Lost Cities and Coffee Trails of Colombia

Trip Code: LCC

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Trek 4 days through the jungle to Colombia's Cuidad Perdida - The Lost City of Teyuna
- Explore Colombia's UNESCO listed 'Coffee Triangle' visiting the picturesque towns of Salento and Filandia
- Walk through the Cocora Valley and sample the locally produced coffee on an artisan experience tour

- Discover hidden treasures with guided visits to the Lost City of Falan, Colombia's 'City of Bridges'
- Visit the historic Cartagena de Incas and the Caribbean Coast

AT A GLANCE

- 7 days walking
- 6 days sightseeing
- Max Altitude - 2400m
- Join at Bogota, Ends in Cartagena

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Our Colombian Adventure takes you on a journey through the region's rich history, vibrant culture, and natural wonders. Starting in the Andean Highlands, you'll hike above Bogota to learn about the region's history, including lost civilizations and conquered invaders. Overland, you'll explore the Heritage Towns of Honda, 'City of Bridges', and Mariquita, crossing the Magdalena River. Here, you'll visit the lesser-known Lost City of Falan, a 17th-century citadel built alongside the Royal Gold and Silver Mines of Santa Ana.

Climbing into the Central Andean Region, you'll explore Colombia's lush and verdant Coffee Triangle, witnessing highland coffee farming and the unique flora of the cloud forest. We have time to explore the Heritage Towns of Salento and Filandia, sampling some of the best food in Colombia. Our time in the region culminates with a coffee experience tour, where you learn about the culture and methods of coffee production, as well, of course, as sampling the produce!

Flying to the Caribbean Coast, you'll trek through the jungle-topped mountains of the Sierra Nevada to discover the Lost City of Teyuna. This ancient site, known by local tribes, predates Machu Picchu by 650 years and was only rediscovered in 1972. The journey takes 4 days through the jungle, staying in community-run camps.

Ending in the impressive port city of Cartagena De Incas where you'll explore the old town, rich in colonial history, relax on white sand beaches or explore the nearby Caribbean Island paradise of Rosario Islands.

Is this holiday for you?

The Lost Cities and Coffee Trails of Colombia is a moderately challenging walking holiday through the varying landscapes of Colombia. There are some half day walks earlier on the itinerary, with full days later on. The first part of this holiday is focussed on the scenery and multiple nature reserves and sites of interest are visited. Warm and humid conditions are experienced in the lower jungle regions which can sometimes can mean that the paths are muddy. Altitudes of 1800-2400m above sea level are reached in the coffee regions which can make some aspects of these walks harder than you may experience for similar distances at home. The latter part of this holiday we will complete 4 days on the Lost City Trek in the north, this section crosses small and easily traversed rivers several times and culminates in a long

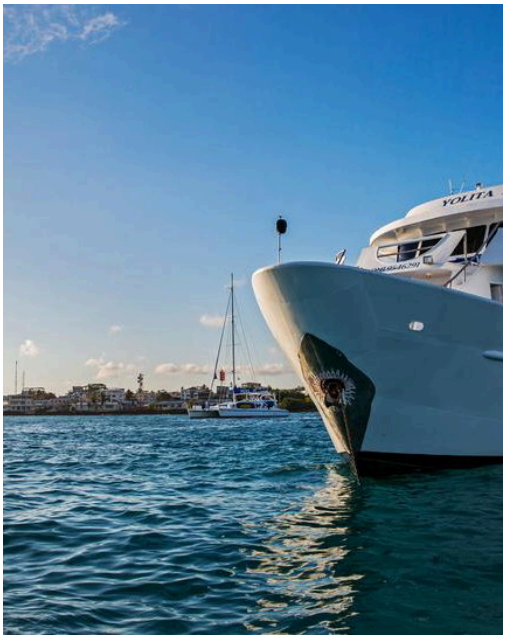
stone stair case to the Lost City. Good standard of hotels are used throughout this holiday, with the exception of the Lost City Trek section; where you will spend the night in camps in the local community - these are open huts with no walls and hammocks or single beds to sleep in. A good level of fitness is required for this holiday, with the difficulties being the terrain and humidity rather than altitude and distance.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be `dry` landings where you step onto a pier and at others you will make `wet` landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day **Galapagos Islands Adventure,** for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our Galapagos Cruises aboard the luxury Monserrat Motor Yacht.

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
US$3,505 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- Airport transfers
- All accommodation as described
- All required bedding on trek
- Meals as per Meal Plan
- All land transport required by the itinerary in air-conditioned vehicles
- All activities/excursions mentioned
- Internal Flight from Pereria to Santa Marta

What's not Included

- Travel insurance
- Tips for local staff
- Some meals as per Meal Plan
- Miscellaneous personal expenditure - drinks and souvenirs etc.
- International Airport Departure tax

Joining Arrangements & Transfers

The group will meet at the hotel in Bogota.

Single-timed group transfers will be provided for flight inclusive clients on arrival and departure between the airport and group hotel. Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

13 breakfasts, 9 lunches and 5 dinners are included in the holiday price. Breakfasts are included each morning at the hotel, with lunches also included on the days we have activities and interesting places to eat. On the Lost City Trek all meals are provided. When in towns and cities dinners have not been included, so you may make your own choice from the variety of options- with the exception of a welcome and farewell meal at the start and end of the holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The cuisine of Colombia is a little less spicy than some of its neighbours, meals are often simple with a strong reliance on indigenous foods like corn, beans, squash, lot of grilled meat and tropical fruits. Towards the coast you can expect more Caribbean fare, fresh fish, rice and beans and delicious fried plantain. The Colombians love to mix sweet and savoury and those looking to try something a little different should look out for Queso con Arequipa (a desert of local cheese served with a caramel sauce) and if you order a vegetable soup, you might be surprised to find it served with a banana rather than bread! If you are thirsty you can expect a wide range of freshly squeezed fruit juices and, of course, coffee. If it is an alcoholic tipple you are after, then there will be no shortage of rum on the Caribbean coast or aguardiente (an aniseed flavoured liqueur derived from sugar cane) in the Andean regions.

Accommodation

The group will spend 1 night in a well located hotel in central Bogota, 2 nights in a boutique hotel in Mariquita, 3 nights in a converted ranch style hotel in Salento, 2 nights in a comfortable hotel in the historic centre of Santa Marta, and 2 nights in a well-appointed hotel in Cartagena's Old Town. During the trek to the lost city we spend 3 nights staying at the fixed camps along the trail. Each camp has a covered area for dining, a mixture of hammock and beds arranged in open-air huts with bunks under mosquito nets, toilets and showers. All necessary bedding is supplied. These basic camps employ local people to maintain the camps and prepare food for the trekkers passing through, but can be quite simple and at times busy. As well as the local guide we are also accompanied by our tour leader who will help ensure the smooth running of camp for our groups.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. During the Lost City Trek the group will also be joined by a tour guide from one of the local communities.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

Approximately £150-£200 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs are additional so you may wish to budget for these. It is possible to use credit and bank cards to withdraw local currency from ATMs in Bogota, Santa Marta, Cartagena and other major towns.

Optional Activities

Optional Day Trip - Rosario Islands from Cartagena - Day 13

Just 60 minutes by sea from Cartagena de Indias, the Hotel San Pedro de Majagua is situated on Rosario Island, one of the 31 islands in the Corales del Rosario National Natural Park. This park is a treasure trove of ecosystems, home to vibrant coral reefs, colourful fish, crustaceans, and various other species.

Our day tour package includes:

- Shared boat transportation between Cartagena and Hotel San Pedro de Majagua (non-exclusive)
- Access to the hotel's two sea entrances, dressing areas, and bathrooms
- Lunch featuring rice with coconut titoté, green salad, patacones, and one non-alcoholic beverage (water, soda, natural juice, or national beer)
- Towel service so you'll have access to fresh towels for swimming, sunbathing, or other activities on the Island.

This day tour can be booked and paid for locally in country in cash or with a debit or credit card. *(Current cost US$117 - subject to change).*

If you wish to take the optional day-trip please let us know as soon as your holiday is confirmed.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. The baggage allowance for the internal flight on this holiday is 23kg with one carry-on item of 10kg. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Colombia

UK passport holders do not require a visa for short stays.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Colombia is the Colombian peso.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 4 to 6 hours on consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

Colombia's position close to the Equator means that its climate is very stable and there is not really any high or low season to speak of. December to March can be considered 'rainy season', but it can and does rain at all times of year. In Bogota and the Coffee Highlands you can expect reasonable clement temperatures and evenings can be cool. This will be in contrast to the north and the Caribbean coast where we can expect temperatures of up to 30 degrees centigrade and high humidity.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Short Walks from Bogotá: Journeys in the new Colombia | TOM FEILING
100 Years of Solitude | Gabriel García Márquez
Ciudad Perdida (The Lost City): Colombia | Mark Candey
Colombia: A Rosen-Cooney Travel Story-No Passports Required: Bogota, the Coffee Zone, Cartagena, and Tayrona National Park | Alexandra Rosen
Misspelled Paradise: A Year in a Reinvented Colombia | Bryanna Plog

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Swimwear and travel towel (for pools and river bathing on trek)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries

- Antibacterial handwash
- Small padlock
- Daypack 25 - 30 litres
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment,and insect repellent.

The following items are optional:

- Trekking poles
- Training shoes or similar
- Trekking Sandals for small river crossing on Lost City Trek.
- Shorts
- Scarf or buff
- Travel clothes
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Bogota. The itinerary ends in Cartagena. Airport transfers from El Dorado International Airport, Bogota and to Rafael Núñez International Airport, Cartagena are provided.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Bogota. Returning to London from Cartagena. Outbound flights usually depart from the UK in the evening, arriving to Bogota in the early hours the following day (Day 1 of the land only itinerary). Return flights will usually depart Cartagena in the evening, arriving in the UK the following morning.

Why Choose KE

Why KE?

Encompassing diverse regions from Andean Highlands to the Caribbean Coast, we've picked out a selection of the best experiences Colombia has to offer to give us an insight into the culture, nature and history of this revived traveller's favourite. If you only plan to visit Colombia once, this holiday, an itinerary unique to KE, offers all you need to get fully acquainted with this South American gem.

Please Note This document was downloaded on 16/11/2026 and the trip is subject to change