

Bahia de Caraquez Resource List

(Last updated: 9/24/2008) FROM SV NAKIA
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Ecuador Language Warning from SARANA:

Don't use the word "Bolsa" for bags, use the word "Funda". Bolsa is a negative reference to a man's private parts. This really only applies to Ecuador.

You can get an excellent color **map** listing many services in Bahia from the Tourist Office (all the way at the beach end of Bolivar upstairs in a blue and white building) or see "Coco Bongo" below for an older version of a street/services map.

almuerzo = a fixed menu lunch, usually from \$1.50-1.75, which includes a glass of juice, soup, and a plate consisting of, salad/vegetable, rice, and a meat or fish (sometimes you have a choice of entree, but not always)

Bolivar = Avenida Simon Bolivar; the main drag with a landscaped median

PA = Puerto Amistad

Malecon = Malecon Alberto F. Santos

MERCADOS/TIENDAS

Frigo Don Plati: Ante just before the entrance to the mercado; small counter store where you ask for each item, but they're very helpful and will special order items for you like whole wheat tortillas, sour cream (crema agria), All Bran cereal, etc.

Frigo La Granja: Riofrio between Morales and Bolivar; butcher with refrigeration, clean

Mercado Municipal: Ante at Morales; mornings only with Saturday being the biggest day; fruits and vegetables, flowers (upstairs), fish, etc.; some vendors are open into the early afternoon.

Navia: Bolivar between Ante and Ascazubi

Tia: Malecon and Ascazubi; A large "super market" with almost more dry goods than groceries

Yanina: Mateus between Bolivar and Montufar; family run small store with many U.S. style products, and items from Super Maxi in Manta

PANADERIAS

I never thought I would miss Mexican pan dulces, but it's slim pickings in Bahia. They have something they call a "cinnamon roll" but it's an airy flavorless bread rolled around the cinnamon. So far, the only thing I've gotten excited about is the pan de yucca. This is a small round "biscuit" made with flour from the yucca plant with cheese in the middle. The cookies and sweet breads are blah.

Brown door (#1726): Across the street from PA (not the nearby panaderia); this must be the entrance to a private residence because she is only open sometime after 4 PM to sell pan de yucca (.10 each; these are our favorite), cheese and eggs.

El Rey de Pan: Upstairs in the mercado municipal for pan de yucca only. He has two sizes and closes up when he sells out (early). We like the "brown door" (see above) better, and there's another stand up the malecon in front of the new fire station that's also very good.

Latin Pan: Riofrio at Montufar; good pan de sal and integral (wheat) rolls

Panaderia El Chonero: 911 Montufar

Panaderia Gaby: Ante across from public market

RESTAURANTS

Arena Bar: Riofrio west of Bolivar (new location as of 6/4/08); 2-692-024 (Elizabeth), 5 PM - Midnight, pizza and pasta; a little more expensive than most, but a nice ambiance and attentive service; the only problem is their difficulty with processing the checks, so look yours over carefully.

Big Boy: Ascazubi at Malecon; open at 7 PM; cheap hamburgers

Café Gal: Bolivar at ? in Edificio Gal with DHL office; almuerzo

Cevicheria Hermanacho (the "ceviche hut"): On the water just west of the beach end of Bolivar; only open until around 1 PM.

Chifa Lau: Malecon near Ascazubi; Chifa = Chinese; inexpensive, large portions of fried rice and chow mein

Coco Bongo: Cecelio Intriago between Arenas and Checa; a bed and breakfast hotel, open to the public for breakfast and lunch; Suzy, the Australian owner, has a good map of Bahia, although the street names are difficult to read.

Columbiu's: Bolivar and Ante; almuerzo

D'Cameron: At the beach end of Bolivar next to the tourist office.

Donatello's Pizza: Malecon, one to two blocks south of PA; closed Tuesdays. Better pizza than Arena Bar but no ambiance.

El Mana: corner of Bolivar and Arenas; good almuerzo

El Rey de Burrito: Hurtado at Hidalgo; Tues-Fri 1800, Sat/Sun/Hol 1300; serves Mexican food, but we haven't heard great reports about this one.

Hazel's: T: 092312743. For pizza and ice cream delivered by pedi-cab any day of the week (try to order the day before); this is out of the home of Bill and Hazel who are good friends of Puerto Amistad.

Hugo's: 408 Riofrio at Morales (no sign); our favorite place for almuerzo, with consistently good soups and more unique segundos than other places.

Ice cream: There's no premium ice cream in Bahia. There are two places, Choco Banana (Arenas between Bolivar and Malecon) and Tropihelados (Bolivar at Arenas), but their ice cream is of the ice milk variety, and the fruit flavors tend to be best. Commercial brands like Pinguino are better, especially the Dips (10 bonbons to a package; five different flavors) made by Gino's for .60/bag.

La Herradura: Bolivar and Hidalgo; a hotel restaurant with an elegant ambiance suitable for special occasions, although the food can be hit or miss.

Muelle Uno: Malecon at the panga ferry landing; great steak dinners at reasonable prices.

PA: Happy hour weekdays from 4-7 PM; \$5 burgers and higher end menu for the rest

MISC

Almacen el Electron: 1304 Bolivar (behind the museum); good supply of all things electrical

Auto Repuestos Chavez: Ascazubi near Malecon; good ferreteria (hardware store)

Bahia Yacht Club: Malecon between Riofrio and Arenas (Sylvia); \$60/month "temporary social" membership (inclusive) to anchor out, up to five boats only; otherwise it's \$1/day to use pool/shower facilities; \$10 additional cleaning fee to bring in your own food and drink for groups up to 30 people; bar is only open on weekends.

Banco de Guayaquil: Bolivar and Riofrio (ATM machine)

Banco de Pichincha: Ascazubi and Bolivar (ATM outside bank on Ascazubi)

Boat Sitting: For a fee, Greg Gilliam, an American living in Canoa (T: 085198507), will keep tabs on your boat and run the engine while you're away.

Centro de Salud: Intriago and Maranon

Copies: for big jobs see Portoviejo below

Cinema Bahia Digital: 1418 Bolivar at Veneza (Carlos speaks English); quality DVD copies for sale (\$2 each), and a small "theater" which you can reserve for private showings at \$2/person.

Dr. Eduardo Rodriguez Mielles: 713 Bolivar (north of Riofrio), 084-361-709; dermatologist; his wife, Sra. Sophia Pena de Rodriguez is a cosmetologist and keeps his appointment book; they live in Guayaquil and visit family every other weekend when they see patients in Bahia; both speak English

Dr. Leonardo Viteri: 214 Riofrio, Bolivar y Montufar, 2-690-429; general practitioner; recommended to us by everyone, but not inexpensive; he ordered blood work covering everything (including HIV and Hepatitis; that cost \$60), then he admitted John to a room at the clinic overnight for IV saline solution to recover from an amoeba infection (total cost \$230, including \$50 for the office exam part of the visit); we felt this was overkill and next time would do as recommended by another cruiser: go to the pharmacy for a stool sample cup; deliver the stool sample to a laboratory for analysis; return to pharmacy with results, and the pharmacist will issue the appropriate drug.

Hand-painted shirts: 207 Ante; this man does beautiful work and will copy most anything you bring him. He duplicated a favorite shirt of Jack's (S/V Iwa) and it turned out great!

Hair salon: Bolivar, next door to 1209 (between the church and Ante; awning over door says "coffee")

Leonidis Plaza: Monday tianguis (street flea market) with housewares and clothing; used clothing for \$5/item

Meat: see Manta below

Museum: Malecon at Ante; free on Sundays, closes at 5 PM; English speaking guides

Pet supplies (Agrogan): Montufar between Ante and Ascazubi; mostly for dogs but they have sometimes have Nutritec cat kibble and clay litter (no canned cat food); Tidy Cat litter, Purina/Whiskas kibble, and Friskies canned cat food are available in Portoviejo or Manta.

Pharmacies: Sana Sana (Ascazubi and Bolivar) and Cruz Azul (207 Ascazabi between Bolivar and Montufar) were recommended to us as usually being the least expensive for over the counter and prescription drugs.

Post Office: Correos de Ecuador is on the Malecon next to the new fire station; service to the U.S. is reliable and only takes 10-12 days for delivery; you can have mail under 2kg sent here for pick up at the P.O. although we didn't try this since there are so many people flying back from the States during the season.

Tourist Information office: Bolivar in the last block before you hit the beach

Veterinary service: Dr. Falcone has an office in Leonidis Plaza but is happy to make house calls at Puerto Amistad. (T: 09 216 2669), however vet services are extremely limited in Bahia.

Yellow fever shots: None available in Bahia; Portoviejo, Wednesdays only at the Centro de Salud (free) but they appeared to want 10 people minimum; Manta, any day at the Centro de Salud, purchase the vaccine yourself at the lab across the street for \$20, Rubiola vaccine is free.

Guayaquil as follows:

NOTE: You will need your passport, but you don't need to bring your yellow international vaccination record. They issue their own official vaccination card.

Direccion Provincial de Salud del Guayas

Panama and Padre Aguirre (Panama is one block up from the Malecon and Padre Aguirre is down at the IMAX end of the Malecon)

8:30 AM - 12:30 PM Monday - Friday

1. Start at the building across the street (Panama) from the health center and go to a door on the Padre Aguirre side of that building. You are looking for the place to show your passport in order to get the paper (it might have been a deposit slip) to take to the bank to pay the fee.

- 1a. You might want to stick your head in the vaccine office (see #4 below) just to give them a heads up that you're on your way to the bank and will be returning shortly for the vaccine.

2. Take the paper and walk back towards town along Panama. Go about seven blocks to Banco del Pacifico at Icaza/Ycaza street. You will pass Banco de Guayaquil first, then make a right to enter Banco del Pacifico's entrance on Icaza/Ycaza street.

3. Pay \$10 per person and get a deposit receipt with your passport number on it.

4. Return to the Direccion Provincial de Salud and look for the door to the Yellow Fever vaccine office just inside a small courtyard on Panama before you reach the corner at Padre Aguirre.

Yoga: Puerto Amistad, Margarita; 8 AM Tues, Wed, Thur for \$2/session (one hour) or \$20/month; mats provided or bring your own

CANOA

A somewhat "underwhelming" (thanks for the perfect description, Tammy!) beach town just a ferry and bus ride from Bahia. Makes for a nice day trip.

El Bambu: Hotel and restaurant at north end of the beach.

Cafe Flor: Good signage will help you find this charming cafe outside the main part of town. Service can be extremely slow but they serve real coffee and have an extensive menu including burritos and vegetarian options. Open 9-3 AM, 6-9 PM; closed Sundays.

Coco Loco: An unusual menu with great soups.

Rio Muchacho: Organic farm which sells in Canoa on Saturday mornings (riomuchacho.com).

Surf Shak (Greg and Claudia): On the beach. Supposed to have good burgers, brownies, and pizza.

MANTA

Casa de Carne: T: 05 2922 038. Owner is an American named Levi. You can pre-order to have things vacuum packed and hard frozen. Boneless chicken breasts are doubles so when you order "one" you get both breasts.

PORTOVIEJO

Copies: Servicopia, Sucre 703 and Ricaurte, T: (593) (5) 2 639134 – 2 637069; good for large format copies like charts; around the corner from the iTur office where you can get a good map of Portoviejo.