



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Colombia - Coffee Triangle and Medellin Multisport Adventure Tour 2018**

**Guided**

**6 days/5 nights**



From the rich tropical valleys of the Coffee Triangle to the snow peaked volcanoes in Los Nevados National Park and on to trendy Medellin, this tour explores the best of the Central Andes. Discover a land of the great biological diversity, lush fertile valleys and some of the world's finest coffee. Here we bike down snow peaked volcanoes, raft on the region's most pristine river, and experience living traditions to obtain a deep understanding of the Colombian culture. Exclusive adventures, diverse ecosystems, stellar guides and cultural encounters make for a Colombian adventure of a lifetime!

**Highlights:**

- Great variety of ecosystems and nature reserves
- Experience the celebrated Colombian coffee culture
- Paddle down the Central Andes most scenic and pristine river
- Hike in unique paramo highland ecosystem over 4,000 m in altitude
- Explore Santa Fe de Antioquia one of Colombia's most charming colonial cities
- Mountain bike in the paramo and cloud forest
- Try the flavors of Colombian and fusion cuisine
- Meet the enchanting Paisa people
- Experience the vibrant nightlife in Medellin
- Selection of charming hacienda and rural hotels
- Highly rated naturalist and adventure guides

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350



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### Itinerary Day to Day

#### **Day 1: Transfer in and Gourmet Coffee Experience**

Air or land transfer to Periera. Explore the heart of the region known as the “Coffee Triangle”, where we begin with a coffee tour that invites you to discover why Colombia has elevated coffee to an art form. We will discover the amazing world of gourmet coffee through a visit to an award winning coffee hacienda. While walking along coffee plantations, we will learn the secrets and techniques of cultivation, harvesting, peeling, selection and the roasting process. To better understand the quality, blends and distinguish different aromas we will experience a process known as the Coffee Baptism. We will also witness a barista demonstration and sampling of some of his finest designer coffees. The evening is spent in a hacienda or a tourist superior hotel



#### **Day 2: Hike in Otun Quimbaya and Mountain Bike in Los Nevados**

In the morning we explore the Otun Quimbaya Flora and Fauna Sanctuary. This 489 hectare cloud forest is filled with hundreds of species of birds, butterflies and small mammals. We will walk along its trails filled with orchids, bromeliads and ferns and to an old growth forest to learn about this rich ecosystem. After our nature hike we will continue our journey towards Manizales and the foothills of Los Nevados which is home to the highest peaks in the Central Cordillera. (We do not enter the park due to recent and ongoing volcanic activity.) Here we find an endemic ecosystem known as Paramo that subsists over 3,200 meters in altitude. This region is home to many unique



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high altitude species of birds and plants including thousands of conspicuous Speletia or Frailejon. Here we begin our biking adventure. We will ride mostly downhill enjoying great moorland scenery and vistas to the warm valleys below. We will continue descending on dirt roads into a cloud forest ecosystem. Our cycling adventure ends as we enter a buffer zone where we enjoy classic Colombian farmland scenery. We continue our journey north along the Cauca River to La Pintada. We spend the evening in a tourist class hotel with great views to the gorge below.

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### **Day 3: Rafting In Rio Buey**

We continue our journey north on a scenic road along the Cauca River Valley, a fertile region dotted with small traditional towns that seem suspended in time. This area is home to the Farallones peaks and an incredibly lush and scenic agricultural area. We reach the shores of Rio Buey (which means Ox) where we set up to run the regions very best river. Rio Buey is born in the mountains behind Medellin and runs through a pristine forest area which makes for crystal clear water through its entire run. This is a class III river with a few class IV rapids that can be portaged, if water flow is high. The river is mostly isolated surrounded by cloud forest and remote



farmland. This medium flow river offers many exciting features to surf, play and just have a great river day! The run ends at the convergence with the Armas River. We spend the evening in a nearby local hotel with great views to the Cauca river gorge.



### **Day 4: Santa Fe De Antioquia and Las Baldias Cloudforest Reserve**

Today we visit Santa Fe de Antioquia, a small colonial town founded in 1541. It is a perfectly maintained Spanish city with beautiful squares, streets, plazas and churches that give the feeling of being transported to another era. We explore this quaint village to relive part of the history of Colombia. After lunch, we continue to nearby Serrania de Las Baldias. This scarcely visited high altitude cloud forest reserve offers an exceptional hike as it is home to thousands of rare orchids and bromeliads, most of them endemic. The trail begins on a ridge with views to both the Central and Occidental

mountain ranges. Here we can find a unique selection of plants such as the high altitude Frailejon (*Speletia*) and the tropical wax palms living next to each other! This 7 km hike begins at 3,150 m and descends to 2,500 m. Along the trail explore this scenic ecosystem with hundreds of plant species and great birdlife. At the end of the trail we continue into the city to our lifestyle or boutique hotel in Medellin. Our hotel is located in the “zona rosa” where we find galleries, restaurants and some of Colombia’s legendary nightlife.





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**Day 5: Medellín City Tour and Mountain Bike in Arvi Nature Reserve**  
Called by the locals the “City of Eternal Spring”, due to its wonderful year round weather, Medellín is one of the most prosperous, trendiest, and fashion oriented cities in South America. Settled within a warm valley at 1500 m and surround by mountains, it is a scenic, upbeat metropolitan town. The city tour starts with a visit to Plaza Botero in honor of Colombia’s famous artist. We continue to the Antioquia Museum and the botanical garden which acts as a wildlife refuge and research center. From the gardens we ride up on a cable car to ARVI, the city’s most important park and nature reserve. The cable car ride offers amazing views of the city as we ride above hundreds of hectares of impressive forest canopy. Our mountain bikes will be waiting for us at the top of the ridge; from here we will cycle on some of the most scenic trails within the park, visit a lake and search for more birdlife. Before our return to Medellín we visit the Silleteros or saddle men who live in the Santa Elena community. The Silleteros were porters from the

colonial era that used to carry goods and even people. Today this community maintains its tradition as flowers carriers; they prepare elaborate floral arrangement especially for their main event during the Feria de Flores. In the late afternoon we return to our hotel for a farewell dinner and our last evening in Antioquia.

#### **Day 6: Transfer Out**

Private transfer out to the Airport



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## Route



### Technical Characteristics:

**Route Profile:** Moderate – suitable for any age group. Activities include Hiking, White water Rafting, Mountain Biking, and Cultural Explorations. 500m – 4600 m above sea level.

**Travel Season:** Daily arrival between January 2 and December 31, 2018



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**Price per Person:**

Double Occupancy	\$2310.00 USD
Single Supplement	\$299.00 USD

Group rates are available for this tour. Please ask us for details.

**Accommodation:**

Select Tourist Superior, Boutique and Colonial Hotels

**Included:**

- Accommodations in tourist superior hotels and haciendas and boutique hotels
- 5 x breakfast, 5 x lunch and 5 x dinners
- All activities
- Land transportation

**Not Included:**

- Internal flights
- Tips

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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