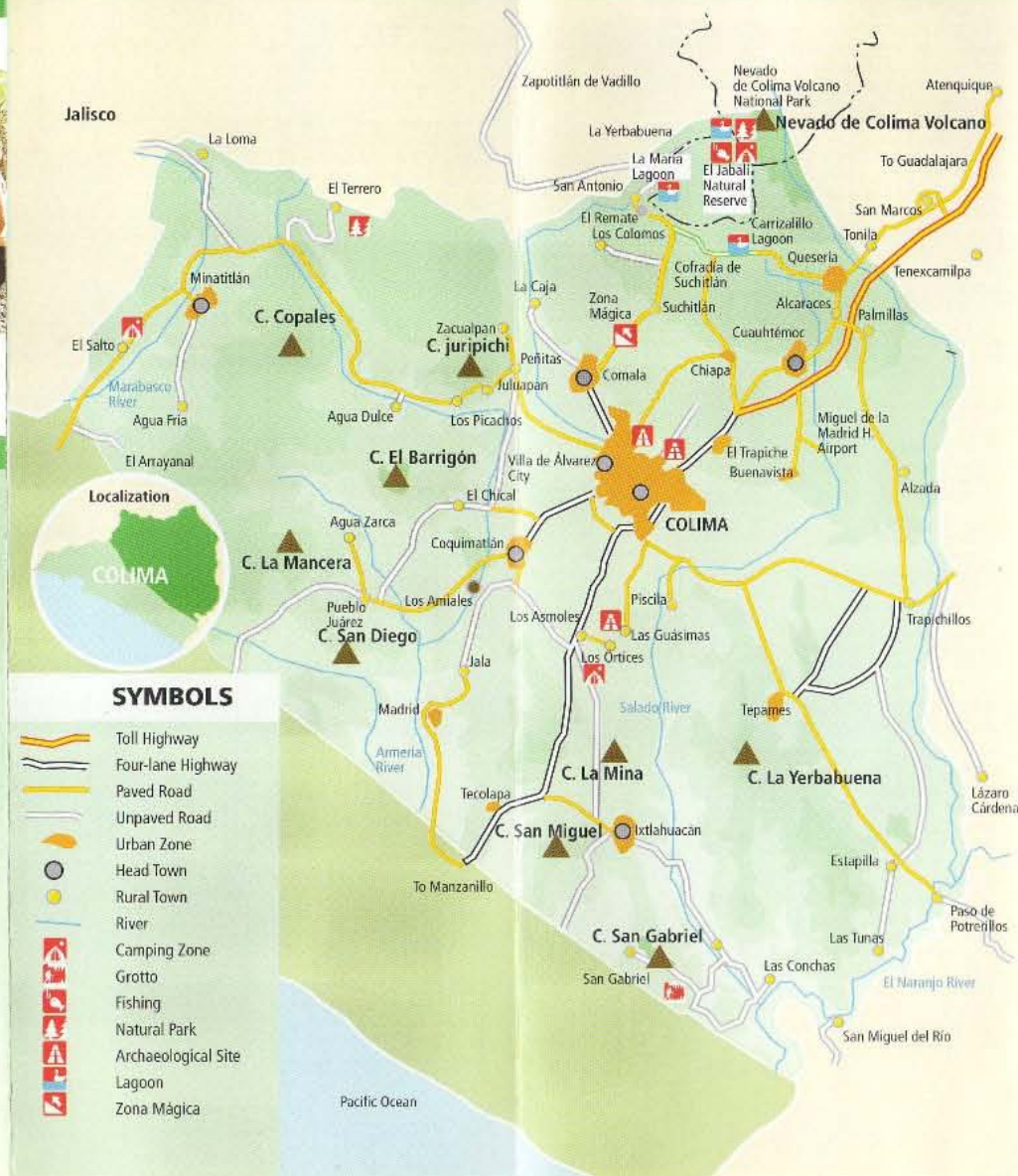


## Temazcales

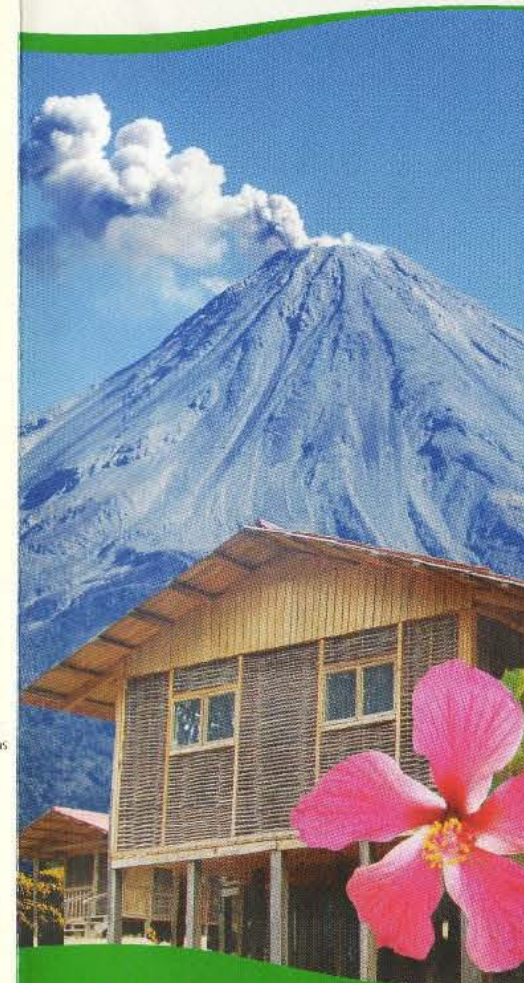
Get into a place made of clay, similar to an igloo; it can be underground as well, with volcanic hot stones in the center, which produce steam inside it. Visitors can have a prehispanic sauna session, in order to defeat fears, reflect, understand self-healing; or just to share with others. In the Comala Municipality there are three temazcales; one of them in the town of Nogalera, another one in the community of Yerbabuena and one more in the magical town of Comala.



## MOUNTAINS AND VALLEYS ZONE



discover  
**Colima**  
...and you'll be back



**MOUNTAINS  
AND VALLEYS ZONE**

### FURTHER INFORMATION

[www.visitacolima.com.mx](http://www.visitacolima.com.mx)

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GOBIERNO DE PROMOCIÓN  
**Colima**



## MOUNTAINS AND VALLEYS

On a small geographical extension, but having abundant vegetation, Colima is a destination of contrasting beauty, in which you'll also find a modern and comfortable city; typical and magical towns that tourists must visit. From the majestic volcanoes, the Fuego and the Nevado, to the paradise-like beaches of Manzanillo, Tecmán or Armería, along this territory we can find forests, valleys, lagoons and caves surrounded by coffee plantations and virgin beaches that will amaze you.

This variety of landscapes and ecosystems gives you the chance to do an endless amount of outdoor activities, as well as in water or air, such as hiking, bird watching, mountain biking, zipline, rappelling, hangliding and paragliding, among many others. You'll live unique and full of adrenaline experiences!!

### Nevado de Colima and Fuego Volcano National Park

This protected area has an extension of 22,000 ha. And it was declared a national park since 1963. The Nevado Volcano is 4,335 meters in height, it bears its name because its top is covered by snow in the winter. In it you can see a forest filled with pine trees and oyamel, as well as a wide variety of flora and fauna.

If you want to take a trip in the snow season, we recommend you contact the civil protection authorities of Colima and Jalisco, or an alternative tourism agency.

How to get to Nevado volcano:  
By car, toll highway:

1. Take Colima-Guadalajara toll highway
2. Take the deviation to Tecatitlán or Tuxpan
3. Turn at the round square and take the toll free road to Ciudad Guzmán and/or Guadalajara.
4. Take the deviation to El Grullo.
5. Turn left to end at La Joya.

By car, toll free way:

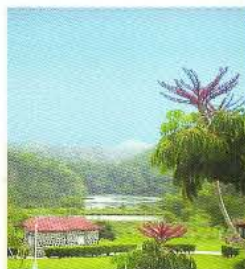
1. Take Colima-Guadalajara toll highway.
2. Take the deviation to the airport and the return to Cuauhitémoc.
3. Pass Atenguique and continue on Ciudad Guzmán-Guadalajara road
4. Take the deviation to El Grullo.
5. Turn left to end at La Joya.



The Fuego Volcano is 3,860 meters in height (above the sea level), along with the Nevado, is part of a volcanic complex located in the neovolcanic Mexican belt, which is located in the north of the state. Throughout the last 500 years, the Fuego Volcano has had a high and frequent activity of the exploding kind, reporting over 30 eruptions per year. This makes it really attractive for visitors in Colima, especially for those who want to experience at a short distance the power of an active volcano.

### La María Lagoon

A quiet lagoon surrounded by the typical vegetation of the mountain, where you can fish bass, carp and tilapia. It also has a Recreational Center in which you'll find restaurants, swimming pools, camping zone, trailer parks, soccer fields, playgrounds and horse and kayak rental, among others. This is the ideal choice for you to go hiking through coffee plantations and through small tunnels in the mountains. Open all year long 24 hrs. a day. 35 min. away from Comala.



### Biosphere Reserve Sierra de Manantlán

The Sierra de Manantlán is a privileged spot and it's part of a protected natural area. There are different ecosystems; among those you'll find the fog forest or cloudy forest and the oyamel forest. Located between the limits of Colima and Jalisco, this is the most important natural protected area of the Occident in our country due to its large extension (139,500 ha.) It has over 2,900 species of mammals and 336 species of birds.

This zone has an endless amount of caves and caverns, most of them have cliffs, which makes them difficult to explore, nevertheless, for the adventure lovers, the challenge is nothing but attractive. In this natural paradise you can also practice hiking, camping, mountain biking, flora and fauna watching and spelunking.

We recommend that you contact an agency that is specialized and accredited by the reserve authorities, which will be in charge of doing the necessary paperwork in order for you to get a permit to enter the zone.



### Carrizalillo Tourist Center

Spot of great beauty where you'll find the lagoon after which it was named, in the volcano of Colima outskirts. Recommended for black bass fishing. You can also rent a kayak to cross through it, while observing the lush vegetation. Leisure activities place, it offers other services such as horse renting, diners, restaurants, playgrounds, apart from having a small 8-room hotel which is well equipped. Nature lovers, if preferred by them, can camp Mon-Sun from 9 am to 6 pm, except on Tuesdays. 25 min. away from Comala.



### El Salto

A 20 mtr. high waterfall. Its top is fed by the Manantlán River. On the bottom of the waterfall there's a medium deep well, surrounded by rock formations and jungle-like vegetation; in the surroundings there are as well other facilities such as swimming pools, diners and toboggans. To get there, take the detour in the first kilometer, former Peña Colorada town. Highway Villa de Alvarez-Manantlán (60 min. away from Villa de Alvarez).



### Caves

San Gabriel.

It's located in the high part of Ixtlahuacán; this allows the landscape to be seen from the road. Once you're in the cave you can admire a vault built by nature, decorated by stalactites and stalagmites. Besides you can observe the ruins of a room with some sort of bleachers, which seems to have been built by ancestors to be used as a ceremonial center. How to get there: Before arriving to Ixtlahuacán, take the detour to San Gabriel for 16 km. Follow the car prints and cobblestone. Once you arrive to the community, contact the people in charge of taking care of the cave to help you guide your tour.

Tampumachay

This cave is located about 3 km. away from the Ortices. Through a narrow road you'll find the way to the caves, formed by several cells, on an approximate extension of 400 meters. Tour guide service provided.

