

Karibik - Trek zur verlorenen Stadt & Medellín - SMCT

12 days: Cartagena nach Medellín

What's Included

- Dein G-for-Good-Moment: Berracas de la 13 Visit with Lunch, Medellín
- Dein First-Night-Out-Moment: Begegne neuen Freunden
- Dein Big-Night-Out-Moment: Santa Marta
- 5-tägiger Trek zur Verlorenen Stadt mit einem einheimischen Guide
- Geführte Tour der Verlorenen Stadt
- Inlandsflug
- Alle Transfers zwischen den Reisezielen sowie zu unbegriffenen Aktivitäten und zurück

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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: Gültig für alle Reiseternine nach Januar 18th, 2023

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.

Tag 1 Cartagena

Ankunft zu jeder Zeit möglich. Heute Abend geht es mit der Gruppe zur Plaza de La Trinidad in eine Bar. Lerne bei ein paar Getränken deine Mitreisenden kennen und stoßt an auf euer großartiges Abenteuer.

Tag der Anreise

Heute beginnt dein Abenteuer. Es sind keine Aktivitäten geplant und du hast Zeit zur eigenen Erkundung oder kannst dich vor dem bevorstehenden Abenteuer ein letztes Mal ausruhen.

Dein First-Night-Out-Moment: Begegne neuen Freunden

Begegne an deinem ersten gemeinsamen Abend in einem neuen Ort deinen neuen Freunden. Nur verfügbar auf 18-to-Thirtysomethings Trips.

Optionale Aktivitäten - Tag 1

Besuch im Goldmuseum

Cartagena

7000COP pro Person

Auf dem Plaza Bolivar besuchst du dieses großartige kuratierte und informative Museum. Bewundere die kunstvollen aus Gold gefertigten Schmuckstücke und Töpferarbeiten aus der vorkolumbianischen Zeit der indigenen Zenú und lerne mehr über ihre Geschichte und Traditionen kennen. Diese Exponate befinden sich alle in einem Haus aus der Kolonialzeit.

Besuch des Palasts der Inquisition (Museum)

Cartagena

30000COP pro Person

Besuche das Museum und erfahre mehr über das Wirken der Spanischen Inquisition in Kolumbien. Erkunde dieses prachtvolle Gebäude im Kolonial- und Barockstil und sieh dir die ausgestellten Artefakte und Folterinstrumente an.

Besuch des Karibischen Marinemuseums

Cartagena

6000COP pro Person

Besuche in der historischen Altstadt dieses auf zwei denkmalgeschützte Bauwerke verteilte geräumige Museum. Hier findest du verschiedenste Ausstellungsstücke zur Marinegeschichte der Karibik und kannst auf den schönen Terrassen den Tag genießen.

Besuch des Museums für moderne Kunst (Museo de Arte Moderno)

Cartagena

5000COP pro Person

Die Sammlung des Museo de Arte Moderno de Cartagena ist in zwei historischen Gebäuden untergebracht, eines davon ein ehemaliges Waffenlager. Schlendere durch dieses außergewöhnliche Museum und bewundere lateinamerikanischen Gemälde aus den 1950er Jahren sowie zeitgenössische kolumbianische Kunst.

Unterbringung

Hotel Villa Colonial (oder Ähnliche)

Hotel

Tag 2 Cartagena

The day is yours to explore this coastal colonial city. Wander through the streets of historic old town, check out the San Felipe fortress, or take a break from the heat in one of the city's many plazas to watch the world go by.

Zeit zur freien Verfügung

Cartagena

Choose your own adventure today!

Optionale Aktivitäten - Tag 2

Bootsausflug zum Nationalpark Islas del Rosario

Cartagena - Islas del Rosario

320000-350000COP pro Person

Nimm ein Boot zu diesem Nationalpark mit dem langen Namen Rosario and San Bernardo Corals National Natural Park und lass dich von der Schönheit der Islas del Rosario verzaubern. Bewundere das kristallklare blaue Wasser und die Naturschönheit der Inseln. Optional kannst du auch die tierreichen Korallenriffe des Parks beim Schnorcheln erkunden.

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Nächtliche Chivafahrt

Cartagena

80000COP pro Person

Mach dich bereit für eine Party und gleichzeitige Stadtrundfahrt im Chiva-Bus. Diese bunten Fahrzeuge sind ein Nationalsymbol und dank ihrer offenen Seitenwände kannst du auf der Fahrt das lebhafteste Cartagena hautnah erleben. Trinke, tanze und genieße kolumbianische Musik auf dieser unterhaltsamen Fahrt.

Besuch im Goldmuseum

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Stadtführung in Cartagena

Cartagena 4h-5h

Auf einer Führung durch Cartagena erfährst du von deinem zweisprachigen Guide mehr über Geschichte dieser lebendigen Stadt. Mit einem Privatfahrzeug besuchst du Sehenswürdigkeiten wie den Uhrenturm, die Plaza Bolívar und das Castillo de San Felipe de Barajas. Genieße die beeindruckende Aussicht auf die Stadt vom Hügel des Convento De La Popa und einen Stadtspaziergang von der Kirche San Pedro Claver zur Kirche Santo Domingo.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hotel Villa Colonial (oder Ähnliche)

Hotel

Tag 3 Cartagena/Santa Marta

Mit dem öffentlichen Bus geht es in die Küstenstadt Santa Marta. Nutze die freie Zeit hier für einen Besuch des Goldmuseums, mache letzte Einkäufe (hast du wirklich alles dabei, was du brauchst?) oder chille am Strand.

Bitte beachte, dass warmes Wasser in der karibischen Region Kolumbiens nur selten verfügbar ist. Die Duschen während deines Aufenthalts in dieser Region verfügen daher wahrscheinlich nur über kaltes Wasser.

Privatfahrzeug

Cartagena - Santa Marta 4h-5h

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Zeit zur freien Verfügung

Santa Marta

Get out and explore.

Dein Big-Night-Out-Moment:

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

Optionale Aktivitäten - Tag 3

Goldmuseum Santa Marta

Santa Marta

Free

Erkunde die koloniale Villa, in der sich indigene Artefakte aus dem Gebiet von Tayrona befinden, einschließlich einer beeindruckenden Goldsammlung.

Quinta San Pedro Alejandrino

Santa Marta

23000COP pro Person

Besuche die letzte Ruhestätte von Simon Bolívar, La Quinta, das Anwesen, in dem der berühmte Libertador seine letzten Tage verbrachte. Die ehemalige Rumplantage umfasst heute ein restauriertes Haus, ein Museum, eine Bibliothek und ausgedehnte Gärten, die zum Erkunden einladen.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hotel Tayromar (oder Ähnliche)

Hotel

Tag 4 Santa Marta/Ricardito Camp

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

Allradfahrzeug

Santa Marta - Machete Pelao

Straßen? Dort, wo wir mit diesem robusten Allradfahrzeug unterwegs sind, brauchen wir keine Straßen.

Wanderung zur Verlorenen Stadt Tag 1

Machete Pelao - Ricardito Camp 4h-5h 7-8km

Verlasse Machete Pelao und beginne mit der Wanderung durch den Dschungel entlang des Flusses Buritaca. Auf dem Weg zum Campingplatz kommst an Ackerland vorbei und bekommst einen Eindruck vom Alltag der Familien in den kleinen Gemeinden hier. Die Wanderung am ersten Tag ist recht leicht und eine gute Gelegenheit, um dich an das Wandern zu gewöhnen. Die Wege führen bergauf und eben dahin zum ersten Lager. Im Camp kannst du dich bei einem Bad in einem der natürlichen Becken oder beim Nickerchen in der Hängematte erholen.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen

Tag 5 Ricardito Camp/Teyuna Paraiso Camp

Wage dich tiefer hinein in den Dschungel auf dem Weg zur Ciudad Perdida. Mach dich auf einen anspruchsvollen Abschnitt mit zahlreichen atemberaubenden Ausblicken gefasst. Am Nachmittag Ankunft im Zeltlager und wohlverdientes Entspannen am Fluss.

Lost City Trek Day 2

Ricardito Camp – Teyuna Paraiso Camp 8h 14-15km

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

Total distance: 14.7 km

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen

Tag 6 Paraiso Camp to Mumake Camp

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

Lost City Trek - Day 3

Teyuna Paraiso Camp – Mumake Camp 8h-9h 8-9km

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

Total Distance: 8.6 km

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen

Tag 7 Mumake Camp to Las Cascadas Camp

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

Lost City Trek - Day 4

Wiwa Camp – Las Cascadas 3h-4h 8-9km

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

Total distance: 8.6 km

Inbegriffene Mahlzeiten: Frühstück | Mittagessen | Abendessen

Tag 8 Las Cascadas Camp to Taganga

Genieße an diesem Morgen auf dem Weg zurück nach Machete Pelao zum letzten Mal die Aussicht auf den Dschungel. Transfer nach Taganga und Rest des Tages zur freien Verfügung. (Wir denken, nach dieser Tour hast du dir ein paar Drinks verdient!)

Wanderung zur Verlorenen Stadt Tag 5

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

Die Wanderung geht weiter hinunter nach Machete Pelao. Wir gehen denselben Weg entlang, den wir heraufgekommen sind. Der Weg führt durch Ackerland und über einige Auf- und Abstiege mit spektakulären Aussichten. Genieße die Aussicht auf den Dschungel und die Dörfer der Einheimischen, bevor du wieder in die Zivilisation zurückkommst.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen**Unterbringung****Ocean Taganga (oder Ähnliche)**

Hotel

Tag 9 Taganga/Parque Nacional Natural Tayrona

Reise in den Tayrona-Nationalpark für eine mittelschwere Wanderung mit einem lokalen einheimischen Guide. Dies ist die perfekte Gelegenheit, um die Natur zu erleben und mehr über die einheimische Kultur im Norden Kolumbiens zu erfahren.

Please note that Tayrona National Park will be closed certain dates in February, June, October, and November. See the Important Notes section of your tour to view exact dates for 2023. The indigenous groups in the area believe that mother nature needs a month of rest, and maintenance to the park is done during this time. If your trip falls during these dates, you will visit Taironaka Park, to learn more about the local Kogi people and their cultural practices.

Ausflug in den Tayrona-Nationalpark

Parque Nacional Natural Tayrona 3h-4h

Erlebe die Natur auf einer Wanderung in diesem wunderschönen Park. Erfahre mehr über die Artenvielfalt Tayronas und erkunde die wunderschöne Landschaft mit einem lokalen Guide. Verbring die Nacht umgeben von der Natur in einem Lodge in der Nähe des Parks.

Privatfahrzeug

Taganga - Parque Nacional Natural Tayrona 45m

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen**Unterbringung****Ocean Taganga (oder Ähnliche)**

Hotel

Tag 10 Taganga/Medellín

Wheels up! In the afternoon, fly inland to Medellín. A once infamous city, vibrant Medellín has transformed into one of Latin America's safest destinations. Upon arrival, enjoy an optional night out with the group.

Flugzeug

Taganga - Medellín 1h30m

Schau! Da am Himmel! Ist es ein Vogel? Ist es ein Flugzeug? Es ist... ein Flugzeug! Was sonst?

Optionale Aktivitäten - Tag 10**Besuch des Cerro Nutibara**

Cerro Nutibara

Besuche den Cerro Nutibara und genieße die frische Luft 80 m über Medellín. Du kannst mit einem der bunten Busse oder einem Taxi auf die Spitze des Berges fahren oder die sich durch die Vegetation schlängelnde Pfade hinaufgehen. Egal, wofür du dich entscheidest, oben kannst du die großartige Aussicht über die Stadt genießen. Darüber hinaus erwartet dich hier die Pueblito Paisa, eine Nachbildung einer traditionellen antioquianischen Kleinstadt mit all dem Charme der weißen Häuser, bunt bemalten Türen und schrägen Dächer. Koste hier einige lokale Spezialitäten oder gehe Souvenirs einkaufen.

Stadttour durch Medellín

Medellín

35USD pro Person

Lerne Kolumbiens zweitgrößte Stadt bei dieser Besichtigung so richtig kennen. Medellín hatte in den 80er und 90er Jahren so seine Probleme, hat sich seit damals jedoch neu erfunden und ist heute einer der innovativsten Städte Südamerikas mit einer sehr lebendigen Kunst-Szene. Erkunde die verschiedenen Barrios voller Läden, grüner Parks, Museen, Kirchen, Märkte und köstlicher Spezialitäten.

Inbegriffene Mahlzeiten: Frühstück**Unterbringung****Viajero Medellín (oder Ähnliche)**

Hostel

Tag 11 Medellín

Erkunde Medellín und besuche Comuna 13 - ein Viertel, das sich neu erfunden hat. Begib dich auf einen Stadtrundgang und genieße ein köstliches Mittagessen, das von Berracas de la 13, einer von G Adventures unterstützten Gemeindeorganisation angeboten wird. Zeit danach zur freien Verfügung, um die Museen der Stadt zu besuchen oder eine historische Führung zu unternehmen.

Orientierungs-Spaziergang

30m-1h

Genieße einen kurzen Spaziergang mit dem CEO, der dich mit deinem Reiseziel vertraut macht, wie Supermärkten, wichtigen Plätzen und Geldautomaten. Wenn du spezifische oder tiefere Informationen erhalten möchtest, empfehlen wir dir, eine offizielle geführte Besichtigung zu machen.

Zeit zur freien Verfügung

Medellín

Get out and explore this vibrant city.

Dein G-for-Good-Moment: Berracas de la 13 Visit with Lunch

Explore dynamic communities and support women-owned social enterprises on a tour led by residents of the Comuna 13 of Medellin. A G Adventures,-supported project, Berracas de la 13 is a nonprofit organization who have developed a new Comuna tour and meal service, benefitting women and youth from the community. Travellers have the opportunity to learn from local guides, visit small shops, try local food and purchase unique handicrafts.

Optionale Aktivitäten - Tag 11

Besuch am Felsen El Peñol

Medellín - Guatapé

Der vor etwa 70 Millionen Jahren entstandene El Peñol de Guatapé, auch bekannt als El Peñol, ist ein riesiger Monolith, der 2.135 m über dem Meeresspiegel aufragt. Erklimme die 649 Stufen, die auf einer Seite in diesen berühmten Felsen gebaut wurden und genieße vom Gipfel eine atemberaubende Aussicht auf den Damm von Guatapé und die Umgebung.

Museum für Moderne Kunst

Medellín

10000COP pro Person

Genieße einen Rundgang durch das Museum of Modern Art und schau dir die Werke kolumbianischer Künstler aus verschiedenen Medien an. Besuche unbedingt die Dauerausstellung von Débra Arango.

Explora Park

Medellín

24500-37500COP pro Person

Als Symbol der Transformation im nördlichen Teil von Medellín ist der Park ein großes Stück moderner Architektur, das eine Vielzahl von wissenschaftlichen Exponaten beherbergt. Lernen Sie die Flora, Fauna und Astronomie Kolumbiens kennen, während du das auf den Amazonas spezialisierte Terrarium, das Planetarium oder eine der vielen interaktiven Ausstellungen erkundest.

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Inbegriffene Mahlzeiten: Mittagessen

Unterbringung

Viajero Medellin (oder Ähnliche)

Hostel

Tag 12 Medellín

Abreise zu jeder Zeit möglich.

Tag der Abreise

Du willst noch nicht abreisen? Dein CEO kann dir bei deinen Reisevorbereitungen helfen, um dein Abenteuer zu verlängern.

Optionale Aktivitäten - Tag 12

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Dein First-Night-Out-Moment: Begegne neuen Freunden

Dein Big-Night-Out-Moment: Santa Marta. 5-tägiger Trek zur Verlorenen Stadt mit einem einheimischen Guide. Geführte Tour der Verlorenen Stadt. Inlandsflug. Alle Transfers zwischen den Reisezielen sowie zu unbegriffenen Aktivitäten und zurück.

Highlights

Wander the historic walled city of Cartagena, Hike through the jungle to the Lost City of Teyuna, Venture up steep inclines of the Sierra Nevada Mountains, Explore the vibrant city of Medellín

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.

Important Notes

Please note that this tour combines with other G Adventures tours. Some staff and travel companions may be continuing together on another G Adventures tour after your trip concludes.

Tayrona National Park

In 2023, Tayrona Park is closed February 01- 15, June 01-15, and October 02 - November 02. On departures during these dates we will visit Mina, the small town and ecological capital of Colombia, and Tayronaka, where we will go tubing on the Don Diego River. The park is known for its beautiful terraces and indigenous community. Visit a museum about the local Kogi people, meet members of the community, and relax while enjoying an included lunch.

Lost City Trek

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

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

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

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

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

Drinking water: The water comes directly from the rivers, and you can refill your bottles at every camp. It is well treated with filters and uv light, but still, sometimes when we have heavy rain, the water comes through a bit dirty after the treating process. Even without the presence of micro organisms, sometimes the presence of minerals can upset a sensitive stomach. Normally the water is not an issue, but in case you don't feel like drinking that water, there are shops at the camps and at many checkpoints on the road where you can buy it.

Please note that electricity is available in each camp between 5:00 pm to 9:00 pm.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEOs), 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, im Schnitt 10.

Meals Included

9 Frühstück, 7 Mittagessen, 4 Abendessen

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. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Allradwagen, zu Fuß, Flugzeug, lokaler Bus.

About our Transportation

This trip combines a variety of transportation types. At G Adventures, we believe that getting there is half the fun. When it comes to getting around, public transport is often the best and most colourful way to go. You'll be using a combination of public buses, private vans, ferries, boats and taxis to get from here to there.

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

Einfache Hotels (7 Nächte, manchmal Mehrbettzimmer), Camping (4 Nächte in Hängematten oder rustikalen Kabinen).

Rooming and "My Own Room" Exceptions

Beachte bitte: Wenn du die Option "My Own Room" für diesen Trip gebucht hast, übernachtst du stets in einem Einzelzimmer, mit der folgenden Ausnahme: Nights 4-7: Lost City trek, Nights 10-11: Medellín.

About Accommodation

A variety of styles of hotels/guesthouses are used on this trip. In many instances, they might not be like what you are used to back home as service and efficiency can vary.

Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control.

Lost City Trek: In the campsites, the majority of the accommodation is in hammocks or bunks, with a mosquito net for cover. In the campsites, there are cold showers, flushing toilets and seating areas. Some of the campsites have lighting and power sockets, although these are not always guaranteed to be available. Because of the humidity, we do not suggest bringing a sleeping bag, as it would be too hot. Recommended is a sleeping sheet or a sleeping bag liner that can provide a level of comfort at higher temperatures.

Joining Instructions

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

To take a taxi to your destination, pick up a taxi voucher from the official stand in the baggage area before getting into a cab which will have the price printed on it depending on where you're headed. The price to get to the old city or anywhere in the "Centro" area Zone 1 including hotels in Getsemani should not cost more than COP \$18,000.

The supply of yellow taxis in Cartagena is abundant and cheap so if needed they are the preferred choice. This said, one does not need them within the boundaries of the old town so what is left are the so called Boca Grande development and Convento de la Popa /Castillo San Felipe direction. The first makes sense but the Convento is a bit awkward and the taxi drivers know it so tough negotiations are a prerequisite for not being gauged on the way. Airport rides are regulated and cost no more than 5USD.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Once you arrive at your Joining Hotel, look out for a Welcome Note which will be left at reception with all of the necessary information regarding your Welcome Meeting, along with the meeting time (usually between 5pm and 7pm). This is when you will get a chance to meet your CEO and other travellers, receive information about any general and specific aspects of the trip and learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you arrive late, s/he/they will leave you a message detailing what time and where you should meet the next morning.

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

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items and for the Lost City Trek. 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:

- 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
- Toiletries (Preferably biodegradable)
- 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

Lost City Trek:

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

Warm Weather:

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

Bitte beachte: On the Lost City Trek you must carry the gear you require for the trek. Your main luggage will be stored at the hotel, so please bring a day pack (30-40L) to use during the trek. Quick dry clothes are recommended to keep the weight of the bag down.

Laundry

Laundry availability is dependent on the location you're in or the amount of time spent in that location.

We suggest packing enough clothing in case laundry is not available and/or packing laundry soap so you can wash things if needed.

Laundry is available on this trip in Cartagena (Day 1-2), Medellin (Day 11-12), Bogotá (Day 13-14) and Quito (Day 18-19).

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](#)

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

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 and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

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).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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!

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 CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$30-40 USD per person, per week can be used.

Optional Activities

Cartagena

- Besuch im Goldmuseum (7000COP pro Person)
- Besuch des Palasts der Inquisition (Museum) (30000COP pro Person)
- Besuch des Karibischen Marinemuseums (6000COP pro Person)
- Besuch des Museums für moderne Kunst (Museo de Arte Moderno) (5000COP pro Person)
- Bootsausflug zum Nationalpark Islas del Rosario (320000-350000COP pro Person)
- Nächtliche Chivafahrt (80000COP pro Person)
- Stadtführung in Cartagena

Santa Marta

- Goldmuseum Santa Marta (Gratis)
- Quinta San Pedro Alejandrino (23000COP pro Person)

Cerro Nutibara

- Besuch des Cerro Nutibara

Medellín

- Stadttour durch Medellín (35USD pro Person)
- Besuch am Felsen El Peñol
- Museum für Moderne Kunst (10000COP pro Person)
- Explora Park (24500-37500COP pro 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 and Culture Shock 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.

Please note your trip travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

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

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 jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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

Mindestalter für diese Reise sind 18 Jahre.

International Flights

Check-in-Zeiten und Freigepäck/Einschränkungen können je nach Fluggesellschaft variieren und sich jederzeit ändern. Für die aktuellsten Informationen zu deinem Flug wende dich bitte an deine

Fluggesellschaft. Wir empfehlen Online-Check-in, um mögliche Verzögerungen am Flughafen zu vermeiden.