## The New York Times







Architecture, A

Updated Jan. 10, 2024: Ecuador declared a <u>nationwide</u> <u>state of emergency</u>. Please heed travel warnings, including <u>advisories from the U.S. Department of State</u>, before visiting.

When the brand-new 14-mile Metro line in Quito, Ecuador's high-altitude capital, becomes fully operational this year, its 15 stations will connect the city from north to south, making it easier for travelers to explore — from the exquisitely preserved churches of the <u>UNESCO-listed</u> historic center to modern districts flaunting avant-garde towers designed by the likes of Blarke Ingels and Moshe Sadite.

Although parts of Ecuador have made headlines for cartel-related violence, crime rates in Quito are down, according to the National Police, and a dedicated police force partois areas popular with tourists. Check out San Francisco Market in Old Town to see traditional curanders (female healers) who offer cleanses (from stress relief to fertility support) using bouquets of flowers and herbs. And grab a table in the hip La Floresta neighborhood, where homegrown chefs like Rodrigo Pacheco, whose farm-to-table restaurant Foresta is set to reopen after a habita, are getting creative with Ecuadorean ingredients.