

TIME TO
**TRA
VEL**



**Papallacta
Hot
Spring**

**BOOK
NOW**



This place is located 1 hour away from Quito



These thermal Hot Springs are located in the andean zone on the road to the Amazon rainforest.



You can pay your trip with cash, wire transfer, Paypal or Wetravel Platform with your Credit Card

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At an altitude of 3,300m in the Andes mountains, around 64km east of Quito on the road to the Amazon rainforest, lies the town of Papallacta, renowned for its geothermal hot springs.

If you are hiking or not hiking, the hot springs are a must.

One of the most popular destinations is the Papallacta hot springs, where you can soak in one of eight pools of varying size and temperature, warmed by geothermal energy. If you're feeling brave, you can even jump in one of the cold-water pools or take a dip in the nearby river.

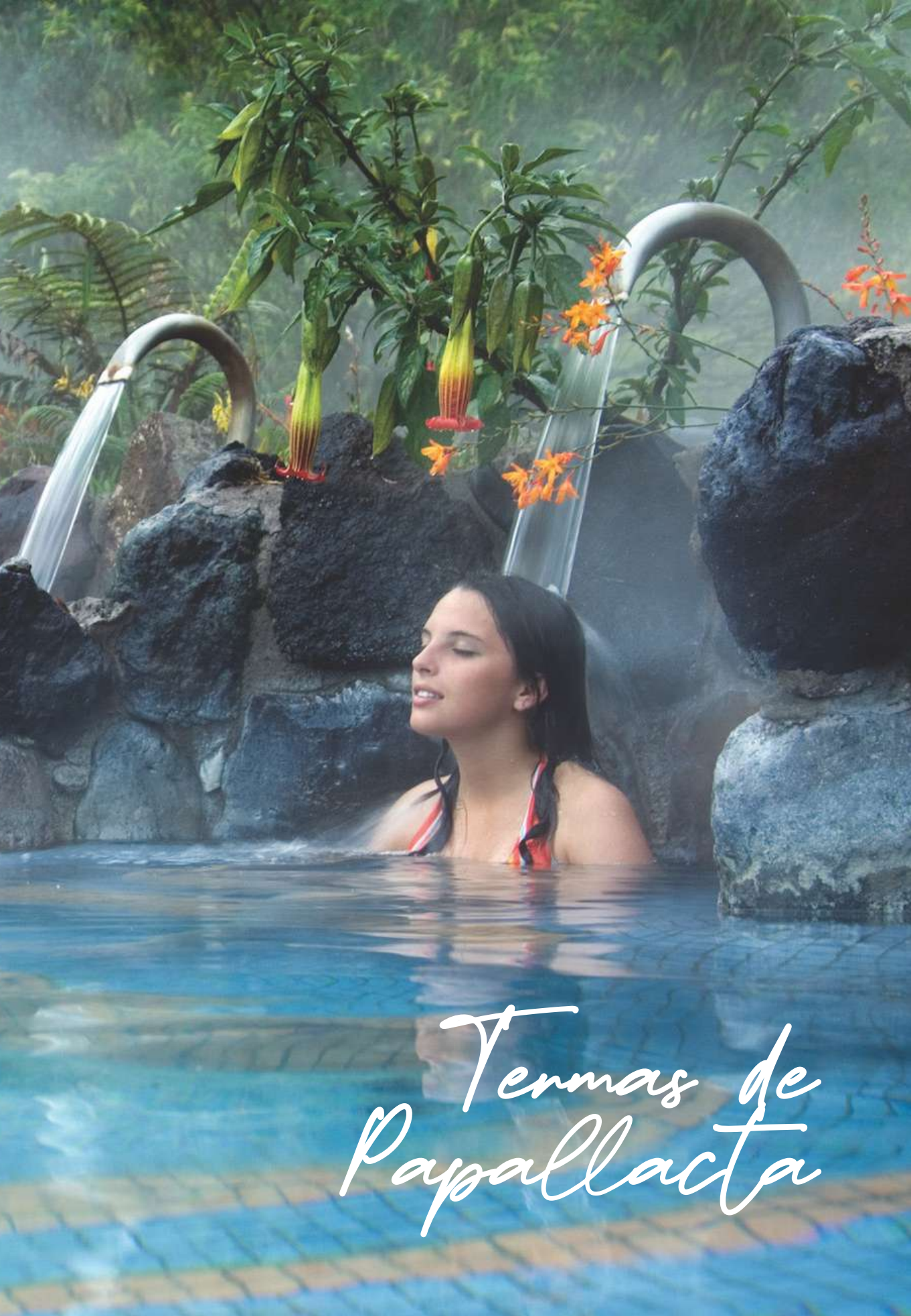
Termas de Papallacta SPA, Resort and Convention Centre is located 40 miles from Quito, the capital city of Ecuador in the heart of South America.

Perched on a high Andean valley at the entrance route to the Ecuadorian Amazon jungle, the spa – resort offers its visitors health, recreation, adventure, and rest. Whether relaxing in the thermal baths, indulging in pampering spa treatments, or embarking on relaxing walks at the Rancho del Cañón, you are sure to enjoy the Papallacta experience complemented by the restaurants which serve a range of culinary delights to tickle your tastebuds.

Spend the night in the company of your loved ones, in the midst of a unique natural environment, where the combination of hot springs and the comfort of our facilities will provide you with experiences of relaxation and rest.

Papallacta hot springs is the ideal place to escape from the noise of the city and the daily routine. More than a destination, it is a comprehensive experience that will awaken all your senses.





*Termas de
Papallacta*

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Why **Termas de Papallacta**

WE PICK YOU UP...

...from your hotel in Quito and then drive east to Pifo and on the transoceanic highway on to Papallacta. This village is situated at 3,700m in the midst of an evergreen Páramo landscape. The area is renowned for its hot springs. Relax in the scenic pools and see if you can spot the ice giant Antisana (5,758m). After a relaxing day in this special place we return in the afternoon to Quito which we will reach in the early evening.



Included or not?



SERVICES INCLUDED IN THE PRICE

- Accommodation on hotels in double rooms.
- Meals are mentioned in the program.
- Private English-speaking guide and transportation through all the itinerary.
- Entrance fees to the mentioned places and activities.

Please note that the category stars given for the accommodations are estimated as local categories that do not fit international standards. Local categories are in all cases alike or higher than the ones given above.

NB: Please read all itineraries as a guide only. All routes and programs can change without notice due to National Park policies and regulations, weather conditions, seasonal changes, safety reasons, and the wildlife encountered during the travel. Flexibility is the key to the success of any expedition. Nevertheless, the safety and the interest of our passengers is always the first priority.

NOT INCLUDED IN THE PRICE

- Domestic and international flights
- Travel insurance
- Optional excursions
- Personal expenses such as tips
- Alcoholic drinks
- Any other meals, drinks, and/or services not mentioned in the program
- PCR COVID TEST if applies



Additional **Information**

THERMAL CLUB

The Thermal Club combines beauty treatments with warm and friendly service. In a private and exclusive environment, you can enjoy a range of different treatments related to health and beauty, such as:

- Individual hydro massage baths, body treatments with medicinal Andean mud, baths in the Thermal Cave, Finnish saunas, pressure massages, aromatherapy or therapeutic massages, face and body treatments and more.

- Meditation and rest area

Beverages counter

The Spa at Termas de Papallacta has a clinic and cafeteria.

SALUS PER AQUAM

A small paradise that is an absolute 'must' during your stay at Termas de Papallacta, the Spa consists of two principle areas offering a range of services.

THERMOLUDIC AREA

The SPA's hydrotherapy area consists of five hot thermal pools and one cold pool. The Thermoludic Area is the ideal place to experience a variety of different hydro- massages using either water jets or air bubbles.

HAUTE CUISINE

Since good food is an important part of the trip, Termas de Papallacta offers delicious national and international cuisine. Local fresh trout is the speciality. Many of the ingredients used in our dishes are fresh from our organic vegetable garden, free from chemicals or pesticides. At the Kiosk, you can purchase a variety of snacks and drinks.

HOT SPRINGS

The hydrothermal value of Termas de Papallacta's Hot Springs is thanks to Papallacta's location between two volcanoes, Volcano Cayambe and Volcano Antisana. The source temperature of the thermal baths varies between 30°C and 70°C (86°F and 158°F). At the pools the temperature ranges from 36°C to 40°C (97°F to 104°F). Papallacta's thermal waters contain sulphates, sodium, calcium, chloride and traces of magnesium which are odourless, colourless but have a slightly salty taste. Besides improving intestinal function, the baths' curative properties are also anti-allergenic, anti-inflammatory, diuretic and anti-rheumatic.

CHARACTERISTICS AND USES OF THE THERMAL SPRINGS

General physical and chemical characteristics of the hot springs:

- Thermal baths contain sulphates, chlorides, calcium and sodium, plus trace elements such as magnesium and lithium
- Medicinal mineral concentration >1,300 mg/ltr
- Hyper stimulating

Odourless, colourless with a slightly salty taste

GENERAL THERAPEUTIC USE

- Inhalation: inhalation of vapours helps to moisturise, loosen and eliminate secretions from the respiratory tract
- Bathing: Bathing in the waters opens the skin's pores, helping to remove toxins and absorb minerals

Ingestion: One or two cups of warm water may be ingested according to medical prescription, helping in various metabolic and pathological functions

SPECIFIC BENEFITS OF THE MEDICINAL MINERAL WATERS:

- The sulphates, sodium and magnesium traces improve intestinal function. Minerals are anti-allergic, soothing and anti-inflammatory, helping to regulate intestinal PH, and in conditions such as obesity, kidney problems, gallstones and gout
- The sulphates and calcium help to maintain neuron-vegetative balance and contain diuretic properties
- The chloride traces have a minor effect on gastric secretions and intestinal function (colic), generally helping to activate metabolism. Chloride is anti-inflammatory, anti-rheumatic and anti-catarrhal. It is also active in rheumatic-arthritic functions and neuralgia
- Sodium chloride gives a stimulating effect
- Calcium salts have a soothing effect

GENERAL BENEFITS:

- Relaxing effect on smooth muscle tissue (renal, hepatic, gall, etc.)
- Alleviates respiratory problems
- Improves osteon-synthesis, muscle and joint elasticity and speeds up recovery processes of cuts and fractures
- Stimulates the healing process
- Improves intestinal function
- Stimulates dilatation of blood vessels and improves blood flow
- Eliminates toxins

WARNINGS:

- Women in the first or last pregnancy trimester should consult their doctor before using the hot springs
- People with critical illnesses such as decompensate cardiopathies, serious arterial hypertension, vascular problems, cancer or neoplasias should consult their doctor
- Those who have recently consumed alcohol should not enter the baths, alcohol should not be consumed whilst bathing

If dehydrated, you should exit the baths and drink plenty of water

For safety's sake, please consult the medical staff at Termas de Papallacta regarding any doubts or questions you may have.

BENEFICIAL EFFECTS IN THE GOLDEN YEARS

The world-renowned healing properties of the thermal baths are especially beneficial for those aged 65 years and over.

Visit **us soon**



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