



**Colombia**  
**Bogotá - Caño Cristales**

7 Days

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## PROGRAM OVERVIEW

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Day 1 Transfer Airport - Hotel

Day 2 Bike Tour

Day 3 Transfer Hotel - Airport

### Bogotá - La Macarena

Day 3 Charterflight Bogotá - La Macarena

### Caño Cristales

Day 3 4-Day Tour Caño Cristales

What to bring?

### La Macarena - Bogotá

Day 6 Charterflight La Macarena - Bogotá

### Bogotá

Day 6 Transfer Airport - Hotel

Day 7 Transfer Hotel - Airport





## ITINERARY

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### Bogotá

In the Andes, at 2600 meters altitude, we find Colombia's capital, Bogotá, with an estimated 9 million inhabitants. With residents from all around the globe and a thriving cultural scene, Bogotá is a city that has a lot to offer. The metropolis has several museums, such as the Gold Museum, the National Museum and the Botero Museum, where you can immerse yourself in Colombian history and culture. In addition, Bogotá is known for its graffiti street art. Amazing murals that often portray a political or historical message can be found throughout the city. Bogotá is also a popular city among cycling enthusiasts; nowhere else in Latin America will you find more bike paths in the city, and consequently the bicycle is a frequently seen means of transport. Most travellers go to the Candelaria district, the beautiful colonial centre of Bogota where it is enjoyable to stroll around the sloping streets with their colourful colonial houses. To the north, there are more posh, modern neighbourhoods, with world-class restaurants, as well as cocktail bars and cafés.

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### Transfer Airport - Hotel

#### Day 1

Arrival at Bogotá airport. When leaving, look for a sign with your names. Transfer to your hotel (+/- 40 min, +/- 20 km).

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### Hotel Casa Legado

#### 2 Nights



Hotel Casa Legado is located in the Quinta Camacho neighborhood of Bogotá. It is a family house from the 50s that has been restored with wide and modern spaces, such as its living room with a fireplace, the garden and its open kitchen. The hotel has 7 rooms, it offers Thai and Yoga massage services, picnic baskets and free bike service.

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### Bike Tour

#### Day 2

A local guide will pick you up at the hotel for a bike tour through Bogotá—the most enjoyable way to explore this bustling metropolis. The tour starts with a short ride through La Candelaria, Bogotá's colonial center. Then, you will go to Paloquemao, a huge indoor market with fruit from all over Colombia, food stalls with tamales, lechona and other Colombian specialties, and many more things to explore. You will also visit a local coffee roasting house, where you can see how the famous Colombian coffee is roasted. Of course you will also have time to taste the coffee.

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## Transfer Hotel - Airport

### Day 3

You will be picked up from your hotel for your transfer to Bogotá airport.

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## Bogotá - La Macarena

### Charterflight Bogotá - La Macarena

#### Day 3

The Bogotá - La Macarena is a charter flight. This means that there are no fixed departure times. For this reason you will be picked up at your hotel early in the morning. You will be taken to the Terpel gas station, located near the Bogota airport, where you will meet the staff in charge around 5:00 am. From there you will be taken to Catam, a nearby private airport where the charter flight will depart between 6:30 and 7:00 am.

The baggage allowance is 10 kilos. You may also carry a small bag in the cabin. You can leave the rest of your luggage at your hotel in Bogota. If you are not returning to a hotel in Bogota, there is the possibility to store your luggage at the airport.

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## Caño Cristales

The Caño Cristales River, in the vast Sierra de La Macarena Natural Park, is undoubtedly the most remarkable river in Colombia and one of the most beautiful in the world. The 'River of Five Colors' owes its nickname to a special natural phenomenon in which the algae located at the bottom of the river give the water its red, blue, green, yellow and brown hues. The National Park itself is also an iconic place, located on the plateau of the Sierra de La Macarena, a natural reserve of 6200 square kilometers where no less than three different ecosystems come together: the Amazon rainforest, the forests of the Andes and the savannah of Los Llanos. The result is a natural reserve with great biodiversity, with more than 2000 species of plants, 550 species of birds, 8 species of monkeys, jaguars and pumas. For a long time the area was inaccessible due to the Colombian conflict, but since 2010 the park has been safe for tourists to visit.

Note: the yellow fever vaccine is recommended in this area.

Recommended clothing: Since the use of bug sprays and sunscreen is not allowed in Caño Cristales to avoid damaging the river's ecosystem, it is recommended long-sleeved clothing and a hat that covers the entire head and neck, as well as hiking boots.

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## 4-Day Tour Caño Cristales

### Day 1

You will arrive at Bogotá airport. You will depart on a charter flight to La Macarena. At La Macarena airport you will be greeted by a local guide and receive a brief introduction to the environmental regulations that apply in this area. After the introduction you will go to the hotel to register and get changed, and then you will leave the village to visit one of the 4 places below (see table). It is subject to the approval and permit granted by the local environmental authorities (Cormacarena or Parques Naturales). During the activity, lunch will be served on bijao leaves. At 3 PM you will return to the town of La Macarena, where you will have dinner and spend the night. The rest of the day you are free to rest.

<b>Route 1</b> Cristalitos and Viewpoint	<b>Route 2</b> Caño Piedra	<b>Route 3</b> Rio el Lozada
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### Day 2

After breakfast, you will leave at the time indicated by the local authorities for your visit to the Caño Cristales river. During a boat trip of approximately 20 minutes on the Guayabero river you will be able to observe the local flora and fauna. After the boat trip you will take a short (20-minute) ride in a 4x4 to the Cajucho fountain. This is the starting point of an ecological walk with four possible routes (see table 2). The route that you will follow is subject to the authorization of the local environmental authorities. Today, during the walk, lunch will be served again in bijao leaves. At the end you will return to the town of La Macarena for dinner and you will participate in a cultural program. Folklore, traditional cuisine and music of this region will be introduced to you. This activity is only carried out with a minimum of 8 people (from the same group or mixed with other groups). The night will be spent in the village.

**Note:** The routes during both days depend on the number of visitors in the park, the physical condition of the visitor and the permission granted by the local authorities.

<b>Trail 1 Los Pianos (High difficulty level)</b> Caño Escondido, Cascada de la Virgen, Cascada Los Pianos, Piedra de la Macarena, Paso Mojado	<b>Trail 2 Salto del Águila (High difficulty)</b> Stairs, Pozo Cuadrado, Piedra Negra or Cascada Negra, Cascada Salto del Aguila, Tablas de la Ley
<b>Trail 3 Los Pailones (Medium difficulty)</b> Monte de las Marimbas, Los Estrechos, Pailón Pool	<b>Trail 4 Caño Escondido (Low degree of difficulty)</b> Karol Cristal Pool, Piscinas del Turista, Los Ochos, Los Cuarzos, Tapetes

### Day 3

After breakfast you will travel to Caño Cristales in the same way as the previous day (20 minutes by boat on the Guayabero river + 20 minutes by 4x4) and then follow one of the 4 possible routes again. At the end, you will travel back to La Macarena for dinner and an overnight stay.

### Day 4

After breakfast you will depart to a different location in the Caño Cristales area. The route you will follow will depend on the flight time and the permit granted by the local authorities. You will return to the town for lunch. The flight back to Bogotá (Cessna or DC3) is between 12 PM and 5 PM.



### What to bring?

- "- Enough cash (there is only one ATM available in La Macarena and it does not always work)
- +/- 6,000 COP airport tax (per person)
- +/- 40,000 COP emergency tax (per person)
- +/- 200,000 COP national mark tax (per person)
- Reusable hard water bottle (plastic bottles are not allowed in Caño Cristales)
- Sunscreen and mosquito repellent (only to use in the town of La Macarena, they are not allowed when you go to swim in Caño Cristales)
- Sturdy walking shoes that can get wet
- Extra pair of shoes or flip flops
- Raincoat
- Enough socks
- Clothes for hot and humid weather, and for the night when it cools down a bit
- Long-sleeved clothing (sun protection and mosquitoes)
- Swimsuit and towel
- Possible swimming / snorkeling gear (in certain parts of the river you can swim)
- Camera
- Flashlight"

## La Macarena - Bogotá

### Charterflight La Macarena - Bogotá

#### Day 6

The flight La Macarena is a charter flight. This means that there are no fixed departure times. The authorities in La Macarena will let you know how at what time you will be picked up at the hotel for the flight back to Bogotá.

## Bogotá

### Transfer Airport - Hotel

#### Day 6

Arrival at Bogotá airport. When leaving, look for a sign with your names. Transfer to your hotel (+/- 40 min, +/- 20 km).

### Hotel Casa Legado

#### 1 Night

Hotel Casa Legado is located in the Quinta Camacho neighborhood of Bogotá. It is a family house from the 50s that has been restored with wide and modern spaces, such as its living room with a fireplace, the garden and its open kitchen. The hotel has 7 rooms, it offers Thai and Yoga massage services, picnic baskets and free bike service.

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### Transfer Hotel - Airport

#### Day 7

You will be picked up from your hotel for your transfer to Bogotá airport.

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## ACCOMMODATIONS

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### Bogotá

2 nights Hotel Casa Legado

[website](#)

### Caño Cristales

### Bogotá

1 night Hotel Casa Legado

[website](#)

**Flight(s):**

## TRAVEL CONDITIONS

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### Including:

- National flights
- Accommodation in private double rooms (standard, if not mentioned otherwise) with breakfast
- Meals as mentioned
- Transfers and transport as mentioned with Spanish-speaking drivers
- Tours and activities as mentioned with entrance fees and English-speaking guides
- 24/7 assistance

### Not included:

- Services mentioned as optional
- International flights
- Insurance
- Meals and drinks not mentioned
- Voluntary tips for guides, drivers, etc.
- Personal expenses

*\* Please note that the price might have to be adjusted, depending on the constantly changing USD-COP exchange rate, flight prices, availability of services, etc.*

*\*\*If domestic flights are included in the booking, regardless of the time of cancellation 100% of the flight price will be charged.*

*\*\*\*Hotels are only suggestions and will only be reserved at the time of booking. If there is no availability, a similar or equivalent alternative will be offered.*