

## Colombia Express - SMCQ

9 days: Bogotá to Cartagena

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Foodie Moment: Coffee Farm Tour, Calarcá
- Hacienda stay
- Valle de Cocora hike
- Medellín city tour
- Cartagena orientation walk
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2018 and onwards

### Itinerary

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**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.

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#### Day 1 Bogotá

Arrive at any time.

There are no activities planned until an evening welcome meeting.

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

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### **Optional Activities - Day 1**

##### **Gold Museum Visit**

Bogotá

4000COP per person

Explore this veritable treasure trove! Be amazed by the Bogotá Gold Museum's collection of over 30,000 gold pieces in addition to thousands of bone, stone, ceramic, and textile artifacts from 13 different pre-Hispanic societies.

##### **National Museum of Colombia Visit**

Bogotá

3000COP per person

Visit the largest museum in the country and one of the oldest on the continent. Built in 1823 and originally used as a prison, the National Museum of Colombia houses a collection of over 20,000 pieces. Explore exhibits of archeological and ethnographic artifacts and admire works of art by masters including Andrés de Santa María and Fernando Botero.

### **Zipaquirá Salt Cathedral Visit**

Zipaquirá – Villa De Leyva

Marvel at this large church constructed over 60m (200 ft) underground in the tunnels and caves of an old salt mining operation. Explore the unique architecture, lighting, and features of this subterranean place of worship, including 14 small chapels representing the Stations of the Cross.

### **Monserate Hill Cable Car**

Bogotá

20000COP per person

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

### **Accommodation**

**Hotel Regina (or similar)**

Hotel

### **Day 2 Bogotá/Armenia**

Enjoy breakfast in Bogotá before boarding an afternoon flight to Armenia, in Colombia's coffee region. Spend two nights outside Armenia in a traditional hacienda.

### **Plane**

Bogotá – Armenia

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

### **Hacienda Stay**

Armenia

Spend the night in a traditional hacienda (Spanish for "estate") and coffee farm and get a closer look at life in Colombia's beautiful coffee region.

**Meals included: Breakfast**

**Accommodation**

**Hostal Mi Monaco (or similar)**

Hotel

### **Day 3 Armenia**

Visit Armenia town and market for breakfast before enjoying a tour of a coffee farm in the Calarcá area to learn more about the coffee culture here.

### **Armenia Market Visit**

Armenia

Visit the city's historic, bustling market centre. Frequented daily by Armenia's residents and chefs alike, Armenia Market offers everything from new-age ingredients to traditional Colombian staples. Get caught up in the whirlwind of food stalls, flower shops, boutiques and cafés before determining your route through the market to sample the best the city has to offer.

### **Your Foodie Moment: Coffee Farm Tour**

Visit a local coffee farm to learn more about the production of this important crop, from the planting stage all the way to your coffee mug, and savour a taste of this famous export.

### **Hacienda Stay**

Armenia

Spend the night in a traditional hacienda (Spanish for "estate") and coffee farm and get a closer look at life in Colombia's beautiful coffee region.

**Meals included: Breakfast | Lunch**

**Accommodation**

**Hostal Mi Monaco (or similar)**

Hotel

### **Day 4 Armenia/Salento**

Take a morning hike through the Cocora Valley before an afternoon arrival to Salento. Continue the full coffee experience in the region of Quindío.

Enjoy exploring Salento and getting a feel for the town.

### **Cocora Valley Hike**

Valle del Cocora – Bogotá 2h-3h

Head into the Cocora Valley by 4x4 and take in magnificent views. Get active with a hike through the area and learn more about this fertile region.

### **Private Vehicle**

Armenia – Salento 30m

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

**Meals included: Breakfast**

**Accommodation**

**Hotel Salento Real (or similar)**

Hotel

**Day 5 Salento/Medellín**

Drive through beautiful landscapes to Medellín. Opt to explore the city in the evening.

**Local Bus**

Salento – Medellín 8h-9h

Climb aboard, grab a seat, and enjoy the ride.

**Meals included: Breakfast**

**Accommodation**

**Hotel Seven Inn Medellin (or similar)**

Hotel

**Day 6 Medellín**

Enjoy a neighbourhood tour of the city and learn the fascinating recent history of the city's ongoing transformation. Spend the rest of the day with free time to explore this vibrant city.

**Medellín City Tour**

Medellín Morning

Really get to know Colombia's second largest city with a neighbourhood tour. Medellín has been revitalized since the issues of the 80s and 90s and is now one of South America's most innovative and artistic cities. Explore the city's varied barrios filled with shops, green parks, museums, churches, markets, and delicious cuisine.

**Free Time**

Medellín Full Day

Opt to visit the famous rock El Peñol or hop on a sightseeing bus. Ride the MetroCable, part of Medellín's public transportation, for sweeping views of the city and surrounding mountains.

**Optional Activities - Day 6**

**Nutibara Hill (Cerro Nutibara) Visit**

Cerro Nutibara

For a breath of fresh air 80m (263 ft) above the city, visit Nutibara Hill. Ride a colourful bus, take a taxi, or climb winding paths through the greenery to get to the top of the hill and enjoy great views of the city. Pueblito Paisa waits at the summit: stroll through this replica of a traditional Antioquian town and enjoy the charm of whitewashed buildings, bright-coloured doors and tiled roofs. Try some local food here or shop for souvenirs.

**Modern Art Museum**

Medellín

10000COP per person

Wander around the Museum of Modern Art and enjoy the work of Colombian artists in a variety of medias. Make sure to check out the Débora Arango permanent collection.

**Explora Park**

Medellín

24500-37500COP per person

A symbol of transformation in the northern part of Medellín, the park is a large piece of modern architecture housing a variety of scientific exhibits. Learn about the flora, fauna, and astronomy of Colombia while exploring the vivarium specializing in the Amazon River, the planetarium, or one of the many interactive exhibits on display.

**Meals included: Breakfast**

**Accommodation**

**Hotel Seven Inn Medellin (or similar)**

Hotel

**Day 7 Medellín**

Enjoy another free day and opt to visit the nearby town of Guatapé, with its colourful houses and famous rock. Or ride the metrocable, a cable car part of Medellín's public transportation, for sweeping views of the city and surrounding mountains.

**Free Time**

Medellín Full Day

Enjoy another full day to explore one of Colombia's most popular cities.

### **Optional Activities - Day 7**

#### **El Peñol Stone (La Piedra Del Peñol) Visit**

Medellín – Guatapé

Formed approximately 70 million years ago, El Peñón de Guatapé, also known as El Peñol, is a giant monolith rising 2,135m (7,005 ft) above sea level. Climb the 649 steps that have been built into one side of this famous rock and enjoy breathtaking views of the Guatapé Dam and surrounding area from the peak.

#### **Nutibara Hill (Cerro Nutibara) Visit**

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For a breath of fresh air 80m (263 ft) above the city, visit Nutibara Hill. Ride a colourful bus, take a taxi, or climb winding paths through the greenery to get to the top of the hill and enjoy great views of the city. Pueblito Paisa waits at the summit: stroll through this replica of a traditional Antioquian town and enjoy the charm of whitewashed buildings, bright-coloured doors and tiled roofs. Try some local food here or shop for souvenirs.

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#### **Meals included: Breakfast**

#### **Accommodation**

#### **Hotel Seven Inn Medellin (or similar)**

Hotel

### **Day 8 Medellín/Cartagena**

Hop on a morning flight to Cartagena and arrive in time to spend the afternoon exploring the old walled city. Opt for dinner and a night out in this lively town.

#### **Plane**

Medellín – Cartagena 1h15m-1h30m 640km

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

#### **Orientation With CEO**

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

#### **Meals included: Breakfast**

#### **Accommodation**

#### **Casa Villa Colonial (or similar)**

Hotel

### **Day 9 Cartagena**

Depart at any time.

If you have another week, add on the "Caribbean Colombia Express" tour which takes you into famous Tayrona National Park and hops around some coastal islands.

#### **Departure Day**

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

### **Optional Activities - Day 9**

#### **Gold Museum Visit**

Cartagena

7000COP per person

Head to Plaza Bolívar and pay a visit to this well-curated and informative museum. Admire the intricate, pre-Columbian gold works and pottery of the indigenous Zenú people while learning about their history and traditions—all on display in a charming colonial home.

### **Naval Museum of the Caribbean Visit**

Cartagena

6000COP per person

Located in the historic walled city, visit this spacious museum housed in two heritage buildings. Explore the various exhibits relating to the naval history of the Caribbean Sea and enjoy the charming patios.

### **Palace of Inquisition (Museum) Visit**

Cartagena

30000COP per person

Visit the museum and learn about the Spanish Inquisition in Colombia. Explore this fine example of colonial and Baroque architecture and see artifacts and torture equipment on display.

### **Museum of Modern Art (Museo de Arte Moderno) Visit**

Cartagena

5000COP per person

Housed in two historic buildings, one a former weapons storehouse, is the collection of the Museo de Arte Moderno de Cartagena. Stroll through the unique space and admire Latin American paintings from the 1950s along with contemporary Colombian art.

### **Meals included: Breakfast**

## **What's Included**

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

Your Foodie Moment: Coffee Farm Tour, Calarcá. Hacienda stay. Valle de Cocora hike. Medellín city tour. Cartagena orientation walk. Internal flights. All transport between destinations and to/from included activities.

## **Highlights**

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Experience the unique culture of Colombia, drink world-renowned coffee in the lush mountains, people-watch from a café in Medellín, soak up the sun in Cartagena.

## **Itinerary Disclaimer**

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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**

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### **ACCOMMODATION NOTE:**

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### **COMBO TRIP**

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

## **Group Leader Description**

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All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## **Group Size Notes**

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Max 16, avg 12

## Meals Included

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8 breakfasts, 1 lunch

## Meals

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Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Please refer to the meals included and budget information for included meals and meal budgets.

## Transport

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Plane, private vehicle, public bus, 4x4, walking.

## Local Flights

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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

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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

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Hotels (6 nts), hacienda (2 nts).

## Rooming and "My Own Room" Exceptions

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Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 3-4: Armenia.

## Joining Instructions

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

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

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## Arrival Complications

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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

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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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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

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We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

## Packing List

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### Documents:

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

### Essentials:

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

- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

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

#### Warm Weather:

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

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Spending Money

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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

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Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!



## Departure Tax

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USD \$33

## Tipping

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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 \$40-50 USD per person, per week can be used.

## Optional Activities

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Bogotá

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

Zipaquirá

- Zipaquirá Salt Cathedral Visit

Cerro Nutibara

- Nutibara Hill (Cerro Nutibara) Visit

Medellín

- Modern Art Museum (10000COP per person)
- Explora Park (24500-37500COP per person)
- El Peñol Stone (La Piedra Del Peñol) Visit

Cartagena

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

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewelry at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that

any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

## **Trip Specific Safety**

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Please take care when wandering about the main cities on your own, as pickpockets and purse-snatchers are common. Be safe and leave your passport, credit cards, traveller's cheques and cash you don't need in the hotel's safety deposit box. Most Colombians are honest and genuinely helpful and friendly, but be safe and enjoy the city!

## **A Couple of Rules**

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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**

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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**

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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

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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](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.