

Expedition of the snowfall of the Tolima by the route of Cocora



Overview



NOTA: Este destino lo operamos en alianza y en equipo con prestadores de servicios locales, no solo por la seguridad que nos ofrecen para nuestros clientes, sino también por temas de sostenibilidad (que no es solo ambiental sino también social). El apoyo a las comunidades y a los operadores locales es fundamental para nosotros y es el eje de nuestra política de sostenibilidad.

Nuestros aliados los hemos seleccionado cuidadosamente a través de los años y hemos diseñado los itinerarios a partir del conocimiento mutuo del destino. Nosotros conocemos de primera mano estos lugares desde hace muchos años, sabemos de sus posibilidades, atractivos, distancias, condiciones logísticas, ambientales, culturales, geográficas y sociales y ellos son quienes conocen mejor que nadie la región y sus costumbres y juntos hacemos el mejor equipo.

¿Para quién es esta expedición?

El Nevado del Tolima es una de las montañas más exigentes de Colombia. Es adecuada para personas con muy buen estado físico, con experiencia en caminatas largas y en alta montaña, sin dolencias de rodillas porque la inclinación del terreno es importante y sin antecedentes de mal de altura. Para darte un ejemplo esta son las cifras de la caminata del primer día:

Tiempo total aproximado: 7/8 horas, pero dependiendo del grupo nos hemos demorado hasta 10 horas y hemos llegado de noche al refugio.

Distancia total: 18 km

Altura máxima: 3.800 m

Altura inicial: 2.400 m

Es una zona muy remota, con servicios turísticos muy básicos (alojamientos, alimentación, baños), sin absolutamente ningún lujo. Las comunicaciones son muy difíciles, no se tienen señal de celular en toda la montaña.

El clima en esta región del país es inclemente, solo si tienes mucha suerte tendrás días de cielos azules y soleados, generalmente llueve, hay neblina y el camino tienen muchísimo barro. En la alta montaña puede nevar y la temperatura en las noches puede bajar hasta cerca de cero grados.

Para enfrentarse a esta montaña hay que estar entrenado, tanto física como mentalmente. No es una montaña para personas sedentarias que no hacen ejercicio rutinario. El mejor entrenamiento físico es el cardio y acostumbrar al cuerpo a largas jornadas de caminata en terrenos inclinados. [Ecoglobal Expeditions tiene un](http://ecoglobalexpeditions.com)

grupo de caminantes con caminatas de todos los niveles y te recomendamos altamente participar en ellas ojalá todos los fines de semana antes de iniciar tu expedición al Tolima. La actitud es vital. Esta experiencia es 70% o hasta 80% mental, entender que la montaña es impredecible es muy importante, estar dispuesto a abandonar la montaña y no lograr el objetivo de la cumbre, si las condiciones no permiten continuar, es una ley para el montañista.

Y si sientes que aún no es para ti, puedes iniciarte con montañas más fáciles como [Santa Isabel](#).

Dates

CLOSED days of the Los Nevados National Natural Park 2024–2025:

During these days, entry is NOT permitted:

- November 25 to 29, 2024
- April 21 to 25, 2025
- May 19 to 23, 2025
- September 22 to 26, 2025
- November 24 to 28, 2025

Price

This works like this: the interested parties are registering through the payment of a payment of 50% non refundable (only reimbursed if Ecoglobal Expeditions cancels for some reason the expedition) and depending on the number of people entered indicates the final price of the expedition :

Prices 2025 ONLY Private Groups:

- **1 person: \$3,790,000**
- **2 people: \$2,250,000 each**

- **3 people: \$2,205,000 each**

- **4 people: \$2,060,000 each**

- **5 people: \$1,890,000 each**

- **6 or more people: \$1,790,000 each (Open or private group)**

Notes:

Private groups: We set up and coordinate all the logistics for your family or friends group. The price depends on the number of people, please write to us at info@ecoglobalexpeditions.com to send you a quote.

The price does not include transport from your city of origin to Salento, some people should fly to Armenia or Pereira the day before and take a land transport to Salento to spend the night there and be rested to start the expedition the next day at 6:00am.

If you travel by plane you must buy the return flight the next day, we are not responsible in the event of unforeseen events and you cannot arrive on time at the airport.

The return is scheduled to be in Salento at 7:00 pm on the last day.

To reserve your place please write to info@ecoglobalexpeditions.com with the names of the people interested and their phones (the telephone number is very important to be able to inform in case of any changes in the schedule)

By return of mail we will give all the instructions for the inscription (form of payment, terms, requirements, etc.)

Way to pay:

1. By consignment or transfer to the bank account that we will inform you in a timely manner

Or in any of the 14 OCHOMILES stores of Bogota

Note: Take advantage of the electronic channels and make the payment through a bank transfer to our account !!

2. With credit or debit card through the Online Payment service communicating with us.

How to book



What's included

In our program Expedition to Nevado del Tolima by the route of Cocora, it is included:

- Medical assistance insurance
- Full meals from breakfast on day 1 to lunch on day 4
- Accommodation 3 nights at Finca de Montaña
- Private transportation from Salento to Cocora and from Cocora to Salento
- Professional mountain guide for every three people
- Complete glacier equipment (helmet, harness, crampons, ice ax)
- Trekking poles and rain ponchos
- Water purification
- Logistics of the entire trip, pack mules for backpacks and equipment, during day 1 and 4. Each person has the right to deliver 10kg/40lbs

What's not included

In our program Expedition summit of the Nevado del Tolima by the route of Cocora, it is not included:

- Transportation from your city of origin to Salento and return.

- If you travel by plane you must buy the return flight the next day, we are not responsible in the event of unforeseen events and you cannot arrive on time at the airport.
- Lodging in Salento the night before the expedition.

Itinerary

Travel tips

Most people traveling with Ecoglobal Expeditions are fervent lovers of nature, they are uncomplicated and "off-road" travelers, patients, tolerants, collaborators and enthusiasts. They like to travel in groups because they find in this experience an opportunity to learn from others, make friends and share experiences during the trip. Thinking about it, we wanted to propose a list of "[Good Group Travel Practices](#)" to help travelers to have a richer and more pleasant experience during the excursions. You can find the list by clicking here: [Good Group Travel Practices](#)

Because we will remain throughout the expedition at altitudes above 3,000 meters above sea level and in remote areas, this exit is not suitable for people with lung or heart conditions or for people under medical treatment for diseases such as diabetes , Asthma, etc.

Staying at high altitudes may be contraindicated if you are under medical prescription. If you have questions please consult your doctor before enrolling.

- As far as possible take the least amount of wrappers, cans or glasses and please, let's return home all the inorganic waste that we carry in our backpack «if you carry it in your backpack, you can return in your backpack»
- Please do not leave trash in the mountain and I hope we don't leave trash in the cabin.
- Do not carry or consume liquor (no brandy, wine, whiskey, beer, etc.), or toxic substances, psychoactive or hallucinogenic in the mountains (marijuana, cocaine, heroin, ecstasy, fungi, etc., that combination is worse than The "gasoline with the liquor" !!).
- Bring warm clothes, the place we go is very cold.
- Consume a lot of liquid during your stay in the mountains, this practice helps

improve the body's ability to adjust to height.

- Pack your clothes in plastic bags inside the backpack, carry extra plastic bags for various uses.
- Protect your camera from moisture.
- Carry spare batteries.
- Bring snacks, chocolates, peanuts, panela, etc. Packed in resealable plastic bags ("Ziploc"), remove the air when packing them to occupy as little space as possible inside your backpack.
- If you are vegetarian, we recommend you bring your own food, Packed in resealable plastic bags.
- Light luggage travel, it is not necessary to bring a bag for each day.
- Do not bring jewelry or valuables (the Rolex and the Cartier earrings please leave them at home).
- During the walks do not leave the group, do not go ahead, do not be left alone.
- The weather conditions in the mountains can change in minutes, always carry a raincoat.
- Keep in mind that we will be staying in a very remote place, run by a peasant organization. Our hosts will do everything in their power to serve us as best as possible, within the conditions of the place and its culture.
- Traductor de Google para empresas: Google Translator Toolkit Traductor de sitios web
- Información del Traductor de Google Comunidad Móvil

What to bring:

- Water canteen, Thermo or Camelback, let's avoid plastic or PET bottles.
- Please do not wear denim pants or jeans or in general cotton, they do not protect against the cold and if they are Wet do not dry for the entire expedition. Also avoid cotton t-shirts, sweaters and jackets
- One (1) suit of thermal underwear or polar fleece sweatshirt or coarse fabric to stay in the cabin and to sleep
- Two (2) or maximum three (3) pairs of thick stockings hopefully wool
- One (1) wool cap or fleece covering the ears (can be balaclava)
- One (1) pair of impervious gloves
- One (1) cap or hat
- One (1) pair of trekking boots that cover the ankles and ideally they are waterproof

- One (1) pair of sandals or light tennis shoes for use in the cabin
- One (1) jacket and one (1) waterproof trousers
- One (1) fleece jacket or synthetic material to protect against cold
- One (1) quick drying towel
- First-aid kit
- Small flashlight and spare batteries for three (3) days
- Sunglasses (400 UV filter)
- Small backpack for hiking
- Canes (optional)
- Small personal care items
- Sun block with protection factor greater than or equal to 60SPF
- Plastic bags
- Toilet paper
- Lipstick, cocoa butter or petroleum jelly
- Sweets / chocolates / peanuts / snacks / energy
- If you are vegetarian, we recommend you bring your own food
- Photographic camera
- Surely it's going to rain, we should prepare for it, pack everything in plastic bags
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