# Untamed Trails of Nariño's Massif Colombian Region

## Overview

### Highlights:

This fam trip immerses participants in the rich cultural heritage and natural wonders of the Untamed Trails of Nariño's Massif Colombian Region.

- Hike to La Chilidoña Waterfall, a sacred Inca site, and explore the lost city of Chitarran.
- Explore the architecture of the Santuario de las Lajas, engage in spiritual reflection, enjoy scenic views, and learn about its history from expert guides.
- Embark on a challenging hike on the Sendero de Vida trail, surrounded by diverse ecosystems.
- Immerse yourself in the Awa indigenous community and explore La Planada Nature Reserve in the municipality of Ricaurte, prioritized within the USAID

Destino Naturaleza Program.
- Hike to the Divina Pastora sector, enjoy panoramic views, and visit Laguna de la Cocha.
- Throughout the trip, participants will enjoy traditional meals, guided tours, and expert insights into the region's history and culture.

**Tour details:**

- **Duration:** 6 days and 5 nights
- **Level of effort:** "NEVADO" (5 on a scale of 1 to 5, or demanding) See Levels...
- **Comfort level:** 3/5 on a scale of 1 to 5. See Levels Basic peasant inns (level 3). In Ipiales we will stay at the Hotel Loft and in Pasto you can choose between the Hotel San Agustín, Carnaval Plaza or the Hotel Cuellar which is one of the best (level 5). During the tours we will use wooden boats, jeeps, buses and VANs and in general the food is homemade peasant and traditional of the region.
- **Hiking time:** The hikes take approximately 4 to 7 hours.
- **Distance:** 5-10 kilometers.
- **Climate:** Cold.
- **Ecosystem:** Cloud forests and páramo.
- **Elevation:** 2,500 – 3,700 meters above sea level.
- **Location:** Department of Nariño in the south of the country

**Venture into remote territories, conquer challenging hikes, and experience the exhilarating chill of the high Andes.** Witness and marvel at the extreme landscapes of Andean volcanic peaks on this unforgettable journey.

**Why choose EcoGlobal Expeditions?**

- **Ecoglobal Expeditions is a proud member of the Colombian Association of Responsible Tourism (ACOTUR).** We are committed to sustainable practices and minimizing our environmental impact.
- **We take care of every detail, ensuring your safety and well-being throughout the expedition.** Our experienced guides will lead you through the wilderness, while our support staff ensures you have everything you need.
- **We support the local communities we visit by hiring local guides and porters.** They are the experts on the region, its people, and its landscapes, and their

insights will enrich your experience.

**This expedition is perfect for those who:**

- Love exploring remote areas
- Enjoy challenging hikes
- Thrive in cold climates
- Are passionate about witnessing and admiring the extreme landscapes of Andean volcanic peaks

**Join EcoGlobal Expeditions on this incredible adventure and create memories that will last a lifetime!**

## Dates

**Embark on an unforgettable trek through the untamed trails of the Nariño Massif:**

- **September 20-25, 2024**

**Challenge yourself and experience the breathtaking beauty of the Nariño Massif on this thrilling adventure trek.** Immerse yourself in the rugged wilderness, conquer challenging trails, and discover hidden waterfalls and breathtaking vistas.

**This expedition is open to individuals, families, and groups of friends.** Whether you're a seasoned adventurer or a nature enthusiast seeking a challenge, this trek will push your limits and leave you with unforgettable memories.

**Flexible dates and group sizes:**

This expedition can be tailored to your schedule and group size. Whether you prefer to embark on the adventure solo or share the experience with loved ones, we can accommodate your needs.

**Contact us for more information and to book your spot:**

Email us at info@ecoglobalexpeditions.com to learn more about this exciting trek and to secure your spot. We'll be happy to answer your questions and help you plan your adventure.

**Don't miss out on this opportunity to explore the untamed beauty of the Nariño Massif!**

## Price

**Join a small group of adventurous explorers** for a thrilling trek through the rugged wilderness of the Nariño Massif. This once-in-a-lifetime journey will take you deep into the heart of this Colombian mountain range, where you'll encounter breathtaking landscapes, diverse ecosystems, and a rich cultural heritage.

## Price: COP6.900.348.oo per person

**Minimum group size:** 4 adventurers

## How to book

**Secure your spot on the Untamed Trails of the Nariño Massif!**

To reserve your spot, simply make a 50% deposit and pay the remaining balance one week before departure.

Contact us today at **info@ecoglobalexpeditions.com** to secure your spot and start your adventure!

Please include the names of all participants and their phone numbers in your email. This information is crucial for us to keep you updated on any changes to the itinerary.

Don’t miss out on this incredible opportunity to explore the Untamed Trails of the Nariño Massif!

Adventure awaits!

## What’s included

**Immerse yourself in the heart of Colombia’s majestic Andes** and conquer the challenging trails of this uncharted wilderness. Our comprehensive package includes:

- **All land and river transportation** as outlined in the itinerary
- **Comfortable accommodations** as described in the itinerary
- **Delicious and nutritious meals** throughout your adventure
- **Hydration** to keep you energized on the trails
- **Entrance fees** to all included destinations

- **Expert eco-tourism and high-mountain guides** with accompaniment from Bogotá
- **Local indigenous, peasant, and baquiano guides** (Ecoglobal Expeditions supports the communities, initiatives, and eco-tourism projects of the regions we visit)
- **Comprehensive travel insurance** for your peace of mind

## What's not included

**What's not included in our Untamed Trails of the Nariño Massif adventure:**

- **Airfare:** Get ready to soar to new heights on your own, as airfare is not included in this immersive adventure.
- **Tourist taxes:** Please note that any tourist taxes implemented by local authorities during your visit may be additional.
- **Gratuities:** While gratuities are not mandatory, they are always appreciated by our guides and local staff for their exceptional service.
- **Unforeseen expenses:** Life happens, and sometimes unexpected expenses arise. We recommend budgeting a buffer for any such occurrences.
- **Souvenirs:** Treat yourself to unique mementos to remember your adventure, but remember, souvenirs are not included in the program cost.
- **Personal equipment:** Pack your sense of adventure and a sturdy pair of hiking boots, as personal equipment is not provided.
- **Additional beverages:** Quench your thirst beyond the included beverages with your own supply of refreshments.
- **Local, national, or international calls:** Stay connected with loved ones back home, but remember, local, national, or international calls are not included.
- **Other activities:** Our Untamed Trails itinerary is carefully curated to provide an unforgettable experience, but other activities not mentioned may incur additional costs.

## Itinerary

Day 1

Your journey begins in Pasto.

Upon arrival at the airport, you will be met and transferred to your hotel in Pasto.

In the evening, enjoy a delightful welcome dinner, savoring the flavors of the region and getting to know your fellow adventurers.

Day 2

**Pasto – Chilidoña waterfall – Qhapaq Ñan (INCA Trail and lost City) – Las Lajas – Ipiales**

**Your adventure begins in Pasto,** from where you'll embark on a scenic drive to the charming town of Funes. Upon reaching the Chapal hamlet, you'll savor a delectable local breakfast, preparing your body for the invigorating hike ahead.

**Immerse yourself in the revitalizing atmosphere as you embark on a captivating trek towards La Chilidoña Waterfall,** a sacred site revered by the Incas. Feel the invigorating spray of the cascading waters, capture stunning photographs, and simply revel in the awe-inspiring panorama that surrounds you.

**As you ascend back to the Chapal Vereda, pause to admire the fascinating petroglyphs,** remnants of the Incas' profound connection to their deities. These ancient markings offer a glimpse into the rich cultural heritage of this region.

**Upon returning to Chapal, indulge in a tantalizing regional lunch,** savoring the authentic flavors of this Andean paradise.

**Your adventure continues towards the enigmatic lost city of Chitarran,** Imagine the bustling life that once thrived within these ancient ruins, and feel a sense of connection to the past.

**Technical Specifications of the Trail:**

- **Gradient:** Average 18%
- **Altitude:** 2,570 meters above sea level (start) – 2,989 meters above sea level (Lookout Point)
- **Total Walking Distance:** 9.5 km
- **Difficulty:** Moderate, suitable for those who regularly engage in physical activity. Also ideal for individuals seeking to transition to intermediate hiking,

mountaineering, and mountain sports.

- **Average Completion Time:** 5 hours
- **Climate:** Average temperature: 14°C
- **Fitness Level:** Suitable for individuals with good physical condition

**Evening/Night Visit to Las Lajas Sanctuary:**

Upon reaching the destination, explore the commercial area of the Las Lajas district and descend to the Sanctuary, home to the image of the Mestiza or Our Lady of Las Lajas. Engage in a spiritual encounter with yourself, pray, attend the celebration of the Eucharist, admire the Sanctuary's stunning architecture, visit the museum and lower levels, embark on short rejuvenating walks, immerse yourself in the Sanctuary's picturesque surroundings, or simply contemplate God's miracle in the abyss. Throughout your journey, you'll be accompanied by expert guides who will delve into the history of the image and the Sanctuary.

Day 3

**Hike the Sendero de Vida and La Planada Reserve!**

**Embark on a challenging yet rewarding hike** through the diverse ecosystems of Nariño. Our adventure begins after breakfast with a transfer to Vereda San Diego, a traditional village nestled amidst the Andean cloud forests.

**Hike the Sendero de Vida (Path of Life):** This scenic trail takes you through a tapestry of landscapes, starting in the verdant **High Andean Forest** and gradually ascending into the unique ecosystems of the **sub-páramo** and **páramo**.

- **Traverse ancient trails** used by the indigenous Pasto people, passing by Telpud, a sacred site at an elevation of 3,334 meters above sea level.
- **Witness a dramatic change in scenery** as you enter the frailejonal and pajonal ecosystems, characterized by cushion plants and bunchgrass.
- **Reach the breathtaking Capotes viewpoint**, offering panoramic vistas of the majestic Cumbal Volcano and the mystical Laguna del Silencio (Lake of Silence) at 3,601 meters above sea level.
- **Descend through diverse terrain** until you reach the Los Capotes Bio-tourism Center, a welcome rest stop after your exhilarating journey.

**Technical Trek Conditions:**

- **Difficulty Level:** 4 (Strenuous)
- **Terrain:** Rugged with prolonged ascents and descents
- **Suitability:** Adults in good physical condition
- **Distance:** 8 Km (5 miles)
- **Approximate Duration:** 5 hours
- **Inclination:** Minimum 14% – Maximum 29%
- **Altitude:** Minimum 3,205 meters (10,515 feet) – Maximum 3,675 meters (12,057 feet)
- **Climate:** Cold (average 8-12°C / 46-54°F)

After completing the hike at Los Capotes, take a scenic boat ride across the tranquil Laguna del Silencio (Cumbal Lake). Savor a delicious lunch prepared by a local family in their rustic farmhouse.

After lunch, we'll head to La Planada Reserve in the municipality of Ricaurte. Check-in to rustic cabins, enjoy dinner, and embark on a thrilling night hike.

Day 4

**La Planada Reserve Trail: An Adventure into the Heart of the Cloud Forest**

Embark on an exhilarating trek through the La Planada Reserve, a haven of biodiversity nestled in the heart of Colombia's cloud forest ecosystem.

**Location:** Ricaurte Municipality, Awa Indigenous People – Pialpi Reserve

**Ecosystem:** Cloud Forest

**Difficulty Level and Description:** 2

- Hike over uneven terrain with short ascents
- Suitable for adults with good physical condition
- Distance: 3 to 5 km
- Approximate duration: 4 hours, with the option to enjoy swimming in rivers

**Technical Description:**

Upon arrival at La Planada Reserve, you'll be presented with a variety of day and night trails to choose from. Guided by local Awa interpreters, you'll embark on a journey tailored to your interests and fitness level. Explore trails designed for birdwatching, epiphyte observation, and wildlife encounters, each offering a unique perspective of the cloud forest's rich biodiversity. The trails range from easy to moderate difficulty, with no hike exceeding five hours.

**Conclude your day with a scenic transfer back to Pasto for dinner and overnight accommodation.**

Day 5

**Trek through the Ramsar Humedal Lagoon of La Cocha**

**Your Journey:**

- **Challenging Yet Rewarding:** This 8 km+ trek is designed for adults in good physical condition, promising a rewarding challenge for outdoor enthusiasts.
- **Duration:** Embark on a 4-hour adventure that will leave you breathless and rejuvenated.

**Technical Details:**

- **Starting Point:** Depart from Pasto City and drive to the Divina Pastora sector (3,256 masl), offering stunning views of Lago Guamuez (or Laguna de la Cocha).
- **Descent and Arrival:** Begin your descent to Casapamaba village (3.7 km) and continue for 2.28 km towards the Los Arrayanes reserve.
- **Lunch and Conservation Insights:** Savor a delicious lunch at the nature reserve and gain firsthand insights into the community's conservation efforts.

**Legacy Action:**

- **Planting a Native Seed:** Leave a lasting mark by planting a native potato seed with a local farming family, contributing to the preservation of this precious biodiversity.

- **Supporting Future Generations:** Your contribution will help safeguard the region's biodiversity and create a genetic bank for future generations.

- **Legacy Activity Location:** Laguna de Cocha, Casa Pamba village, San Francisco Reserve.

**Afternoon Exploration:**

- **Boat Cruise:** In the afternoon, embark on a scenic boat ride from the village pier to the Isla La Corota Flora Sanctuary.

- **Return to Pasto:** Conclude your adventure with a transfer back to Pasto, followed by dinner and overnight accommodation.

Día 6

**Savor a hearty breakfast** before departing for Antonio Nariño Airport. **Soak up one last glimpse** of the breathtaking landscapes that have captivated your soul during this unforgettable adventure.

## Travel tips

### Essential Preparation for Your Trek

Before venturing into the heart of the Nariño Massif, it's crucial to ensure a safe and enjoyable experience. Here's a comprehensive guide to prepare you for this unforgettable journey:

**Respect the Environment:**

- **Leave no trace:** Minimize your impact on the environment by properly disposing of waste. Avoid littering and leaving any trace of your presence.
- **Conserve water:** Carry a reusable water bottle and refill it whenever possible. Avoid using single-use plastic bottles.
- **Respect wildlife:** Observe wildlife from a distance and avoid disturbing their natural behavior. Do not feed or touch wild animals.

**Pack Smart:**

- **Dress for the elements:** Pack layers of warm clothing made from quick-drying synthetic materials (lycra, fleece, etc.). Bring a waterproof jacket and pants, a warm fleece jacket, and a hat.
- **Footwear:** Invest in a good pair of ankle-high hiking boots that are waterproof and provide adequate support.
- **Essentials:** Carry a headlamp, sunscreen (SPF 60 or higher), insect repellent, sunglasses, a first-aid kit, and personal toiletries.
- **Hydration:** Bring a water bottle or hydration pack to stay hydrated throughout the trek.
- **Snacks:** Pack energy-boosting snacks like nuts, dried fruits, and granola bars.
- **Camera:** Capture the breathtaking scenery and memorable moments with a camera.

**Embrace the Adventure:**

- **Maintain group cohesion:** Stay with the group during hikes, avoid straying off the trail, and inform the guide if you need to make a quick stop.
- **Respect local customs:** Be mindful of local customs and traditions when interacting with indigenous communities.
- **Embrace the unexpected:** Be prepared for unpredictable weather conditions and adapt to the unique challenges of trekking in remote areas.

**Additional Tips:**

- **Limit alcohol and substance use:** Avoid excessive consumption of alcohol or any substances that could impair your judgment or coordination during the trek.
- **Protect your belongings:** Leave valuable items like jewelry at home. Carry only essential items in a backpack.

- **Communicate with your guide:** Inform your guide about any pre-existing medical conditions or concerns you may have.
- **Enjoy the journey:** Take in the stunning scenery, immerse yourself in the natural beauty, and appreciate the cultural richness of the region.

**By following these guidelines, you'll be well-equipped to embark on an unforgettable adventure in the untamed trails of the Nariño Massif. Remember, safety and respect for the environment are paramount. Prepare to be challenged, inspired, and transformed by this extraordinary experience.**