

## **GALAPAGOS YOGA RETREATS, 2026**

**Jan 10-27 and 17-24, 2026 Sarah Dippen**

### **ARRIVALS:**

All flights will either stop in Quito, Ecuador or Guayaquil, Ecuador. You will likely be required to have an overnight (or layover) in that city to catch your early morning flight to Galapagos on the start date of your retreat.

You can look at booking sites starting in your home city all the way to Baltra, Galapagos for suggestions.

**But ALSO know that you can book your hometown to Quito or Guayaquil round trip *separately* from the shorter flights to Baltra, Galapagos.** This *may* give you more choices and a better rate - and because of the layovers, there's plenty of time to pick up your luggage and check back in for the separate flights.

**\*NOTE: while it's OK to research flights on 3rd party portals like Expedia, we recommend only booking directly with airlines\***

### **FLIGHTS TO AND FROM Baltra, Galapagos**

**ARRIVALS TO Baltra, GALAPAGOS (from Quito and Guayaquil)** are typically available arriving between 10:00 am and 2pm. Any of these are fine, but it would be great to have everyone together

**So I suggest all try to arrive during this window. Please try not to arrive later than 2:00pm.**

*The main airlines from Ecuador to Baltra are **LATAM and Avianca**.*

*\*If you have to be outside these times, we will, of course, still send a pick up, but it is better to have members of the group together since these are small groups.*

### **DEPARTURES FROM GALAPAGOS:**

Flights back to the mainland on the last day of your retreat typically depart between 10:30am and 2:30pm. We can group in multiple cars for this return to the airport - but if possible, **I suggest the slightly later times 1:00, 12:30, 1:30**

### **Overnights in Quito and Guayaquil (on the front end)**

Quito is a good choice if you want to add a couple extra nights in Ecuador or if prices are lower.

Guayaquil is a good choice if pricing is similar and you're not adding extra time (flights from Guayaquil to Baltra are direct) Both have easy airport hotels.

In Guayaquil the Holiday Inn Airport is so close you can actually walk [CLICK HERE](#).

In Quito, the Wyndham Airport is a close and easy choice [CLICK HERE](#).

If you prefer, the Quito airport also has an VIP airport lounge with relaxation room, showers and other amenities that you can use for a small fee [CLICK HERE](#).

On the way back, you may have a lengthy daytime layover (in Quito or Guayaquil) before heading home. Some choose to hang out at the airport, but it's also an option to band together and just rent a hotel room for those hours to have somewhere to store luggage, relax, have a meal and chill. Airport hotel rooms are only \$90-130, so split, that's an easy option.

**A few packing suggestions:**

- Sunscreen
- Light rain jacket
- Lightweight layers for sun protection
- Yoga clothes (and more yoga clothes)
- More sunscreen
- Insect repellent
- Sturdy walking shoes
- Sandals
- Hat
- Travel binoculars
- Camera
- Small backpack for day trips
- Water bottle
- Bathing suit
- Swim top / rash guard for snorkeling trips. The boats also rent short wetsuits for \$5 / day
- Snorkeling gear (gear is provided by the boat so this is only if you don't want to use shared equipment)
- Did we mention sunscreen?

The Galapagos Islands are equatorial so the sun can be VERY strong and you can catch rays even on cloudy, rainy days (very sneaky). Be sure to pack a hat, strong sunscreen, long layering pieces that offer sun protection, and a bottle of aloe, just in case you missed a spot.

**\*\*\* we will send a MUCH longer group info document closer to the trip with travel confirmations and lots of details / advice \*\***