



Solo-ish Colombia

8 days, Medellín to Cartagena

Trip code SMMS

What's included

- Your G for Good Moment: Berracas de la 13 Visit with Lunch, Medellín
- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group

- Dinner Party: Tastes of Colombia, Medellín
- We Day: Neighbourhoods & Flavours of Medellín, Medellín
- G Day: The Thrills and Surprises of Guatapé & Medellín, Guatapé
- Me Day: Cartagena Me Day, Cartagena
- Your Foodie Moment: Rum Tasting & Chocolate Experience, Cartagena
- Complimentary arrival transfer
- Walking tour of the Comuna 13 neighborhood of Medellín
- Day trip to Guatapé
- Entrance and climb of El Peñol Rock
- Excursion to Tayrona National Park
- CEO-led orientation walk of Cartagena
- Internal flight
- 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 October 17th, 2024 and onwards

Itinerary



Itinerary Notes

In 2026, Tayrona Park will be closed February 1st to 15th, June 1st to 15th, and October 19th to November 2nd. On departures during these dates we will visit Taironaka Park. Please see the itinerary and important notes for more details.

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

Dinner Party: Medellín

Welcome to Medellín. Meet your included arrival transfer at the airport, then join your CEO and fellow travellers for a welcome meeting before partaking in a hands-on cooking class featuring arepas. Get to know your other Solo-ish travellers while making a traditional staple of this beautiful country. Learn more about Colombian cuisine and witness for yourself how the joy of preparing and sharing a meal has the power to bring strangers together.

Please ensure your flight lands in Medellín prior to 2pm so that you have ample time to get settled in before your evening's Dinner Party.



Meals included

Dinner



Accommodation

Hotel Seven Inn Medellin (or similar)

Hotel



Today's Activities

Arrival Transfer

Medellín

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Join your fellow Solo-ish travellers in a hands-on Arepa cooking class in Medellín. Learn how to make this very versatile Colombian food staple that can be eaten during any meal. This delicious corn cake is relatively simple

to make, but gets you back to the basics of cooking with your hands. It can be prepared with a variety of fillings or toppings like, cheese, eggs, black beans, avocado, or pulled pork. Sit down together afterwards, enjoy your delicious creations, and get to know one another a little better as you pass the arepas.

Today is all about the sights, sounds, flavours, and atmosphere of Medellín, Colombia's 'City of Eternal Spring'. Start by visiting Comuna 13, previously one of the city's most dangerous neighbourhoods, now transformed into a lively place with community projects working to preserve its past history, while changing the future for residents of the barrios that cling to the mountainside above the San Javier Metro Station. After a three-hour walking tour of the area, sit down for lunch at Berracas de la 13, a G Adventures–supported project created by a small network of women with a goal of empowering other females and youth in their community who have experienced violence or injustice. The restaurant cooks delicious regional staples and allows visitors to experience the cuisine in an authentic Colombian atmosphere. Later, enjoy free time to see the city on your own; from museums to parks and graffiti tours, there are many options.



Meals included

Breakfast | Lunch



Accommodation

Hotel Seven Inn Medellin (or similar)

Hotel



Today's Activities

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Begin on a walking tour through Medellín's transformed Comuna 13 neighbourhood. Walk through the narrow streets and steep roads while you learn about the history and resurgence of this community nestled in the hillside of the city. Then, attend an engaging lunch at a local community-project kitchen in the area operated solely by women, and working to benefit females and youth who live in the area and have experienced violence or injustice.

ACTIVITY

Explore dynamic communities and support women-owned social enterprises on a tour led by residents of the Comuna 13 of Medellín. A G Adventures–supported project, Berracas de la 13 is a nonprofit organization who have developed a new Comuna tour and meal service, benefitting women

and youth from the community. Travellers have the opportunity to learn from local guides, visit small shops, try local food and purchase unique handicrafts.

Free Time

Medellín

Enjoy a few hours of free time in Medellín to explore. Opt to visit a museum before they close or perhaps walk through a city park. Dinner will also be on your own this weekend, but there are endless options to choose from.



Optional Activities - Day 2

Explora Park

Medellín

24500-37500COP

A symbol of transformation in the northern part of Medellín, the park is a large piece of modern architecture housing a variety of scientific exhibits. Learn about the flora, fauna, and astronomy of Colombia while exploring the vivarium specializing in the Amazon River, the planetarium, or one of the many interactive exhibits on display.

Modern Art Museum

Medellín

10000COP

Wander around the Museum of Modern Art and enjoy the work of Colombian artists in a variety of medias. Make sure to check out the Débra Arango permanent collection.

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.

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 3

G Day: Guatapé

It's a day of what G Adventures does best! A fun surprise and unforgettable adventures await in Medellín and the unique town of Guatapé during your G Day on this Solo-ish Adventure. Feel your heart pound as the group conquers the winding, steep stairs of El Peñol overlooking all of Guatapé. Smell the fresh air and learn more about the town on the shores of a man-made reservoir, and boasting houses of every colour. Enjoy magnificent views of the green mountains in the distance and the coolness of the blue lake and spend free time getting to know the area. Who knows where you might end up to cap off this epic G Day.



Meals included

Breakfast



Accommodation

Hotel Seven Inn Medellín (or similar)

Hotel



Today's Activities

Private Vehicle

Medellín - Guatapé

2h

82km

Settle in and scan the scenery from the comfort of your private vehicle between Medellín and Guatapé.

ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the world's coolest activities alongside new friends. It's not just an epic day of fun, it's chock full of incredible experiences and a surprise G element along the way to take your day to an 11. Breathe deeply and get ready for a heart-pumping adventure as you climb the steep winding stairs to the top of the granite monolith in Guatapé known as El Peñol. Enjoy the panoramic views from the top and travel back into town for a visit, and free time for lunch and perhaps to walk along the reservoir.

Free Time

Guatapé

Take advantage of an hour and a half of free time to grab some lunch at a local spot in town and walk around a bit more on your own.

Private Vehicle

Guatapé - Medellín

2h

70km

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

Day 4

Medellín/Parque Nacional Natural Tayrona

Enjoy breakfast at the hotel before transferring to the airport for your flight from Medellín to Santa Marta in the northern part of the country. Travel for another hour by private vehicle to the Tayrona Area and spend a free afternoon at your leisure enjoying the amenities at the hotel property. This area of mountainous jungle and boulder strewn beaches is one of the most beautiful in the region and the perfect place to connect with yourself and the wildness of your surroundings.



Meals included

Breakfast



Accommodation

Hotel Arca Tayrona (or similar)

Hotel



Today's Activities

Free Time

Parque Nacional Natural Tayrona

Spend a free afternoon in the Tayrona National Park area. Enjoy your jungle surroundings and breathe in the fresh mountain air.

Plane

Medellín - Santa Marta

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

Day 5

Parque Nacional Natural Tayrona

Your day will start with a visit to the biodiverse Tayrona National Park for a moderate hike with a local guide. Experience the incredible nature that surrounds you and learn more about this unique natural area of northern Colombia. Enjoy free time at the beach to relax before returning to the hotel property for an afternoon and evening on your own. The perfect blend of adventure and rejuvenation.

Please note that Tayrona National Park will be closed on certain dates in February, June, October, and November. See the Important Notes section of your tour for more details. The indigenous groups in the area believe that mother nature needs a month of rest, and maintenance to the park is done during this time. If your trip falls during these dates, you will visit Taironaka Park, where you will tube down the Don Diego River, connect with the local Kogi people and learn about their cultural practices.



Meals included

Breakfast | Lunch



Accommodation

Hotel Arca Tayrona (or similar)

Hotel



Today's Activities

Tayrona National Park Excursion

Parque Nacional Natural Tayrona

3h-4h

Get outside with a hike into this beautiful park! Learn more about the rich diversity of Tayrona's natural heritage and explore Tayrona's gorgeous scenery with a local guide. Spend the night surrounded by nature in a lodge close to the park.

Free Time

Parque Nacional Natural Tayrona

Spend the afternoon and evening relaxing in your surroundings. Listen to the sounds of the jungle and see if you can spot wildlife near the hotel property.

Day 6

Parque Nacional Natural Tayrona/Cartagena

Travel away from the misty green hills of Tayrona National Park to the lively coastal city of Cartagena. First travel back to Santa Marta via private vehicle before boarding a public bus to 'The Walled City'. Arrive in the late afternoon and set out on a short orientation walk with your CEO. Then, the remainder of the evening belongs to you. Embrace the bizarre and see where the night takes you.



Meals included

Breakfast



Accommodation

Hotel Cartagena Royal Inn (or similar)

Hotel



Today's Activities

Private Vehicle

Parque Nacional Natural Tayrona - Santa Marta

1h

42km

Settle in and scan the scenery from the comfort of your private vehicle between the hotel property in the Tayrona National Park area to the bus station in Santa Marta.

Local Bus

Santa Marta - Cartagena

5h-6h

240km

Enjoy a ride like the locals on a public bus between Santa Marta and Cartagena.

CEO-led Orientation Walk of Old Town Cartagena

Cartagena

1h-1h30m

3km

Enjoy an orientation walk alongside your trust CEO and get to know the Old Town of Cartagena as you walk a 3.7km loop from your hotel in the area. Pass by various monuments and museums and gain an introduction to the streets, sounds, and sights of this Colombian city.

Day 7

Me Day: Cartagena

It's time for a day that belongs to you! The choice really is all yours. From spending the first part of the day visiting the Rosario Islands to simply having a slow morning in the city, you have plenty of options. In the afternoon join back up with the group for a rum tasting lesson with non-alcoholic options available as well. Then, the evening belongs to you. Keep the social vibes going and choose to stick together for dinner or wander off on your own and find a quiet spot to indulge in some delicious food and time to unwind.



Meals included

Breakfast



Accommodation

Hotel Cartagena Royal Inn (or similar)

Hotel



Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh, and reflect on the journey. Today, choose to join your CEO for a local activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.

ACTIVITY

On today's experience the group will taste their way through Colombia's best rum and organic sweet and savoury treats. Sample these rich liquors alongside a masterclass on the origin process and production of various selections available. From the coast to the mountains, you will dive into the rum culture of the Caribbean accompanied by culinary traditions, and historical insights. Today's menu includes 6 different rums paired sweet and savoury treats.



Optional Activities - Day 7

Islas del Rosario National Park

Cartagena - Islas del Rosario

320000-350000COP

Take a boat to this park with a lengthy name—Rosario and San Bernardo Corals National Natural Park –and be wowed by the beauty of the Rosario Islands. Admire the clear blue water and natural landscape of the islands. Opt to snorkel and explore the park’s lively reefs or sit back and relax on the beach.

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.

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.

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.

Naval Museum of the Caribbean Visit

Cartagena

6000COP

Located in the historic walled city, visit this spacious museum housed in two heritage buildings. Explore the various exhibits relating to the naval history of the Caribbean Sea and enjoy the charming patios.

You arrived a solo traveller and are leaving with many new friends. Say goodbye to your fellow Solo-ish travellers and depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: Berracas de la 13 Visit with Lunch, Medellín
- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group
- Dinner Party: Tastes of Colombia, Medellín
- We Day: Neighbourhoods & Flavours of Medellín, Medellín
- G Day: The Thrills and Surprises of Guatapé & Medellín, Guatapé
- Me Day: Cartagena Me Day, Cartagena
- Your Foodie Moment: Rum Tasting & Chocolate Experience, Cartagena
- Complimentary arrival transfer
- Walking tour of the Comuna 13 neighborhood of Medellín
- Day trip to Guatapé
- Entrance and climb of El Peñol Rock
- Excursion to Tayrona National Park
- CEO-led orientation walk of Cartagena
- Internal flight
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Visit Comuna 13 in Medellín to witness the area's transformation and support the G Adventures-supported initiative there, Take a day trip to the unique reservoir town of Guatapé and climb up El Peñol Rock, Explore the jungle trails and biodiversity of Tayrona National Park, Soak up the charming Caribbean vibes of coastal Cartagena

Itinerary Notes

In 2026, Tayrona Park will be closed February 1st to 15th, June 1st to 15th, and October 19th to November 2nd. On departures during these dates we will visit Taironaka Park. Please see the itinerary and important notes for more details.

What are the main highlights of this trip?

Visit Comuna 13 in Medellín to witness the area's transformation and support the G Adventures-supported initiative there, Take a day trip to the unique reservoir town of Guatapé and climb up El Peñol Rock, Explore the jungle trails and biodiversity of Tayrona National Park, Soak up the charming Caribbean vibes of coastal Cartagena

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

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 view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

Are there Itinerary notes?

In 2026, Tayrona Park will be closed February 1st to 15th, June 1st to 15th, and October 19th to November 2nd. On departures during these dates we will visit Taironaka Park. Please see the itinerary and important notes for more details.

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

TAYRONA CLOSINGS

In 2026, Tayrona Park will be closed February 1st to 15th, June 1st to 15th, and October 19th to November 2nd. On departures during these dates we will visit Taironaka Park, where we will go tubing on the Don Diego River. The park is known for its beautiful terraces and indigenous community. Visit a museum about the local Kogi people, meet members of the community, and relax while enjoying an included lunch.

What is the role of the group leader during this trip?

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group 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. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, avg 14.

What meals are included in this trip?

7 breakfasts, 2 lunches, 1 dinner

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 CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Plane, private vehicle, public bus, 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 solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (7 nts) on a twinshare basis. If you are interested in purchasing your own room, please see below for the My Own Room option.

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 G Adventures 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 G Adventures 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 CEO. This note will give the details of your Welcome Meeting on day 1 (usually at 6pm), where you will get a chance to meet your CEO 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 CEO 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 CEO (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 Local Operator (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.

G Adventures Office Lima, Peru

During Office hours (Weekdays 9am-5pm Local Time): +593 999 350 112

After hours emergency number: +51 997 582 712

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 information should I be aware of as the itinerary draws to a close?

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.

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying and handling your own luggage.

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.)

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 are 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](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

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!

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 would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

What activities are optional on this trip?

Medellín

- Explora Park (24500-37500COP per person)
- Modern Art Museum (10000COP per person)
- Medellín City Tour (35USD per person)

Cerro Nutibara

- Nutibara Hill (Cerro Nutibara) Visit

Cartagena

- Islas del Rosario National Park (320000-350000COP per person)
- Museum of Modern Art (Museo de Arte Moderno) Visit (5000COP per person)
- Night Exploration on Chiva (80000COP per person)
- Palace of Inquisition (Museum) Visit (30000COP per person)
- Naval Museum of the Caribbean Visit (6000COP per person)

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 and Culture Shock 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 CEO 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) 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 and explore at your leisure. While your CEO 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 judgement 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.

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 CEOs 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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. 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 people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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/

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.

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.