



## Journeys: Explore Colombia

9 days, Bogotá to Cartagena

Trip code SMENG

### What's included

- Your Journeys Highlight Moment: Colombian Coffee Farm Visit, Salento
- Your Journeys Highlight Moment: Medellín Community Walk, Medellín

- Your Journeys Highlight Moment: Coconut Workshop, Cartagena
- Your G for Good Moment: Damartes Beachside Coconut Workshop & Social Enterprise Introduction, Cartagena
- Your Foodie Moment: Colombian Coffee Immersion and Tasting, Salento
- Your Foodie Moment: Colombian Caribbean Cooking Experience, Cartagena
- Arrival transfer
- Excursion to Salento and Cocora Valley
- Coffee tasting
- Cartagena city tour
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing March 17th, 2023 and onwards

# Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Bogotá

Arrive at any time. Arrival transfer is included.

Modern Bogotá offers visitors a wide variety of activities combined with the picturesque beauty of its cultural and architectural past. Colonial churches and pre-Columbian art contrast with the futuristic high-rise buildings of a busy metropolis.

If you arrive early, take a walk around some of the interesting neighbourhoods including La Candelaria, La Macarena, Parque de la 93, La Zona T, La Zona Rosa (bars and restaurants), La Zona G (international cuisine), or visit the Monserrate Sanctuary and enjoy great views of the city.

We recommend booking pre- or post-accommodation to experience all this city has to offer.

Hot water shortages and power outages can be fairly common in Colombia (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control.



### Accommodation

NH Pavillion Royal Bogotá (or similar)

Hotel



### Today's Activities

Private Vehicle

El Dorado International Airport - Bogotá

Settle in and scan the scenery from the convenience of a private vehicle.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.



## Optional Activities - Day 1

Zipaquirá Salt Cathedral Visit

Bogotá

Take some time and visit Zipaquirá, a city in central Colombia just northeast of Bogotá, known for its subterranean Salt Cathedral. You will have the opportunity to see this impressive structure for yourself on a tour. The church is 180 metres underground and will offer you a unique perspective into what the daily lives of miners looked like at one time. It was they who created this small chapel carved out of rock salt. Visit the structure, admire from the Viacrucis to the Corus and appreciate the grandeur of the world's largest underground cross.

Please note this activity starts at 8:00AM. We recommend booking pre-nights to make sure you are in Bogotá on time for this morning start.

Day 2

## Bogotá/Armenia

Catch a flight to Armenia, one of Colombia's coffee capitals. Head to a small, family-run coffee farm in nearby Montenegro, and meet with a coffee expert to learn about the different stages of coffee production, from bean to cup. Continue on to a traditional hacienda on a working coffee farm, where we'll spend two nights.

The Hacienda is simple, with small rooms and few amenities, it also is common to have hot water shortages. While basic, the stunning location and natural beauty more than makes up for a few minor inconveniences.



### Meals included

Breakfast | Dinner



### Accommodation

Hacienda La Combia (or similar)

Hotel



### Today's Activities

Plane

El Dorado International Airport - Armenia

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Armenia

30m

Settle in and scan the scenery from the convenience of a private vehicle.

Hacienda Stay

Armenia

Spend the night in a traditional hacienda (Spanish for "estate") and coffee farm and get a closer look at life in Colombia's beautiful coffee region.

ACTIVITY

Immerse yourself into coffee culture with a visit to a family-run working coffee farm. Spend the afternoon with a coffee expert learning the processes of plant growth, reproduction, harvest, post harvest, and drying. This hands-on experience allows us insight into why Colombian coffee is considered some of the best in the world.

Day 3

## Armenia

Set out on a full-day excursion to Salento, a charming coffee-growing town set amid verdant mountains, and venture to the nearby Cocora Valley for a hike. This breathtaking protected landscape harbours groves of gigantic wax palm, Colombia's national tree and the tallest type of palm in the world. Later, during an immersive coffee tasting, sip espresso and watch a demonstration of latte art by a local barista. Then enjoy free time to explore Salento, strolling its quaint streets and browsing the local craft stalls.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Hacienda La Combia (or similar)

Hotel



### Today's Activities

Salento and Cocora Valley Excursion

Salento

Visit Salento, a charming town typical to Colombia's coffee region, and enjoy hiking the beautiful landscape of the Cocora Valley. Spend the rest of your visit strolling the quaint streets of Salento—this is a great place to appreciate traditional architecture and shop for gifts.

#### ACTIVITY

Continue our coffee immersion with a visit to a speciality coffee shop. Here we embark on a sensory exercise to understand the difference between high quality coffees and commercial coffees, an espresso tasting and the correct preparation of a milk-based coffee where the barista demonstrates the proper art of the latte. This hands-on experience allows us to understand why Colombian coffee is considered some of the best in the world and better understand the part it plays in the culture of this region. And finally, a tasting of the various brews will round out our day.

Free Time

Salento

Enjoy some free time to explore the town.

Hacienda Stay

Armenia

Spend the night in a traditional hacienda (Spanish for "estate") and coffee farm and get a closer look at life in Colombia's beautiful coffee region.

Day 4

## Armenia/Medellín

This morning, fly to Medellín. Surrounded by lush hills and fragrant flower farms, this thriving city is currently in the midst of a resurgence. Settle into your hotel and spend the rest of the day at leisure.



### Meals included

Breakfast



### Accommodation

Ecohub Hotel (or similar)

Hotel



### Today's Activities

Plane

Armenia - Medellín

1h-2h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Day 5

## Medellín

Alongside a local guide, embark on an eye-opening tour of Comuna 13—formerly one of Colombia’s most dangerous neighbourhoods. Ride on the cable cars and outdoor escalators that span the sprawling hillside, and learn how public transport and art and music programs have transformed the area into a peaceful, vibrant community. Afterward, opt for a historical tour of Medellín, visit some of the city’s museums, or go shopping.



### Meals included

Breakfast



### Accommodation

Ecohub Hotel (or similar)

Hotel



### Today’s Activities

#### ACTIVITY

Discover another side of Medellín as you travel on the city’s innovative transportation system and head to Comuna 13 – a community transformed. Once controlled by the cartels, this community is a shining example of Colombia’s progress in overcoming its notorious past. Meet a local guide and begin the journey upward with a ride on the city’s unique public cable cars. Head farther up the hillside to the outdoor electric escalators that serve Comuna 13. The extensive escalator system has renewed the impoverished district, which clings to a steep hillside, and provided much relief to residents whose daily commutes have become safer and faster. Arrive at the top to explore this welcoming and safe urban neighbourhood and enjoy panoramic views of the city.

Free Time

Medellín

Free time to explore the city or set out on an optional excursion.



### Optional Activities - Day 5

Nutibara Hill (Cerro Nutibara) Visit

Cerro Nutibara

For a breath of fresh air 80m (263 ft) above the city, visit Nutibara Hill. Ride a colourful bus, take a taxi, or climb winding paths through the greenery to get to the top of the hill and enjoy great views of the city. Pueblito Paisa waits at the summit: stroll through this replica of a traditional Antioquian town and enjoy the charm of whitewashed buildings, bright-coloured doors and tiled roofs. Try some local food here or shop for souvenirs.

Santa Fe de Antioquia Visit

Medellín - Santa Fe

Explore the quaint streets of Santa Fe de Antioquia - a national monument - on foot and admire the original colonial architecture and Andean landscape. Take photos of traditional Antioquian homes and get lost in the charm of the past. Explore the town's beautiful churches and cross the Cauca River on the Bridge of the West, a suspension bridge built in 1887.

Medellín City Tour

Medellín

35USD

Really get to know Colombia's second largest city with a neighbourhood tour. Medellín has been revitalized since the issues of the 80s and 90s and is now one of South America's most innovative and artistic cities. Explore the city's varied barrios filled with shops, green parks, museums, churches, markets, and delicious cuisine.

Day 6

## Medellín

Enjoy a free day to continue exploring Medellín. Choose to visit nearby Guatapé, located on the shores of a scenic reservoir. Wander amid the town's brightly decorated houses, and opt to climb a steep flight of stairs to the summit of El Peñol, a towering monolith that affords breathtaking views of the reservoir's sparkling waters and lush green isles.



### Meals included

Breakfast



### Accommodation

Ecohub Hotel (or similar)

Hotel



### Today's Activities

Free Time

Medellín

Get out and explore this vibrant city!



### Optional Activities - Day 6

El Peñol Stone (La Piedra Del Peñol) Visit

Medellín - Guatapé

Formed approximately 70 million years ago, El Peñón de Guatapé, also known as El Peñol, is a giant monolith rising 2,135m (7,005 ft) above sea level. Climb the 649 steps that have been built into one side of this famous rock and enjoy breathtaking views of the Guatapé Dam and surrounding area from the peak.

Guatapé Dam Visit

Medellín - Guatapé

Visit this hydroelectric dam created by flooding a valley. The Guatapé Dam has greatly changed the natural landscape, which now has the look of lush islets in a blue lake with 500km (310 mi) of shoreline.

Nutibara Hill (Cerro Nutibara) Visit

Cerro Nutibara

For a breath of fresh air 80m (263 ft) above the city, visit Nutibara Hill. Ride a colourful bus, take a taxi, or climb winding paths through the greenery to get to the top of the hill and enjoy great views of the city. Pueblito Paisa waits at the summit: stroll through this replica of a traditional Antioquian town and enjoy the charm of whitewashed buildings, bright-coloured doors and tiled roofs. Try some local food here or shop for souvenirs.

Guatapé Day Trip

Guatapé

Begin the day trip to Guatapé in the morning around 8:30 AM. Leave Medellín and pass through the town of Peñol and see its famous replica, a scaled imitation of the old town square where the group can enjoy an expansive view over the reservoir and admire the colonial style of the town's architecture. Next up, climb the 700 steps that lead to the top of Piedra del Peñol. This enormous monolith offers epic 360-degree views of the surrounding landscape. Sit down for a typical lunch before continuing onwards to the town of Guatapé, where the group will learn more about its rich culture and history. After touring the town enjoy a relaxing, private boat ride on the reservoir and appreciate the islands from a whole new angle. Make a pit stop at a private island for some free time to immerse yourself in the beautiful surroundings—think meditation or water sports.

Santa Fe de Antioquia Visit

Medellín – Santa Fe

Explore the quaint streets of Santa Fe de Antioquia – a national monument – on foot and admire the original colonial architecture and Andean landscape. Take photos of traditional Antioquian homes and get lost in the charm of the past. Explore the town's beautiful churches and cross the Cauca River on the Bridge of the West, a suspension bridge built in 1887.

Day 7

## Medellín/Cartagena

Catch a flight to the fabled city of Cartagena, perched on Colombia's Caribbean coast. In the afternoon go on an excursion to the nearby beach of La Boquilla and visit an arts workshop run by women who transform coconuts into jewellery, crafts, and other art. As we listen to their stories and learn their techniques, try your hand at creating a souvenir out of natural materials. Later, head to the Saborarte Restaurant for a hands-on cooking class. As we learn to make Caribbean and Colombian specialities, hear how the restaurant amplifies cooking traditions while working with household mothers and small market producers.



### Meals included

Breakfast | Dinner



### Accommodation

GHL Armeria Real Hotel (or similar)

Hotel



### Today's Activities

Plane

Medellín - Cartagena

1h15m-1h30m

640km

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

#### ACTIVITY

The project DAMARTES (Damas y Madres del Arte - 'Women and Mothers of Art') is an association composed of mothers and grandmothers who in 2008, took part in a crafts workshop sponsored by the foundation ProBoquilla. They have now started their own social enterprise producing jewelry, vases, art and accessories out of coconuts. Meet these incredible women and join them in a Coconut Workshop located on the beach of La Boquilla.

#### ACTIVITY

Since 2024, Planeterra and G Adventures have been supporting the association of DAMARTES (Damas y Madres del Arte - 'Women and Mothers of Art') to uplift their impact. Their work portrays an excellent example of how tourism can support gender equality and sustainability in direct and impactful ways. Learn more about the history of this organization and meet the incredible mothers and grandmothers who have worked hard to build their own social enterprise. Gather alongside the women

on the beach of La Boquilla and learn how to create jewelry, vases, art, and other accessories from coconuts. Travel home with a unique souvenir and the knowledge that your presence here has made a difference and positive impact on the local community.

#### ACTIVITY

Visit Saborarte Restaurant in the Getsemani area for a hands-on cooking class. Learn to make Caribbean-Colombian specialities with the experts, hear how the restaurant amplifies cooking traditions while working with household mothers and small market producers. After, enjoy your creations for dinner.

Day 8

## Cartagena

Enjoy a walking tour of Cartagena. Visit the old town, a UNESCO World Heritage site, discovering atmospheric plazas, soaring churches, and important historic landmarks. Spend the rest of the day on your own soaking up the tropical charm of Cartagena. Opt to visit Cartagena's Gold Museum, showcasing intricate pre-Colombian ornaments and pottery, or choose to learn the basics of Colombian salsa, known as Cali style, during a private lesson with two local dancers.



### Meals included

Breakfast | Dinner



### Accommodation

GHL Armeria Real Hotel (or similar)

Hotel



### Today's Activities

Cartagena City Tour

Cartagena

4h-5h

Learn more about Cartagena's history from a bilingual guide on a tour of this lively city. Travel between sights by private transport and visit the clock tower, Plaza Bolivar, and the Castillo de San Felipe de Barajas. Take in sweeping views of the city from the hilltop Convento De La Popa and enjoy a walking tour from San Pedro Claver Church to Santo Domingo Church.

Free Time

Cartagena

Get out and explore this tropical city.



### Optional Activities - Day 8

Gold Museum Visit

Cartagena

7000COP

Head to Plaza Bolivar and pay a visit to this well-curated and informative museum. Admire the intricate, pre-Columbian gold works and pottery of the indigenous Zenú people while learning about their history and traditions—all on display in a charming colonial home.

Museum of Modern Art (Museo de Arte Moderno) Visit

Cartagena

5000COP

Housed in two historic buildings, one a former weapons storehouse, is the collection of the Museo de Arte Moderno de Cartagena. Stroll through the unique space and admire Latin American paintings from the 1950s along with contemporary Colombian art.

Palace of Inquisition (Museum) Visit

Cartagena

30000COP

Visit the museum and learn about the Spanish Inquisition in Colombia. Explore this fine example of colonial and Baroque architecture and see artifacts and torture equipment on display.

Playa Blanca Visit

Playa Blanca

Take a boat to the island of Baru and visit idyllic Playa Blanca. Relax on the white sand, go for a swim, or snorkel in the warm water. To refuel head to one of the charming beach shack restaurants.

Night Exploration on Chiva

Cartagena

80000COP

Get ready to party and explore the city by chiva bus. These colourful vehicles are a national symbol and feature open sides making it easy to truly experience vibrant Cartagena as you go. Drink, dance and enjoy Colombian music on this fun-filled ride.

Day 9

## Cartagena

Depart at any time.

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### Meals included

Breakfast

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### Today's Activities

Departure Day

Not ready to leave? Your Expedition Leaders can help with travel arrangements to extend your adventure.

## What's included

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## What are the main highlights of this trip?

Immerse yourself in Armenia's coffee culture, Visit the transformed Comuna 13 neighbourhood, Explore the historical highlights of Cartagena, Take some time to explore the culinary specialities of the region

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Immerse yourself in Armenia's coffee culture, Visit the transformed Comuna 13 neighbourhood, Explore the historical highlights of Cartagena, Take some time to explore the culinary specialities of the region

## Is there a disclaimer I should read before booking this trip?

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## Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion, it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## What important notes should I be aware of before the trip?

### ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### BAGGAGE ALLOWANCE:

#### FREE BAGGAGE ALLOWANCE 1PC:

BAGGAGE: 50LB / 23KG AND 62LI / 158LCM

(1 Piece, 23 kilograms or 50 Pounds and 158 linear centimeters or 62 linear inches)

CARRYON HAND BAGGAGE: 10KG / 22LB AND 45LI / 115LCM

(1 Piece, 10 kilograms or 22 Pounds and 115 linear centimetres or 45 linear inches)

## What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, known as a National Geographic Expedition Leader. The aim of the Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

## How large will the group be?

Max 16, Avg 12.

## What meals are included in this trip?

8 breakfasts, 1 lunch, 4 dinners

## **What are the meals like on this trip?**

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally, meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally, food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your Expedition Leader will be able to suggest favourite restaurants during your trip. Please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

Bus, private vehicle, jeep, plane, walking.

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## **Is there an extra cost for travelling solo?**

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels - 6 nts, hacienda/farm - 2 nts.

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your Expedition Leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)

After hours Emergency number: +51 99 758 2712, (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What instructions should I follow at the finishing point?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## What should I take on my trip?

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. Remember that although near the Equator, the higher altitude on some parts of the trip makes for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

We recommend the use of a medium-sized duffel bag, soft rolling bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

# What should be on my packing list?

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Smart Dress:**

- Smart outfit (For evenings out)

**Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

## When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

## **How much emergency money should I bring on this trip?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Do I need to pay a departure tax?**

USD \$33

## **Should I be tipping on my trip?**

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides start at \$2 USD per person per day depending on the quality and length of the service; ask your Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$40-50 USD per person, per week can be used.

# What activities are optional on this trip?

## Bogotá

- Zipaquirá Salt Cathedral Visit

## Cerro Nutibara

- Nutibara Hill (Cerro Nutibara) Visit

## Medellín

- Santa Fe de Antioquia Visit
- Medellín City Tour (35USD per person)
- El Peñol Stone (La Piedra Del Peñol) Visit
- Guatapé Dam Visit

## Guatapé

- Guatapé Day Trip

## Cartagena

- Gold Museum Visit (7000COP per person)
- Museum of Modern Art (Museo de Arte Moderno) Visit (5000COP per person)
- Palace of Inquisition (Museum) Visit (30000COP per person)
- Night Exploration on Chiva (80000COP per person)
- Salsa Dance Class

## Playa Blanca

- Playa Blanca Visit

## **Are there any health considerations I should know before travelling?**

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

# What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your Expedition Leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

**Protests and Demonstrations-** Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

Please take care when wandering about the main cities on your own, as pickpockets and purse-snatchers are common. Be safe and leave your passport, credit cards, traveller's cheques and cash you don't need in the hotel's safety deposit box. Most Colombianos are honest and genuinely helpful and friendly, but be safe and enjoy the city!

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trip. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular, the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your Expedition Leader, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.