

### **Cano Cristales La Manigua Ecolodge VIP**



### **Overview**

La Macarena hill range is considered by scientists all over the world as one of the most important wildlife refuges in the planet.

La Macarena is so unique due to its isolated hill range features. In the archaeological sites on rivers Duda and Guayabero there are petroglyphs and pictograms that belong to the pre-Columbian tribes that lived here. Here, there are over twenty species of flora and the same amount of fauna that can not be found anywhere else in the world.

Cano Cristales is a Colombian river located in La Macarena hill range. The river is commonly called "The River of Five Colors", "The Liquid Rainbow" or even "The Most Beautiful River in the World", due to the endemic colored aquatic plant that grows on the bottom of the river producing colors like red, yellow, green, violet and blue, giving it a unique appearance.



### Dates

This trip departs daily since June to November and can be booked for any day of this season. For booking please email us at **info@ecoglobalexpeditions.com** 

### Price

For a quotation please email us to info@ecoglobalexpeditions.com

### How to book

This trip departs daily since June to November, and can be booked for any day of this season. For booking please email us at **info@ecoglobalexpeditions.com** 

### What's included

Our Caño Cristales program includes:

- Boat transportation along the Guayabero River
- Approach transportation to Caño Cristales in  $4 \times 4$  campers
- Accommodation at the Ecolodge La Manigua
- Complete meals in La Macarena (from lunch on day 1 to breakfast or lunch on the last day,



according to the flight itineraries), breakfast and dinner are taken at the hotel and lunch in the form of "fiambre" (picnic) during the river tours.

Specialized guidance and guidance.

- Exclusive tours for you alone or your entire group privately with the guide.
- Exclusive local guides only for your group (Ecoglobal Expeditions supports the communities and eco-tourism initiatives and projects of the regions we visit)
- Assistance card (travel insurance)
- Management of entry permits to the Cormacarena Natural Park and National Natural Parks.
- Contribution to the La Cachivera village.

### What's not included

Our Caño Cristales program does not include:

Note: the following values may vary without prior notice, these are the 2024 values:

\* Natural Parks entrance tax

COLOMBIAN BETWEEN (5-25 years) \$25,500 COLOMBIAN ADULT (over 25 years) \$46,500 FOREIGNERS ADULT OR CHILD \$71,000

\* Social contribution to rural communities and risk management

NATIONALS AND FOREIGNERS \$81,000

\* Municipal entrance tax MAYOR'S OFFICE

NATIONALS \$39,000 FOREIGNERS \$59,000

\* Airport tax

NATIONALS AND FOREIGNERS \$13,000

\* Cormacarena tax

COLOMBIAN ADULT \$44,545 COLOMBIAN OR FOREIGN BETWEEN (5-12 years) \$21,184



FOREIGN ADULT \$67,906

\*Total Taxes 2024:

NATIONAL ADULT: \$224,045 NATIONAL 5 - 12 YEARS: \$179,684 NATIONAL BETWEEN 13 - 25 YEARS: \$203,045 NATIONAL OVER 65 YEARS: 133,000 FOREIGN 5 - 12 YEARS: \$245,184 FOREIGN ADULT: \$291,906

- Air transportation to Macarena either from Bogotá, Medellín, Cali or Villavicencio
- Tips
- Unstipulated expenses
- Breakfast day 1
- Additional and alcoholic beverages
- Local, national or international calls
- Other activities not included in the itinerary

### Itinerary

### **3D/2N Op A**

Day 1

- Welcome at La Macarena airport

- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.

- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.

- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.

- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.
- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.



- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the Macarenia clavigera plant and bathe at small pools.

- 45 minutes hike back to the Guayabero river to reach out boat
- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.
- Check-in at La Manigua Lodge
- Time to relax and to enjoy the possible visit of some monkeys
- Dinner at La Manigua Lodge

#### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River
- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.
- At the end of the day we will have a cultural activity on the river.
- Dinner at La Manigua Lodge

#### Day 3

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- We will have our luggage ready because it comes with us on the boat so we can seize the morning as much as possible. Our luggage will continue on the boat to La Macarena, where they will be stored in our office.

- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena

- We will reach National Parks check point, where we will get ready for the hike.

- 30 minutes hike till we reach Caño Cristales.

- This day we will visit the lower basin of Caño Cristales, where this Majestic river enters the jungle and because of the shadow of the forest the Macarenia clavigera plant has an intense green coloration.

- At the end of the hike we will return to La Macarena, where we will have a room to shower and get ready for the lunch before the flight.

- Transfer to the airport and farewell.



#### 3D/2N Op B

Day 1

- Welcome at La Macarena airport

- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.

- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.

- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.

- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.
- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.

- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the Macarenia clavigera plant and bathe at small pools.

- 45 minutes hike back to the Guayabero river to reach out boat

- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.
- Check-in at La Manigua Lodge
- Time to relax and to enjoy the possible visit of some monkeys
- Dinner at La Manigua Lodge

### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River

- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.
- At the end of the day we will have a cultural activity on the river.
- Dinner at La Manigua Lodge

Day 3



- Breakfast at La Manigua Lodge. The time to start the activity will be defined according to the flight schedule.

- 10 minute hike to from La Manigua Lodge till we reach the horses.

- 45 minute horse ride along "morichales" and natural savannahs till we reach Caño Piedra. If we have enough time it's posible to bathe at a natural pool.

- Return to La Manigua Lodge bu horse (60 minute)

- We will pack or luggage and get ready to return to La Macarena by boat. If our return flight is in the afternoon, we will have lunch at the town.

- Transfer to the airport and farewell.

### 4D/3N Op A

Day 1

- Welcome at La Macarena airport

- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.

- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.

- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.

- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.

- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.

- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the Macarenia clavigera plant and bathe at small pools.

- 45 minutes hike back to the Guayabero river to reach out boat

- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.

- Check-in at La Manigua Lodge

- Time to relax and to enjoy the possible visit of some monkeys

- Dinner at La Manigua Lodge

#### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River

– 40 min  $4 \times 4$  transfer on a bumpy road entering the National Park Sierra de La Macarena



- We will reach National Parks check point, where we will get ready for the hike.

- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.

- At the end of the day we will have a cultural activity on the river.
- Dinner at La Manigua Lodge

Day 3

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River

- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena

- We will reach National Parks check point, where we will get ready for the hike.

- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena. This day we will visit the lower basin of Caño Cristales, where this Majestic river enters the jungle and because of the shadow of the forest the Macarenia clavigera plant has an intense green coloration.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.

- At the end of the day we will have a cultural activity with our neighbors.

- Dinner at La Manigua Lodge

### Day 4

- Breakfast at La Manigua Lodge. The time to start the activity will be defined according to the flight schedule.

- 10 minute hike to from La Manigua Lodge till we reach the horses.

- 45 minute horse ride along "morichales" and natural savannahs till we reach Caño Piedra. If we have enough time it's posible to bathe at a natural pool.

- Return to La Manigua Lodge bu horse (60 minute)

- We will pack or luggage and get ready to return to La Macarena by boat. If our return flight is in the afternoon, we will have lunch at the town.

- Transfer to the airport and farewell.



#### 4D/3N Op B

Day 1

- Welcome at La Macarena airport

- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.

- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.

- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.

- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.
- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.

- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the Macarenia clavigera plant and bathe at small pools.

- 45 minutes hike back to the Guayabero river to reach out boat

- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.
- Check-in at La Manigua Lodge
- Time to relax and to enjoy the possible visit of some monkeys
- Dinner at La Manigua Lodge

#### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River

- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.
- At the end of the day we will have a cultural activity on the river.
- Dinner at La Manigua Lodge

Day 3



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- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 40 min boat transfer upstream the Guayabero river. The upper basin uf the Guayabero river is great for spotting wildlife, so it's important to have your eyes open!

- Visit to the Raudan de Angosturas, water rapids created because the Guayabero river has to go through a rock canyon that can only be visited during the dry season.

- We will take pictures of the water rapids before starting our hike to Ciudad de Piedra.

- 90 min hike to reach Ciudad de Piedra, a rock labyrinth that belongs to the Guiana shield and a valley full of rock formations that only the wind and the water could have sculpt.

- At this particular spot we will have time to have lunch, bathe at Caño El Encanto and enjoy the landscape from the huge rocks that decorate this valley.

- We will return by the same to our boat and then continue back to La Manigua Lodge.

- At the end of the day we will have a cultural activity with our neighbors.

- Dinner at La Manigua Lodge

### Day 4

- Breakfast at La Manigua Lodge. The time to start the activity will be defined according to the flight schedule.

- 10 minute hike to from La Manigua Lodge till we reach the horses.

- 45 minute horse ride along "morichales" and natural savannahs till we reach Caño Piedra. If we have enough time it's posible to bathe at a natural pool.

- Return to La Manigua Lodge bu horse (60 minute)

- We will pack or luggage and get ready to return to La Macarena by boat. If our return flight is in the afternoon, we will have lunch at the town.

- Transfer to the airport and farewell.

### 4D/3N Op C

Day 1

- Welcome at La Macarena airport

- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.

- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.

- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.

- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.



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- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.

- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the Macarenia clavigera plant and bathe at small pools.

- 45 minutes hike back to the Guayabero river to reach out boat

- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.
- Check-in at La Manigua Lodge
- Time to relax and to enjoy the possible visit of some monkeys
- Dinner at La Manigua Lodge

#### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River
- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.
- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.
- At the end of the day we will have a cultural activity on the river.

- Dinner at La Manigua Lodge

#### Day 3

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 40 min boat transfer upstream the Guayabero river. The upper basin uf the Guayabero river is great for spotting wildlife, so it's important to have your eyes open!

- Visit to the Raudan de Angosturas, water rapids created because the Guayabero river has to go through a rock canyon that can only be visited during the dry season.

- We will take pictures of the water rapids before starting our hike to Ciudad de Piedra.

- 90 min hike to reach Ciudad de Piedra, a rock labyrinth that belongs to the Guiana shield and a valley full of rock formations that only the wind and the water could have sculpt.

- At this particular spot we will have time to have lunch, bathe at Caño El Encanto and enjoy the landscape from the huge rocks that decorate this valley.

- We will return by the same to our boat and then continue back to La Manigua Lodge.

- At the end of the day we will have a cultural activity with our neighbors.



- Dinner at La Manigua Lodge

Day 4

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- We will have our luggage ready because it comes with us on the boat so we can seize the morning as much as possible. Our luggage will continue on the boat to La Macarena, where they will be stored in our office.

- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena

- We will reach National Parks check point, where we will get ready for the hike.

- 30 minutes hike till we reach Caño Cristales.

- This day we will visit the lower basin of Caño Cristales, where this Majestic river enters the jungle and because of the shadow of the forest the Macarenia clavigera plant has an intense green coloration.

- At the end of the hike we will return to La Macarena, where we will have a room to shower and get ready for the lunch before the flight.

- Transfer to the airport and farewell.

### 5D/4N

Day 1

- Welcome at La Macarena airport

- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.

- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.

- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.

- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.
- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.

- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the Macarenia clavigera plant and bathe at small pools.

- 45 minutes hike back to the Guayabero river to reach out boat

- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.

- Check-in at La Manigua Lodge



- Time to relax and to enjoy the possible visit of some monkeys
- Dinner at La Manigua Lodge

### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River
- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.
- At the end of the day we will have a cultural activity on the river.

- Dinner at La Manigua Lodge

### Day 3

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).

- 15 min boat transfer downstream the Guayabero River
- 40 min 4×4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.

- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena. This day we will visit the lower basin of Caño Cristales, where this Majestic river enters the jungle and because of the shadow of the forest the Macarenia clavigera plant has an intense green coloration.

- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.

- At the end of the day we will have a cultural activity with our neighbors.
- Dinner at La Manigua Lodge

### Day 4

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).



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- 40 min boat transfer upstream the Guayabero river. The upper basin uf the Guayabero river is great for spotting wildlife, so it's important to have your eyes open!

- Visit to the Raudan de Angosturas, water rapids created because the Guayabero river has to go through a rock canyon that can only be visited during the dry season.

- We will take pictures of the water rapids before starting our hike to Ciudad de Piedra.

- 90 min hike to reach Ciudad de Piedra, a rock labyrinth that belongs to the Guiana shield and a valley full of rock formations that only the wind and the water could have sculpt.

- At this particular spot we will have time to have lunch, bathe at Caño El Encanto and enjoy the landscape from the huge rocks that decorate this valley.

- We will return by the same to our boat and then continue back to La Manigua Lodge.

- Dinner at La Manigua Lodge

- After dinner we will grab our headlamps and do a 60 min hike inside the forest. We will have the opportunity of focusing on the small details of the forest and if we are lucky get to spot bigger animals on the way.

#### Day 5

- Breakfast at La Manigua Lodge. The time to start the activity will be defined according to the flight schedule.

- 10 minute hike to from La Manigua Lodge till we reach the horses.

- 45 minute horse ride along "morichales" and natural savannahs till we reach Caño Piedra. If we have enough time it's posible to bathe at a natural pool.

- Return to La Manigua Lodge bu horse (60 minute)

- We will pack or luggage and get ready to return to La Macarena by boat. If our return flight is in the afternoon, we will have lunch at the town.

- Transfer to the airport and farewell.

### **Travel tips**

#### **Personal equipment list:**

- Day pack 20 / 35 lt.
- A change of clothes for exploring / long trousers, long sleeves shirts, hiking boots or comfortable shoes that can get wet



- A change of clothes for trip/ comfortable and cool
- Sandals
- Swimming suit
- Rain/plastic poncho
- Hat/Cap
- Small towel
- Personal toiletries
- 2 lt Water containers (Nalgene type)
- Swimming mask or goggles
- Head lamp and extra batteries
- Sun glasses (UV400)
- Personal medicine
- Insect Repellent
- Camera and / or binoculars
- Identity documents (passport)
- We want that during our visit to these remote, remote and often forgotten territories, all: guides, coordinators and tourists, we contribute to the economy of these regions and small towns, buying in the stores, stores, bakeries and restaurants, their products and merchandise (such as sweets, chocolates, soft drinks, sweets, fruits, etc.) and acquiring local handicrafts. It is a small support through which we include these communities in the tourism value chain. If you like to consume very sophisticated foods or special diets (almonds, sugar-free chocolates, dried seeds or dehydrated fruits, for example), which you will not be able to get in the shops of the villages, we recommend you take them with you. Thank you for joining this initiative, this is called sustainable tourism!

#### Notes:

- Do not wear military camouflage clothes
- Get the following vaccinations prior to your trip to Colombia: Yellow Fever, Tetanus and Malaria and carry your vaccination card with your personal documents.

**Our contribution:** When we visit places, where we know there are farmers or indigenous communities, we like to bring gifts to children, as a gratefulness for allowing us to explore their territory. We usually give them books, school supplies, pencils and colors! We invite you to participate!