

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

COLOMBIA

Whitewater, Fine Foods, and Antiquities



October 12 - 22, 2018

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TRIP HIGHLIGHTS

- ▶ Photograph monkeys, butterflies, orchids, cloud forests, birds, birds, and more birds
- ▶ View almost 34,000 gold artifacts preserved from the past
- ▶ Get outdoors and get active with mountain biking, hiking, and white-water river rafting (Class II and III, beginners welcome!)
- ▶ Tour a family-owned coffee plantation and taste fresh Colombian coffee
- ▶ Enjoy feasting on sumptuous Latin American specialties and local cuisine

QUICK VIEW ITINERARY

- Day 1: Arrive Bogotá, welcome dinner
- Day 2: Walk through the Candelaria, visit the Gold Museum, drive to Villa de Leyva
- Day 3: Hike in the cloud forest of Iguaque National Park, cooking class
- Day 4: Visit a fossil museum, drive to Barichara, bike into town for sunset drinks
- Day 5: Hike the royal road of Guane, hands-on traditional wall-building workshop
- Day 6: Hiking and whitewater rafting in the Chicamocha canyon
- Day 7: Walk through a coffee plantation, sample coffees, fly to Tayrona National Park
- Day 8: Hike to the Pueblito Chairama stone city, enjoy stunning beaches
- Day 9: Drive to Cartagena, take a street food tour of the city
- Day 10: Visit San Felipe fortress, explore the gastronomy of Cartagena, farewell dinner
- Day 11: Depart for the US

TRIP PRICE

Main Trip: \$4,590

Optional Single Accommodations: \$800

Internal Air: \$240

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is this trip
right for me?

We rate this trip as moderate. You should be able to hike comfortably for a full day on varied terrain, paddle a raft, and ride a bike for a few hours. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

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Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before July 14, 2018.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Health Considerations

Make an appointment with a travel clinic. There are no immunization requirements for travel to Colombia, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Colombia.

Money:

The currency of Colombia is the Colombian Peso. US Dollars are not accepted in Colombia. As of May, 2017, US\$1 = COP 2,910. ATMs are accessible in airports and in the main cities. Visa, MasterCard, and American Express will be accepted in most places you visit.

Suggested Gratuities:

- ▶ Main guide: \$7-10 per day
- ▶ Drivers: \$3-4 per day
- ▶ Local Guides: \$2-4 per day

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Arrive: Arrive at El Dorado International Airport in Bogotá, Colombia (BOG) on October 12, 2018 by 2:00pm.

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stuff

Depart: Depart Cartagena, Colombia (CTG) on October 22, 2018 anytime.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

how do I get
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your
bags!

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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Packing Considerations: Temperatures will vary for your trip to Colombia. You will be visiting places that are at higher elevations (Bogotá and Villa de Leyva) and at sea level (Santa Marta and Cartagena). Temperatures will range from 50° - 75°F at higher elevations and from 75° - 95°F at sea level. You should plan on dressing casually and comfortably in layers for this trip. You will want a warmer layer for evenings in Bogota.

Note: For internal flights, you are allowed one checked bag weighing no more than 44lbs and one carry-on bag weighing no more than 22lbs.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Medium-weight hiking boots or shoes (make sure they are broken in!)
- 1 pair sandals/water shoes for rafting (must stay on your feet - no flip flops!)
- 3-4 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Sleepwear

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent

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Essentials Continued:

- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

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stuff

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

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Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your
bags!

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

the fine print

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

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Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a

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DAY 1

Friday
10/12/18

Arrive in Bogotá

Welcome to Bogotá, the capital of Colombia! This city of 8 million people is an excellent introduction to Colombia's art, culture, history, and food. Bogotá, at over 8,000 feet above sea level is the third-highest capital in South America.

Pick-up and Transfer

You will be picked up at the airport by your guide and transferred to your hotel.

Welcome Dinner

Enjoy a welcome dinner and group orientation this evening.

Accommodations

Hotel de la Opera

Meals Included

dinner

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DAY 2

Saturday
10/13/18

Accommodations

Hotel La Posada
de San Antonio

Meals Included

breakfast, lunch, dinner

Bogotá to Villa de Leyva

Villa de Leyva is one of the few towns in Colombia to have preserved much of its original colonial style and architecture. The streets and large central square are paved with cobblestones, and many buildings date from the 16th century. The valley in which Villa de Leyva sits is rich in fossils, and many fossils were used as decoration in the original buildings in the area.

La Candelaria Walk in the heart of old, historic Bogotá, known as La Candelaria, which is home to a great number of restored 300-year old homes and public buildings. Visit Plaza Bolivar, the San Francisco Church, the lively pedestrian street “Calle 11” bursting with local restaurants (some family-owned for eight generations), and perhaps the 17th-century Santa Clara Convent.

The Gold Museum Visit the famous Gold Museum, which houses over 33,000 gold pieces from Colombia’s most relevant pre-Hispanic cultures. Learn about how they used gold in political and social occasions, their metallurgical techniques, and as expressions of their Cosmo vision, myths, and offerings.

Lunch For lunch you will try a special menu, including the best of the “santafereña” gastronomy, local from Bogotá, including the famous Ajiaco.

Drive to Villa de Leyva After lunch, drive about four hours to the lovely colonial town of Villa de Leyva, passing lush, green cattle farms and pastoral scenes. Stop briefly at Boyaca Bridge, site of the decisive battle of August 7, 1819, that secured independence for Colombia from the Spanish monarchy. Enjoy dinner this evening in the spacious Plaza de Armas and its beautifully lit Cathedral.

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DAY 3

Sunday
10/14/18

Villa de Leyva

Villa de Leyva was founded on June 12, 1572 by Hernan Suarez de Villalobos and named after the first president of the New Kingdom of Granada, Andrés Díaz Venero de Leyva. Villa de Leyva is known as one of the finest colonial towns in Colombia, and was declared a National Monument on December 17, 1954 to preserve its architecture. It is located in a high altitude valley at 7,050 feet, which was once covered by sea, leaving fossil remains from the Mesozoic era, from 250 to 65 million years ago.

Hike in Iguaque National Park

Drive north for about 45 minutes to Iguaque National Park. Hike through Andean cloud forest, a unique ecosystem found in only 28% percent of the world. Over 1,700 species of birds are found in Colombia; look for some of the more exotic ones, including the Toucan barbette, mountain tanagers, and colorful hummingbirds. You will see a variety of cloud forest plants, such as giant tree ferns, large bromeliads, aricacia owers, various types of orchids, and endemic Andean bamboo.

Lunch and Cooking Class

Return to Villa de Leyva for lunch at El Mercado Nacional. Sample a variety of Colombian dishes. The restaurant has a traditional bakery, and you can learn about local veggies, condiments and spices to prepare for your afternoon cooking class at Verde Olivo Culinary School.

Accommodations

Hotel La Posada
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Meals Included

breakfast, lunch, dinner

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DAY 4

Monday
10/15/18

Villa de Leyva to Barichara

UNESCO declared this well-preserved colonial town a World Heritage Site in 1978, and some consider it the loveliest colonial town in Colombia. When you walk through Barichara's peaceful cobblestone streets, whitewashed buildings, and red-tiled roofs, there is a feeling of going back in time, maintaining the ambiance of the colonial era.

El Fossil Museum

After breakfast, visit El Fossil Museum, which hosts the second-largest kronosaurus discovery in the world, a prehistoric aquatic lizard from the Mesozoic Era.

Drive to Barichara

Drive through pastoral green countryside, cattle farms, and small family homes to Barichara. After passing the steep canyon walls and cloud forest, arrive in the region called Santander, known as the adventure capital of Colombia. Enjoy lunch at a local restaurant along the way. The stunningly well-conserved colonial town of Barichara, known for its preservation of 18th-century homes and public buildings welcomes you this afternoon.

Bike Into Town

Before you arrive in Barichara, get off the beaten path. Ride on dual suspension mountain bikes down from Alto de las Antenas into the Village of Barichara. As you bike into town, make sure to find the best spot for a photo in the main plaza. End your ride at the "Mirador de Barichara", a stunning viewpoint of the Suarez Canyon for a celebratory toast.

Paper Factory

Visit a family-run paper factory to learn about the papermaking process from plant extraction to the finished product.

Accommodations

Hotel Alto del Viento

Meals Included

breakfast, lunch, dinner

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DAY 5

Tuesday
10/16/18

Barichara

On the one hand, calm and silence are the essence of Barichara, a town with cobblestone streets that belongs to the Colombian People's Heritage Network and has a warm, dry climate. On the other hand, this is an excellent base from which to bike, hike, and whitewater raft.

Hike the Royal Road of Guane

Hike on the famous 18th-century cobblestone Royal Road this morning, starting near your hotel in Barichara, and ending at the small village of Guane. This trail is originally called "Camino Suamuxi" in the Chibcha language of the indigenous Muisca people that lived in this region during pre-Hispanic times. Your three-hour hike on this excellent old road is a birdwatcher's delight. Begin in bosque seco (dry forest), and hopefully see parakeets, tanagers, smooth-billed anis, sparrows, finches, vermilion-catchers, red-capped cardinals, and mot mots. Over the hike, you will descend about 1,000 feet to Guane, a lovely and quaint rural town. Enjoy lunch in Guane.

Terrarium Creative Organization

After lunch, you will meet Santiago Rivera, a local engineer who works to rescue, preserve, and promote traditional architectural techniques that are no longer practiced or are in danger of disappearing. With his colleagues at the newly founded Terrarium Creative Organization, Santiago designs and promotes the architectural cultural patrimony of the region, designing ecologically efficient homes for the upper-middle-class, using local materials and techniques. Enjoy a hands-on workshop, trying your best to recreate the tapia pisada, bahareque, and mud adobe brick walls.

Dinner

Enjoy dinner and a performance of the local music of the Santander region.

Accommodations

Hotel Alto del Viento

Meals Included

breakfast, lunch, dinner

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DAY 6

Wednesday
10/17/18

Barichara to Mesa de los Santos

Mesa de los Santos overlooks the Chicamocha canyon. This area is known for its coffee plantations and unique bird life. At a fairly high elevation, it gets quite cool here at night.

Hike the Caminos Reales

Drive on a windy road to Parque Nacional del Chicamocha and the Chicamocha Canyon, enjoying a spectacular view of cliff walls and the Rio Chicamocha down below. Hike partly on the caminos reales that were part of a network connecting Santander to the coast, and eventually to outer regions, such as Venezuela.

Whitewater Rafting

Experience one of the top activities in Santander: whitewater rafting. After a safety briefing, set off down the river into the Class III rapids. Your professional rafting guides will make this a safe yet exhilarating experience. Go AdventureWomen!

Dinner

Enjoy dinner at your hotel this evening after an action-packed day.

Accommodations

Hacienda El Roble

Meals Included

breakfast, lunch, dinner

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DAY 7

Thursday
10/18/18

Mesa de los Santos to Tayrona National Park

Tayrona National Park was created in 1964 on the Caribbean Coast in the north of Colombia. It is a naturally beautiful park, but is also culturally important. In the 6th and 7th centuries, the coast and the mountains of the park were inhabited by the famous Tayrona tribe. Their direct descendants still live in these areas and they maintain many of their traditions.

Walk the Coffee Plantation

Start your morning with a two-hour walking tour of the coffee hacienda. Of the 990 acres, about 780 are dedicated to coffee production. The organic shade-grown coffee includes 72 varieties of the 320 in existence. End your coffee tour with barista Jose Antonio Martinez, a 30-year veteran coffee-tasting expert. Jose will teach you about coffee fragrances, and help you discern between sweet, salty, bitter, and smooth flavors.

Fly to Santa Marta

Drive to Bucaramanga to catch your flight to Santa Marta. Once you arrive in Santa Marta, transfer to your lovely hotel near Tayrona National Park.

Accommodations
Villa Maria

Meals Included
breakfast, lunch, dinner

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DAY 8

Friday
10/19/18

Tayrona National Park

The foothills of the Sierra Nevada de Santa Marta, the highest coastal mountain in the world, plunge into the sea like the fingers of a gigantic hand forming beautiful bays and coves. The Park offers magnificent beaches and the relaxing panorama of an intensely blue sea.

Hike to Pueblito Chairama

Drive to the entrance of Tayrona National Park to start your hike. The first half of the hike is a three-and-a-half to four hour excursion of Tayrona's famous stunning beaches. This undulating section has pristine blue water coves and cliffs lined with vivid green wooded areas, sometimes along the beach. Pass by the beaches of Canaveral, Piscinita, Arrecife, and La Piscina, and finish our mid-day hike at Cabo San Juan.

After a refreshing drink, leave the beach and begin a steep, challenging uphill climb of 900 feet on an ancient stone-paved road through a beautiful cloud forest, with monkeys and exotic birds and bird calls. After two hours uphill, you will be rewarded with the extensive Tayrona ruins called "El Pueblito," with an incredibly vast system of stone terraces, aqueducts, and round platforms where round stone homes were built. On this latter section of the hike you may see some Kogis, the indigenous group still living in this area, known for their white woven clothing and caps. After exploring this extensive ruin site, continue up another 600 feet. Return by car to your hotel.

Accommodations

Villa Maria

Meals Included

breakfast, lunch, dinner

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DAY 9

Saturday
10/20/18

Tayrona National Park to Cartagena

The city of Cartagena is a major port founded in 1533, located on the northern coast of Colombia in the Caribbean Coast Region. The port, the fortresses, and the group of monuments of Cartagena were selected in 1984 by UNESCO as significant to the heritage of the world, having the most extensive fortifications in South America. A system of zones divides the city into three neighborhoods: San Sebastian and Santa Catalina with the cathedral and many palaces where the wealthy lived and the main government buildings functioned; San Diego or Santo Toribio, where merchants and the middle class lived; and Getsemani, the suburban popular quarters.

Drive to Cartagena

Drive on one of Colombia's main coastal roads for about four hours to Cartagena de Indias, a city that combines within its walls centuries of history and culture. The landing of thousands of slaves from West Africa and migrations in the late 19th century make this a very diverse region.

Lunch

Stop halfway to Cartagena at the city of Barranquilla and enjoy Caribbean fare for lunch at the restaurant La Cueva. La Cueva is known as the place where Gabriel García Márquez began writing One Hundred Years of Solitude.

Street Food in Cartagena

Walk through "Seven Paradises" of street food, unnoticed by tourists and worshipped by locals. Tempt yourself at every stop with the original recipes that inspire the new Colombian cuisine, and enjoy the product of this unhurried life.

Accommodations

Hotel Bantú

Meals Included

breakfast, lunch, dinner

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DAY 10

Sunday
10/21/18

Cartagena

Founded in 1533, the vast riches plundered by Spanish colonists turned the piedra corralina (the coral stone) into the most breathtaking city in the New World. 470 years later, Cartagena's colonial architecture provides a stunning backdrop to one of the most culturally vibrant cities in the Americas. There's more to the city than just the picturesque streets. Each corner of "La Heroica," as the city became known for its rich history of resistance and rebellion, hides a cultural treasure ready to be discovered.

San Felipe Fortress

The fortress of San Felipe de Barajas is a masterpiece of architecture and military engineering. It was constructed by the Spaniards to defend the city during the times of the corsairs.

The Magical Realism Foodie Experience

The literary foodie experience called the "Gabriel García Márquez Menu" is a Cartagena gastronomic tour serving dishes and drinks consumed by the characters of Gabriel García Márquez's novels, praising the traditional cuisine of this Caribbean town.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an incredible trip!

Accommodations

Hotel Bantú

Meals Included

breakfast, lunch, dinner

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DAY 11

Monday
10/22/18

Cartagena and Depart

Enjoy one last morning in Cartagena before departing for the US.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Hotel de La Opera

An authentic delight in the heart of Bogotá, the generous interior spaces of the Hotel de la Opera have been beautifully renovated and designed to provide some of the best accommodation in the city in a magnificent historic setting. Enjoy regional cuisine at El Mirador, up on the top floor of the hotel, where you can look out onto endless views of the colonial roofs and the domes of the Church of San Ignacio. Admire the facades of the Palacio San Carlos or the Museum of Colonial Art from the hotel balconies.

Hotel La Posada de San Antonio

Decorated with tiled floors and gabled roofs, rooms at La Posada de San Antonio feature private balconies and comfortable decor. Relax by the pool, or book a massage. Set in a charming colonial-style house, this hotel is the perfect place to stay while exploring historical Villa de Leyva.

Hotel Alto del Viento

Showcasing a year-round outdoor pool and sun terrace, Hotel Alto Del Viento is located conveniently in Barichara. Free WiFi is available throughout the property. Enjoy your stay in this comfortable hotel.

Hacienda El Roble

This traditional coffee hacienda has been transformed into a beautiful boutique hotel. Coffee lovers will be delighted; with walks in the plantation and tasting with a specialist, the production process of the precious beverage, from the grain to the cup, will hold no secrets from you! The rooms are well decorated and equipped with all the necessary services for visitors, who can also enjoy the large colorful garden. The restaurant of the hacienda serves delicious dishes typical of the region and the service is renowned for its excellence.

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Accommodation Details

Villa Maria Villa Maria combines natural beauty with the comfort of a luxurious resort and the intimacy of a country retreat. Surrounded by lush jungle overlooking the you relax in the shade next to the quiet pool. During the five-minute walk to the white sand beach, you can pick avocados, papayas, and bananas right off the tree.

Hotel Bantú The Bantú invites you to discover one of the most amazing accommodations in the Caribbean, full of warmth and authenticity. A charming boutique hotel in the historic centre of Cartagena de Indias, Hotel Bantú offers an avant garde interior design, 18th century colonial architecture, a colonial courtyard, terrace, solarium area and swimming pool, spa, bar, and restaurant. This is a tailor-made luxury accommodation.

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ Water during all drives and excursions
- ▶ Snacks in the vehicles
- ▶ One AdventureWomen Associate

Not Included:

- ▶ International airfare to and from Colombia
- ▶ Domestic airfare
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities