

# Lost Cities and Coffee Trails of Colombia

Trip Code: LCC

Version: LCC Lost Cities and Coffee Trails of Colombia



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Trek 4 days through the jungle to Colombia's Ciudad 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

- 13 Breakfasts
- 9 Lunches
- 4 Dinners
- 10 nights Hotel
- 3 nights Camping

[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 During 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 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

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## DAY 1

**Meet at the group hotel in Bogota. Airport transfer and early hotel check in provided. Walking tour in afternoon.**

Arrive to Colombia's sprawling capital, Bogota. Situated at 2,640m above sea level in Colombia's Central Cordillera, Bogota is the cultural and economic centre of the country. After checking in to the hotel, depending on your arrival time, there is a walking tour at 2pm in the afternoon for those who wish to stretch their legs after their journey. We will also visit the Botero Museum with our guide. In the evening we will meet for a welcome dinner with our guide.

Meals: **D**



**Accommodation**  
Hotel



**Time**  
3 hours walking tour

## DAY 2

**Morning walk up Monseratte Hill. Visit heritage town of Honda on the Magdalena River.**

This morning we hike up Monseratte Hill for views over the city and the "Bogota Savanna". This sacred hill, known as 'Grandmother's foot' by the indigenous Musica people, has attracted pilgrims since pre-colonial times - it also holds local astronomical significance with the sun on the June Solstice rising from directly behind the hill as seen from Bolivar Square. The original temple has been replaced by a catholic church and more recent additions of restaurants, cafes and souvenir shops. After exploring the hilltop and admiring the views we save our legs by descending back to the city by cable car before commencing our Colombian Adventure! We drive (approx. 5 hours) to the colonial town of Honda, stopping en route for some lunch. Situated on the banks of the Magdalena River, Honda is part of a network of Colombian Heritage Towns and also known as the 'City of Bridges' with fine examples of colonial architecture. Arriving to Honda we explore the old town on foot including the Rio Magdalena Museum, before continuing to Mariquita where we will spend the night.

Meals: **B L**



**Accommodation**  
Hotel

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**DAY 3**
**Trek through the jungle to the Lost City of Falan. Return to Mariquita.**

Today we visit the Lost City of Falan. Although not as old as its namesake in the Sierra Nevada, which we visit later on the trip, this lost city provides a window into another interesting period of Colombia's colourful history. The Lost City of Falan are ruins of a 17th century Spanish Citadel that was built next to the Royal Mines of Santa Ana. These mines were, at the time, directly owned by the King of Spain and used advanced technologies for the extraction of Gold and Silver. Great figures of Colombian history such as José Celestino Mutis, Francisco José de Caldas, Alexander Van Humbolt and Simón Bolívar, among others, worked or passed through this site. After the mines were abandoned many of the structures were pillaged for bricks to build houses in the neighbouring towns. Tunnels, walls and stone cellars can still be explored in this former mining city, much of which has been reclaimed by the jungle since being abandoned over a century ago. We spend today walking to and then exploring the Lost City. Our route takes us into the jungle, following the banks of a river and passing three spectacular waterfalls. Along the way there are several pools of crystal clear water in which we can take a cooling dip. The trail then uses the old, and now open to the elements, mining tunnels to reach the city ruins. After a day of exploring this interesting archaeological site and its surroundings we return to our hotel in Mariquita.

Meals: **B L**



**Accommodation**  
Hotel



**Time**  
4 hours walking



**Distance**  
8KM

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**DAY 4**
**Visit Finca La Romelia Orchid Farm. Then transfer to Salento.**

This morning we take a drive to the Chinchina area (approx. 5hrs). Here we visit the Finca La Romelia Orchid Farm. A family run tourism and conservation project concerned with the collection, study and conservation of orchids and the restoration of native flora and preservation of wild fauna. We learn about this unique mountain ecosystem and the life it supports as well as the challenges faced. After exploring the nature trails, gardens, nurseries and main house we take lunch in this relaxing oasis before continuing on to Salento by minibus (approx. 2 hours) where we check in to our hotel.

Meals: **B L**



**Accommodation**  
Hotel

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**DAY 5**

## Walk the Cocora Valley Trail to Acaime Reserve. Learn to play Tejo over a coffee or beer.

Today we will explore the trails of the Cocora Valley, which we reach by Jeep Willy. Nestled in the centre of Colombia's Coffee Triangle, the "Coffee Cultural Landscape of Colombia" was listed as an UNESCO World Heritage site in 2011 as an exceptional example of a sustainable and productive landscape. Centuries old traditions and land-use techniques have been passed down from generation to generation of the cafeteros (coffee farmers). As we walk along the Cocora Valley Trail, through cloud forest and jungle, the coffee producing High Andean farmland reveals itself, with small orthogonal plots perched on vertiginous slopes, a necessity to overcome the challenges of farming this terrain. As we continue through the valley we come across another spectacle and emblem of Colombia, as we enter forests of Quindio Wax Palm trees. Native to the high and humid montane forests of the Northern Andes these are the tallest palm trees in the world, rising up to 60m on slender trunks you can often wrap your arms around! After around 2 hours walking we reach the Acaime Reserve, where we will have a unique opportunity to see hummingbirds up close as they indulge on 'aguapanela' feeders hanging throughout the reserve. We complete the trail loop where we return to our Jeep Willys for the transfer back to Salento. On our return we take a walking tour around Salento with its colourful buildings and craft shops before learning how to play the traditional game of 'Tejo' over a beer or coffee (included).

Meals: **B L**



**Accommodation**  
Hotel

### DAY 6

## Visit the coffee heritage town of Filandia. Nature walk in the Kirakai Reserve. Modern Colombian tapas lunch.

Today we visit another town steeped in the coffee-connected culture of the region. Approximately 1 hour outside of Salento is the sleepy town of Filandia. We first visit the Kirakai Reserve, a nature reserve rich in bird and animal life also home to a population of Howler Monkeys. We take a 2 hour guided walk with a local wildlife expert through the reserve before returning to the town for lunch at one of the best restaurants in the Coffee Region. Today's lunch spot, Helena Adentro, is an internationally acclaimed tapas restaurant. Serving up a mix of Colombia classic dishes given a modern twist the restaurant focuses on locally sourced and seasonal produce. After enjoying the empanadas, patacones, yucca or even a cocktail, we walk off lunch exploring the quiet streets of the town with their colourful facades and colonial buildings. We return this evening to our hotel in Salento.

Meals: **B L**



**Accommodation**  
Hotel



**Time**  
2 hours walking



**Distance**  
2KM

## DAY 7

**Morning Coffee Experience. Fly to Santa Marta.**

Having explored the lush natural environments it is grown in and the quaint mountain communities the industry supports, it is only right we now sample the main product of the region during this morning's coffee experience tour. After breakfast we visit an artisan coffee farm to learn about the growing, harvesting and production of coffee. The tour, of course, culminates in an interactive preparation of Salento Coffee, in the traditional method using a cloth strainer and pot. After this quintessential experience, full of beans and fond memories, it is time to say goodbye to the Coffee Region as we continue our adventure on to the Caribbean Coast and Sierra Nevada Mountains. We transfer to Pereira Airport to fly to Santa Marta in the far North of Colombia. On landing we have a 30 minute transfer to our hotel for the night.

Meals: **B**



**Accommodation**  
Hotel

## DAY 8

**Lost City Trek to Ciudad Perdida. Mamey to Aden or Alfredo Camp.**

Today is the day we start our journey to Ciudad Perdida - Colombia's Lost City. From our hotel in the city we take a transfer to Mamey and the start of the trek into the jungle. Led by guides from the nearby indigenous communities, we weave our way through the undulating landscape on jungle trails, often crossing low streams and wooden bridges over rivers. Some of which offer inviting pools where we can stop to take a refreshing dip. About halfway along the trail we reach the 3 crosses viewpoint, where we enjoy a welcome and delicious stop for fruit before continuing on to the first camp. The only way to access the Lost City is along this hiking trail and overnighting at the set camps, organised in conjunction with the local communities. 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. 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.

Meals: **B L D**



**Accommodation**  
Camping



**Ascent**  
620M



**Time**  
3 to 4 hrs walking



**Distance**  
9KM

## DAY 9

## Lost City Trek - Aden or Alfredo Camp to Mutanyi Village and then onto Paraiso Teyuna Camp.

After breakfast at camp another day of intrepid adventure awaits us in the jungle. We continue our journey walking for around 3 hours along the trail to the second camp, Cabana Wiwa, where we can enjoy a refreshing swim in the Buritaca River while we wait for lunch. After a short rest we continue into the Sierra Nevada passing Mutanyi, an indigenous Kogui Village. We will then head towards the third camp, Paraiso Teyuna, where we will spend our second night in another fixed camp.

Meals: **B L D**





 <b>Accommodation</b> Camping	 <b>Ascent</b> 800M	 <b>Time</b> 8 to 9 hours walking	 <b>Distance</b> 16KM
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### DAY 10

## Lost City Trek - Ciudad Perdida. Guided tour of the archaeological site.

We wake very early in the morning to have breakfast and begin our 2km journey to reach Ciudad Perdida. Dating from around 800CE the Lost City predates Machu Picchu by 650 years. Rediscovered in 1972 by a group of local treasure looters the site is steeped in mystery and enigma. Local tribes such as the Kogis and their forbearers acted as guardians for the site for hundreds of years before eventually succumbing to the European Conquistadors in the 15th century. Much of the gold and artefacts from this period are still housed in European Museums. Parts of the city were reconstructed by archaeologists between 1976 and 1982 but it is believed there are many more unearthed sites throughout Colombia's Sierra Nevada. After about an hour we reach the bottom of a 1,200 step stone staircase, hidden under the dense jungle canopy. This staircase, as if picked out of a work of fiction, guards the entrance to the Lost City and gives the first indication of the magnitude of work that must have gone into the construction of the tiled roads, terraces and plazas carved into the mountainside. Upon reaching the top of the staircase we are welcomed by an impressive view over the famed city and its signature circular terraces. Wooden dwellings housing the ancient Tayrona would have stood atop these terraces and acted as trading posts for farmed crops, seafood and salt transported from the coast, as well as later gold traded with Europeans. We have around 3 hours at the site including a guided tour and time to soak in the history and atmosphere. After our tour we begin our descent back to the second camp (approx 6.6km - 4hrs walking).

Meals: **B L D**

 <b>Accommodation</b> Camping	 <b>Ascent</b> 800M	 <b>Time</b> 6.5 hrs walking	 <b>Distance</b> 9KM
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### DAY 11



## Lost City Trek - Walk back to El Mamey. Transfer to Santa Marta.

Today is our last day as explorers of the Sierra Nevada, as we complete the return leg of our adventure. After breakfast we begin a 2 hour hike back towards Adan or Alfredo camp (where we slept the first night). Once there we will have a quick break for water, snacks and fruit. Another 4 hours completes our walk back to El Mamey, where we will have lunch and board the 4x4 truck that will take us back to Santa Marta. Here we can check into our comfortable hotel for a well-earned rest and reminisce on our adventure through the jungles and mountains to the fabled Lost City.

Meals: **B L**



**Accommodation**  
Hotel



**Time**  
5 to 6 hours walking



**Distance**  
16KM

### DAY 12

## Transfer to Cartagena de Indias. Walking tour of the old town.

After breakfast at the hotel we take a private transfer from Santa Marta to the colonial port city of Cartagena de Indias (approx. 5 hours). Set on the seafront is the 16th century old town, an unmissable highlight and fitting end point of any Colombian Adventure. Cartagena has a rich colonial history, as a major port for the export of gold plundered from the continent. From hilltop castles to guard against pirates to elaborate and colourful residences there is a lot to see. Street art, modern cuisine and lively nightlife, as well as white sand beaches and excursions to Caribbean islands make this a popular destination. On arrival we take a 2.5 hour guided tour of the old town to explore the mysteries and marvels of this port town.

Meals: **B**



**Accommodation**  
Hotel



**Time**  
2.5 hours walking tour

### DAY 13

## Cartagena day at leisure. Optional day trip to the Rosario Islands.

Today we have a day of leisure to further explore the town or beaches of Cartagena. An optional day trip to the beautiful Rosario Islands, a Caribbean island chain and 'Natural National Park' less than 2 hours by boat from the mainland, can be taken at additional cost. This evening we gather with our group and guide for a celebratory farewell meal.

Meals: **B**



**Accommodation**  
Hotel

**DAY 14****Depart Cartagena**

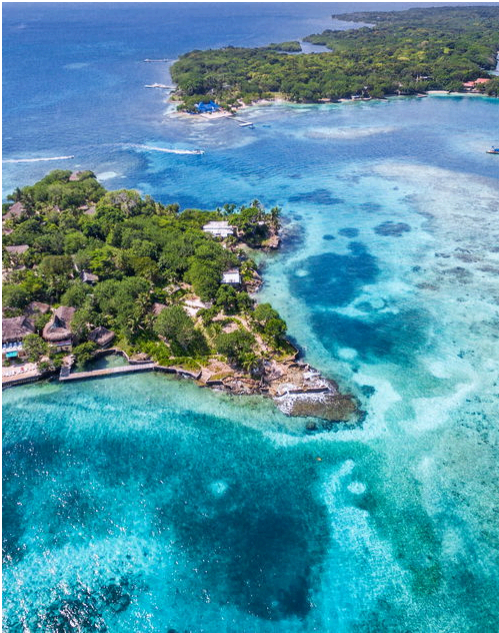
Your holiday ends after breakfast. A single timed group transfer to the airport is included.

Meals: **B**

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# 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.



## Rosario Islands Tour

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.

**1 day from**

**✕9,223,372,036,854,776,000** per person



## Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to be the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, on five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

# 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.

Airport transfers are provided for all clients.

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.

## Food & 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 tippie 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 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 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.

## Additional Information

### Rosario Islands Option from Cartagena

If you wish to take the optional day-trip by boat to the Rosario Islands on Day 13 please let us know as soon as your holiday is confirmed.

You can pay directly to the agent in Colombia for this day trip at a cost of \$117 with cash, credit or debit card.

## 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

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## 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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011\* you will have to apply for a visa rather than the Visa Waiver Programme (\* a full and up to date list of countries can be found on the US government website [here](#).)

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA 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>

## Visa Colombia

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

## Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## 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](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

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)

### Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

### 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 21/01/2025 and the trip is subject to change