



COLOMBIA

HIKING ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Colombia Hiking Adventure 2024

10 days / 09 nights

About Your Trip

Start Location

Bogotá, Colombia

Finish Location

Cartagena, Colombia

Accommodation

9 nights Hotel

Rooming Requirements

Twin Share

Included Meals

Breakfast 09

Lunch 5

Dinner 5

Transport

Per Daily Itinerary

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis these are
based on Zanna's flights

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Colombia Hiking Adventure 2024 Itinerary

Day 1 **17th February 2024**
Destination: **Bogotá**
Meals Included: **Dinner**

Welcome to Bogota! Upon your arrival at the airport, you will have a private individual transfer from the airport to your selected hotel in Bogotá. Be aware of the sign with your name on it. A great deal of activities and experiences are waiting for you. Each and every moment will be memorable and give you an insight into the Colombian culture. Be ready to absorb plenty of history and many incredible landscapes. Undoubtedly a great time lies ahead!

Enjoy a welcome dinner this evening to get to know your group before setting off on your adventure!

Included Activities

· Arrival Transfer - included on a group basis these are based on Zanna's flights only. Any flights arriving before or after her flights will come with an additional charge.

Accommodation

Hotel Vilar de America-Twin rooms or similar

Day 2 **18th February 2024**
Destination: **Bogotá-Matarredonda-La Chorrera-Bogotá**
Meals Included: **Breakfast, lunch**

A natural paradise and a sacred site. That is Matarredonda, an ecological park where you can breathe fresh air and disconnect from the stress of the capital, very close to the center of Bogotá. A paramo ecosystem located between the Bogota town of Santa Fe and the neighboring municipality of Choachí (Cundinamarca).

We will make the tour along the path called: Laguna de Teusacá.

- Type of difficulty: low-medium
- Estimated travel time: 2 hours 30 minutes
- Terrain: royal road
- Total distance: 5.5km
- Maximum height above sea level of the route: 3450 m.a.s.l.

Included Activities

- Private transfer from Hotel Vilar to Matarredonda-La Chorrera- Bogotá Hotel Vilar
- Hike at Matarredonda Reserve (High Altitude – 3.300mts) in the morning with English guide <https://www.parquematarredonda.com/>
- La Chorrera waterfall visit with Lunch and English guide

Accommodation

Hotel Vilar de America-Twin rooms or similar

Day 3 **19th February 2024**
Destination: **Bogotá- Guatavita-Bogotá**
Meals Include **Breakfast**

Visit the place that gave rise to the famous legend of "El Dorado", and enter a journey full of fantasy, history, mysticism and landscapes. On this tour, you will travel north to the town of Guatavita and towards the impressive emerald lake of Guatavita.

After being picked up at the hotel, you will be taken for a walk through the cobblestone streets of the town of Guatavita. There you will learn about the unusual history of this city and stroll through its alleys and craft shops.

Afterwards, you will go by car along potato fields and peasant houses to the highest point where the sacred lake hidden between the mountains is located.

Within this nature reserve that is home to lush and humid forest vegetation, you will be able to feel the mystical energy that made this lake a sacred place for the Muiscas. Here, you will learn about the connection that the ancient Muiscas had with nature. In addition, you will understand the symbolism behind the gold offerings that sparked the gold rush of Spanish treasure hunters.

Included Activities

- Private transfer to Guatavita. Approx. 2 hours.
- Morning visit to Guatavita Sacred Lake – Walking visit. <https://colombia.travel/en/blog/guatavita-village-and-lake-history-and-true-legend>
- Private transfer to Bogotá airport. Approx. 2 ½ hours.
- Afternoon Flight to Santa Marta.
- Private transfer-in. Approx. 1 hour.

Accommodation

Hotel Akuamarina-Twin rooms <https://www.akuamarina.com/> or similar

Day 4 **20th February 2024**
Destination: **Santa Marta- Lost City Trek Day 1**
Meals Included: **Breakfast, lunch and dinner**

Lost City tour starts from the moment we pick you up or that you arrive to our office, from here we start an approximate 3 hour journey by jeep to El Mamey, where we will start our walk of around 7.6 km (4.7 miles). Halfway along the trekking we will make our first stop at the 3 Cruces viewpoint, there we will enjoy delicious fruits and continue to the first cabin "Adan" or "Alfredo" a few minutes later, where we will spend our first night. During this journey we will enjoy a refreshing bath at the natural pools that the Sierra Nevada de Santa Marta offers us.

Included Activities

- Lost City Trek Day 1.

Accommodation

Camp facilities: Electricity, bathrooms including showers.

Day 5 **21st February 2024**
Destination: **Santa Marta- Lost City Trek Day 2**
Meals Included: **Breakfast, lunch, and dinner**

After breakfast another adventure awaits for us, beginning our journey walking from the first camp to the second "Cabaña Wiwa"; where we can enjoy a refreshing swim in the Buritaca River while we wait for lunch. After a short rest, our adventure continues into the Sierra Nevada, bordering Mutanyi?, an indigenous Kogui village. Then we will head towards the third camp Paraíso Teyuna? where we will spend our second day.

Included Activities

- Approximate time: Camp 1 to Camp 2 (3 hours); Camp 2 to Mutanyi (20 min.); Mutanyi to Camp 3 "Paradise Teyuna" (5 hours).

Accommodation

Ecohotel la Cabaña- Family room 2 double beds and 1 single bed

Day 6 **22nd February 2024**
Destination: **Santa Marta- Lost City Trek Day 3**
Meals Included: **Breakfast, lunch and dinner**

Very early in the morning we will have breakfast and begin our 2 km (1.24 miles) journey, initiating the ascent towards our goal, Teyuna ? Ciudad Perdida. Climbing 1.200 steps that will lead us to this majestic stone settlement in which we find interconnected roads, retaining walls and circle-shape terraces where the dwellings of the ancient Tayronas rested, all surrounded by a magical forest with its unique flora and fauna. This offers us different views and landscapes that go from fantastic sunny gaps in the middle of the jungle to cloud forest covered by stunning vegetation. Here we could meet the Mamo, leader and protector of Mother Nature. After our tour we begin our descent to the third camp.

Included Activities

- Approximate time: Camp 3 to Ciudad Perdida (1 hs.); Tour in the Archaeological Park (3 hours); Camp 3 to Camp 2 (4 hours).

Accommodation

Camp facilities: Electricity, bathrooms including showers.

Day 7 **23rd February 2024**
Destination: **Santa Marta- Lost City Trek Day 4**
Meals Included: **Breakfast and lunch**

Our adventure in the Sierra Nevada de Santa Marta is coming to an end. After having breakfast you will begin a 2 hours hike towards Adán or Alfredo camp (where you slept the first night). Once there you will have a quick break (snacks with fruits and water), continuing for another 4 hours all the way back to El Mamey where you will have lunch and board a 4x4 truck that will bring you back to Villa María Kali Hotel.

WHAT IS INCLUDED:

- Round-trip transportation Akuamarina Hotel - El Mamey – Villa María Kali
- Meals per person (3 breakfasts, 4 lunches, 3 dinners)
- Accommodation 3 nights in open-air huts on the ecoturistic trail (Bunk bed or hammock with net)
- Baquiano/English guide
- Traveller's assistance insurance
- Entrance to the National Archaeological Park of "Teyuna" Ciudad Perdida issued by the ICANH
- Contribution to the local and indigenous communities of the Trail

WHAT IS NOT INCLUDED

- Beverages such as beers, soft drinks, juices, bottled water, energy drinks, etc.
- Mule transportation for people or backpacks.
- Pick-up and drop-off transportation to Bonda, Buritaca, Minca or Palomino (check the availability for this service)
- Any service not specified in this plan.

Accommodation

Villa María Kali-Twin room or similar

Day 8 **24th February 2024**
Destination: **Santa Marta- Tayrona National Park**
Meals Included: **Breakfast**

Head to Tayrona National Park – a series of jungle and coves surrounding the Caribbean coast on the foothills of the Santa Marta mountains. Today is all about hiking the forest trails for Tayrona's beaches, and with a fair amount of hiking involved today, be prepared and make sure your walking shoes are on and you've packed some bug spray. Along the way, you'll experience lush the green rainforest, the ambience of the jungle and all wildlife that inhabit it, and the special glimpses of coastline and beaches that peek through the canopies. The trail to stunning Cabo San Juan is well worth the effort; it's further away than some other beaches however highly recommended. The hike today is flexible and can be tailored to suit all fitness and energy levels. There can be some steep ups and downs,

and some muddy spots if it's been raining, so your group leader can organise a route that pleases everyone. When you've had enough hiking, swimming and relaxing, head back to the hotel for the evening.

Included Activities

- FD Tayrona Park, English speaking local guide, transport (round trip), and local insurance

Accommodation

Villa María Kali-Twin room or similar

Day 9 **25th February 2024**
Destination: **Santa Marta- Tayrona zone**
Meals Included: **Breakfast, Dinner**

In the morning you will have a transfer from Villa Maria Hotel to Cartagena. Approx. 5 hours.

Our City Tour will start with the transfer from the city center to the La Popa Convent. From the convent, that is located on a 150m high hill (highest point of Cartagena) you will have a great view over the whole city. From there, we will proceed to the biggest fort which the Spaniards ever built in South America – the San Felipe de Barajas Fortress. We will visit the whole fort including some of its tunnels, as well as the statue of Don Blas de Lezo.

After this, we will go back to the city center and visit the most beautiful streets, churches and squares in the historic city centre. We will pass the official entrance of the walled city; the clock tower (Torre del Reloj). Behind it, we will find the monument of Don Pedro de Heredia, the founder of Cartagena de Indias (1533). The guide will tell us about the story of Cartagena's foundation and will also share interesting stories full of legends and pirates.

Enjoy a farewell dinner with the group to discuss the incredible memories made over the past 10 days!

Included Activities

- Private transfer from Villa Maria Hotel to Cartagena. Approx. 5 hours.
- City tour with English guide visiting downtown, La Popa and San Felipe Castle. Approx. 3 hours.
- Farewell Dinner

Accommodation

Armeria Real Hotel-Twin room or similar

Day 10 **26th February 2024**
Destination: **Cartagena**
Meals Included: **Breakfast**

Unfortunately, this is your last day in Colombia.

We hope you have enjoyed your visit and want to come back! At the appropriate time, you will have the group transfer-out to Cartagena airport to take your flight to the next destination.

Included Activities

- Private individual Transfer out (Driver Only). Approx 40 minutes.

Accommodation

Hotel Santa Cecilia or similar

END OF SERVICES

Essential Trip Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below.

Intrepid Local Operator: +57-311-872-1892

Itinerary disclaimer

ITINERARY CHANGES

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, or other factors, further changes may be necessary to your itinerary once in-country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any such changes once on tour.

OPTIONAL ACTIVITIES

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested in the Group Meeting and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Passports, visas and entry requirements

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please

ensure the passport details you provide are accurate. Any errors provided may result in extra fees for making corrections in bookings. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate. Below you will find general visa advice about the destinations on your trip.

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for most up to date information.

If you receive an immigration card upon entry, please ensure you keep this safe as it may be requested at point of exit. For further information regarding country entry and exit fees, please refer to the 'Money Matters' section of this document.

COLOMBIA VISA

Americans, Australian, Belgians, British, Dutch, Germans and New Zealanders do not currently require a visa for Colombia.

South African passport holders do require a Visa to enter Colombia. Intrepid can assist in issuing a proof of accommodation form for the application process.

For all other nationalities please reconfirm your visa or entry requirements with the Colombian consulate in your home country.

Reciprocity tax for some passport holders:

The Colombian Government charges a reciprocity tax to Canadian passport holders which is payable on arrival. The COP\$160,000 tax may be paid in Colombian pesos or US dollars, cash or credit or debit card in the Immigration Control Posts.

COLOMBIA COVID-19 ENTRY REQUIREMENTS

For the latest update of what is required in order to enter Colombia, please check your own government's foreign travel advice as well as see the following website: <https://www.colombia.travel/en/covid-19-information>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. It's quite possible that the destination country may have different or more strict protocols in place in relations to a Covid-19 case from your home country. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

MANDATORY VACCINATION POLICY

From 1 December 2021, all travellers on Intrepid trips, including in Australia, New Zealand and the Cook Islands, are required to produce proof of full vaccination against COVID-19.

This policy is in addition to any specific testing or vaccination requirements for entry or exit to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>

MOSQUITO-BORNE ILLNESSES:

Some regions of Central & South America can experience outbreaks of dengue fever. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent, and being indoors particularly around dusk and dawn. If you have a fever or feel unwell, please let your leader know right away. Protect yourself against mosquito-borne illnesses such as malaria by taking measures to avoid insect bites.

ZIKA VIRUS:

There have been reports of transmission of the mosquito-borne Zika virus in this region and we advise all travellers to protect themselves from mosquito bites. Given possible transmission of the disease to unborn babies, and taking a very cautious approach, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip.

Vaccinations may be required or recommended for this trip so you should consult with your travel doctor to obtain the latest up-to-date information. It is your responsibility to ensure that you obtain any vaccinations or preventative medicines for the countries you are visiting – or any which may be required by your home country upon your return.

YELLOW FEVER:

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

MALARIA: There is no vaccination against malaria, which is transmitted by mosquito bites and is a risk in many less-developed tropical areas in Africa and Latin America. Protection against mosquito bites is essential and where the risk is considered high, anti-malarial medications are recommended. Anti-malarial medications should be discussed with experts as there are different medications available and not all medications suit all people or all destinations. Where malaria is considered prevalent in mountainous regions we prefer that trekkers to altitude try to avoid the use of mefloquine (Lariam) if possible.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. If you have dietary requirements and/or food allergies, please let your booking agent know prior to departure.

While travelling with us you'll experience the vast array of wonderful food available in this region. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule, our groups tend to eat dinner together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

DIETARY REQUIREMENTS

Please let us know your diet requirements before your trip starts.

Generally speaking, in bigger cities/towns vegetarians can expect a reasonable range of vegetarian venues and/or vegetarian options within tourist restaurant menus. However, vegetarianism is not the norm in this part of the world so options can be limited when eating at homestays, small local restaurants, street stalls, markets, etc.

More restrictive diet requirements (vegans, coeliac, gluten intolerance, fructose intolerance, lactose intolerance, etc.) can also be accommodated along this trip but you should expect a lesser variety than what you can expect at home. We recommend that, if possible, to bring your own supply of snacks with you.

For those on strict Kosher or Halal diets, we understand your dietary requirements are important, however, sometimes due to cultural and language differences these are not always easy to convey when you are travelling. Your guide will do their best to assist you in translating your needs when eating out, but please be aware that these diets are almost unheard of in much of the continent and the best they may be able to accommodate is no pork and shellfish. If this will be a concern for you you may need to consider opting for vegetarian or vegan meals for the included meals in your itinerary. We recommend researching kosher or halal options in your destination country prior to travel to see if you are able to buy snacks once there, otherwise consider bringing some from home.

Accommodation

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

OPTIONAL TIPPING KITTY

On Day 1 of your trip, your tour leader may discuss with you the idea of operating a group tipping kitty, whereby everybody contributes an equal amount and your tour leader distributes tips for drivers, local guides, hotel staff and other services included on your trip. This excludes restaurant tips for meals not included in your itinerary. The leader will keep a running record of all monies spent which can be checked at any time, and any funds remaining at the end of the tour will be returned to group members. We have found that this is easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty is at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

YOUR LEADER

You may also consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US\$3-6 per person (in a currency relevant for your destination), per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your leader on your trip.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

When it comes to money matters on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like drinks, shopping, optional activities, tipping and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

The recommended amounts are listed in USD for the relatability of universal travellers, however the local currency is needed in the countries you are visiting.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to the equivalent of an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

MEALS NOT INCLUDED:

For this trip we recommend between USD 25 to 50 per day. How do we work this out?

Breakfast - If breakfast is not included, you can expect to pay between USD5 to USD10 at a local café.

Lunch - If you are happy with a quick snack on the go, you may get away with as little as USD5 to USD10 for a set menu at a local eatery or a sandwich and a drink at a café. On the other hand, a lunch meal at a more tourist restaurant can cost between USD10 to USD15.

Dinner - At dinner time, your leader will normally recommend restaurants where you can safely try the local specialties of the region. Expect meals to cost between USD12 to USD25 for a main.

These are indicative prices only. If you are in a tight budget, are happy to eat just local food and are not afraid of an upset tummy every now and then, you can eat cheaper than this. If you want to try just the finest food at the finest restaurants, then you can expect meals to cost as much as in western countries.

CREDIT CARDS & ATMs:

ATMs are widely available in major towns and cities across Latin America. Credit cards are generally available in tourist shops and restaurants. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only.

Check with your bank before departure that your card is accepted in the countries you are travelling to and what their fees and charges are. Also ensure your bank is aware of your travel plans as - suspecting fraud - they may cancel your cards after the first few international transactions. Be aware that your withdrawing limit may vary from country to country (regardless of your withdrawing limit in your home country) and it can be as low as the equivalent to USD100 per day. If bringing over cash, please note USD100 bills with serial number CB or BE and any other USD bills that are old, torn, written or stamped on will not be accepted by local banks.

Colombian peso bank notes are issued in 1000, 2000, 5000, 10,000, 20,000 and 50,000 denominations.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances or up or down a flight of stairs. Our travellers usually find the smaller their luggage is, the more they enjoy the trip not having to worry about carrying heavy bags! Aim to keep your main luggage under 15kg.

Many travellers carry their luggage in a compact smaller suitcase or backpack with wheels. We recommend your bag has carry straps or handles so it is easy to lift and carry for the times you are unable to wheel it (ie. on rough surfaces or up steps).

If you are taking overnight trains, or primarily using public transport then the smaller your luggage the easier it will be to store under or above bunks. Large suitcases may not be able to be taken on board. A lockable bag or small padlock for your bag will be useful especially when travelling on public transportation as well.

You'll also need a day pack/bag to carry water, camera, and jacket etc. when you're exploring during the day.

Below we have listed the essentials for this trip: <https://www.intrepidtravel.com/packing-list>

WATER BOTTLE

Please bring your own water bottle to refill along the way. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided on some of our vehicles and at some of our accommodation. Your leader will advise whether tap water is safe to drink in your destination, if it is you can simply refill with tap water. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

ESSENTIAL:

- Closed-in shoes will help to protect your feet from cuts and scratches when walking through cities as well as bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings
- Sun protection - hat, sunscreen, sunglasses

Recommended Packing List

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)

- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Lost City Trek:

- Day pack (Large enough to carry gear for the hiking days)
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Pack liners to waterproof bags
- Sleeping bag liner/sleep sheet
- Sport Sandals or Water Shoes (Suitable for water if you plan to do rapeling and/or rafting)
- Walking poles
- Waterproof footwear (For river crossings)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Note: On the Lost City Trek you must carry the gear you require for the trek. Your main luggage will be stored at the hotel, so please bring a day pack (30-40L) to use during the trek. Quick dry clothes are recommended to keep the weight of the bag down.

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden.

LAUNDRY

Laundry is available at many hotels and towns during this trip, although you might need to wait for a two-night stop in order to make sure you get it back in time. While laundry at hotels is usually charged by the item, laundromats usually charge by the kilo, which is generally inexpensive (about USD 2 per kilo)

Phone and internet access

WhatsApp is a popular way to communicate in Latin America. We recommended downloading WhatsApp prior to departure to communicate with by text with your leader and group members during the tour. Once downloaded, please validate your phone number before leaving home as you will not be able to do this once you arrive unless you have international roaming enabled. Connections for making phone calls through WhatsApp are not reliable, so please do not use this app to make calls to our emergency phone line.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MONEY WITHDRAWAL:

In order to avoid fraud and theft, it is advisable that you withdraw money from ATMs located inside banks or guarded shops during business hours only.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those

where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website: <http://www.theintrepidfoundation.org/>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.