



MEJDI TOURS

Colombia Fitness Journey

Dates: August 8th - 16th 2020

Pricing: \$2950 per person

Included:

- MEJDI-trained guide
- Private transportation - including private arrival and departure airport transfers.
- Domestic flights (Bogota - Guainia - Bogota) Entrances, sites, and honorariums for speakers² Customary tips for drivers, guides, and hotel staff (including portage) Dedicated pre-trip customer service and on-ground support

Not included:

- International airfare
- Travel insurance-**HIGHLY RECOMMENDED** Meals not mentioned in the itinerary Single supplements as needed Anything not explicitly mentioned in the included section

Description: Explore the many facets of Colombia. This beautiful country has been emerging from its challenging past and is now at a turning point; Now is a special time to travel to Colombia. You'll have some amazing opportunities to meet local community leaders and learn about the projects that are helping to change Colombia for future generations. Experience the varied and stunning landscapes of Colombia - mountains, coffee haciendas, mangroves, tropical islands, and colonial cobblestone streets.

Head south from Bogota to the adventurous Guainia, the land of many waters - it's meaning in indigenous language. You will find great millenary archeological wealth along the river and communities. The rivers and landscapes allow a perfect opportunity for adventure seekers, with great rafting and trekking trails.

ITINERARY

Day 1 - Arrival to Bogota

- Transfers from the airport to hotel
- Dinner at the hotel

Day 2 - Bogota Peace Process: Begin the day with **the Tejiendo Paz (Weaving Peace tour)** where you will learn the story of Colombia's conflict and Peace Agreement from a positive narrative, and meet with peace leaders who will inspire you with their life stories. Your tour will be guided by a journalistic expert in the Colombian peace process. In the evening, wind down with a Colombian Music 101 session. Let Colombian rhythms and beats take you over as you spend an amazing time with a great pianist, composer, and percussionist who will guide you on a trip throughout Colombia with their music.

- *Hotel: Bogota (B, L, D)*

Day 3 - Local Life in Bogotá - Get acquainted with the city on a Tour de la Fruta (fruit tour). Explore Colombia's mega-diversity though its exotic fruits at PaloQuemao, one of the most amazing farmer's markets on earth. The market is one of the larger flower markets in the area. Visit the Banco de la República Gold Museum, which houses one of the most important collections of pre-Hispanic metallurgy in the world. Afterwards, continue on to Breaking Borders tour, where you will hear first-hand from ex-gang members, how they transformed their lives and their neighborhood from one of the most dangerous to one of the safest in Bogota.

- Hotel: Bogota (B, L,)

Day 4 – Arrive at San Vicente del Caguán: You will arrive at San Vicente del Caguán at 4:00 pm, your host will pick you up at the airport. From there, you will head to Miravalle, arriving at 6:00 pm. You will be welcomed by the community, who will help you settle in to the ETCR

(Territorial Spaces for Capacitation and Reintegration). You will have dinner with ex combatants and other members of the community.

Day 5 – Coreguaje: At 8:00 am, you will head towards Coreguaje, and start a 3 hour long hike (medium level difficulty) through the jungle. At 1:00 pm, you will stop for a traditional jungle lunch. At 2:30 pm, you will head out on a wildlife observation expedition, the guides will show you their empirical knowledge of their surroundings, which has been built through their time in war. Nowadays, they want to formalize this knowledge, and become expert birdwatchers. During both activities on this day, we recommend that you stay hydrated, bring a snack and beverage with you. At 5:30 pm, you will enjoy another traditional meal and settle in for the night. This night, you will sleep in a hammock or camping site, right in the middle of the Coreguaje jungle.

Coreguaje was one of the most important regions during the war, its village was victim of various bombings, if you walk through it, you can still see belic material around. The Coreguaje jungle is still virgin, known only by those who lived in it during the war, that is why today it is such a conserved natural attraction. During your night in the jungle, you will truly live like a combatant.

Day 6 – Trekking back to ETCR: At 7:00 am, you will have breakfast and pack up your luggage. At 9:00 am you will return to the ETCR, hiking for approx. 3 and a half hours. At noon, you will stop for lunch. At 1:30 pm, you will visit various productive projects in which the community works. Some of these projects include pisciculture and organic gardens. Through these projects, that complement the nature tourism, these local people have achieved sustainable economies. You will finish the day's activities at 5:30 pm, with a delicious meal, again spending the night at the ETCR.

*** During the two nights that you spend in the ETCR, there will be various cultural activities, they will sing war time songs and dances, as well as telling you more war time stories and legends. They will also tell you about their reintegration process.*

Day 7 – Rafting and back to San Vicente del Caguán: you will start the day with breakfast at 8:30 am, and at 10:00 am will head out on a rafting

expedition (Level 4) through the Pato river. This activity starts with a quick safety and equipment tutorials. During the expedition, you will listen to more wartime stories and visit different locations that were important during that time. You will see various obstacles in the river, during the war they were used to drown the enemies. Each one of the boats is named after a high ranked officer of the FARC, and through out the activity, you will learn more about each one of them. At noon, you will stop for a delicious lunch, and at 1:00 pm will head back to San Vicente del Caguán. Your host will leave you at the airport.

Day 8 - Colombian Countryside and Coffee Experience Today, you'll make your way two hours outside Bogota to **La Palma y El Tucan**, a coffee farm nestled amongst steep mountains and dense forests, that supports fair trade and eco-farming as well as the local coffee- growing community. Take a **guided coffee farm tour** with a local barista, and learn about the most expensive coffee in Colombia (180 USD/pound). Enjoy lunch against a backdrop of sweeping mountain views. Over dinner meet with an expert on the U.S relations with Colombia. *Hotel:, Bogota (B, L, D)*

Day 9 - Departure