

GROUP ADVENTURES

Lost City Trek 5D/4N

5 Days / 1 Country

Colombia

Departure city: **Santa Marta, Colombia**

End city: **Santa Marta, Colombia**

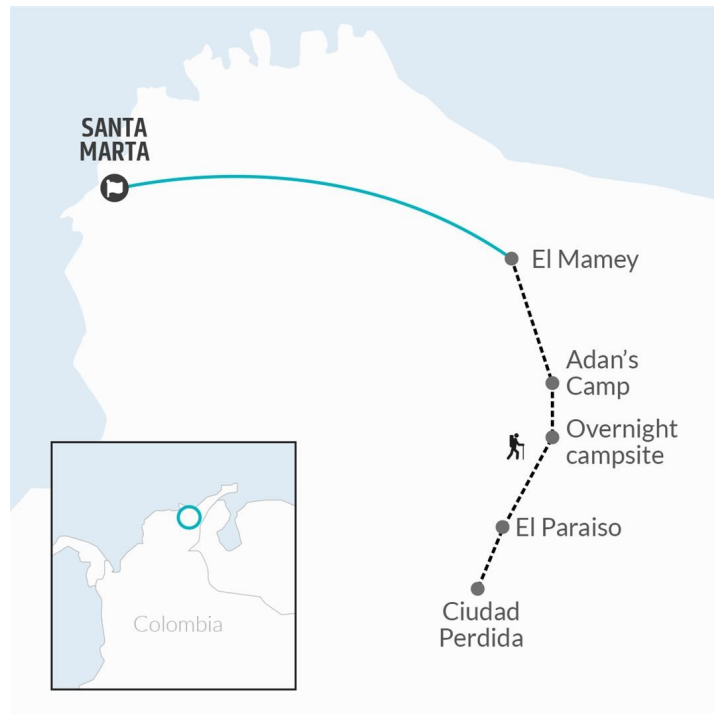


HIGHLIGHTS

- Trek deep into the jungle to the famous Lost City
- Pass through indigenous villages & see the local life
- Experience sleeping beneath the stars in a hammock
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Venture deep into the jungle in search of the Lost City on an intrepid trek where you will hike through indigenous villages, forge the Buritaca river, sleep in hammocks and climb 1,200 mossy steps to reach one of the largest Tayrona cities in Latin America,

MAP



What is included



Group Adventures

Group Adventures are designed to forget about all the travel logistics and let our guides take you to the best places with a group of like minded travelers



Accommodation: 4

- 4 Nights in hammocks with mosquito net and blanket



Transport: 1

- Transfers to/from Santa Marta Round trip 4WD transportation Santa Marta - starting point of trek (El Mamey) - Santa Marta



Meals: 13

- 4 Breakfast(s), 5 Lunch(es), 4 Dinner(s),



Guides:

- Local guide (non-English guide service) and translator included for groups of 6 or more

What is not included

- *Accommodation in Santa Marta
- *Meals not specified in this itinerary
- *Drinks
- *Personal expenses
- *Tips for guides & porters

*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

Additional information

ADDITIONAL INFORMATION

Physical Requirements: If you exercise regularly and enjoy nature, then the path to the Lost City is an exceptional experience that you should add to your list of adventures. For those concerned about their physical condition, most days consist of about 7-8 kilometers trekking through challenging trails that are often steep, slippery and muddy, including forging the Buritaca River. During the dry season, the water may be knee high while water levels may increase to chest-height with strong currents during the rainy season. We recommend bringing a reliable pair of trekking shoes.

Essential Tips:

- Avoid carrying a heavy and uncomfortable backpack. During the trek, everyone carry what they want to take.
- Keep your body hydrated by drinking water constantly.
- During walks, always stay with your group and avoid getting away the paths.
- Protect your skin by reapplying sunscreen regularly and wearing protective clothing and a hat.
- Minimize your plastic garbage and dispose waste properly.
- Leave what you find and respect wildlife and local customs.
- During the day the weather is hot and humid, so we recommend wearing comfortable clothing, shirts and shorts for walking; at night the temperature is about 16°C and there is a

high proportion of mosquitoes and other insects, so it is important to wear long pants and long-sleeved shirts for sleeping and use insect repellent.

- It is recommended to have the yellow fever vaccine as a preventive measure for the Lost City Trek.

What to bring:

- Small or Medium Backpack (pack as lightly as possible)
- Trekking boots and Sandals/Tennis Shoes
- Hiking poles (optional)
- Personal medication & toiletries
- Swimsuit
- Sunscreen & Insect repellent
- Warm layers for night
- Torch / Headlamp / Flashlight
- Rain poncho
- Waterproof bags for clothes & camera
- Basic first aid supplies
- Water bottle / Water purification tablets
- Camera

Please note that the region has a humid and rainy temperate climate with cold nights of 16 - 18° C.

Itinerary

Day 1: Santa Marta - El Mamey - Adan's Camp, Colombia

Santa Marta - El Mamey - Adan's Camp (L/D)

Trek to Adan Camp

Depart between 9:00 and 10:00 am from the door of your accommodation by 4x4 vehicle for a 3-hour trip to reach El Mamey. Here we will have a light lunch before beginning your exciting trek into one of the largest pre-Columbian towns in Latin America, once inhabited by the Tayrona civilization around the 11th to 14th century. Get ready for a 7-kilometer trek through the jungle passing by several natural pools where you can take a refreshing swim before reaching the first camp where you will set up your hammocks for the night, have dinner and get a good night's sleep.

(7-kilometer trek; 4 hours approx)

Transfers: Please note that transfers from Cartagena to Santa Marta can be organized at an extra cost, please contact us for more information.

Day 2: Adan's Camp - El Paraiso Camp, Colombia

Adan's Camp - El Paraiso Camp (B/L/D)

Trek to El Paraiso Camp

Wake up for an early breakfast before departing on your 15-kilometer trek at 8:00 am. Walk through the indigenous Kogi village of Mutanshi to learn about local life in the jungle and the native inhabitants who live here. During the day you will meet indigenous families in their native lands and cross the river Buritaca several times refreshing yourself in the cool waters. During rainy season water levels can reach up to 1 meter deep. So today, please plan to wear water shoes or hiking sandals with good straps and be prepared to get wet. Snack on fresh fruits during the trek before reaching the third camp. Get settled in, have dinner and sleep here overnight in your hammocks.

(14.7-kilometer trek; 7 hours approx.)

Day 3: El Paraiso Camp - Lost City - Second Overnight Camp, Colombia

El Paraiso Camp - Lost City - Second Overnight Camp (B/L/D)

Visit the Lost City

Enjoy breakfast listening to the sounds of the jungle come awake and be ready to depart for a 6-kilometer trek en route to the mysterious site of Ciudad Perdida with its 1,200 steep and mossy steps, that take you uphill to reach this ancient site. Nestled on the slopes of the Rio Buritaca river valley, the site overlooks the region from 1,300 meters above sea level. Here you will have magnificent views overlooking the dense jungle and rugged terrain. Walk among the 170 stone terraces and endless staircases that cover the approximately 2 square kilometres that was once the largest Tayrona city and major economic and political centre. This will give you a better understanding on how large and spectacular this site really is. After the site visit we will return to the third camp for lunch. Then go back to the camp 2 and have dinner as you reminisce on the magical experience of discovering the Lost City in the jungle.

(6-kilometer trek; 7 hours approx.)

Day 4: Second Overnight Camp - Adan's Camp, Colombia

Second Overnight Camp - Adan's Camp (B/L/D)

Trek back to Adan's Camp

Have an early breakfast today and hit the trail for a 10-kilometer return trek to camp 1 crossing back over the Buritaca River and passing through the indigenous community of Mutanshi along the way. Enjoy the fresh jungle air and spectacular scenery as you make your way to the camp 1 where you will get settled in, have dinner and get a good night's rest.

(10-kilometer trek; 4 hours approx.)

Day 5: Adan's Camp - El Mamey - Santa Marta, Colombia

Adan's Camp - El Mamey - Santa Marta (B/L)

Trek and return to Santa Marta

Trek back another 7 kilometres today as you make your way back to the starting point of your trek in El Mamey where you will have lunch. Then take a van back to the coastal town of Santa Marta arriving around 5:00pm to rest up from your challenging trek and enjoy the amenities of civilization. Reminisce about your trek with friends and compare photos. Don't forget to head over to the beach for a refreshing swim.

(7-kilometer trek; 4 hours approx.)

