

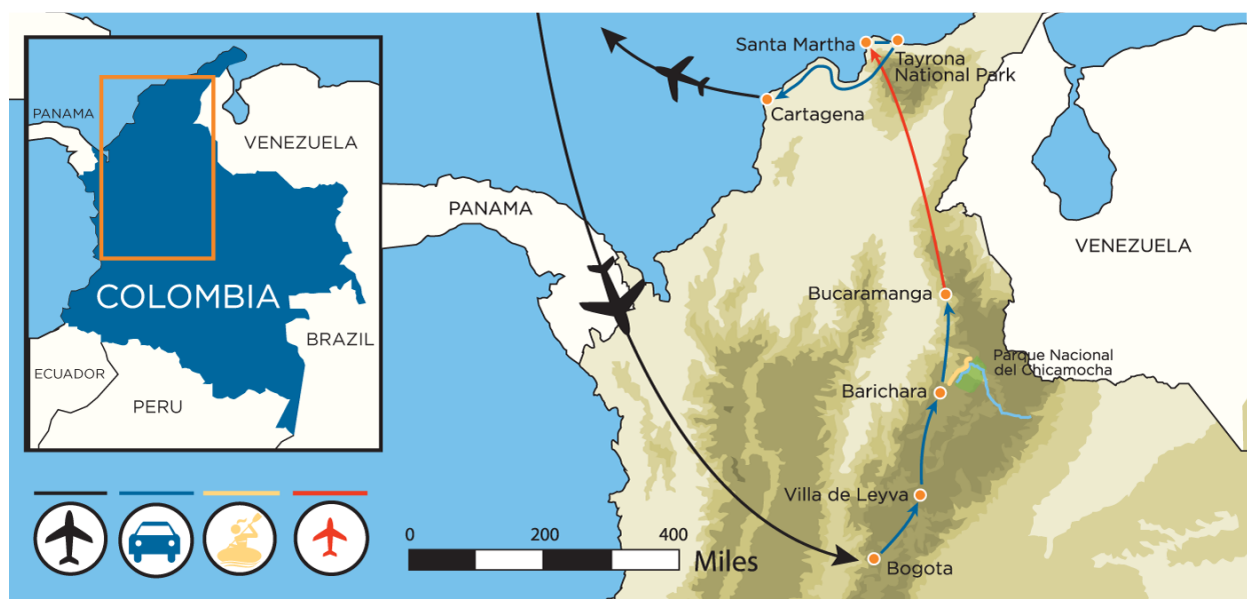
# COLOMBIA

## Cuisine, Culture, and Active Exploration

### TRIP HIGHLIGHTS

- ▶ Explore well-preserved colonial era Colombian town centers and learn about the preservation of traditional architecture
- ▶ Hike through cloud forests, along beaches, and visit an indigenous community
- ▶ Bike and white-water river raft (beginners welcome!)
- ▶ Enjoy feasting on sumptuous Latin American specialties and local cuisine

### TRIP ROUTE



# COLOMBIA

## Cuisine, Culture, and Active Exploration

### QUICK VIEW ITINERARY

Day 1	arrive Bogotá, welcome dinner
Day 2	walk the Candelaria and Gold Museum, drive to Villa de Leyva
Day 3	hike at La Carcavas, cooking class
Day 4	drive to Barichara, bike to a coffee hacienda for a tasting
Day 5	hike the royal road of Guane, traditional architecture workshop
Day 6	whitewater rafting in the Chicamocha canyon
Day 7	fly to Santa Marta, drive to your hotel and explore the beach
Day 8	full day hike in Tayrona National Park, relax at your hotel
Day 9	drive to Cartagena, explore the local street food scene
Day 10	visit San Fernando & San Felipe fortress, farewell dinner
Day 11	depart Colombia

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$4,995

Optional Single Accommodations: \$1,200

Internal Air: \$300

### TRIP DATES

May 20 - 30, 2024

# COLOMBIA

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**DAY 1**  
Monday  
5/20/24

### 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.

During your adventure, you’ll get to know your expert Colombian guide, who will teach you about the mix of colonial and contemporary history, the spectacular cuisine of the area, and show you multiple unique ecosystems throughout your adventure. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Bogotá, Colombia (BOG) today before 2:00pm.

#### Pick-up and Transfer

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

#### Welcome Dinner

Get to know your guide, your AdventureWomen Ambassador, and your fellow travelers over a delicious welcome dinner this evening.

**Accommodations**  
Hotel de la Opera

**Meals Included**  
dinner

# COLOMBIA

## Cuisine, Culture, and Active Exploration



**DAY 2**  
Tuesday  
5/21/24

### 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.

### Accommodations

Hotel La Posada de San Antonio

### Meals Included

breakfast, lunch, dinner

# COLOMBIA

## Cuisine, Culture, and Active Exploration



**DAY 3**  
Wednesday  
5/22/24

### 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 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 at Las Carcavas

Drive north for about 45 minutes to Las Carcavas. Hike about three hours 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

Sample a variety of Colombian dishes for lunch. This afternoon, you'll learn to prepare some of these dishes at a farm-based cooking school!

#### Dinner

Enjoy dinner with the group tonight.

### Accommodations

Hotel La Posada de San Antonio

### Meals Included

breakfast, lunch, dinner

# COLOMBIA

## Cuisine, Culture, and Active Exploration



**DAY 4**  
Thursday  
5/23/24

### 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.

**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 to a Coffee Hacienda** Stop in Villanueva, the village just before Barichara, where you’ll hop on a bike for a mellow ride to a coffee hacienda. Taste Colombian coffees and learn why the local coffee is ranked as one of the best in the world.

**Accommodations**  
Hotel Hicasua

**Meals Included**  
breakfast, lunch, dinner

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DAY 5  
Friday  
5/24/24

### 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. 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.

#### Paper Factory

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

#### Lunch

Enjoy lunch at a local restaurant.

#### Terrarium Creative Organization

Meet 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 Hicasua

### Meals Included

breakfast, lunch, dinner

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**DAY 6**  
Saturday  
5/25/24

### Barichara to Bucaramanga

Chicamocha National Park runs along the Chicamocha Canyon. The spectacular landscape will take your breath away, with the river cutting dramatically through the bottom of the gorge.

#### Whitewater Rafting

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

#### Cable Car Ride

Ride a cable car over Chicamocha Canyon. The views from the cable car are unforgettable, and it saves you the time and twists of driving down one side of the canyon and up the other!

#### Dinner

Enjoy dinner as a group in Bucaramanga this evening.

### Accommodations

Hotel Dann Carlton  
Bucaramanga

### Meals Included

breakfast, lunch, dinner

# COLOMBIA

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**DAY 7**  
Sunday  
5/26/24

## Bucaramanga 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.

**Fly to Santa Marta** Fly from Bucaramanga to Santa Marta.

**Drive to Tayrona** Head out of Santa Marta and drive to your hotel near Tayrona National Park. Settle into your beautiful hotel and perhaps explore the beach or just relax and enjoy your surroundings.

**Lunch and Dinner** Enjoy lunch and dinner with the group today.

**Accommodations**  
Casa Barlovento Hotel

**Meals Included**  
breakfast, lunch, dinner

DAY 8  
Monday  
5/27/24

Accommodations  
Casa Barlovento Hotel

Meals Included  
breakfast, lunch, dinner

# COLOMBIA

## Cuisine, Culture, and Active Exploration

### 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.

#### Katanzama Community Visit

Explore the Katanzama community during your visit to Tayrona. This immersive experience includes a one-hour walking trail, and the opportunity to engage with the local community. You'll be integrated into their daily activities, have the chance to learn from the women about their work, and even plant a native tree in their territory if you wish. Lunch is provided, and after the tour, enjoy a refreshing tubing activity on the Don Diego River.

#### Evening to Relax

After your full day of exploring, take a dip in the pool, have a cocktail, or read a book before savoring dinner as a group.

# COLOMBIA

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**DAY 9**  
Tuesday  
5/28/24

### 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 centuries of history and culture within its walls. The landing of thousands of slaves from West Africa and migrations in the late 19th century make this a very diverse region.

#### Lunch in Barranquilla

Make a stop in Barranquilla on your way to Cartagena for a delicious lunch at a local restaurant.

#### 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 Nacar Curio

### Meals Included

breakfast, lunch, dinner

# COLOMBIA

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**DAY 10**  
Wednesday  
5/29/24

### 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 Fernando & Felipe Fortress

Take a short boat ride to visit San Fernando, the first fortress built to defend Cartagena. Continue to the fortress of San Felipe de Barajas, a masterpiece of architecture and military engineering. It was constructed by the Spaniards to defend the city during the times of the corsairs.

#### Walk the Walls of Cartagena

Spend the afternoon walking through the walls of Cartagena’s old quarter, the perfect way to round out your experience in this dynamic city.

#### 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 Nacar Curio

**Meals Included**  
breakfast, lunch, dinner

DAY 11  
Thursday  
5/30/24

# COLOMBIA

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## Cartagena and Depart

Enjoy one last morning in Cartagena before departing Colombia.

Transfer to the Airport	Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.
Departure Information	Depart from Cartagena, Colombia (CTG) after 12:00PM today.

*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.*

Meals Included  
breakfast

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### Accommodation Details

**Hotel de la Opera** An authentic delight in the heart of Bogotá, the Hotel de la Opera provides some of the best accommodation in the city in a magnificent historic setting. Enjoy the view from 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.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

**Hotel La Posada de San Antonio** 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.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

**Hotel Hicasua** A quaint boutique accommodation, the Hotel Hicasua features 22 rooms and a beautiful outdoor pool and hot tub that are open year-round.

Amenities: Soap, shampoo, electricity; Wifi

**Hotel Dann Carlton Bucaramanga** Located in the exclusive Bucaramanga district in the heart of Santander, the Hotel Dann Carlton Bucaramanga offers luxurious and spacious rooms with a swimming pool and spa on the property.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; air conditioning, Wifi

**Casa Barlovento Hotel** The Casa Barlovento Hotel is just five minutes from Tayrona National Park and is known for its breathtaking view over Los Naranjos beach. There are two large pools at the hotel and a comfortable terrace to relax on.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

# COLOMBIA

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## Accommodation Details

**Hotel Nacar Curio** Boasting a fantastic location in the heart of the city, this beautifully restored building offers the comforts of home with a twist of luxury. The hotel features 2 restaurants, a pool, and a spa.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; air conditioning, Wifi

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Professional, bilingual guides throughout the trip
- ▶ All ground transportation
- ▶ Airport transfers on arrival and departure
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ Domestic airfare (priced separately from the main trip)
- ▶ Gratuities for hotel and restaurant staff

### Not Included:

- ▶ International airfare to and from Colombia
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and drivers

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### Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.
- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

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.

### Switching Trips

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit. Please note that this policy doesn't apply to extensions purchased with the main trip, for which the deposit is non-refundable and non-transferable.

### No Smoking Policy

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

### Health Insurance

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

### Adventure Travel Today

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 trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, 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!