

Caribbean Adventure: the Lost City trek & Medellín - SMCT

12 days: Cartagena to Medellín

What's Included

- Your G for Good Moment: Berracas de la 13 Visit with Lunch, Medellín
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Santa Marta
- Trek to the Lost City with an Indigenous guide (5 days)
- Guided tour of the Lost City
- Internal flight
- 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 18th, 2023 and onwards

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.

Day 1 Cartagena

Arrive at any time. Tonight, check out the local flavor of bustling Plaza Trinidad and head to a local bar to get to know your fellow travellers. Get to know the group over a few drinks and get excited for the adventure of a lifetime.

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Your First Night Out Moment: Connect With New Friends

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Optional Activities - Day 1

Gold Museum Visit

Cartagena

7000COP per person

Head to Plaza Bolivar 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.

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.

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.

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.

Accommodation

Hotel Villa Colonial (or similar)

Hotel

Day 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.

Free Time

Cartagena

Choose your own adventure today!

Optional Activities - Day 2

Islas del Rosario National Park

Cartagena – Islas del Rosario

320000-350000COP per person

Take a boat to this park with a lengthy name—Rosario and San Bernardo Corals National Natural Park—and be wowed by the beauty of the Rosario Islands. Admire the clear blue water and natural landscape of the islands. Opt to snorkel and explore the park's lively reefs or sit back and relax on the beach.

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Cartagena

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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.

Night Exploration on Chiva

Cartagena

80000COP per person

Get ready to party and explore the city by chiva bus. These colourful vehicles are a national symbol and feature open sides making it easy to truly experience vibrant Cartagena as you go. Drink, dance and enjoy Colombian music on this fun-filled ride.

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7000COP per person

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Cartagena City Tour

Cartagena 4h-5h

Learn more about Cartagena's history from a bilingual guide on a tour of this lively city. Travel between sights by private transport and visit the clock tower, Plaza Bolivar, and the Castillo de San Felipe de

Barajas. Take in sweeping views of the city from the hilltop Convento De La Popa and enjoy a walking tour from San Pedro Claver Church to Santo Domingo Church.

Meals included: Breakfast

Accommodation

Hotel Villa Colonial (or similar)

Hotel

Day 3 Cartagena/Santa Marta

Travel like a local by hopping on a public bus to the port town of Santa Marta. Take advantage of your free time with a visit to the Gold Museum, go shopping for any last minute necessities (You probably forgot something, right?) or chill out on the beach.

Please note hot water is uncommon in the Caribbean region of Colombia. Showers are likely to only have cold water while visiting this area.

Private Vehicle

Cartagena – Santa Marta 4h-5h

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

Free Time

Santa Marta

Get out and explore.

Your 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.

Optional Activities - Day 3

Gold Museum Santa Marta

Santa Marta

Free

Explore the colonial mansion that houses indigenous artifacts from the Tayrona area including an impressive gold collection.

Quinta San Pedro Alejandrino

Santa Marta

23000COP per person

Visit Simon Bolivar's final resting place, la Quinta is the estate where the famous libertador spent his final days. The former rum plantation now includes a restored house, museum, library, and extensive gardens perfect for exploring.

Meals included: Breakfast

Accommodation

Hotel Tayromar (or similar)

Hotel

Day 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.

4x4

Santa Marta – Machete Pelao

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Lost City Trek Day 1

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

Leave Machete Pelao and start trekking through the jungle along the Buritaca River. Pass by farmland and get a glimpse into daily life in the small communities en route to the campsite. This first day of trekking is relatively straightforward and a good way to ease yourself into it. There is a combination of uphill and flat sections that lead the way to the first campsite. Continue uphill to reach Ricardito 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: 7.6 km.

Meals included: Breakfast | Lunch | Dinner

Day 5 Ricardito Camp/Teyuna Paraiso Camp

Venture further into the lush jungle en route to Ciudad Perdida. Be prepared – today is a tough portion of the trek with a lot of steep views. Arrive at the campsite in the afternoon for some much needed relaxation by the river.

Lost City Trek Day 2

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

Begin trekking 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

Meals included: Breakfast | Lunch | Dinner

Day 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

Meals included: Breakfast | Lunch | Dinner

Day 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

Meals included: Breakfast | Lunch | Dinner

Day 8 Las Cascadas Camp to Taganga

Take in your last views of the jungle this morning as you trek back to Machete Pelao. Transfer to Tangaga where the rest for the day is yours to relax. (You've earned a few drinks after that trek!)

Lost City Trek Day 5

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

Continue the hike back down to Machete Pelao following the same route that you took in. The farmland will look familiar, but the scenery remains spectacular. Take in your last views of the jungle and local village life before heading back on the grid.

Total distance: 7.6 km

Meals included: Breakfast | Lunch

Accommodation

Ocean Taganga (or similar)

Hotel

Day 9 Taganga/Parque Nacional Natural Tayrona

Head into Tayrona National Park for a moderate hike with a local guide. Experience the incredible nature that surrounds you while learning more about the rich, natural diversity of northern Colombia.

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.

Tayrona National Park Excursion

Parque Nacional Natural Tayrona 3h-4h

Get outside with a hike into this beautiful park! Learn more about the rich diversity of Tayrona's natural heritage and explore Tayrona's gorgeous scenery with a local guide. Spend the night surrounded by nature in a lodge close to the park.

Private Vehicle

Taganga - Parque Nacional Natural Tayrona 45m

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

Meals included: Breakfast | Lunch

Accommodation

Ocean Taganga (or similar)

Hotel

Day 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.

Plane

Taganga - Medellín 1h30m

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

Optional Activities - Day 10

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.

Medellín City Tour

Medellín

35USD per person

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.

Meals included: Breakfast

Accommodation

Viajero Medellin (or similar)

Hostel

Day 11 Medellín

Explore Medellín today and visit the Comuna 13 neighbourhood—a community transformed. Embark on a walking tour and enjoy a delicious lunch provided by the community organization Berracas de la 13, a G Adventures-supported project. After, free time to visit museums or take a historical tour.

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.

Free Time

Medellín

Get out and explore this vibrant city.

Your 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 Medellín. 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.

Optional Activities - Day 11

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.

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 Débra 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.

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Meals included: Lunch

Accommodation

Viajero Medellin (or similar)

Hostel

Day 12 Medellín

Depart at any time.

Departure Day

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

Optional Activities - Day 12

El Peñol Stone (La Piedra Del Peñol) Visit

Medellín – Guatapé

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What's Included

Your G for Good Moment: Berracas de la 13 Visit with Lunch, Medellín

Your First Night Out Moment: Connect With New Friends

Your Big Night Out Moment: Santa Marta. Trek to the Lost City with an Indigenous guide (5 days). Guided tour of the Lost City. Internal flight. Transport between destinations and to/from included activities.

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, Avg 10

Meals Included

9 breakfasts, 7 lunches, 4 dinners

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

4x4, walking, plane, local 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

Simple hotels (7 nts, some multi-share) , camping (4 nts in hammocks or rustic bunks).

Rooming and "My Own Room" Exceptions

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 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.

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

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 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

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:

- 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, 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
- 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

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)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

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

Optional Activities

Cartagena

- Gold Museum Visit (7000COP per person)
- Palace of Inquisition (Museum) Visit (30000COP per person)
- Naval Museum of the Caribbean Visit (6000COP per person)
- Museum of Modern Art (Museo de Arte Moderno) Visit (5000COP per person)
- Islas del Rosario National Park (320000-350000COP per person)
- Night Exploration on Chiva (80000COP per person)
- Cartagena City Tour

Santa Marta

- Gold Museum Santa Marta (Free)
- Quinta San Pedro Alejandrino (23000COP per person)

Cerro Nutibara
- Nutibara Hill (Cerro Nutibara) Visit

Medellín
- Medellín City Tour (35USD per person)
- El Peñol Stone (La Piedra Del Peñol) Visit
- Modern Art Museum (10000COP per person)
- Explora Park (24500-37500COP per 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 onset 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.

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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

Minimum age of 18 years for this trip.

International Flights

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.