



COLOMBIA

AMAZON – ANDES – CARIBBEAN
13 NIGHTS / 14 DAYS

Activity Level*: 4/5

For: Adventurous Couples, Families, Friends

Activities: kayaking, hiking, wildlife viewing, tubing, hot springs, cultural connections, off-the-beaten path experiences

Overview:

Being the world's 2nd most biodiverse country and full of unique cultural, outdoor, and culinary opportunities, Colombia instantly stood out to us as a place we wanted to help people connect with. This itinerary makes the most of 13 days: taking you all around Colombia with an emphasis on community connection, cultural engagement, outdoor recreation, and upscale accommodations.

**see last page*

DAY 1- Reception in Bogotá

Dan, *Go Wild's* owner, and our local trip guide will meet you at El Dorado International Airport for private transfer to your hotel for dinner and rest.

DAY 2- Bogotá - Leticia (Gateway to Amazonas)

After breakfast, take a quick flight to Leticia, the capital of the Amazon department of Colombia. The Amazon produces 20% of the world's oxygen and holds 30% of the world's species. New species of plants or animals are discovered every 3 days.

Upon arrival, we travel to Mundo Amazónico, a bio reserve and the best introduction to the Amazon. Take a guided walk through the reserve to learn about the immense diversity of the Amazon, different medicinal plants, and local indigenous cultures.

After lunch, it's off to Tanimboca Nature Reserve, an eco-tourism reserve known for its cabins in the trees. Walk wooden pathways through the jungle to your treehouse, and relax amid the sounds of the jungle. Evening brings locally sourced dinner and, for the brave, a 30 minute nocturnal walk.

DAY 3: Kayaking Rio Tacana | Indigenous Rights & Rituals

Today's activities were developed exclusively for Go Wild guests. After breakfast (and fresh Colombian coffee), we start the morning with a 1 to 2 hour easy hike through the jungle to the Tacana river. Jump in a kayak and descend the meandering Rio Tacana for ~4 hours until we reach a Maloka, a indigenous communal house belonging to our guide.

DAY 3- continued

At the Maloka, we dine on a traditional foraged lunch and spend our afternoon getting to know the people who live here and experiencing the sacred process of making *Mambe*, a ritualistic substance made from the leaves of the most sacred jungle plant, Coca.

Today is a once-in-a-lifetime chance to connect with people who lead lives far removed and far different from what we know in the US. The shared knowledge goes far beyond that of sacred plants as we experience a completely new way of life within the Yucuna community.

Depending on your preference, spend the night sleeping in hammocks hung in the Maloka or return to Leticia for a hotel stay.

DAY 4: Marasha, Peru - Calanoa on the Amazon River

After a fresh breakfast, leave Colombia behind as we travel by road 11km to the famed Amazon River. Our destination is up and across the River to the Marasha Jungle Reserve in Peru.

At the reserve, kayak or take a guided canoe trip across a lake in search of jungle animals such as alligators, toucans, parrots, the smallest monkey in the world, and a giant 1000 year old tree.

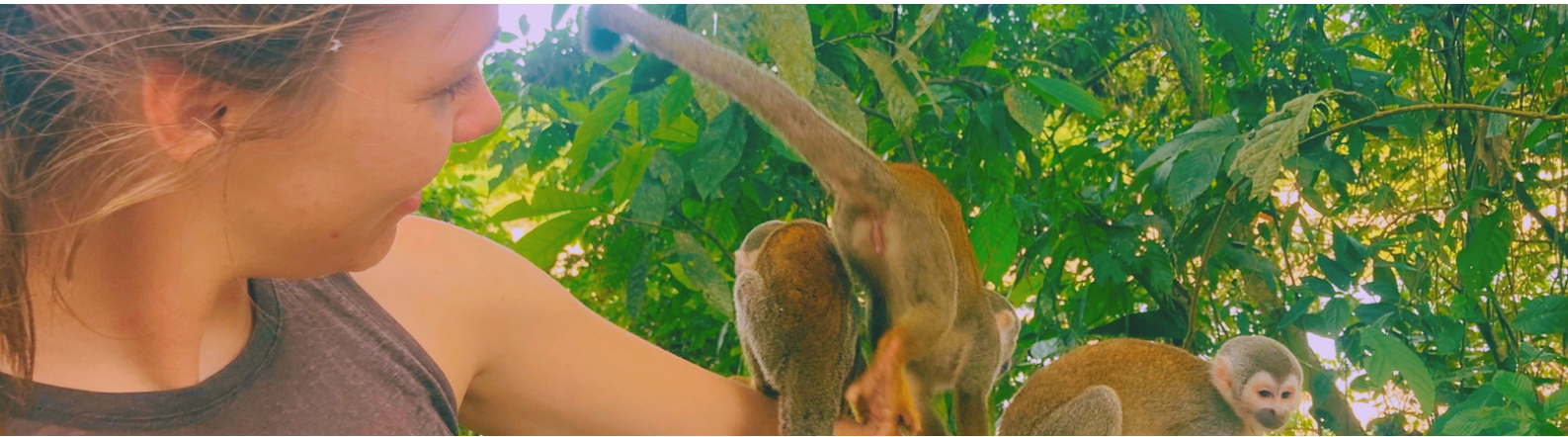
Evening takes us up the Amazon River 30-45 minutes to Calanoa, a beautiful boutique hotel in the middle of the jungle where we will take a short nocturnal wildlife walk and enjoy a chef-prepared dinner and much deserved rest.



Day 5: Calanoa - Monkey Island - Brazil | Transfer to Bogotá

Today it's back to Bogotá, but not before we return down the Amazon river and stop at two special locations. The first is Isla de Micos, a unique Island (and wild story) where you can feed and touch the island's only inhabitants, Squirrel Monkeys (micos). Next, we boat to Victoria Regias (giant lotus), to see these aquatic plants famous for their big leaves and beautiful flowers.

We disembark at Tabatinga, a Brazilian city that shares a border with Leticia. In Tabatinga, enjoy lunch at a "locals only" buffet serving up a delicious array of typical Brazilian dishes by friendly faces. We spend the night in Bogotá and step into the next segment of our adventure.



Day 6: Bogotá - Coffee Country | Rest Day

Wake up early for a flight to Pereira, a city located in Colombia's coffee region (*Eje Cafetero*). From the airport, we drive 45 minutes to a beautiful farm for a tour of one of Colombia's most important and delicious agricultural products: coffee!

This is our destination for today, no more moving about. Optional tours include: cacao, plátano, rum, bird watching, or mountain bike. Finish with a wonderful dinner and good night's sleep at the hacienda.

Day 7: Los Nevados National Park | Nido del Condor

After a casual morning, ascend 1.5 hours in 4x4 trucks to a luxurious glamping scene located in the high mountains near Los Nevados National Park. Here we will see the condor of the Andes, the largest bird in the world, and enjoy a beautiful view of the Andes mountain range. Dinner. Rest.



Day 8: Los Nevados National Park

Start the day with a 4x4 ride up to the high mountains of Los Nevados National Natural Park. At the National Park we'll start a 3 hour walk to Laguna Verde, learning about the Páramo ecosystem, present only in 5 countries in the world.

We settle down at the comfortable El Cisne refuge at 4000 meters above sea level, where we will have lunch and meet our guides for tomorrow's expedition. These local expert guides will teach us how to use the mountain equipment necessary for reaching the top of the snow covered volcano, Santa Isabel. Early to bed for a (*very*) early start.



Day 9: Summit Santa Isabel & Hot Springs

At ~2 am we will have a light breakfast before starting our ascent of the snow-capped Santa Isabel. The volcano rises 5000 meters (16.4k') above sea level and will take us nearly 5 hours to summit. Worth it, because if the weather allows we will enjoy a beautiful view of the park and the 3 mountain ranges of Los Andes.

Our descent will take ~3 hours to reach the waiting 4x4 trucks that will take us the 3 hours to Manizales. This city, known for its safe streets, dancing, culture, and coffee is where we will take a well deserved rest at a famous natural hot springs hotel.

Day 10: Pereira – Santa Marta – Tayrona National park

Time for the third stretch of our journey and yet another unique ecosystem: Tayrona National Park, located against the beautiful beaches of the Caribbean sea. There's a reason we chose the Caribbean for the last stop on our itinerary.

From Pereria, we fly to Santa Marta for a private shuttle to the National Park where we will spend the next 2 nights in specialty Ecohabs located on the beautiful beaches of Cañaveral.

Day 11: Beach Day | Tayrona National park

You deserve it. Today is a free day to enjoy the Park's different beaches. Guides are available to walk the 2 hours to the farthest beach and facilitate different activities if desired.

Day 12: One Sanctuary Reserve

In the morning, we leave the National Park for One Sanctuary Reserve. Our destination is the One Love Hotel, a boutique accommodation located on the banks of the Rio Palomino, a river flowing from the highest mountains in Colombia.

Relax in the beauty and peace that the reserve provides, and, weather allowing, grab your suits! It's tubing time. From One Love it takes one hour of tranquil floating down the Rio Palomino to reach the Caribbean. Enjoy a delicious Caribbean lunch and a beautiful afternoon at one of Colombia's best hotels.



Day 13: Santa Marta - Bogotá

Soak up the morning before a hour drive to Santa Marta and flight back to Bogotá. The evening is yours, see a show, grab a cocktail, walk the streets, or relax in our favorite Bogotá hotel.

Day 14: Gold Museum | Flights Back to the US

Before we fly back to the US, we visit a museum which National Geographic named one of the best museums in the world: El Museo del Oro (Bogotá's Gold Museum). Discover the legend of El Dorado amidst a dazzling collection of gold. Contact us for help booking flights.

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Packing List

- A small backpack for hiking (20 – 30 lbs.)
- Clothes suitable for warm weather include a pair of pants and a long sleeve shirt.
- Clothes suitable for cold weather: waterproof jacket, down or synthetic jacket, comfortable hiking pants, base layers, thick socks, gloves and a hat that cover your ears.
- Rubber boots (we can purchase in Colombia)
- Hiking boots and light shoes.
- Bathing suit
- Small towel
- Sun hat
- Sun glasses
- Headlamp
- Insect repellent
- Sunscreen / Lip balm
- 1 L Water bottle
- A small personal hygiene kit and personal medicines.
- A raincoat / poncho (not needed if your jacket is waterproof)
- Dry bag

A note on activity level:

While we rate this 4/5, all activities on this itinerary can be modified to be less strenuous. There are also opportunities to "hang back" and enjoy your accommodations and a good book. Contact us for more information.