



Luna Runtun Adventure Spa

Situated in 63 acres of private grounds within the Sangay National Park, the Swiss-run Luna Runtun Spa is hard to beat for location. The lush eastern slopes of the Andes offer incredible views, the swift mountain rivers offer some great rafting opportunities, and the town of Baños in the valley below is widely recognized as the gateway to the Amazon, and as Ecuador's adventure sports capital.

If all the possibilities for enjoying the great outdoors don't grab you then don't worry - the Spa at Luna Runtun is also recognized as one of Ecuador's best centres for alternative Spa treatments, using the crystal-clear Tungurahua waters and an astonishing range of massages, steam baths and skin treatments. All this with one of the best views in Ecuador right out of your window!



Day One - Travel to Luna Runtun

This morning we'll travel south from Quito along the "Avenue of the Volcanoes" as we head through the Andes, and then a short way down their eastern slopes towards the Luna Runtun. As we head into the cloud forest along the road to Baños, we'll be rewarded with some stunning views of the Tungurahua volcano.



Day Two - Adventure time

The stunning setting of the Luna Runtun makes it the perfect place to get out there and get involved in some amazing adventure activities. The area is known as the adventure centre of Ecuador, and you can do everything from trekking and climbing, to whitewater rafting and mountain-biking.



Day Three - Mountains and massages

Today is completely up to you. You can either relax by the pool or in the hot springs, you can enjoy the various massages and spa treatments, or you could head out into the surrounding mountains for a short trek with the hacienda's expert guides.



Day Four - Back to Quito

After another morning here at the Spa, where as well as relaxing you can enjoy some of the superb nature trails in the area, we will pick you up and take you back to Quito, hopefully thoroughly relaxed and ready for the rest of your Ecuador holiday!

A stay at the Luna Runtun Adventure Spa can be added on to any of our holidays in Ecuador and you can stay for as long as you like!

Our price for the sample itinerary given here is **£450 per person**. This price is based on two people sharing a double or twin room and includes all the following:

- Three nights accommodation at Luna Runtun Adventure Spa
- All transfers
- All meals at Luna Runtun
- One day's selection of adventure activities
- One day's selection of spa treatments





REAL WORLD HOLIDAYS LTD
45 POTTERNEWTON MOUNT • LEEDS • LS7 2DR • PHONE: 0113 216 1440
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