

## **Ecuador Mainland: Tour to Papallacta Thermal Springs:**

Located over 10,000 feet above sea level in a temperate montane forest, Papallacta Thermal Springs Resort is just two hours away from Quito. Nestled high in the Andean Cordillera at the entrance of the Amazonian jungle, Papallacta features several hot thermal spring pools of different sizes and temperatures.

### **2 day 1 night private tour to Papallacta Thermal Springs**

#### **Day 1**

Depart Quito at 8:00 in the morning for Papallacta Pass travelling on the Cinnamon Trail, the route the Spanish Conquistador Francisco de Orellana took in 1542, when he crossed the Andean mountain range in search of spices and gold, only to discover the Amazon River.

Upon arrival check-in at the hotel get ready to discover your adventurous spirit through a nature walk on marked paths alongside a pristine mountain stream, observing the flora and fauna of the humid montane Andean forest of the Canyon Ranch, a protected area of 625 acres (250 hectares), one of the entrances to the ecological reserve Cayambe-Coca. After this pleasant walk, enjoy lunch featuring fresh trout from their own trout farm. Vegetarian and other options are also available.

In the afternoon relax and soak away life's aches and pains. Revitalize your body and soul in Papallacta's medicinal hot thermal spring pools experience the notable, restorative effects of the crystalline thermal waters (sulfate alkaline terreous). Submerge yourself in the warm water and take advantage of its curative properties in rheumatic, arthritic, digestive and respiratory processes. The water is odorless, crystalline and ever changing. Guests have unlimited use of the pools at the hotel or the larger public pools. Do try an after-dinner soak under the starry equatorial skies.

#### **Day 2**

An early hike, before or after breakfast, is great to feel the beneficial effects of the life-giving, diaphanous air which originates in a singular meeting of the Amazonian winds with the rocks, forests and water of the high Andean mountains. Papallacta is ideal for birdwatchers, with more than 160 different species of birds, including many hummingbirds and tangaras. Visit the Exploratory research and interpretation centre, which offers audiovisual information on those species only found around Papallacta. Enjoy the pools before lunch and return to Quito in the afternoon.

**Included**

Accommodations  
Meals  
Entrance fee to public pools

**Important facts**

NOTE: Resort facilities include a first-class Spa that offers hydrotherapy using mineral, medicinal thermal water, therapies, massages, and treatments tailored to your needs.  
Use of the Spa facilities has extra cost.

**Packing checklist**

Dress warm in layers (T-shirt, blouse, sweater, and coat).  
Don't forget your bathing suit!  
Take rain protection from February to May.  
This tour includes walking at an altitude of 3050 (10,000 feet).  
Sun protection (SPF 40).  
Hat or cap.  
Good walking shoes and an extra pair of socks.  
Temperature: Day 6° to 18° C / 43° to 64° F. Temperature: Night