



Pichincha · Andes · Ecuador

Quito

Traveler's guide

A capital at 2,850 m with one of the best-preserved historic centres in the Americas, and a base to climb Rucu Pichincha, go birding in Mindo or spend a day at Cotopaxi.

The local guides portal of Latin America · www.trekonda.com

Contents

1.	Nature	3
2.	Activities	3
3.	When to go	3
4.	How to get there	3
5.	Experiences	4
6.	Guides	4
7.	Photo gallery	4
8.	Map	5
9.	How to book with a local guide	5

Nature

Quito stretches along a narrow Andean valley at 2,850 m, at the foot of Pichincha volcano. Its historic centre of colonial churches and squares was one of the first sites inscribed on UNESCO's World Heritage List, in 1978. Volcanoes line up around the city, such as Cotopaxi (5,897 m) about 50 km to the south, while to the west the range drops into the Mindo cloud forest, one of the richest birding areas in the country, with hummingbirds, tanagers and the Andean cock-of-the-rock.



Activities

- Walking the historic centre: Plaza Grande, La Compañía and San Francisco churches, La Ronda street and the towers of the Basílica del Voto Nacional
- TelefériQo up to about 3,945 m and a hike to the summit of Rucu Pichincha (4,696 m), 5 to 7 h return, best after a few days of acclimatisation
- Mitad del Mundo, about 26 km north of the centre, with its monument to the equator line
- A birding day in Mindo, about 2 h by road, with a very early start, hummingbird gardens and waterfalls
- A day in Cotopaxi National Park: a walk around Limpiopungo lagoon, a hike towards the refuge or a mountain-bike descent; the summit only with authorised operators

When to go

June to September is the driest season, with clearer skies for volcano views and summit attempts. From October to May it rains more often, mostly in the afternoon, so set off early. Because of the altitude, spend the first days in the city before demanding hikes, and check Cotopaxi's status before going.

How to get there

Mariscal Sucre International Airport (UIO) is in Tababela, about 18 km east as the crow flies; the drive to the historic centre takes 45 min to 1 h depending on traffic. Long-distance buses leave mainly from the Quitumbe (south) and Carcelén (north) terminals. Mindo is about 2 h away by road and Cotopaxi National Park around 2 h. Flights to the Galápagos depart from Quito.

Activities in this destination

Hiking & trekking · Volcano · Rafting & hydrospeed · Boat trips, kayaking & fishing · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Local & indigenous culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family &

inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling · Wildlife & whale watching · City & walking tours

Experiences

No experiences published in Quito yet Are you a guide here? Create your free profile and be the first to appear.

Guides

Are you a guide here? Create your free profile and be the first to appear.

Photo gallery



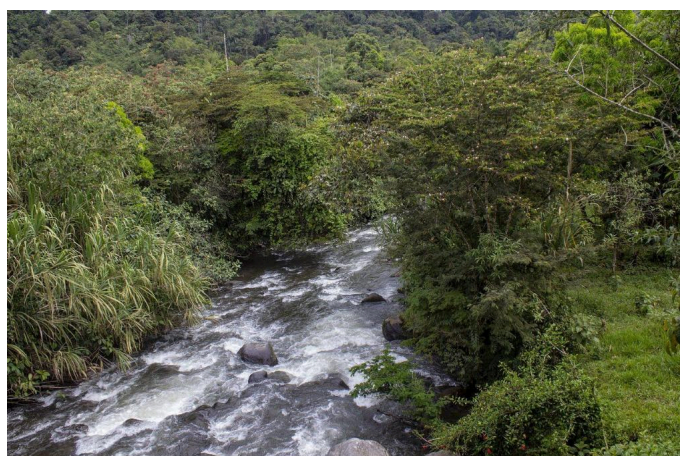
Calle La Ronda, centro histórico · Diego Delso · CC BY-SA 4.0 · Wikimedia Commons



Góndolas del TelefériQo · AndrewDressel · CC BY-SA 4.0 · Wikimedia Commons

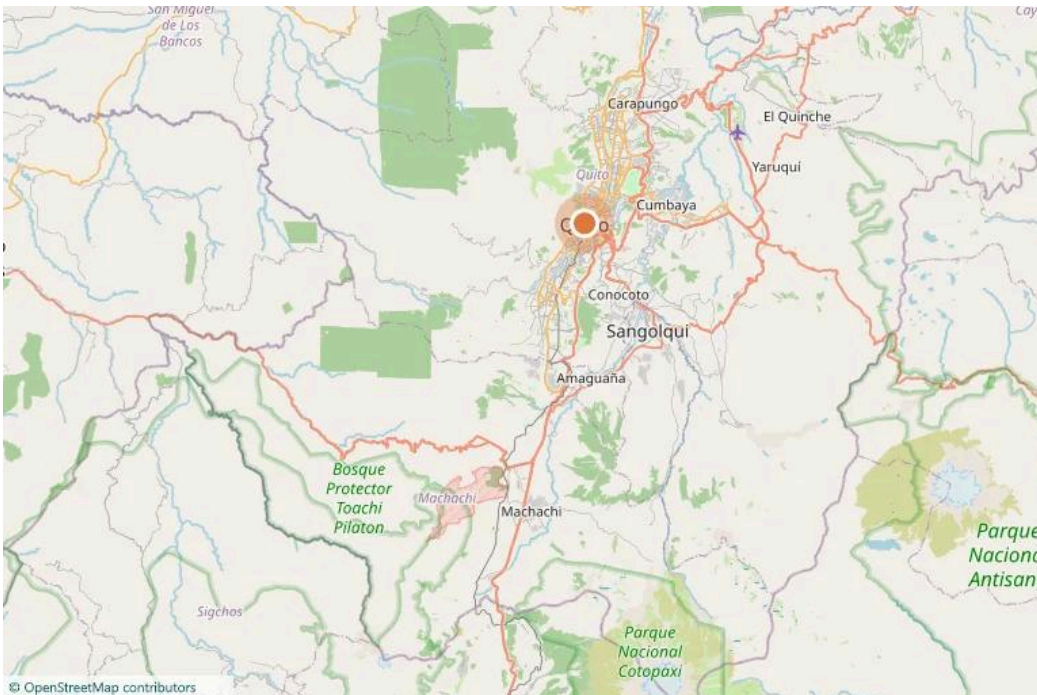


Volcán Cotopaxi desde la laguna de Limpiopungo · Ymblanter · CC BY-SA 4.0 · Wikimedia Commons



Río y bosque nublado de Mindo · Nataliacartolini · CC BY-SA 4.0 · Wikimedia Commons

Map • Quito



-0.2201, -78.5123 • [Directions in Google Maps](#)

How to book with a local guide

Choose your experience → Request your date → Experience Quito

Send your request and the guide contacts you directly with availability and price.

<https://www.trekonda.com/en/experiencias/quito>

Contact platform: each guide provides the service.