hotel, this is a typical Hilton venue – comfortable, efficient and centrally located with good, friendly customer service. It also offers some wonderful views.

Sachatamia Lodge (Mindo)

This is a charming lodge with cabins, as well as rooms in the main building, making good use of beautiful local woods and crafts. Located in a private ecological reserve consisting of more than 750 acres, it incorporates five pristine rivers within the cloud forest and has a pool.

Termas de Papallacta (Papallacta)

Termas de Papallacta is perched in a high Andean valley, surrounded by green mountains. The spa resort offers relaxing natural thermal baths, spa treatments, an excellent restaurant and attractive rooms.

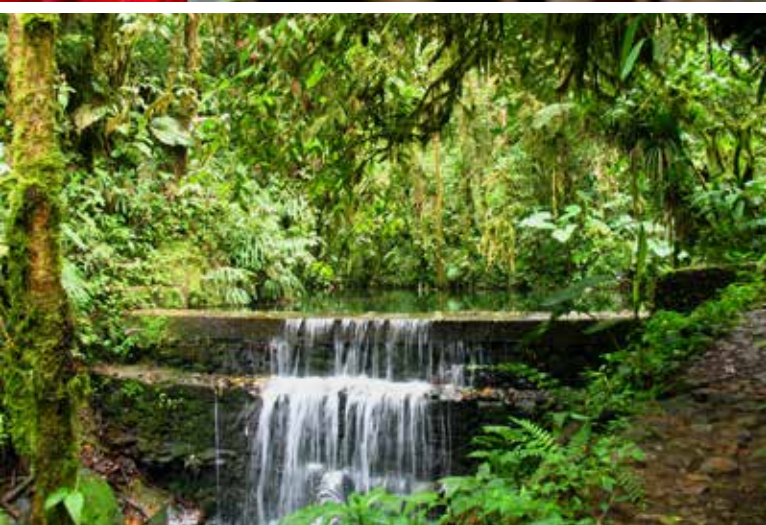
Sacha Lodge (Amazon extension)

Each cabin, built of traditional materials with a high thatched roof and private shaded terrace with hammock, blends into the lush surroundings. The cabins provide a spacious private bathroom with flushing toilet and hot shower, some with floor-to-ceiling windows for

an immersive jungle experience. All cabins are screened against insects and contain ceiling fans above two comfortable double beds. There is the lovely 'Balsa', a covered al fresco lakeside lounge, as well as a bar, restaurant and shop.



Sachatamia Lodge, Mindo (top);
A cabin at Termas de Papallacta Resort (above)



Rooftops of Quito (top); See the jewelled hummingbirds of Mindo; A waterfall in Mindo; Mount Antisana (above)

**The cost of the tour is
US \$7,956 per person
(excluding international
flights and transfers)**

The cost includes:

- Comprehensive pre-departure information
- The services of experienced tour leader and speaker, Ashok Sethi

In Ecuador the cost includes:

- Eight nights' accommodation in twin bedded rooms with private facilities in a 4-star hotel, a cloud forest lodge and an Andean resort

Hotel only single supplement for the eight nights in Ecuador is US \$571

- Breakfasts and dinners daily and one lunch
- Drinks with meals (soft drinks, water, tea and coffee) and water throughout
- A full programme of sightseeing, walks and talks as per the itinerary, admission fees and tips
- Services of experienced English speaking guide
- All transport, including internal flights

In the Galápagos the cost includes:

- Four nights' accommodation in twin bedded rooms with private facilities aboard the Solaris

No single supplement for taking single cabin on the yacht

- Full board including soft drinks with meals
- Visits to Islands with English speaking naturalist guides
- Galápagos National Park tax, dock fee and tips

**The extension to Sacha Lodge costs
US \$1,846 per person sharing and
includes:**

- Three nights' accommodation in twin bedded rooms with private facilities in a first-class jungle lodge and one night in a 4-star hotel

The single supplement for the four nights in Ecuador is US \$754

- All meals at Sacha Lodge, breakfast in Quito
- Soft drinks with meals
- A full programme of activities as per the itinerary
- Services of experienced English speaking guides
- All transportation services including internal flights
- Tips

The cost excludes:

- International flights and airport transfers
- Personal extras such as laundry etc.
- All optional excursions, tours and visits
- Travel insurance

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.



See condors in the Andes (top); The Andean highlands in Ecuador;
A Galápagos giant tortoise; Red footed booby, Galápagos
(photo credit Mike Shepherd) (above)

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