

Lost Cities and Coffee Trails of Colombia

Trip Code: LCC

Version:



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 highlands of 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' and abundant nature reserves
- Visit the historic Cartagena de Indias 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

From the Andean Highlands to the Caribbean Coast this adventurous Colombian Holiday takes us through the remarkable history, colourful culture and natural wonders of this must-see South American destination. Don't forget your walking boots as we explore unique ecosystems, wildlife rich nature reserves, and hidden archaeological treasures on foot led by expert guides along the way.

Starting in one of the highest capitals in the world, we hike high above the city of Bogota for expansive views over this sprawling super-city. We learn how gold had shaped the fate of the region through a tumultuous history punctuated by lost civilisations, conquering invaders and emerging nations.

Rather than skipping the intricacies of this country's fascinating interior by flying we travel overland through the Heritage Towns of Honda, 'City of Bridges' and Mariquita, crossing the famous Magdalena River. Here we travel further back in time as we visit the lesser known Lost City of Falan, reached by a morning's hike through dense jungle. A 17th Century Citadel, the Lost City of Falan was built along side the Royal Gold and Silver Mines of Santa Ana, at the time owned by the King of Spain.

Climbing up into the Central Andean Region, we enter Colombia's lush and verdant Coffee Triangle. We walk trails through the Cocora Valley to witness the marvels of highland coffee farming as well as the unique flora of the cloud forest, including Colombia's National Tree the giant Quindio Wax Palms. Reaching up to 60m high they are the tallest palm trees in the world. We have time to explore the Heritage Towns of Salento and Filandia, sampling some of the best food in Colombia, as well as learning the traditional game of 'Tejo'. Our time in this region culminates with a coffee experience tour, where we learn the culture and traditional methods of farming and producing coffee, as well, of course, as getting to sample the produce!

Flying to the Caribbean Coast, we then embark on an adventure that would excite any would-be archaeological explorer as we trek in to the jungle-topped mountains of the Sierra Nevada to discover the Lost City of Teyuna. Steeped in mystery and enigma, although known by local tribes, this site, which predates Machu Picchu by 650 years, wasn't rediscovered until 1972. A 1,200 step stone staircase guards the entrance to the ancient site, which reveals an array of impressive tiled roads, terraces and plazas carved into the mountainside and the intriguing question of how they were all built! The Lost City can only be reached by trekking for 4 days through the jungle, staying in fixed community run camps along the

way, so reaching this ancient wonder comes with a sense of achievement as well as astonishment!

Our Colombian Adventure ends in the suitably impressive port city of Cartagena De Indias. Rich in colonial history and architecture we have time to explore the old town, as well as a well-earned rest on one of its many white sand beaches, or even an optional excursion to the nearby Caribbean Island paradise of Rosario Islands.

Is this holiday for you?

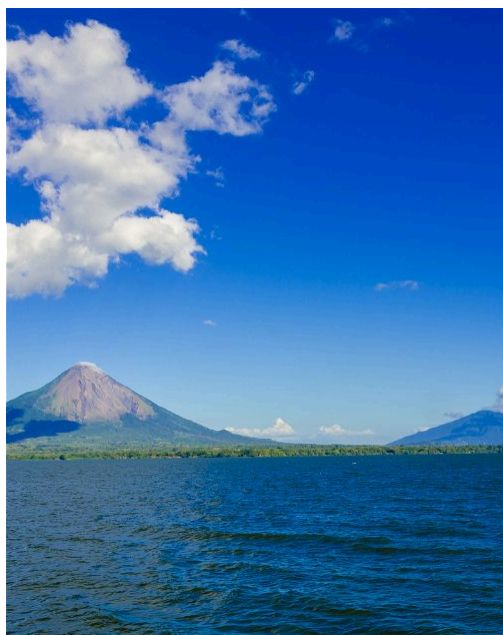
The Lost Cities and Coffee Trails of Colombia During is a moderately challenging walking holiday through the varying landscapes of Colombia. There are some half day walks earlier on the itinerary, with full days later on. The first part of this holiday is focussed on the scenery and multiple nature reserves 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

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.



Nicaragua Lakes and Volcanoes

- Discover the charming historic cities of Granada and Leon
- Explore Lake Nicaragua and its 365 islets by boat
- Volcano hikes on Mombacho, Cerro Negro and Ometepe Island
- Canoe through the San Juan River Biosphere Reserve
- Enjoy fascinating tropical wildlife on nature walks with expert naturalist guides

13 days from
US\$3,130 per person



South West National Parks of the USA

- Walk the best day hikes in Joshua Tree, Mojave, Zion, Bryce Canyon and more as we seek out quiet trails with amazing views.
- Explore natural wonders from Death Valley to the Grand Canyon.
- Experience unique Americana with visits to famous restaurants, abandoned ghost towns and iconic Western film locations.

13 days from
US\$3,805 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.

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.

We will provide you with a link that you can use to pre-pay to our agent in Colombia the day-trip cost of \$117.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

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 prior to 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. North Americans can also check out the U.S. Department of State website: 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 direct 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

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 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

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

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 03/07/2024 and the trip is subject to change