



# Trekking in the Heart of Colombia

12 Days



*The Adventure Company* | EST. 1969

**MT + SOBEK**™


MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Trekking in the Heart of Colombia

Discover the Colombia few travelers ever witness on this 12-day journey. From towering mountain peaks to quaint street markets, aromatic coffee farms to world-class museums, you'll revel in the country's abundant treasures. Your journey begins in Bogota, a vibrant blend of cultures, art, and architecture. Then, you'll embark on eight days of intense Andean trekking in Los Nevados National Park — 37,000 square miles of spectacular alpine and tropical scenery and home to mountain tapirs, spectacled bears, and exotic birdlife ranging from tiny hummingbirds to the world's largest bird, the condor.

## Details

|                 |   |
|-----------------|---|
| Arrive:         | Bogota, Colombia  |
| Depart:         | Bogota, Colombia  |
| Duration:       | 12 Days   |
| Group Size:     | 4-16 Guests   |
| Minimum Age:    | 18 Years Old  |
| Activity Level: |  |

## Testimonials

*“Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see.”*

Bob J.

*“We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek.”*

Dennis G.

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 1.888.831.7526

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## Why Take This Trip With Us?

### REASON #01

MT Sobek has designing pioneering high-altitude trekking adventures across the globe for 50 years and is a trusted leader in mountain exploration.

### REASON #02

We work with expert local guiding teams who have over 9 years' experience leading groups through Los Nevados National Park.

### REASON #03

This exclusive adventure cleverly blends spectacular alpine hiking with city exploration in cosmopolitan Bogota.

## What to Expect



### ACTIVITIES

Challenging but exhilarating mountain trekking at high-altitudes, between 4 and 7 hours a day. Also includes city touring in Bogota.



### LODGING

Several nights on rustic family farms, as well as campsites with beautiful views and stylish, comfortable hotels.



### CLIMATE

Best time to travel is mid-November to the end of March.

## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Sergio is a legendary trekking guide with over 30 years of experience and 300 trips to his name! Besides leading our expeditions in Ecuador, Bolivia, Peru, and Argentina's Aconcagua, he also loves to lead some of our more challenging treks in Nepal and Peru. In 2019, Sergio will be leading a 50th Anniversary Base Camp Trek, a new hiking trip in Chile's Dientes de Navarino mountains, and an epic hiking adventure in the Dolomites. Sergio has acquired a loyal following, and is one of our most respected guides.

**Sergio Fitch Watkins**

Matteo is one of our most experienced mountaineering, hiking, and trekking guides. With more than 30 years of rock and alpine climbing and mountaineering, he brings passion, knowledge, and professionalism to each expedition. He has climbed notable peaks in South America and Europe. Matteo is also an excellent cook, and credits his Italian background for this great cooking. Guests have the luxury of enjoying some of his culinary specialties in beautiful mountain areas. He speaks fluent English, Spanish and Italian, and is excited to lead you on your next adventure.

**Matteo Mazzieri**

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# Itinerary

## DAY 1

### ARRIVE IN BOGOTA

Arrive in the capital city of Colombia, a lively multicultural center filled with beautiful parks and fascinating museums. Settle into your hotel this evening to rest up for tomorrow.

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## DAY 2

### EXPLORE THE WONDERS OF BOGOTA

Enjoy a walking tour of the city's colonial district before traveling by cable car up to Monserrate Sanctuary, an iconic church dating back to 1640. Visit two of the city's best museums. Botero Museum features the paintings and sculptures of Fernando Botero, as well as his collection of works by other artists, including Monet and Picasso. The Gold Museum contains a spectacular collection of 36,000 artifacts. You'll never forget standing in a darkened room when suddenly the lights turn on, revealing hundreds of illuminated gold pieces! This evening you'll enjoy a welcome dinner with the group.

**Meals:** B, L, D

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## DAY 3

### JOURNEY TO PEREIRA AND EL BOSQUE FARM

Fly to Pereira, a city in the lush green "Coffee Cultural Landscape of Colombia" and a UNESCO World Heritage Site. Next, settle in for a 3-hour drive, with stops along the way, to the mountain farm of El Bosque (11,647'). Relax and acclimate to the altitude this evening.

**Meals:** B, L, D

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## DAY 4

### HIKE TO NEVADO SANTA ISABEL GLACIER

Begin hiking at La Conejera wetlands, home to 95 species of birds. Take a well-marked trail that steadily gains altitude up to the edge of Nevado Santa Isabel Glacier. Due to its location, the glacier has a great view over the northern area of the park, and the stillness at the summit is dramatic. Keep an eye out for the majestic Andean condor. The maximum altitude for this day is 15,354 feet. Return to El Bosque Farm for a well-deserved dinner.

**Activity:** 6-8 hours hours/5.7 miles hiking with 1,640' elevation gain/loss

**Meals:** B, L, D

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## DAY 5

### TREK TO ASOMADERA & CAMP BY LAKE OTUN

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Set out early this morning for a hike to Asomadera's lower ridge (13,579') on the border between the states of Caldas and Risaralda. Ascend through a scenic gorge with pastoral scenes of farms and fields along the way, gaining altitude until reaching the ridge. After taking in the incredible view, descend through the Enchanted Forest, home to unique shrubs in the sunflower family called failejones. Reach the Lake Otun campsite at 13,300' and sleep under the stars on the southern shore of the lake.

**Activity:** 6 hours/8.5 miles hiking with 1,932' gain & 853' elevation loss

**Meals:** B, L, D

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## DAY 6

### HEAD TO QUEBRADA BLANCA & BERLIN MOUNTAIN FARM

Leave Otun campsite and follow the trail downward, passing El Mosco Lake and descending the wide Cuenca del Rio Otun Valley to Quebrada Blanca, the lowest point of the day (11,830'). From the Quebrada, start a gentle ascent by one of the most colorful and beautiful crater valleys on the trek. Head up to a pass over 13,000 feet and then descend to our day's goal: the Berlin Mountain Farm located at the bottom of a deep valley (12,625').

**Activity:** 5-6 hours/5.6 miles hiking with 1,174' elevation gain & 1,450' elevation loss

**Meals:** B, L, D

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## DAY 7

### ASCEND TO LA ANGUSTIA & LA LINEA PASSES

Hike up to La Angustia Pass (13,756') on the border between the states of Risaralda and Quindio. Then, descend to the Quebrada Cardenas Valley, followed by a short ascent on the northern flank of the valley to the beautiful Humedales wetland. After a relaxing break for lunch, head down the trail on the southern flank of the mountain to La Linea Pass (13,185'), which divides Quindio and Tolima states. Descend to the La Playa farms in the Tolima Valley (12,365').

**Activity:** 7 hours/5 miles hiking with 1,700' elevation gain & 1,970' elevation loss

**Meals:** B, L, D

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## DAY 8

### LAGUNA DEL ENCANTO TREK OR RELAX AT LA PLAYA FARM

Relax at the farm, or hike through the paramo ecosystem up to Enchanted Lake (13,084'), a moderate ascent after several days of challenging hiking. Enjoy a picnic on the lake's shores before heading back down to La Playa farms.

**Activity:** Optional 4 hours/8 miles hiking with 719' elevation gain/loss

**Meals:** B, L, D

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## DAY 9

### ASCEND LA LINEA PASS TO QUEBRADA CARDENAS

After a leisurely breakfast, begin the ascent over La Linea Pass and back to Quebrada Cardenas, this time to descend the valley following the northern side of the Quindio River. See the vegetation and landscape change as you descend, and stop for the night at La Argentina (11,427'), a rustic, historic farm offering beautiful views down to the valley below.

**Activity:** 4 hours/3.6 miles hiking with 820' elevation gain & 1,758' elevation loss

**Meals:** B, L, D

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## DAY 10

### TREK TO COCORA VALLEY & TRANSFER TO SALENTO

Trek through a beautiful rainforest, making a semi-circular ascent that ends at the famous Cocora Valley (7,956'). This haunting valley is adorned with Colombia's signature national tree: the towering Wax Palm. After absorbing the spectacular scenery, transfer to the lovely town of Salento in the Willys Jeeps that are a symbol of the area's coffee culture. Upon arrival in colorful Salento, settle into your hotel, which is located in the colonial part of town. Enjoy the town and indulge in some of Colombia's best coffee.

**Activity:** 3-4 hours/6.6 miles hiking with 3,475' elevation loss

**Meals:** B, L, D

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## DAY 11

### EXPLORE SALENTO & FLY TO BOGOTA

After a relaxing morning, tour a traditional coffee farm and learn about the process involved in producing some of the world's best coffee, which you'll have an opportunity to taste. Enjoy lunch at one of Salento's wonderful restaurants and then explore this easygoing town and its handicrafts. Optional activities include La Kasa botanical tour, horseback riding, and mountain biking. In the evening, fly to Bogota for a last night in Colombia's vibrant capital city and a farewell dinner with the group.

**Activity:** Optional 1-hour horseback riding, or 2-hour mountain biking.

**Meals:** B, L, D

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## DAY 12

### BID FAREWELL TO COLOMBIA

Transfer to Bogota airport for your flight home.

**Meals:** B

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## Dates

Dec 1 - 12, 2019

Feb 2 - 13, 2020

Nov 29 - Dec 10, 2020

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Pricing

2019

\$ 4,495 per person

### Additional Cost

\$ 400 Internal Airfare

\$ 500 Single Supplement

2020

\$ 4,495 per person

### Additional Cost

\$ 400 Internal Airfare

\$ 500 Single Supplement

### PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner (except while camping)
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary campsite equipment
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

### PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Dinner on Day 2
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Optional travel protection
- Sleeping bag for camping

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## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

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### **Awards**



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