

# 13 DAYS CYCLING COLOMBIA

## DESTINATIONS

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## TOUR ITINERARY

### DAY 1

Destination	Bogota
Meals included	
Accommodation	N/A

Arrive at the hotel in Bogota this afternoon/evening.

Accommodation: Monserrat Hotel & Spa or similar

### DAY 2

Destination	Bogota
Meals included	Breakfast, Dinner
Accommodation	N/A

Bike fitting followed by Bogota 'Ciclovía' city ride and welcome dinner.

Passengers on our Avianca group flight will have flown overnight and arrive today in the early hours of the morning. There will be time for a few hours rest and breakfast before setting out with the tour leader in order to try out your bike and cycle the car-free streets of Bogota as part of the weekly 'ciclovía' event. Every Sunday large parts of the city are closed to traffic as residents cycle, jog, walk, roller-skate in a remarkable display of utilising public space in the interest of leisure and togetherness. You'll have a chance to see the modern Bogota and also visit a market in the bohemian neighborhood of Usaquen. This immediate exercise is a great way to minimise the effects of jetlag! You will have the afternoon at leisure and we strongly recommend visiting one of the fantastic museums the city has to offer, which all offer free entrance on Sundays.

Accommodation: Monserrat Hotel & Spa or similar

Meals included: Breakfast, Dinner

Distance covered: 25 km / 15 miles

### DAY 3

Destination	Bogota ➔ Cali [Bugá]
Meals included	Breakfast, Dinner
Accommodation	N/A

Visit Zipaquirá Salt Cathedral; fly to Cali and transfer to Bugá.

In the morning we will visit the famous and unique Zipaquirá Salt Cathedral, located inside a commercial salt mine. After the visit we will be driven to Bogota airport to catch a flight travelling southwest to Cali. From here we will be driven a short distance (approx. 1 hour 15 minutes) to the town of Bugá where we stay and prepare for the point-to-point riding that will commence the following morning.

Accommodation: Guadalajara Hotel or similar

Meals included: Breakfast, Dinner

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## TOUR ITINERARY

### DAY 4

Destination	Buga [Bicycle] Roldanillo
Meals included	Breakfast, Dinner
Accommodation	N/A

Mostly flat ride following the Cauca River to Roldanillo.

Buga is one of the oldest settlements in the region and an important religious place for the country as pilgrims flock to visit the Basilica which contains an image of Christ. Buga is surrounded by sugar cane fields and is located in close vicinity of the Cauca River. The tour starts out travelling in a northward direction, staying parallel to the Cauca River as we pass fields of sugar cane and fruit trees. Along the route we will stop to visit a sugar cane farm. The vast majority of today's road is fairly flat or with small undulations, and the route is very scenic thanks to the proximity of the Andean Western Cordillera and the possibility to see peaks of the Central Cordillera on a clear day. The temperature in the valley can get very high so be sure to wear sun cream and stay hydrated. Our destination is the town of Roldanillo and we will spend the night at a hotel just off the main plaza.

(Ascent: 515m, descent: 530m)

Accommodation: Hotel Casa Blanca or similar

Meals included: Breakfast, Dinner

Distance covered: 86 km / 53 miles

### DAY 5

Destination	Roldanillo [Bicycle] Cartago
Meals included	Breakfast, Dinner
Accommodation	N/A

Another flat ride passing fields of sugar cane and vineyards towards Cartago.

Another day of cycling on a predominantly flat road which will take us through beautiful landscapes in preparation for the more mountainous rides in the days to come. We'll stop for some grape juice along the way and continue to the hotel on the outskirts of a small town called Cartago for a refreshing dip in the swimming pool! There maybe some traffic to navigate after our lunch stop.

(Ascent: 381m, descent: 394m)

Accommodation: Hotel Don Gregorio or similar

Meals included: Breakfast, Dinner

Distance covered: 62 km / 38 miles

### DAY 6

Destination	Cartago [Bicycle] Montenegro
Meals included	Breakfast, Dinner
Accommodation	N/A

First mountain ride into the coffee country and the town of Pueblo Tapao.

The first few kilometres of today's ride are along a flat road leading to an intersection from where we'll take the first soft climb of the tour heading south-eastwards to Alcalá and up into coffee plantation region. After passing Alcalá we'll have lunch in a village called Quimbaya and continue through Montenegro. We'll arrive at the hotel and have the

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## TOUR ITINERARY

afternoon free to rest and enjoy the swimming pool and surroundings. In addition to coffee plantations, the landscape is also home to banana and plantain, bamboo trees and flowers. A short walk down the road from the hotel there is a coffee theme park with a viewing platform at the entrance which is definitely worth a visit.

(Ascent: 890m, descent: 530m)

Accommodation: Finca La Tata or similar

Meals included: Breakfast, Dinner

Distance covered: 44 km / 27 miles

### DAY 7

Destination	Montenegro [Bicycle] Rio Verde [Bicycle] Calarcá
Meals included	Breakfast, Dinner
Accommodation	N/A

Some challenging climbs with rewarding views and coffee tasting on the way to Calarcá via Rio Verde. Today we start riding on a fairly flat road surrounded by coffee, banana and pineapple plantations to the town of La Tebaida. After passing this town, we'll stop for a drink break and ride for a short section on a busier route. At a point called 'La Y' we will deviate and take a secondary road to enjoy a nice downhill to Rio Verde and then continue onwards to the town of Buenavista. From Rio Verde there is a challenging steep uphill of about 4km to get to Buenavista - this is the hardest climb of the tour but very rewarding. We stop to have lunch in the town of Buenavista, and then there will be an opportunity to try one of the region's best exported coffee brands at a wonderful terrace with a beautiful view. After the break, there is still some climbing to be done but after reaching the top it will all be downhill back to Rio Verde on a different road. From Rio Verde, you will take the same road previously ridden to the hotel for the night.

(Ascent: 1000m, descent: 1147m)

Accommodation: Finca Los Aperos or similar

Meals included: Breakfast, Dinner

Distance covered: 64 km / 40 miles

### DAY 8

Destination	Calarcá [Bicycle] Boquia
Meals included	Breakfast, Dinner
Accommodation	N/A

A day of steady climbing through typical natural scenery to Boquia, included coffee tour and botanical gardens. Today's ride is 90% uphill! But don't worry as it is not too steep. There is a steady climb after crossing the river all the way up to Boquia (near Salento), and we may encounter some traffic. Our first stop will be at the Quindío Botanic Gardens where we will learn about the local flora and also visit a butterfly farm. Afterwards we will have a coffee experience tour at Finca La Pradera and have a chance to learn about the process of growing coffee. We have here before we ride the last portion of the route involving a very scenic final downhill to Boquia. The finca for the next two nights is beautifully situated and is a peaceful place for us to be based. After dinner some kids from the area will give a folklore performance.

(Ascent: 591m, descent: 282m)

Accommodation: El Rancho de Salento or similar

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## TOUR ITINERARY

Meals included: Breakfast, Dinner  
Distance covered: 32 km / 20 miles

### DAY 9

Destination	Boquia
Meals included	Breakfast, Dinner
Accommodation	N/A

Free day to relax; optional ride or hike to Salento and Cocora Valley.  
You may wish to rest today and take a well-earned break from the saddle, remaining in the surroundings of our beautifully located ranch just outside of Salento. Alternatively you can opt for a wonderful walk in Cocora Valley to see the picturesque endemic Wax Palm trees. For those who want to cycle up to the highest point that we'll meet on the tour (2410m above sea level), the ride from the accommodation and up to Cocora involves a 1000m climb.

(Ascent: 1000m, descent: 1000m)

Accommodation: El Rancho de Salento or similar

Meals included: Breakfast, Dinner  
Distance covered: 29 km / 18 miles

### DAY 10

Destination	Boquia [Bicycle] Filandia [Bicycle] Cerritos
Meals included	Breakfast, Dinner
Accommodation	N/A

Some climbs in the morning towards Filandia followed by an exhilarating descent to Cerritos.  
Today we tackle an initially tough climb out of Boquia and the valley up to join the main road to take us towards the pretty coffee town of Filandia. Some traffic maybe expected today. It is claimed that because of its architecture, landscapes and hospitable nature of the locals, that Filandia is one of the most charming and attractive towns in the whole of Colombia. We'll take a break here before setting off on a beautiful stretch of road down to Quimbaya and onwards to Alcala for lunch. This stretch from Filandia to Quimbaya is one of the tour highlights. In the afternoon we continue in the direction of Pereira and take a left turn before the city in order to reach Cerritos, our location for the night.

(Ascent: 1220m, descent: 1830m)

Accommodation: San Antonio del Cerro or similar

Meals included: Breakfast, Dinner  
Distance covered: 75 km / 46 miles

### DAY 11

Destination	Cerritos [Bicycle] Anserma
Meals included	Breakfast, Dinner
Accommodation	N/A

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## TOUR ITINERARY

Gentle ride along the Cauca River before a climb to Anserma.

Our penultimate day of cycling has it all. We start off gently with a fun downhill section leading to the Cauca River from where our route plateaus out as we are flanked on both sides by sugar cane fields. After lunch at a roadside restaurant with an adjoining tilapia farm, we follow a branch of the river northwards (Rio Risaralda). As the road becomes steeper and offers up spectacular views on our final climb into the highland town of Anserma. The town's location on the edge of a mountain makes it completely different from other places seen on the tour, and several of the streets are too steep to be cycled so it lends itself to being explored on foot in order to get the maximum enjoyment! We will have dinner at a local restaurant and there are a couple of nearby bars to explore afterwards.

(Ascent: 955m, descent: 375m)

Accommodation: Mirador Santana or similar

Meals included: Breakfast, Dinner

Distance covered: 58 km / 36 miles

### DAY 12

Destination	Anserma [Bicycle] Chinchiná
Meals included	Breakfast, Dinner
Accommodation	N/A

Final day of riding involves a spectacular downhill section plus some climbs to Chinchina.

Our last day of cycling is another stunning ride as we navigate some hilly sections on our way to Risaralda. From here we face a delightful downhill to cross the Cauca River once more and stop for refreshments in nearby La Rochela. Afterwards we will climb around 8km to Finca La Romelia, where we will stop for lunch. You will also get the opportunity to see thousands of orchids. After lunch you will be transferred to your hotel where you will spend the last night in Colombia.

(Ascent: 874m, descent: 1481m)

Accommodation: Hotel Curazao or similar

Meals included: Breakfast, Dinner

Distance covered: 47 km / 29 miles

### DAY 13

Destination	Chinchiná 🚗 Pereira ✈️ Bogota
Meals included	Breakfast
Accommodation	N/A

Transfer to Pereira; fly to Bogota; end Bogota.

After breakfast we will transfer by private bus to Pereira airport where the tour will end and we'll fly back to Bogota in order to connect with international departure flights. Those who have booked the Cartagena trip extension will fly via Bogota up to the Caribbean Coast.

If there is a long wait at Bogota airport between arriving from Pereira and departing in the evening, it is possible for the tour leader to organise additional services for you should you wish. They will be able to organise this locally for a small charge.

Meals included: Breakfast

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## TOUR ITINERARY

### Inclusions

#### WHATS INCLUDED

Acclimatise in Bogota whilst joining the city's residents in their weekly traffic-free day of urban cycling!  
Ride through lush green landscapes and mountainous terrain in the 'Eje Cafetero' coffee zone  
Hike in the beautiful Cocora Valley amid wax palms (optional on rest day)  
Extend your trip to visit Cartagena on the balmy Caribbean coast (Unesco World Heritage Site)  
Superior twin share accommodation  
Sightseeing and transportation as per the itinerary

### Fine Print

#### HOW TO BOOK & PAYMENTS

##### "Deposit & Payments

Book now and secure your package with only a \$400 deposit per person.  
Pay a 2nd instalment of \$977 per person within 28 days.  
You will then be invoiced for final payment 90 days prior to departure.  
Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)  
Then select the purple 'Book now' tab of the tour you have selected  
Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests  
Click the purple 'Proceed to Secure Checkout' tab  
Enter your credit card or PayPal details to secure your deposit/payment. You may also pay via BPAY (not available within 70 days of departure)  
Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking  
Your position on the tour will be confirmed within 48 hours of completing your order. If your place cannot be confirmed, a full refund of the deposit will occur"

#### OPTIONAL TOURS

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## TOUR ITINERARY

### EXCLUSIONS

Airfares  
Personal Expenses  
Travel Insurance  
Optional activities  
Anything not mentioned in the itinerary or optional

### HOTEL LIST

Bogota - Monserrat Hotel & Spa or similar  
Buga - Guadalajara Hotel or similar  
Roldanillo - Hotel Casa Blanca or similar  
Cartago - Hotel Don Gregorio or similar  
Montenegro - Finca La Tata or similar  
Calarcá - Finca Los Aperos or similar  
Boquia - El Rancho de Salento or similar  
Cerritos - San Antonio del Cerro or similar  
Anserma - Mirador Santana or similar  
Chinchiná - Hotel Curazao or similar

### IMPORTANT INFORMATION

**Accommodation**  
The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.

#### Single Supplement

A single supplement is available on all nights of this trip from an extra \$554 subject to availability.

#### Triple Share

Not available.

#### Children

Children must be 5 years old or over and share a room with parents at all times. Children are charged the same price as adults.

#### Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.

#### Activity Level: 5 (Challenging).

Average daily distance: 54km (33 miles)

Number of days cycling: 10

Vehicle Support: 100%

Terrain and route: surface 95% tarmac, 5% unpaved roads, hilly terrain.

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## TOUR ITINERARY

Routes follow mainly quiet back roads with some challenging climbs.

Total distance covered is approx. 540km taking an estimated distance for the ciclovia and including the optional ride in Cocora Valley on day 9. You will be provided with a cycle computer to record your daily distances each day - please take good care of these on all of your drinks stops as there may be a fee to replace any lost units.

This tour covers some remote and lesser visited parts of the region where international tourism is yet to reach. As a result we are unlikely to encounter many other foreign nationalities and can expect a fully immersive Colombian experience. The vast majority of the roads that we use are in very good condition, although there can occasionally be potholes and poorer conditions in some short sections. The roads are generally free of heavy traffic until we reach small towns where we are more likely to encounter other vehicles. Some of the routes that we take are the same as those used on the 'Vuelta a Colombia' annual cycling race.

The trip is graded as challenging and most days involve some difficult climbs. The first couple of rides from Buga and Roldanillo are fairly flat as they follow the length of a valley, in the later rides we tackle some more challenging ascents, with the hardest being the climb to Buenavista on day 7. You need a good level of fitness in order to complete all of the rides but don't be put off by the grading as the rides are completely achievable. The beautiful surroundings and incredibly supportive team make the rides easier!

Legal Note: all group members joining this tour will be asked to sign an indemnity form at the start of the holiday. This indemnity form is a legal requirement by the tourism authorities in Colombia. As a client of Exodus Travels Ltd, your rights under the Package Travel Regulations (1992) are unaffected, and Exodus remains liable for the actions of our sub-contractors.