



Colombian Adventure: Hot Springs & Bogotá Streets

8 days, Medellín to Bogotá

Trip code SMMO

What's included

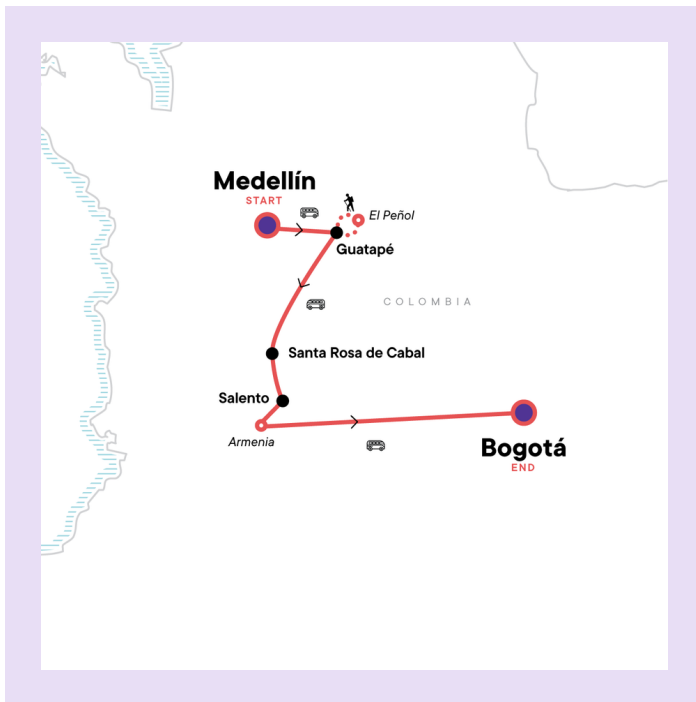
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Bogotá
- CEO-led orientation walk of Guatapé
- Climb El Peñol
- Santa Rosa de Cabal hot springs visit
- Moderate hike in the Cocora Valley
- Walking tour of La Candelaria neighbourhood in Bogotá
- Free time for optional activities in Guatapé, Santa Rosa de Cabal, Salento, and Bogotá
- 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 July 23rd, 2024 and onwards

Itinerary



Itinerary Notes

In 2025, Tayrona Park is closed October 19 - November 02. On departures during these dates we will visit Tayronaka 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.

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

Medellín

Arrive at any time. After a welcome meeting at the hotel in the evening, choose to join your fellow travellers for an optional group dinner and check out the infamous city of Medellín, which has transformed into one of Latin America's safest destinations. Get to know your group over a few optional drinks and get ready for the epic adventure ahead.



Accommodation

Viajero Medellin (or similar)

Hostel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. 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

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2

Medellín/Guatapé

Travel from Medellín to Guatapé, where the town sits on the shores of the man-made reservoir, and is home to the climbable granite stone called El Peñol Rock. Climb the staircase in the rock and from the top, enjoy epic views of mountains and lakes in the distance. Then, enjoy a CEO-led orientation walk of the town and spend the remainder of the day free for optional activities in the area. Consider pre-booking a boat trip out onto the lake for some fun on the water.



Meals included

Breakfast



Accommodation

Hotel Bambu (or similar)

Hotel



Today's Activities

CEO-led Orientation Walk of Guatapé

Guatapé

1h

1km

Walk around the town of Guatapé with your CEO and get to know the lay of the land. Pass by sites like the Community Historical Museum, Calle de los Paraguas, and Plazoleta de Los Zócalos.

Free Time

Guatapé

Spend free time in Guatapé this afternoon to enjoy some of the optional activities available in the area.

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.

Private Vehicle

Medellín - Guatapé

2h

82km

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



Optional Activities - Day 2

Hiking - Guatapé

Guatapé

Take off on your own along the gorgeous hiking trails in Guatapé and enjoy the lush green valleys of rural Colombia. Opt to try the looping trails of Pisto Reto Quimbaya or Camino del Sinsonte.

Lake Activities - Guatapé

Guatapé

With the beautiful reservoir right in town, there's no doubt you should take advantage of the lake front and try some optional activities on your own like kayaking or a boat cruise.

Day 3

Guatapé

The entire day is yours to adventure in the funky outdoorsy town. Walk the streets adorned with brilliantly painted frescoes (called Zócalos locally) each one telling a story. Choose to prebook a boat excursion on the lake or try kayaking along the shores. Maybe even climb El Peñol again. There are also loads of restaurants and street food to try like arepas and fresh cheeses.



Meals included

Breakfast



Accommodation

Hotel Bambu (or similar)

Hotel



Today's Activities

Free Time

Guatapé

The whole day is yours to enjoy the gorgeous landscape of Guatapé. Choose to head out on the man-made reservoir by boat, kayak along the shores of the lake, or choose to try some of the local specialty treats at various cafés and restaurants.



Optional Activities - Day 3

Hiking - Guatapé

Guatapé

Take off on your own along the gorgeous hiking trails in Guatapé and enjoy the lush green valleys of rural Colombia. Opt to try the looping trails of Pisto Reto Quimbaya or Camino del Sinsonte.

Lake Activities - Guatapé

Guatapé

With the beautiful reservoir right in town, there's no doubt you should take advantage of the lake front and try some optional activities on your own like kayaking or a boat cruise.

Boat Trip on Lake Guatapé

Guatapé

Hop on a boat tour of this man-made lake. Cruise through the water with a local guide who will point out significant features along the way. Like the cross in the lake that marks the location of the church of the original town of El Peñol. The town was relocated in the 1970's after the construction of the hydroelectric dam created the lake.

Day 4

Guatapé/Santa Rosa de Cabal

Transfer by private vehicle in the morning from Guatapé to Santa Rosa de Cabal with a stop en route to grab lunch on your own. The town hosts natural hot springs fed by nearby active volcanoes and is nestled at the base of the Nevado del Ruiz Volcano. Picture clouds clinging to the sides of these ultra green mountains and feel in a different, lost world out here in the jungle amid coffee plantations and thermal pools. Upon arrival in the late afternoon there will be some free time before an included visit to the hot springs for a relaxing evening.



Meals included

Breakfast



Accommodation

Hotel Suite Santa Rosa (or similar)

Hotel



Today's Activities

Private Vehicle

Guatapé – Santa Rosa de Cabal

7h

303km

Sit back and enjoy the scenery on today's journey by private vehicle to Santa Rosa de Cabal. There will be a stop along the way to have lunch on your own to break up the length of the drive.

Free Time

Santa Rosa de Cabal

Enjoy a few hours of free time to explore the small town of Santa Rosa de Cabal on your own.

Santa Rosa de Cabal Hot Springs Entrance Fee

Santa Rosa de Cabal

2h

Visit the outdoor hot springs surrounded by lush jungle and beautiful nature in Santa Rosa de Cabal. Soak in one of multiple man-made pools and relax in this mineral water flowing directly from the mountains.

Day 5

Santa Rosa de Cabal/Salento

After breakfast at the hotel the group will travel to Cocora Valley. Along the way stop to enjoy a hike through the area where the wax palm, Colombia's national tree grows up to 197ft. Be on the lookout during the hike for the yellow-eared parrot that calls this place home. Arrive in Salento in the afternoon and enjoy exploring on your own and getting a feel of this majestically green and hilly landscape.



Meals included

Breakfast



Accommodation

El Rancho de Salento (or similar)

Hotel



Today's Activities

Entrance Fee Cocora Valley

Valle del Cocora – Bogotá

2h-3h

Head into the Cocora Valley and take in magnificent views and the towering wax palms for which it is known. Get active with a hike through the area and learn more about this fertile region.

Private Vehicle

Santa Rosa de Cabal - Salento

2h30m

73km

Settle in and scan the scenery from your private vehicle on the way from Santa Rosa de Cabal to Salento. There will be a stop along the way to hike in the Cocora Valley.

Free Time

Salento

Take advantage of free time to get to know this Andean town west of Bogotá. The town is the gateway to the snow-capped peaks of Los Nevados National Natural Park. There's plenty to see as you walk around and load of different outdoor activities of coffee farm visits you can choose from.



Optional Activities - Day 5

Play Tejo

Salento

Try your hand at the game of Tejo, played by the locals of Salento. This Colombia game is trickier than it looks. It's a great way to get a group together and have some fun.

Visit Santa Rita La Cascada

Salento

Choose to hike 5km to the beautiful Santa Rita la Cascada to experience a lovely patch of nature and enjoy a great place to cool down and swim.

Walk down Calle Real

Salento

The most famous street in Salento is Calle Real! It's lined with two-story white houses that have their windows, balconies, and doorways painted different bright colours. Walk around and take photos as you explore Salento a bit on your own.

Day 6

Salento/Bogotá

Spend a free morning in Salento and choose to join some optional activities in this gorgeous area. Grab some lunch on your own before the transfer to Armenia where the group will then board a public bus to Bogota. Arrive in the evening and choose to have some dinner together or on your own.



Meals included

Breakfast



Accommodation

Hotel Grace Chapinero (or similar)

Hotel



Today's Activities

Free Time

Salento

Enjoy a slow, free morning to yourself in Salento before a long transfer day to Bogotá. Try optional activities in the area like visiting a coffee farm for some delicious, fresh brew.

Private Vehicle

Salento - Armenia

1h

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

Local Bus

Armenia - Bogotá

7h

Sit back and scan the scenery on your local bus ride to Bogotá.



Optional Activities - Day 6

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Salento

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Walk down Calle Real

Salento

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Day 7

Bogotá

Set off to explore Bogotá today on a walking tour of the charming La Candelaria neighborhood and listen to fascinating tales about the town's origin, legends, and other key historical moments. Then there will be free time for lunch and the remainder of the afternoon is open for optional activities in the area like, visiting museums or going on a cable car ride for panoramic views of the city. In the evening attend a farewell dinner with the group at a local restaurant.



Meals included

Breakfast | Dinner



Accommodation

Hotel Grace Chapinero (or similar)

Hotel



Today's Activities

La Candelaria Orientation Walk

Bogotá

1h30m

Take a CEO-led walk through the historic and cultural heart of the city. Admire the colonial architecture juxtaposed by vibrant graffiti murals as you pass museums and shops. Listen to fascinating tales about the town's origin, legends, and other key historical moments. This area is a must-visit for any culture and history lover, offering a laid-back way to take in Bogotá's cultural gems.

Free Time

Bogotá

Enjoy time on your own in Bogotá and partake in one of the many optional activities available locally for you to purchase.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the lively Colombia city of Bogotá.



Optional Activities - Day 7

Monserrate Hill Cable Car

Bogotá

20000COP

Ride the cable car up the hill for spectacular views of the city.

National Museum of Colombia Visit

Bogotá

3000COP

Visit the largest museum in the country and one of the oldest on the continent. Built in 1823 and originally used as a prison, the National Museum of Colombia houses a collection of over 20,000 pieces. Explore exhibits of archeological and ethnographic artifacts and admire works of art by masters including Andrés de Santa María and Fernando Botero.

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 8

Bogotá

Depart at any time.



Meals included

Breakfast

What's included

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What are the main highlights of this trip?

Visit and climb up El Peñol Rock in Guatapé, Relax and soak in the warm soothing thermal waters in Santa Rosa de Cabal, Enjoy a hike through the stunning scenery and tall wax palms in the Cocora Valley, Set out on a walking tour of the charming La Candelaria neighbourhood in Bogotá

Itinerary Notes

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

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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?

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

Please note that this tour combines with other G Adventures tours. Some staff and travel companions may be continuing together on another G Adventures tour after your trip concludes.

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

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEOs), 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

What meals are included in this trip?

7 breakfasts, 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. For all 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?

Private vehicle, public bus, walking

What transportation will we take on this trip?

This trip combines a variety of transportation types. At G Adventures, we believe that getting there is half the fun. When it comes to getting around, public transport is often the best and most colourful way to go. You'll be using a combination of public buses, private vans, ferries, boats and taxis to get from here to there.

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).

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 1

What kind of accommodation can I expect on this trip?

A variety of styles of hotels are used on this trip. In many instances, they might not be like what you are used to back home as service and efficiency can vary.

Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

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

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.

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

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. 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 between 5pm and 7pm), 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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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

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 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?

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. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

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 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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 availability is dependent on the location you're in or the amount of time spent in that location.

We suggest packing enough clothing in case laundry is not available and/or packing laundry soap so you can wash things if needed.

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.

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 COP Colombian Pesos, travellers cheques 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).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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.

Also at the end of each trip if you felt your G Adventures CEO 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?

Guatapé

- Hiking - Guatapé
- Lake Activities - Guatapé

Guatapé

- Boat Trip on Lake Guatapé

Salento

- Play Tejo
- Visit Santa Rita La Cascada
- Walk down Calle Real

Bogotá

- Monserrate Hill Cable Car (20000COP per person)
- National Museum of Colombia Visit (3000COP per person)
- Zipaquirá Salt Cathedral 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 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.

Please note your trip travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can onset with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are affected on your Adventure, please consult your physician.

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.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

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.