



COLOMBIA

CYCLING COLOMBIA, THE COFFEE REGION & BEYOND

BY BIKE

9-DAYS

On this cycling adventure through Colombia's coffee region, we experience Colombia's dramatic landscapes while becoming immersed in the region's agricultural scene. One of South America's least visited countries, Colombia is an emerging tourism gem, having undergone immense and positive changes over the past decades. On this Colombian cycling adventure, we blend exhilarating cycling days and dramatic scenery with stops at coffee farms and in traditional towns. Along the way, we'll get a true taste of Colombia's unparalleled hospitality and dine in some incredible farm-to-table restaurants. Our adventure begins in Bogota, where we'll experience "Ciclovia," a cycling event that dates back more than 40 years. From there, we'll board a flight to Colombia's plantation region, where the trip's more serious cycling begins. The trip's most spectacular ride is a 69 km / 43 mi ride from the town of Cerritos to Quimbaya, through the village of Filandia. At the end of this 9-day adventure odyssey across Colombia, we will say adios to Colombia having fully experienced this region's phenomenal landscapes, colourful culture and unrivalled hospitality. This is the ultimate South American cycling adventure.

Day 1

BOGOTA

ARRIVAL

Our Colombian adventure begins in Bogota. Upon arrival at El Dorado International Airport in Bogota, a BikeHike representative will meet you and bring you to your comfortable hotel. You'll be staying in the capital city's vibrant Zona Rosa area. The remainder of the day is at leisure to explore this exciting, colourful city. If you arrive in time, there is an optional welcome dinner scheduled for your first evening.

Accommodation: Hotel

Meals: Dinner



Day 2

BOGOTA - BUGA

CITY BIKING

We'll officially start our Colombian adventure itinerary with a hearty breakfast before enjoying a traditional event that has been taking place in Bogota every Sunday for over 40 years, "Ciclovía." Throughout the city, more than 120 km / 70 mi of roads are closed to traffic between 7AM and 2PM, allowing locals and visitors a safe way to explore the city by bicycle. We will ride out from our hotel to Usaquen, a bohemian neighbourhood in northern Bogota before proceeding onward to downtown Bogota, where we will stop for lunch. After lunch, we will visit "La Candelaria," a historic area of downtown Bogota that is filled with magnificent churches and government buildings. We will also visit two famous museums, the Gold Museum as well as the Botero Museum. Fans from around the world come to Bogota to marvel at the works of Botero, a Colombian artist famous for his exaggerated human sculptures. Late afternoon, we will transfer to the airport for a short flight to Cali. From Cali, we will be transferred to the city of Buga (1 hour).

After getting checked in to our comfortable hotel in Buga. Dinner will be as a group at your hotel in Buga. The remainder of the evening will be at leisure.

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

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Day 3

BUGA - ROLDANILLO

BIKING

After an early breakfast, we will begin our first official ride. We'll start early today to make the most of the cooler morning temperatures. There is the option to start riding directly out from the hotel or to transfer out and start riding 8 km / 5 mi from the hotel. We will be riding along The Panorama Road by the Cauca River, the second most important river in Colombia. As we head north, we will pass by typical area scenery, including sugar cane plantations. While today's riding distance is the longest of the tour, most of the ride is along flat terrain at an altitude of around 1,000 m / 3,281 ft. The riding is relatively easy, but the views are superb. During the first part of the morning ride, we'll enjoy a cool breeze. We'll enjoy lunch along the way and our day's final destination is a town known for paragliding a famous artist, Rayo. After some time to check in and settle at our comfortable hotel, we'll enjoy dinner as a group in town.

Biking Distance: 84 km / 52 mi

Biking Ascent: +537m (1,762ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

Day 4

ROLDANILLO - ZARAGOZA

BIKING

Today the ride will be relatively easy and flat, taking us further along the Cauca River. We will pass a variety of plantations, including sugar cane and fruit, stopping along the way for lunch. Eventually, we'll cross the Cauca River to enter the town of Cartago. From there, we'll ride on to the day's final stop, Zaragoza. After some time to check in and settle at our comfortable hotel just outside Zaragoza, we'll enjoy dinner together at the hotel.

Biking Distance: 68 km / 42 mi

Biking Ascent: +403m (1,322ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner



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Day 5

ZARAGOZA - CERRITOS

BIKING

After fuelling up with a hearty Colombian breakfast, we'll have a mixed day of riding ahead that includes tackling our first serious climb. We will start with an easy ride through a number of towns, following the Cauca River again for some of the ride.

Lunch will be in one of these towns. We will first ride to Cartago, then we will head north to the town of Ansermanuevo before riding on to La Virginia. In La Virginia, we will encounter some gravel roads. Until La Virginia, the day's ride will be relatively flat. Then, around La Virginia, at around the 45 km / 27 mi point of the day's ride, we will begin an approximately 9 km / 6 mi climb to Cerritos, near the City of Pereira. After some time to check in and refresh at our comfortable hotel, we'll enjoy dinner together.

Biking Distance: 54 km / 34 mi

Biking Ascent: +499m (1,637ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner



Day 6

CERRITOS - QUIMBAYA

BIKING

After breakfast today, we'll start riding into coffee country for the first time. While today's ride is a serious one, including a major ascent, it is also arguably the tour's most spectacular. We'll have a chance to admire the expansive beauty of Colombia's landscapes but it will also be a great opportunity to learn about Colombia's incredible coffee culture. Lunch will be enjoyed along the ride. The tour also wouldn't be complete without a chance to stop and taste an authentic cup of Colombian coffee. During today's ride, we will first head towards Filandia, a beautiful and traditional town. To get there, we will have a fairly easy ride for the first 22 km / 14 mi. At that point, our ride becomes an ascent, climbing nearly 1,400 m / 4,593 ft as we pedal the remaining 27 km / 17 mi to reach Filandia. There, our effort will be more than rewarded by a stop at the town's view tower. We will be able to soak in breathtaking views across the region we've just ridden. There will also be a chance to stop at a traditional basket shop. After these visits, the final section of our ride is the most beautiful downhill ride of the tour, as we descend into the town of Quimbaya. Once in Quimbaya, we'll have some time to relax and refresh at our comfortable hotel. Later that evening, we will dine as a group.

Biking Distance: 69 km / 43 mi

Biking Ascent: +1,394m (4,573ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

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Day 7

QUIMBAYA - SALENTO

BIKING

After a hearty Colombian breakfast, we will have another challenging but rewarding ride day ahead of us. Lunch will be enjoyed along the way. We'll first ride to the town of Montenegro. From there, we will begin a challenging 19 km / 12 mi climb to the colourful town of Circasia. The ascent during this climb will be approximately 700 m / 2,297 ft. Once there, we will cross the Coffee Highway to go along the Quindío River, riding on a gravel road. We will eventually arrive at the town of Boquía. Our second ascent of the day begins here as we ride approximately 14 km / 9 mi, ascending 500 m / 1,640 ft, to arrive at the town of Salento. At Salento, we'll ride directly to our hotel located just outside of Salento. After getting checked in at our comfortable hotel near Salento, we'll enjoy a group dinner at the hotel. The remainder of the evening is at leisure.

Biking Distance: 46 km / 28 mi

Biking Ascent: +1,200m (3,973ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

Day 8

SALENTO

SIGHTSEEING

After breakfast, we'll have an easy day sightseeing in and around Salento. We'll spend some time touring Salento, learning about its history and architecture, sampling coffee and touring at a nearby coffee farm and playing TEJO (a traditional Colombian game). The area around the town, including Valle de Cocora, is also sure to impress. The wax palms here are among the highest in the world, reaching heights of up to 70 m / 239 ft. We'll then take a typical local taxi (Jeep Willys) to Valle de Cocora where we can have a light hike amid these natural wonders. After returning to Salento, the evening will be at leisure. Dinner will be at the hotel.

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner



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Day 9

SALENTO - BOGOTA

DEPARTURE

Today is the conclusion of your Colombian adventure. It is time to say adios to Colombia, its beautiful landscapes, colourful culture and friendly people. After breakfast, you will be transferred to the airport to catch your flight to Bogota where you can connect with your international flight home or onward travels. Please make sure you book an international flight after 12:00pm.

Meals: Breakfast

*NOTE about Ascent/Descent numbers:
The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).*

TRIP INCLUSIONS

Trip Includes

All accommodation (twin shared), meals as indicated, all internal transportation including domestic flights, bikes, support van, airport transfers and English speaking guides.

Not Included

International airfare, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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