

# The Galapagos: Experiencing your own “ends of the earth”

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**The expression talks of going to the ends of the earth, when our planet is round. The Galapagos were my “ends of the earth”.**

After this shamanic visit, a time of rest and integration was necessary. **There is nothing like finding yourself at the ends of the earth, on islands where preserved fauna and flora fill your senses with wonder.** As soon as I arrived, I decided to extend my stay. Traveling is also improvising, following one’s desires, one’s rhythm and sensing where you feel well.

**In the Galapagos, 5 of the 18 islands are inhabited.** When I arrived in Santa Cruz, the island from where most excursions leave, I felt a little overwhelmed by all the tourists. After three days and a few dives with sharks, rays, turtles and big fish, I headed for Isabela, a wilder and more authentic island with sand streets I did not visit the other islands, but I fully enjoyed the nature, the animals, and taking the time to meet the inhabitants.



My Santa Cruz host put me in contact with his friends. It was a great opportunity to meet and share with the locals, who are welcoming and friendly. **I stayed at the edge of the beach, in**

**a small hotel operated by a former journalist, and lived to the rhythm of the sun.** I left early in the morning, walked along the beach to meet iguanas and pelicans. I meditated and walked back slowly. I biked to Cocha Perla and its marine depths, and swam with the sea lions, who are playful in the water but capable of biting to defend the herd. I discovered the mangroves where pink flamingos and other bird species live. The absolute best were those lava bridges above the ocean, unique sights. Without any breathing apparatus, we swam with turtles and sharks.



A stay at the ends of the earth between panoramas and encounters, but also in an inner life. More than 6,000 miles away from home, on these islands lost in the Pacific Ocean where Charles Darwin thought up his theories, where certain endemic plants and animals coexist, I felt “small” amidst this vastness and at one with myself because I was closer to what is essential and genuine. **At times, when clouds obscured my inner sun, I wondered what I was doing there, alone on the other side of the world.** This latter feeling needed to be tamed, understood and overcome. When you’re far from your points of reference, even if you are fulfilling a dream, it can happen that you feel blue and the sentiment of being alone at the ends of the earth takes on a wholly different meaning.

**My method was to reconnect deep within myself to recharge my batteries.**

