

## **Santa Isabel Snowy Expedition - 1 day trip**



### **Overview**

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#### **What will remain in your memory forever, visiting the nevado Santa Isabel**

- The nevado Santa Isabel is the mountain that has the smallest glacier mass in Los Nevados Park. Its access can be done from the city of Pereira o Santa Rosa de Cabal.
- It is composed of three main peaks (North, Center and South) and its ascent does not require more technical preparation ..

## Dates

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### **Schedule to be part of the program Santa Isabel Snowy Expedition - 1 day trip**

Every day of the year.

\* We organize it whenever you want! If you want to travel alone or with your group, we can organize all the logistics for this expedition at any time of the year.

On all dates we leave Pereira or Santa Rosa de Cabal at 4:00 am on the first day of expedition. So you must arrive the day before and sleep there. We can recommend hotels for that night.

We pick you up at the lodging place, while it is located in the urban area of the city.

To request a quote please write to [info@ecoglobalexpeditions.com](mailto:info@ecoglobalexpeditions.com), indicating number of people and date.

### **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

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This expedition is only for private groups, please write to us at [info@ecoglobalexpeditions.com](mailto:info@ecoglobalexpeditions.com) to send you a quote.

### **Notes:**

- \* This works like this: since it is an expedition open to the public, you register and other people are registered separately, the total number of people registered is added and the price is determined. To know who we are counting with, you must make a payment as explained below.
- The price does not include transportation from your city of origin to Pereira or Santa Rosa de



Cabal, you must be there from the day before, you can go in your vehicle, by bus or plane and you must spend the night in Pereira or Santa Rosa de Cabal.

- **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.**

To reserve your place please write to [info@ecoglobalexpeditions.com](mailto: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 by direct payment in our offices located in Cr 11A No. 93A - 22 Of 401

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**

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## **What's included**

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**In our Santa Isabel Snowy Expedition - 1 day trip program we include:**

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- Round trip transportation in a closed 4×4 vehicle (camper van).
- Breakfast, lunch and snack.
- Escort guide.
- Medical assistance insurance.
- Plastic for the stadium type rain and we lend support cane for the walk.

## What's not included

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**In our program Santa Isabel Snowy Expedition - 1 day trip it is not included:**

- Transport from your city of origin to Pereira or Santa Rosa de Cabal 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.**

## Itinerary

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NOTE:

- The following itinerary is informative in nature and may vary without prior notice according to weather conditions or unforeseen events that may arise on the way to the snow-capped Santa Isabel.
- Meeting point: [Estación EDS Terpel - Parque Olaya Pereira](#) 4.00 am or we will pick you up at your home or lodging in Pereira or Santa Rosa de Cabal.

Day 1

4:00am. Departure from the city of Pereira, Santa Rosa de Cabal, in a 4x4 vehicle on an open road for 3 and a half hours.

On this tour we will be able to enjoy the mountain landscapes in Colombia, appreciating canyons and

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inter-Andean valleys that make their way until we reach the central mountain range of the Andes.

After breakfast at the Potosí farm, we will take the vehicle for 30 minutes to the site known as Conejeras (4,100m).

Once there we begin the walk for approximately 3 hours that will take us to the center glacier (4,900m).

For 3.3km we will cross the paramo and super paramo ecosystems until we can enjoy the view of the snow-capped peaks, then we will begin the descent towards the vehicle.

On the way back we will stop again in Potosi, where we will have lunch before returning by vehicle to the city of origin, arriving at approximately 7pm.

## Travel tips

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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.
- 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 ToolkitTraductor de sitios web
- Información del Traductor de GoogleComunidadMóvil

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



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**[www.ecoglobalexpeditions.com](http://www.ecoglobalexpeditions.com)**

- 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 !!!