



Colombian Culture, Caribbean & Lost City

22 days, Bogotá to Santa Marta

Trip code SMBS

What's included

- Your G for Good Moment: Katanzama Community Visit, Parque Nacional Natural Tayrona
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Coffee Farm Tour, Calarcá
- Your Discover Moment: Cartagena
- Hacienda stay
- Valle de Cocora hike
- Medellín city tour
- City tour in Cartagena
- Tayrona National Park (excluding February departures) hike with local guide (5hrs)
- Taganga Orientation Walk
- Trek to the Lost City with an indigenous guide (5 days)
- Guided tour of the Lost City
- 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 May 1st, 2026 and onwards

Itinerary



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.

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.

Day 1

Bogotá

Arrive at any time.

There are no activities planned until an evening welcome meeting.



Accommodation

Hotel Retiro 84 (or similar)

Hotel



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.



Optional Activities - Day 1

Gold Museum Visit

Bogotá

4000COP

Explore this veritable treasure trove! Be amazed by the Bogotá Gold Museum's collection of over 30,000 gold pieces in addition to thousands of bone, stone, ceramic, and textile artifacts from 13 different pre-Hispanic societies.

Monserate 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 2

Bogotá/Armenia

Enjoy breakfast in Bogotá before boarding a flight to Armenia, in Colombia's coffee region. Spend two nights outside Armenia in a traditional hacienda.



Meals included

Breakfast



Accommodation

Hostal Mi Monaco (or similar)

Hotel



Today's Activities

Plane

Bogotá - Armenia

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

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 3

Armenia

Enjoy breakfast at the hotel. Visit Armenia market before coffee farm tour in the Calarcá area to learn more about the coffee culture here.



Meals included

Breakfast | Lunch



Accommodation

Hostal Mi Monaco (or similar)

Hotel



Today's Activities

Armenia Market Visit

Armenia

Visit the city's historic, bustling market centre. Frequenting daily by Armenia's residents and chefs alike, Armenia Market offers everything from new-age ingredients to traditional Colombian staples. Get caught up in the whirlwind of food stalls, flower shops, boutiques and cafés before determining your route through the market to sample the best the city has to offer.

ACTIVITY

Visit a local coffee farm to learn more about the production of this important crop, from the planting stage all the way to your coffee mug, and savour a taste of this famous export.

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/Salento

Take a morning hike through the Cocora Valley before an afternoon arrival to Salento. Continue the full coffee experience in the region of Quindío.

Enjoy exploring Salento and getting a feel for the town.



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 by private vehicle and take in the magnificent views. Get active with a hike through the area and learn more about this fertile region.

Private Vehicle

Armenia - Salento

30m

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

Day 5

Salento/Medellín

Drive through beautiful landscapes to Medellín. Opt to explore the city in the evening.



Meals included

Breakfast



Accommodation

Hotel Seven Inn Medellin (or similar)

Hotel



Today's Activities

Local Bus

Salento - Medellin

8h-9h

Climb aboard, grab a seat, and enjoy the ride.

Day 6

Medellín

Enjoy a neighbourhood tour of the city and learn the fascinating recent history of the city's ongoing transformation. Spend the rest of the day with free time to explore this vibrant city.



Meals included

Breakfast



Accommodation

Hotel Seven Inn Medellin (or similar)

Hotel



Today's Activities

Medellín City Tour

Medellín

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.

Free Time

Medellín

Opt to visit the famous rock El Peñol or hop on a sightseeing bus. Ride the MetroCable, part of Medellín's public transportation, for sweeping views of the city and surrounding mountains.



Optional Activities - Day 6

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.

Day 7

Medellín

Enjoy another free day and opt to visit the nearby town of Guatapé, with its colourful houses and famous rock. Or ride the metrocable, a cable car part of Medellín's public transportation, for sweeping views of the city and surrounding mountains.



Meals included

Breakfast



Accommodation

Hotel Seven Inn Medellin (or similar)

Hotel



Today's Activities

Free Time

Medellin

Enjoy another full day to explore one of Colombia's most popular cities.



Optional Activities - Day 7

El Peñol Stone (La Piedra Del Peñol) Visit

Medellin - 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.

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Medellin

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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.

Day 8

Medellín/Cartagena

Hop on a morning flight to Cartagena and arrive in time to spend the afternoon exploring the old walled city. Opt for dinner and a night out in this lively town.



Meals included

Breakfast



Accommodation

Hotel Dorado Plaza Centro Histórico (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.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 9

Cartagena

Enjoy a free day exploring all Cartagena has to offer. Opt to enjoy the beautiful coast or explore the charming colonial city.



Meals included

Breakfast



Accommodation

Hotel Dorado Plaza Centro Histórico (or similar)

Hotel



Optional Activities - Day 9

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.

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.

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.

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.

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.

Day 10

Cartagena

Enjoy a city tour, visiting the colonial walled city and fortress, a UNESCO World Heritage Site. Enjoy free time to take in the Caribbean vibe of the city and beach.

Please note hot water is uncommon in the Caribbean region of Colombia. Showers are likely to only have cold water while visiting this area.



Meals included

Breakfast



Accommodation

Hotel Dorado Plaza Centro Histórico (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 vibrant colonial town. Refuel with some local fare—"patacones" or fried plantains are a must!



Optional Activities - Day 10

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Day 11

Cartagena/Minca

Travel to the small town of Minca, breathe in the fresh mountain air and enjoy free time to explore.

Please note that if the group is full, we may be required to use multi-share rooms in Minca due to the small size of this unique hotel.



Meals included

Breakfast



Accommodation

Hotel Minca La Casona (or similar)

Hotel



Today's Activities

Private Vehicle

Cartagena - Minca

4h

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

Free Time

Minca

Enjoy free time to explore the lovely town of Minca. Go looking for unique birds, explore the area on foot or hang out at a local café by the river.

Day 12

Minca to Tayrona National Park Area

Leave Minca behind as the group heads into the Tayrona National Park area to spend the day visiting a nearby indigenous community. Gain insights into the rich traditional cultures of this region, and the Arhuacos. Enjoy a textile weaving demonstration by members of local families in the Katanzama community. Afterwards, transfer to your accommodations just outside Tayrona National Park, where you will have free time to enjoy the property and its amenities. Relax in a nearby hammock, find a local restaurant for dinner, and enjoy the cool ocean breeze.



Meals included

Breakfast | Lunch



Accommodation

Posada Villa Margarita (or similar)

Hotel



Today's Activities

Private Vehicle

Minca - Parque Nacional Natural Tayrona

1h-1h30m

50km

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

ACTIVITY

Visit the Katanzama community, located 30 minutes from Tayrona National Park, near Buritaca. Made up of approximately 80 Arhuaco indigenous families, this unique experience invites you to connect with one of Colombia's most resilient indigenous groups, who have preserved their customs and spiritual beliefs for decades. Upon arrival you will be welcomed into the ceremonial center to learn about the community's spiritual connection to nature, their history of resistance, and their ongoing efforts to restore their ancestral land, and the area where coca and cacao are cultivated. Then, gather

around for a traditional textile weaving demonstration which showcases an ancestral craft that carries deep cultural significance here. Your experience will be led by a local Arhuaco guide and after the community visit the group will sit down together for an included lunch. Your time here fosters cross-cultural understanding but also directly supports the economic and social development of the Katanzama community, ensuring that their traditions continue to thrive for generations to come.

Private Vehicle

Parque Nacional Natural Tayrona - Posada Villa Margarita

Sit back and scan the scenery from the comfort of your private vehicle from the nearby Indigenous community to the group's accommodations just 5-10 minutes away.

Free Time

Posada Villa Margarita

Lounge in a hammock on the hotel property or wander through the grounds admiring the thick green foliage and fragrant plants. The afternoon and evening are yours to enjoy as you please.

Day 13

Parque Nacional Natural Tayrona

Head into Tayrona National Park for a moderate hike with a local guide. This is a perfect opportunity to experience nature and learn a little more about the rich, natural diversity of northern Colombia. Lunch is included during your hike. Afterwards, the group will travel the short distance to our nearby accommodations and spend free time unwinding after a full day of exploring this stunning national park.

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

Posada Villa Margarita (or similar)

Hotel



Today's Activities

Private Vehicle

Posada Villa Margarita - Parque Nacional Natural Tayrona

15m

20km

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

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.

Hiking

Parque Nacional Natural Tayrona

3h-4h

Lace up your hiking boots and get to the next stop under your own power.

Private Vehicle

Parque Nacional Natural Tayrona - Posada Villa Margarita

30m-45m

30km

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

Free Time

Parque Nacional Natural Tayrona

This evening, enjoy the tranquil setting by walking toward the ocean, or relaxing on the property of the hotel.

Day 14

Tayrona National Park Area / Santa Marta

In the afternoon, travel from Tayrona to Santa Marta. Orientation walk with CEO upon arrival.



Meals included

Breakfast



Accommodation

Hotel Tayromar (or similar)

Hotel



Today's Activities

Private Vehicle

Parque Nacional Natural Tayrona - Santa Marta

1h30m-2h

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

Santa Marta Orientation Walk

Santa Marta

Take a CEO-led orientation walk of this coastal city and get acquainted with the main sites.

Free Time

Santa Marta

Soak up the Caribbean feel of this coastal town with some free time. Be sure to indulge in the area's fantastic fresh seafood or hang out in one of the many cafés along the beach

Day 15

Santa Marta

With a free day at leisure in Santa Marta, explore the city on foot or enjoy time by the water. This evening, join your group for an optional night out.



Meals included

Breakfast



Accommodation

Hotel Tayromar (or similar)

Hotel



Today's Activities

Free Time

Santa Marta

Take advantage of free time in this coastal city by relaxing on the beach or travel to nearby Taganga to explore the waters with a snorkel.



Optional Activities - Day 15

Playa Grande

Taganga

Head to the nearby beach of Playa Grande for a multitude of water sports, to relax on the sand, or hang out in one of the many restaurants.

Snorkelling

Taganga

150000COP

Strap on some fins and a mask and explore the active reefs in Taganga's clear water. Keep an eye out for fascinating brain coral!

Day 16

Santa Marta

Relax on the beautiful Caribbean coast in Santa Marta or go further afield to explore.

Use the day to soak up some sun or make any last minute purchases before starting the big trek.



Meals included

Breakfast



Accommodation

Hotel Tayromar (or similar)

Hotel



Today's Activities

Free Time

Santa Marta

Get out and explore.



Optional Activities - Day 16

Gold Museum Santa Marta

Santa Marta

Free

Explore the colonial mansion that houses indigenous artifacts from the Tayrona area including an impressive gold collection.

Quinta San Pedro Alejandrino

Santa Marta

23000COP

Visit Simon Bolivar's final resting place, la Quinta is the estate where the famous libertador spent his final days. The former rum plantation now includes a restored house, museum, library, and extensive gardens perfect for exploring.

Day 17

Santa Marta/Ricardito Camp

Wake up and hit the road to the village of El Mamey where your trek to the Lost City of Teyuna begins. Trek through farmland, steamy jungle, and rural Kogi communities. Enjoy and let it all soak in – this is your opportunity to get a glimpse into the local way of life in the remote river valleys of the Sierra Nevada Mountains. The group will have lunch at the village and hike about 4 hours to the first basecamp.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

4x4

Santa Marta – Machete Pelao

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Lost City Trek Day 1

Machete Pelao – Ricardito Camp

4h-5h

7km

Leave Machete Pelao and start trekking through the jungle along the Buritaca River. Pass by farmland and get a glimpse into daily life in the small communities en route to the campsite. This first day of trekking is relatively straightforward and a good way to ease yourself into it. There is a combination of uphill and flat sections that lead the way to the first campsite. Continue uphill to reach Ricardito Camp, known locally as vista hermosa or beautiful view, sit back and soak them in. If the weather is right, sunsets and sunrises here are not to be missed.

Total distance: 7.6 km.

Day 18

Ricardito Camp/Teyuna Paraiso Camp

Venture further into the lush jungle en route to Ciudad Perdida. Be prepared – today is a tough portion of the trek with a lot of steep views. Arrive at the campsite in the afternoon for some much needed relaxation by the river.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lost City Trek Day 2

Ricardito Camp – Teyuna Paraiso Camp

8h

14km

Begin trekking alongside the Buritaca River early in the morning. Pass through more farmland used for growing coffee or raising cattle. Climbing on this part of the trek can be challenging as the route progresses uphill from the riverbed and through the humid jungle. Take a look at the unique, circular huts that make up some of the Kogi villages in the area.

Total distance: 14.7 km

Day 19

Paraiso Camp to Mumake Camp

Wake up early feeling refreshed, recharged (hopefully!) and start your trek to La Ciudad Perdida. Climb the 1200 ancient steps and explore the different sacred sites of Lost City. Later, continue trekking through the deep jungle today on winding paths through banana trees and cacao plants as you make your way to Mumake Camp. The total hiking time today is 8 hours with about 3 hours to explore the Lost City.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lost City Trek - Day 3

Teyuna Paraiso Camp - Mumake Camp

8h-9h

8km

The once-forgotten city is only an hour away and to get there you must climb the 1,200 steps built by the ancient Tayrona people. This is a very steep climb, but the rewards of the climb are more than worth it. Once at the site, the guide will explain the history of the Lost City and what is known of its origins. It is estimated that only 10% of the site has been discovered. Head back to the campsite for lunch and a swim before beginning the trek back the way you came to Mumake Camp. Most of the trek today is downhill which can be hard on the knees, a walking stick might be useful.

Total Distance: 8.6 km

Day 20

Mumake Camp to Las Cascadas Camp

The group will have an early departure from Mumake Camp. Hike past the village of El Mamey and arrive to Ricardito Camp where you'll have lunch and rest for the remainder of the day.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lost City Trek - Day 4

Wiwa Camp - Las Cascadas

3h-4h

8km

Head back along the same path through dense green jungle, pass by banana trees, Kogi communities, and grasslands. Continue uphill to reach Las Cascadas Camp, known locally as vista hermosa or beautiful view, sit back and soak them in. If the weather is right, sunsets and sunrises here are not to be missed.

Total distance: 8.6 km

Day 21

Santa Marta

In the morning, take in your last views of the jungle as you trek back to Machete Pelao. Transfer to Santa Marta where the rest of the day is yours to relax.



Meals included

Breakfast | Lunch



Accommodation

Hotel Tayromar (or similar)

Hotel



Today's Activities

4x4

Machete Pelao - Santa Marta

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Lost City Trek Day 5

Ricardito Camp - Machete Pelao

5h-6h

7km

Continue the hike back down to Machete Pelao following the same route that you took in. The farmland will look familiar, but the scenery remains spectacular. Take in your last views of the jungle and local village life before heading back on the grid.

Total distance: 7.6 km

Day 22

Santa Marta

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.



Optional Activities - Day 22

Gold Museum Santa Marta

Santa Marta

Free

Explore the colonial mansion that houses indigenous artifacts from the Tayrona area including an impressive gold collection.

Quinta San Pedro Alejandrino

Santa Marta

23000COP

Visit Simon Bolivar's final resting place, la Quinta is the estate where the famous libertador spent his final days. The former rum plantation now includes a restored house, museum, library, and extensive gardens perfect for exploring.

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What are the main highlights of this trip?

Discover the different neighbourhoods of Bogotá, Savour the tastes and aromas of Colombian coffee, Learn about the history of Medellín, Relax on the beach in Santa Marta, Hike to the Lost City, Spend time with the Katanzama Indigenous community, Discover the beauty in Tayrona National Park

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Discover the different neighbourhoods of Bogotá, Savour the tastes and aromas of Colombian coffee, Learn about the history of Medellín, Relax on the beach in Santa Marta, Hike to the Lost City, Spend time with the Katanzama Indigenous community, Discover the beauty in Tayrona National Park

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?

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.

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.

Lost City Trek

Please Note: The Lost City Trek is closed for the month of September each year in order to preserve the trail and complete general maintenance and upkeep.

Hiking days are between 4-6 hours a day, and the highest altitude reached is 1,200 m (3,937 ft) at the Lost City itself. The humidity and the heat makes the trek challenging. Throughout the year the temperature is generally between 35-45 degrees, and there can be heavy rain and muddy conditions.

Along the trek, you will be required to carry your own gear. We recommend not carrying more than is necessary for the route. One or two changes of clothes is enough to give you a change for each day on the trek. Please bring a bag that is sufficient in size to carry what you might need. It is possible to hire a mule to carry equipment for the trek, at a cost of 40-50USD per day.

Dry season (December - March), the trail can be dry and dusty. When the rains arrive (April - November), the trail can be muddy and slippery underfoot. This also affects the numerous river crossings, as the rainy season brings higher rivers. This can mean that river crossings can be as high as waist height, so we recommend that you bring a dry bag or a plastic bag to cover your backpack as you might need to carry this above your head to keep it out of the river.

As the majority of this trek is through the jungle, please be aware of the presence of mosquitos and other bugs. We highly recommend bringing some form of insect repellent. While the campsites have mosquito nets over the beds and hammocks, mosquitos can be unavoidable at times. A sleep sheet can help to prevent bug bites at night as well.

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 Tayronaka, 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.

What is the maximum and typical number of participants on this tour?

Max 16, avg 12

What meals are included in this trip?

21 breakfasts, 8 lunches, 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 CEO 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?

Plane, private van, public bus, 4x4, 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/guesthouses (15 nts), hacienda (2 nts), camping (4 nts in hammocks or rustic bunks)

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

Nights 2-3: Armenia, Night 11: Minca, Nights 17-20: Lost City Trek.

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 should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event 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 Quito, Ecuador

During office hours (Weekdays 9am-6pm Local Time)

From outside Ecuador: +593 2250 6610

From within Ecuador: 022 506 610

After hours Emergency number

From outside Ecuador: +51 997 582 712 (whatsapp available)

From within Ecuador: +51 997 582 712 (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 details should I be aware of when planning my departure day?

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 are the packing guidelines and luggage restrictions?

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 make 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 using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack (30-40L) 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 I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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.)

Lost City Trek:

- Day pack (Large enough to carry gear for the hiking days)
- Hiking boots/sturdy walking shoes (waterproof are recommended)
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Pack liners to waterproof bags
- Sport Sandals or Water Shoes (Suitable for water if you plan to do rapeling and/or rafting)
- Walking poles (possible to rent depending on availability)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: On the Lost City Trek you must carry the gear you require for the trek. Your main luggage will be stored at the hotel, so please bring a day pack (30-40L) to use during the trek. Quick dry clothes are recommended to keep the weight of the bag down.

Where 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](#)

YELLOW FEVER: Yellow Fever Vaccination is optional. Tayrona National Park won't ask for a Yellow Fever Vaccination proof. However, it is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

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).

What emergency funds do I need access to 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

What are the tipping guidelines for this 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 \$30-40 USD per person, per week can be used.

What activities are optional on this trip?

Bogotá

- Gold Museum Visit (4000COP per person)
- Monserrate Hill Cable Car (20000COP per person)
- National Museum of Colombia Visit (3000COP per person)
- Zipaquirá Salt Cathedral Visit

Medellín

- Explora Park (24500-37500COP per person)
- Modern Art Museum (10000COP per person)
- El Peñol Stone (La Piedra Del Peñol) Visit

Cerro Nutibara

- Nutibara Hill (Cerro Nutibara) Visit

Guatapé

- Guatapé Day Trip

Cartagena

- Gold Museum Visit (7000COP per person)
- Museum of Modern Art (Museo de Arte Moderno) Visit (5000COP per person)
- Naval Museum of the Caribbean Visit (6000COP per person)
- Night Exploration on Chiva (80000COP per person)
- Palace of Inquisition (Museum) Visit (30000COP per person)
- Islas del Rosario National Park (320000-350000COP per person)

Taganga

- Playa Grande
- Snorkelling (150000COP per person)

Santa Marta

- Gold Museum Santa Marta (Free)
- Quinta San Pedro Alejandrino (23000COP 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 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.

YELLOW FEVER: This trip visits Tayrona National Park. Some national parks in Colombia may deny entry to travellers who do not show proof of yellow fever vaccination. Please consult with your travel doctor for up to date information well before departure.

What general safety tips and free-time guidelines should I follow?

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.

Are there any specific safety considerations for this itinerary?

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 are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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.

What are the age restrictions for 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 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.

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