

# COLOMBIA

## Coffee Culture Extension



### Duration: 4 day trip extension

Colombia is known globally for its coffee, and this trip explores some of the main sights of the Coffee Triangle. This whole region is a UNESCO World Heritage Site, and offers a wonderful mix of well-preserved towns with cobbled streets and colourful buildings, and beautiful mountain foothills, lush forest and of course coffee plantations!

With one of the country's most famous day-hikes through the tallest palms in the world, time to explore traditional historic towns, and a morning at a natural waterfall-fed thermal spa, this extension offers plenty of variety and yet more insights to Colombia's culture and landscapes after your main trek.

You'll be based at a coffee farm (a *finca*), where the lodge buildings have been carefully restored to reflect their heritage. Relax in hammocks overlooking the spacious lawns and fields of coffee bushes, or take a dip in the pool; you'll have plenty of time to enjoy your surroundings!

### DETAILED ITINERARY

**Days 1 - 8: As per your Main Challenge Itinerary**

**Day 9: Cartagena – Pereira – Alcala** (main group departs Cartagena)

Transfer to the airport for your short domestic flight to Pereira, a city at the foothills of the Andes, and gateway to the famed Coffee Triangle. On arrival, drive to the *finca*, a typical rural coffee farm, which will be your base during your stay here. Surrounded by fabulous views, this is the perfect place to unwind after your trek. Once you've had time to settle in, you can enjoy a coffee tour on site, which will allow you to join in the coffee roasting process from seed to coffee cup! You are then free to chill out and enjoy the finca – explore the grounds, relax by the pool, or if you're feeling adventurous, whizz over scenic coffee plantations on the 1900m zip-wire (optional!)

Fly approx. 1.5 hours; drive approx. 2 hours.

*Breakfast, lunch and dinner provided. Finca accommodation.*

**Day 10: Cocora Valley Hike – Salento**

You may feel after your main trek that you've had enough hiking for a while, but this is one of the most famous day-hikes in Colombia for very good reason! You'll set off from the nearest town in jeeps to the trailhead, and follow the varied and stunning circular route through sweeping lower valleys and pastures, then up into mountain and cloud-forest landscapes, crossing glacial rivers on *Indiana Jones*-style suspension bridges. You'll also take in a forest bird reserve – keep an eye out for hummingbirds! The undisputed highlight is the valley of wax palm trees; the tallest palms in the world, they regularly grow over 60m tall and can reach 200m. This valley has a uniquely magical feel. After the trek, you'll return by jeep to Salento, a well-preserved, charming coffee town with traditional, colourful buildings, where you can explore and shop for souvenirs from the many market stalls and craft shops. Return to finca.

## DETAILED ITINERARY (cont.)

Drive approx. 2 hours; Hike approx. 5-6 hours

*Breakfast, lunch and dinner provided. Finca accommodation*

### Day 11: Santa Rosa Thermal Spa – Filandia

A perfect treat after yesterday's adventure! This morning you'll head to the thermal baths of Santa Rosa del Cabal, where you can relax in natural hot springs surrounded by mountains and waterfalls. The thermal waters descend through a beautiful 80m-high waterfall, and arrive in the pools at a perfect temperature of 40°C. Relax and let your muscles recover from the week's exertions, and explore the walkways and bridges around the spa. In the afternoon, a short drive takes you to Filandia, another coffee town known for its colourful architecture. Time to explore the coffee-houses, the main plaza with its blue and white colonial church, and wander cobbled streets packed with colourfully-tiled roofs and artisan workshops. Less touristed than Salento, Filandia is a gem.

Drive approx. 2.5 hours total

*Breakfast, lunch and dinner provided. Finca accommodation*

### Day 12: Alcala – Pereira – Bogota; connect to international flight

Your morning is free to relax. After lunch, say farewell to your coffee farm hosts, and transfer back to Pereira airport for the flight to Bogota, where you'll connect to your overnight flight back to the UK.

Drive approx. 1 hour; internal flight approx. 1 hour

*Breakfast and lunch provided. Night in-flight.*

### Day 13: Arrive London

## WHAT'S INCLUDED?

- Domestic flights Cartagena – Pereira and Pereira – Bogota; locally-paid internal flight tax if applicable
- Transfers to Cartagena airport, and to/from Pereira airport
- Accommodation at coffee finca (3\*), in standard double/twin rooms with private facilities
- Activities as detailed in itinerary
- Private transfers to/from daily activities, with Spanish-speaking driver
- English-speaking local guide

## WHAT'S NOT INCLUDED?

- Personal spending, drinks, tips, etc
- Any meals not indicated in itinerary
- Any optional activities (eg zip-wire)

## PRICING

2024  
£749.00

Extension requires a minimum of 4 people to operate.

Single supplement: £110

We recommend booking as early as possible to secure preferred accommodation and flights. Late bookings may be subject to an additional flight supplement.