

Colombia Trek

Discover 'The Lost City' on this amazing 5-day trekking challenge



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Colombia Trek

A 5-day trekking challenge to discover 'The Lost City'

One of the most alluring destinations in Latin America, a trip to Colombia is nothing short of an adventure. Discover sizzling modern cities, marvellous hidden cities, exotic wildlife and a rich cultural heritage.

On this 5-day adventure we experience trekking in the heart of Colombia to reach our goal 'The Lost City'. Ciudad Perdida or Teyuna is located at the base of Pico Bolívar and Pico Colón within the national park and is surrounded by exuberant nature, a perfect habitat for various bird species. Ciudad Perdida was the most important urban centre of the ancient Tayrona culture. The city, a true feat of engineering, was built on a system of terraces connected by stone paths and supported by a canal circuit. At the time, the population was of between 1,400 and 3,000 who lived in circular stone houses with thatched roofs on about 250 terraces. Today's inhabitants, such as the Kogui, Arhuaca and Wiwa, are descendants of the Tayrona and continue to preserve their traditions. This is something to tick off your bucket list!



Detailed itinerary

Day 1: Depart UK to Colombia

Depart London for onward flight to Bogotá.

Day 2: Bogotá to Santa Marta

Arrive in Bogotá and connect with an onward flight to Santa Marta. On arrival there is a short transfer to the hotel. Briefing about the adventure ahead. Dinner at the local restaurant.

Day 3: Santa Marta to Mamey Region 4-5 hours trekking / 6.8km

We depart from Santa Marta by 4X4 to Machete Pelao (approx. 3h) where we start this amazing adventure in Mamey. Before arriving at camp there is a waterfall where people can choose to swim. Overnight in hammocks or bunk beds with mosquito nets at a local farm.



Day 4: Mutanyi and Buritaca River 8-9 hours trekking / 14.7km

An early breakfast before setting off for today's trek in the valley of Buritaca. Along the way we stop at Kogui Village of Mutanyi and the Vereda of Koskunguena with a beautiful panorama over the Sierra Nevada.

From here, we cross the Buritaca River up to the farm of a Mamo Kogui's (spiritual head). There is the opportunity to take a swim in Buritaca River and a beautiful waterfall at lunch. From here we continue to Mamo Rumuadlo – our camp for the night. We again stay in hammocks or bunk beds with mosquito nets. After dinner, we hear all about the Tayrona Culture.

Day 5: The Lost City 7-8 hours trekking / 6km

After breakfast, we continue with the crossing of the river and hiking to one of the most magical, mysterious, mystical, and ancient places: The Lost City. To reach this, we need to climb around 2000 steps of a stone staircase to arrive to the archeological site.

Day 5: cont.

The Lost City has numerous terraces, roads, water supply structures and ceremonial Centres in the middle of the jungle, such a wonderful thing to experience! We enjoy lunch on the shores of a waterfall with miraculous properties according to the legend. From here we return to previous night's camp, for dinner.

Day 6: Mamey Region 5-6 hours trekking / 9.7km

After breakfast we continue trekking in the Sierra Nevada before returning to the Mamey Region. Lunch near Mutanyi. The last night in hammocks or bunk beds.

Day 7: Machete Pelao to Santa Marta 4-5 hours trekking / 6.8km

After breakfast, we visit a magnificent waterfall. From here we continue the trek to Machete Pelao and the ending for this trekking challenge, where we have lunch before returning to Santa Marta to celebrate our wonderful achievements.

Detailed itinerary

Day 8: Santa Marta to Bogotá

Transfer to Bogotá to connect with our overnight flight back to the UK.

Day 9: Arrive UK

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This itinerary is complex and subject to change.



Challenge grade

Moderate to tough

Moderate

You are likely to be walking between 5-7 hours each day on good paths and at a low altitude (below 2,500m), with the occasional more demanding ascent and descent.

Tough

You are likely to be walking between 6-8 hours each day on hilly terrain (undulating), which may sometimes be rough with the occasional high pass.

Best time of year

October to November and March to April