

Colombia Multisport & Lost City Trek - SMCA

17 days: Bogotá to Santa Marta

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Chingaza National Park hike (Bogotá)
- Camino Real (Barichara)
- Suarez Canyon whitewater rafting
- Medellín 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 March 1st, 2020 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.

Day 1 Bogotá

Arrive at any time.

There are no activities planned until an evening welcome meeting.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

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

National Museum of Colombia Visit

Bogotá

3000COP per person

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.

Gold Museum Visit

Bogotá

4000COP per person

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 per person

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

Day 2 Bogotá

Head out of the city to Chingaza National Park. Enjoy a hike through this unique landscape, passing by palms and succulents on the way to crystal clear lagoons.

Private Vehicle

Bogotá – Chingaza National Park 3h

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

Chingaza National Park Hike

Chingaza National Park 2h

Get out there and explore one of the most impressive natural parks in Colombia! Take in the unspoiled and breathtaking scenery of this hauntingly beautiful park, home to one of the most important and unique ecosystems in the world – páramo.

Private Vehicle

Chingaza National Park – Bogotá 3h

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

Meals included: Breakfast

Day 3 Bogotá/San Gil

Enjoy the ride to San Gil, breaking up the journey with a brief stop in Villa de Leyva along the way.

Private Vehicle

Bogotá – Villa de Leyva 4h30m

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

Free Time

Villa de Leyva 45m-1h

Stretch your legs and grab a bite to eat before continuing on to San Gil.

Private Vehicle

Villa de Leyva – San Gil 4h30m

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

Meals included: Breakfast

Day 4 San Gil

Get your adrenaline pumping today with whitewater rafting through the Suarez Canyon. In the evening, enjoy free time to relax or explore the area.

San Gil is a small city in northern Colombia known for being an adventure hot spot. With access to whitewater rapids, natural pools, and waterfalls, there is no shortage of adrenaline filled activities here.

Please note the minimum age to participate in the rafting activity is 18.

Suarez Canyon Whitewater Rafting

San Gil 5h-7h

Strap on your helmet and lifejacket and get ready to hit the rapids. Raft down the Suarez river and try to hold on!

Free Time

San Gil Evening

Take the evening to relax after a busy afternoon or continue to explore the adventure-filled town of San Gil.

Meals included: Breakfast

Day 5 San Gil/Barichara

Enjoy a free morning to continue exploring San Gil. Choose from a variety of adventure packed activities or just explore the city. Transfer to the picturesque colonial town of Barichara in the late afternoon. With red-tiled roofs and cobblestone streets, this little town is a national monument due to its stunning historic architecture.

Free Time

San Gil Morning

Enjoy a free morning to relax or explore San Gil.

Private Vehicle

San Gil – Barichara 30m-45m 22km

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

Free Time

Barichara Afternoon

Wander the cobblestone streets of Barichara.

Meals included: Breakfast

Day 6 Barichara

Grab your hiking shoes and head out on El Camino Real, a 9km (5.6 mi) walk along cobblestone pathways to the colonial town of Guane. Stop along the way to take in the scenery or drink a freshly made juice.

El Camino Real Hike

Barichara – Guane 1h30m-2h

Starting in Barichara, hike the network of Heritage Villages of Colombia. Follow cobblestone pathways built by the indigenous Guane people. Walk through a canyon and valley offering stunning views until reaching today's destination, the quaint village of Guane.

Free Time

Barichara

Enjoy a free evening to explore the scenic streets of Barichara.

Meals included: Breakfast

Day 7 Barichara/Medellín

Transfer from Barichara to Bucaramanga and catch an early flight to Medellín, dubbed one of the world's most innovative cities. Enjoy a free afternoon to explore the neighbourhoods and sample the local cuisine.

Plane

Barichara – Medellín 1h

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

Free Time

Medellín Afternoon

Spend the rest of the day with free time to explore this vibrant city.

Meals included: Breakfast

Day 8 Medellín

Start the day by exploring Colombia's second largest city by bike and learn about the fascinating recent history of the city's ongoing transformation. Spend the rest of the day with free time to explore this vibrant city.

Medellín Bike Tour

Medellín

There is no better way to explore this beautiful city than by bike! 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 all the main sites such as Nutibara Hill, Pueblito Paisa, Cerro Volador and Plaza de las Esculturas. The majority of the tour is in bike lanes, however there are a couple of areas where cyclists will have to share with cars.

Free Time

Medellín Afternoon

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 8

Modern Art Museum

Medellín

10000COP per person

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 Débora Arango permanent collection.

Explora Park

Medellín

24500-37500COP per person

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.

Meals included: Breakfast

Day 9 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.

Free Time

Medellín Full Day

Choose your own adventure today.

Optional Activities - Day 9

Guatapé Dam Visit

Medellín – Guatapé

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

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.

Santa Fe de Antioquia Visit

Medellín – Santa Fe

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

Meals included: Breakfast

Day 10 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.

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.

Free Time

Cartagena Afternoon

Explore the walled Old Town of this port city located on Colombia's Caribbean coast or sit and relax in one of the open air patios.

Optional Activities - Day 10

Museum of Modern Art (Museo de Arte Moderno) Visit

Cartagena

5000COP per person

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.

Gold Museum Visit

Cartagena

7000COP per person

Head to Plaza Bolívar 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.

Palace of Inquisition (Museum) Visit

Cartagena

30000COP per person

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 per person

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.

Meals included: Breakfast

Day 11 Cartagena/Santa Marta

Travel to Santa Marta, the starting off point for the Lost City trek. Pick up any essentials you require for the trek ahead.

Private Vehicle

Cartagena – Santa Marta 4h-5h

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

Meals included: Breakfast

Day 12 Santa Marta/Ricardito Camp

Wake up and hit the road to Machete Pelao 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.

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 7-8km

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.

Meals included: Breakfast | Lunch | Dinner

Day 13 Ricardito Camp/ Wiwa 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.

Lost City Trek Day 2

Ricardito Camp – Wiwa Camp 4h-5h 7-8km

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. Once you make it to the camp, cool off with a swim in the river before dinner.

Meals included: Breakfast | Lunch | Dinner

Day 14 Wiwa Camp /Paso Lorenzo Camp

Wake up early feeling refreshed, recharged (hopefully!) and start your trek to Paso Lorenzo Camp. Settle in at the campsite around noon and eat some lunch. If the weather is nice, take a dip in the Buritaca River. Learn about Wiwa customs in the afternoon and then kick back and relax in a hammock.

Meals included: Breakfast | Lunch | Dinner

Day 15 Paso Lorenzo Camp/ Wiwa Camp

Today is the day to discover the wonders of 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 Wiwa Camp.

Meals included: Breakfast | Lunch | Dinner

Day 16 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.

Lost City Trek Day 5

Ricardito Camp – Machete Pelao 5h-6h 7-8km

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

4x4

Machete Pelao – Santa Marta

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

Meals included: Breakfast | Lunch

Day 17 Santa Marta

Depart at any time.

Departure Day

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

Optional Activities - Day 17

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 per person

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.

Meals included: Breakfast

What's Included

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Chingaza National Park hike (Bogotá). Camino Real (Barichara). Suarez Canyon whitewater rafting. Medellín 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.

Highlights

Trek to the Lost City of Teyuna, Get a glimpse into daily life in remote communities, Challenge yourself with steep inclines, Experience city life in Medellín and Cartagena

Dossier Disclaimer

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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.

Group Leader Description

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.

Group Size Notes

Max 16, avg 12

Meals Included

16 breakfasts, 5 lunches, 4 dinners

Meals

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.

Transport

Plane, private vehicle, 4x4, walking.

Local Flights

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.

Solo Travellers

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.

Accommodation

Hotels (12 nts), camping (4 nts hammocks/rustic bunks).

Joining Hotel

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

Joining Instructions

El Dorado international Airport is approximately 30 minutes away from the joining hotel. We recommended organizing a taxi from within the airport at the registered taxi counter. The cost of a taxi to the joining hotel is approximately 65.000 COP.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time.

Arrival Complications

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.

Emergency Contact

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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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 to Take

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.

Packing List

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- 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:

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

Warm Weather:

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

Laundry

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.

Visas and Entry Requirements

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](#)

Spending Money

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.

Money Exchange

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash, 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).

Emergency Fund

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!

Departure Tax

USD \$33

Tipping

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 Chief Experience Officer (CEO) did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

Bogotá

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

Medellín

- Modern Art Museum (10000COP per person)
- Explora Park (24500-37500COP per person)
- Guatapé Dam Visit
- El Peñol Stone (La Piedra Del Peñol) Visit
- Santa Fe de Antioquia Visit

Cartagena

- Museum of Modern Art (Museo de Arte Moderno) Visit (5000COP per person)
- Gold Museum Visit (7000COP per person)
- Palace of Inquisition (Museum) Visit (30000COP per person)
- Naval Museum of the Caribbean Visit (6000COP per person)

Santa Marta

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

Health

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.

Safety and Security

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 jewelry 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.

Trip Specific Safety

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 Colombians are honest and genuinely helpful and friendly, but be safe and enjoy the city!

A Couple of Rules

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.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your 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. G Adventures can provide you with the appropriate coverage. 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.

Planeterra Foundation - the non-profit partner of G Adventures

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.

Feedback

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

Newsletter

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.

Minimum Age

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.

International Flights

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.