



THERMAL THERAPY
Colca Canyon – Arequipa



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3 Days - 2 nights

Country: Peru

City: Arequipa

Type of Service: Short Breaks



Day 1: AREQUIPA – COLCA CANYON JOURNEY TO COLCA & HOT SPRING LA CALERA

This morning, you will begin with an unforgettable ride to one of the deepest canyons in the World, the Colca, you will be crossing the snow-capped Misti, Chachani and the Ampato volcanoes along the way, and finally you will arrive at the Colca Canyon. There you will find the famous and majestic Andean Condor and elegant Vicuñas wandering freely on the high plains. Later, you will go through the villages of Torja, Chucura and Patapampa (4800 m.a.s.l. / 15748 miles), with its colonial churches and Inca farming terraces (andenes).

After lunch, you will have your first thermal experience, which will be at the village's thermo-medicinal bath "La Calera". These baths have healing properties for many types of diseases; many of its visitors come to this site, only with the purpose of enjoying the benefits of these baths (maximum time to enjoy the baths is 1 hour). Then you will be transferred to the Colca Lodge & Hot Springs.

Activity of the Day	: Journey to Colca (Private - 5 hours) - Village Hot Springs La Calera (1 hour)
Meals	: Lunch
Hotel	: Colca Thermal Lodge
Category	: Suite Adobe
Altitude	: 3,400 m.a.s.l. / 11,155 ft.
Average Temperature	: 16°C / 61°F





Day 2: COLCA CANYON SIGHT SEEING AND 1 HOUR WALK IN PURE NATURE AND MEET

Early departure to visit the depths of the canyon, which is considered to be deeper than the Colorado Canyon. In addition, you can appreciate the majestic flight of the condors in their natural habitat. Trek for an hour to Cruz del Condor. The walk goes on until the town of Cabanaconde, known for producing corn and also for being the second most important town in the Valley.

In the afternoon you will be able to have a relaxing treatment “Relaxing seaweed bath” at Colca Lodge. The hot baths at the lodge are located down by the river among the mountains, a truly relaxing and authentic environment. The three pools are built of stone, exploiting the rocks formations of the riverbed, and are fed by a spring which surfaces at a temperature of 80 degrees celsius. Each pool has a different temperature, between 36 and 39 degrees celsius. A fourth pool containing cold water is a bracing alternative for more daring individuals. Treatment starts by exploiting the benefits of the shooting hot spring and is complemented in the jacuzzi with the properties of seaweed. It culminates with a relaxing massage therapy.

Activity of the Day	: View points – 1 Hour walk in pure nature and locals (Private - 4 hours) Relaxing treatment (2 hours)
Meals	: Breakfast – Box lunch
Hotel	: Colca Thermal Lodge
Category	: Suite Adobe
Altitude	: 3,811 m.a.s.l. / 12,504 ft.
Average Temperature	: 12°C / 54°F



Day 3: COLCA CANYON JOURNEY TO AREQUIPA

Morning to relax at the hotel, or take a nice hot bath.

In the afternoon, you'll return to Arequipa or crossing the Andes to reach the Lake Titicaca. If you continue to the LAKE you will appreciate the towns of Pillones, Imata, Crucero Alto (highest point at 4538 m.a.s.l.). You'll continue to the beautiful site of Lagunillas and its impressive natural lake, moreover the town of Santa Lucía, Cabanillas, Juliaca, until you arrive at the city of Puno. This trip takes 6 hours approximately back to Arequipa or Puno.

Activity of the Day	: Journey to Arequipa (Private - 5 hrs)
Meals	: Breakfast
Altitude	: 2,335 m.a.s.l. / 7,661 ft.
Average Temperature	: 22°C / 72°F





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