



Voyages
Terra Natura
Travel

CROSSING COLOMBIA: FROM THE MOUNTAINS TO THE COAST ROAD CYCLING TOUR

Be prepared for a rush of culture; riding from Bogotá to Cartagena, passing through Medellín, will give you a good perspective of what Colombia is, a mix of cultures, climates, ecosystems, food, music, races, etc. all in one cycling experience to remember. We'll start from Bogotá, cross the Andes to Medellín and then we will head north to the coast, where we will finish our trip in the Caribbean coast to have a well-deserved rest.



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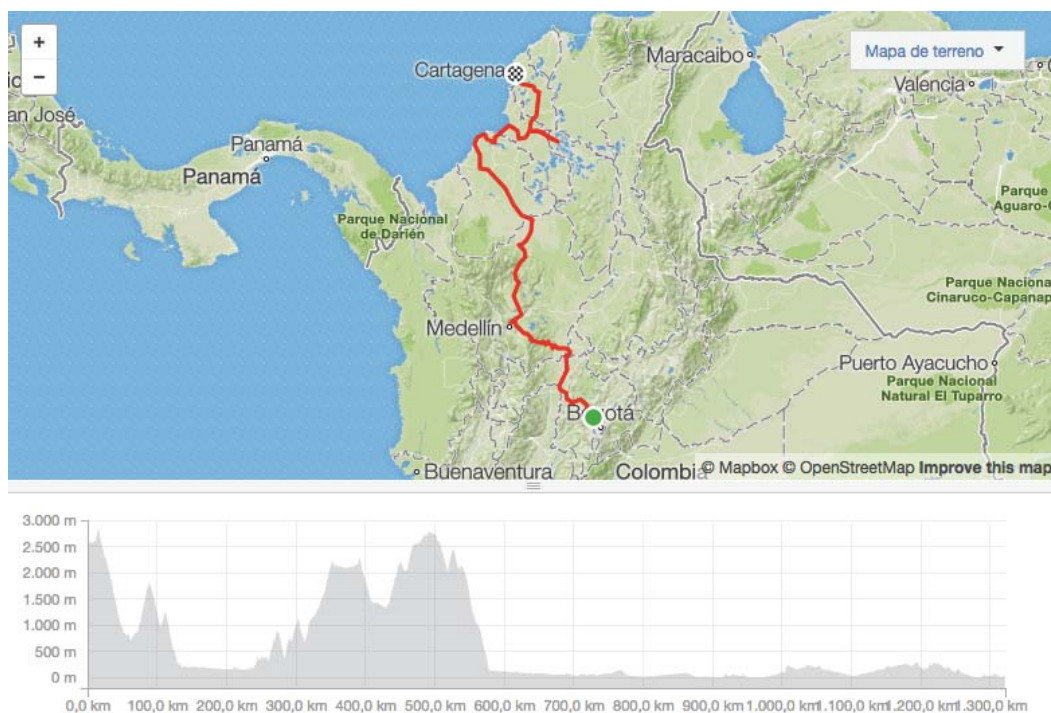


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DAYS: 14

DISTANCE: 1.321,8 kms / 821,3 miles

MAP: <https://www.strava.com/routes/5547304>



DESCRIPTION

Going from the mountains of the center of the country at 2600m to the flat lands of the coast at sea level, we will ride across all the ecosystems and we will experience all types of climates in Colombia. But all of these geographic changes don't come alone; this brings a whole bunch of differences between cultures, races, food, clothes, music and many other things that make Colombia an incredible multicultural country.

This tour is mainly a flat tour with a couple of mountain stages at the beginning, after we enter to the coast the terrain is going to be flat, but the weather is going to be very hot.

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Day 1: Arrival to Bogotá

- *Pick up at the Airport and transfer to B.O.G Hotel (<http://www.boghotel.com/>)*
- *Lunch if arrive before noon*
- *Short city tour around the hotel area depending on time of arrival*

Located at 2600m and with its imposing eastern hills we find the capital and the largest city of Colombia, Bogotá. 8million people from all over the country, make Bogotá a multicultural city with a vast options for all kind of activities related with culture, nature, history, etc. The weather in Bogotá is mainly cold, around 17°C all through the year, making it a cool and fresh city to be in.

- *Welcome dinner at Club Colombia Restaurant (<http://www.restaurantclubcolombia.com.co/>) and introduction about the route*

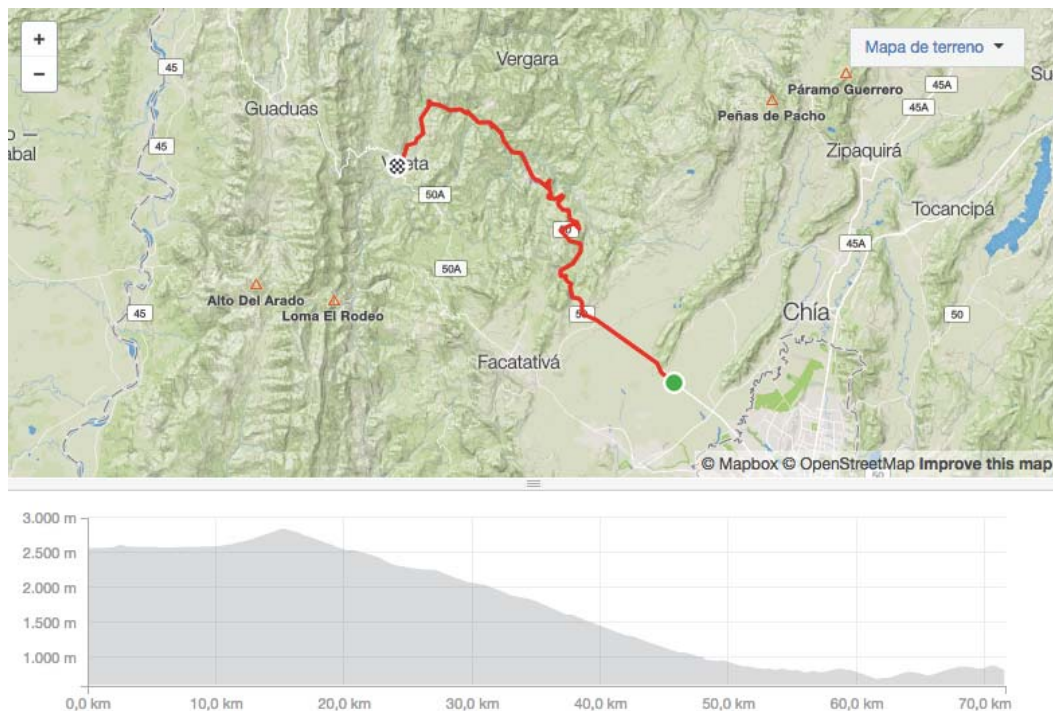


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Day 2: Bogotá – Villeta – 71,6kms / 44,5 miles

- **6:00am:** Pick up at hotel and drive to Bogotá exit for about 1-hour
- **7:30am:** Start the ride

<https://www.strava.com/routes/5546802>



- **About the ride:**

After a short drive to Bogotá exit, we will start our ride heading west. We'll have a short climb called the "wine mountain pass", an emblematic, but easy climb for the weekend cyclists of Bogotá. After we pass this climb, is all downhill until a few kilometers before Villeta, where we will have to do other short climb to finally arrive to the town where we will stop for natural juice tasting and a short explanation about Panela production (sugar cane by-product)

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- **About Villeta:**

Villeta is a popular weekend destination among Bogotá citizens due to its proximity to Bogotá and its nice and warm weather. Also Villeta is known by their production of Panela, which is a sweet and raw product made of sugar cane, prior to sugar. We will have the time to learn about the process and to try a few products derived from Panela.

After this time in Villeta will drive for 20 more kilometers to the town of Guaduas where we will stay for the night

- **About Guaduas:**

Guaduas was declared one of the National Heritage Towns due to its architecture and historic importance. This colonial town was the hometown of the Colombian independence heroine, Policarpa Salabarrieta. We will have the time to walk around Guaduas and learn about Policarpa importance in the independence of the country.

- **Accommodation:** Hotel Arte Casa Blanca (<http://www.hotelarte.com.co/>)

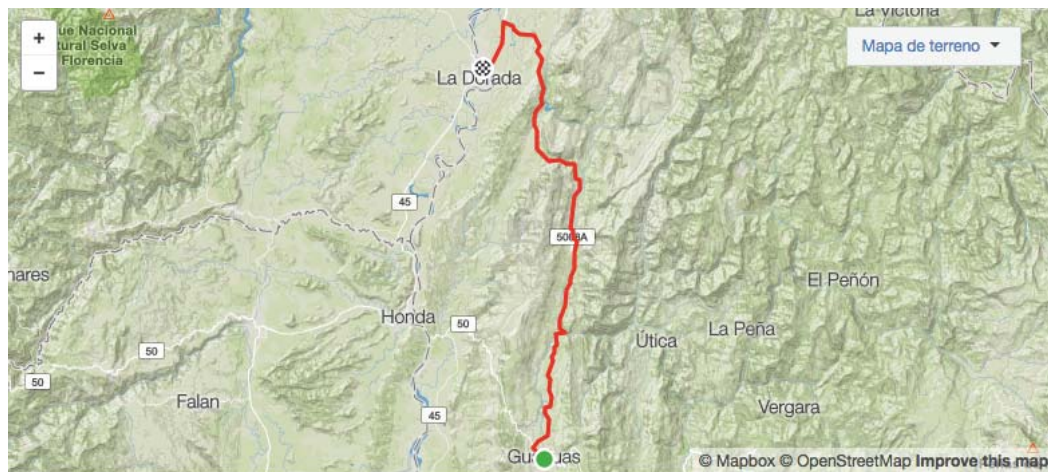


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Day 3: Guaduas – Puerto Salgar – 68,4kms / 42,5 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/5546930>



- **Accommodation:** Hotel Chicalá (<http://www.hotel-chicala.com/>)

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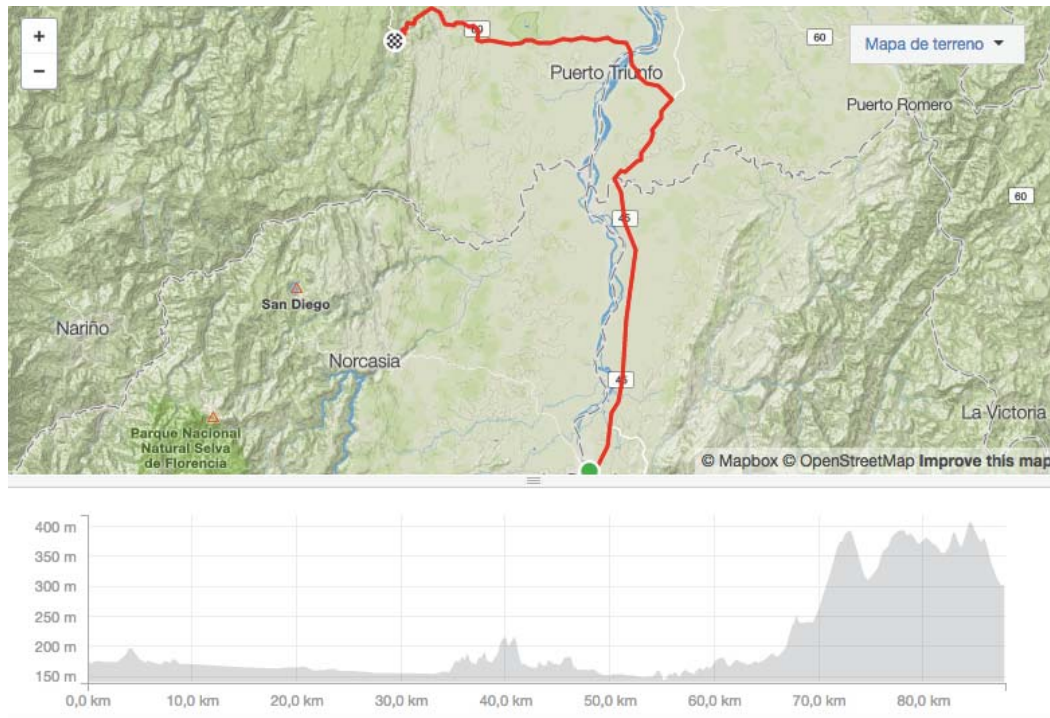


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Day 4: Puerto Salgar – Rio Claro Reserve – 87,8kms / 54,6 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/5546963>



- **About Rio Claro Reserve:**

Río Claro Nature Reserve is a private sustainable development initiative established with the principal objective of protecting the tropical rainforests that yet remain in the northernmost parts of Colombia's Central Andean Mountain range. Widely recognized by the international scientific community as one of the world's most bio diverse regions, Colombia's Central Andes have unfortunately suffered an immense amount of deforestation. The project actively contributes to the conservation of this region by protecting the River's watershed and its associated ecosystems.*

- **Accommodation:** El Refugio

[\(http://www.rioclaroreservanatural.com/es/alojamiento-y-facilidades/el-refugio/\)](http://www.rioclaroreservanatural.com/es/alojamiento-y-facilidades/el-refugio/)

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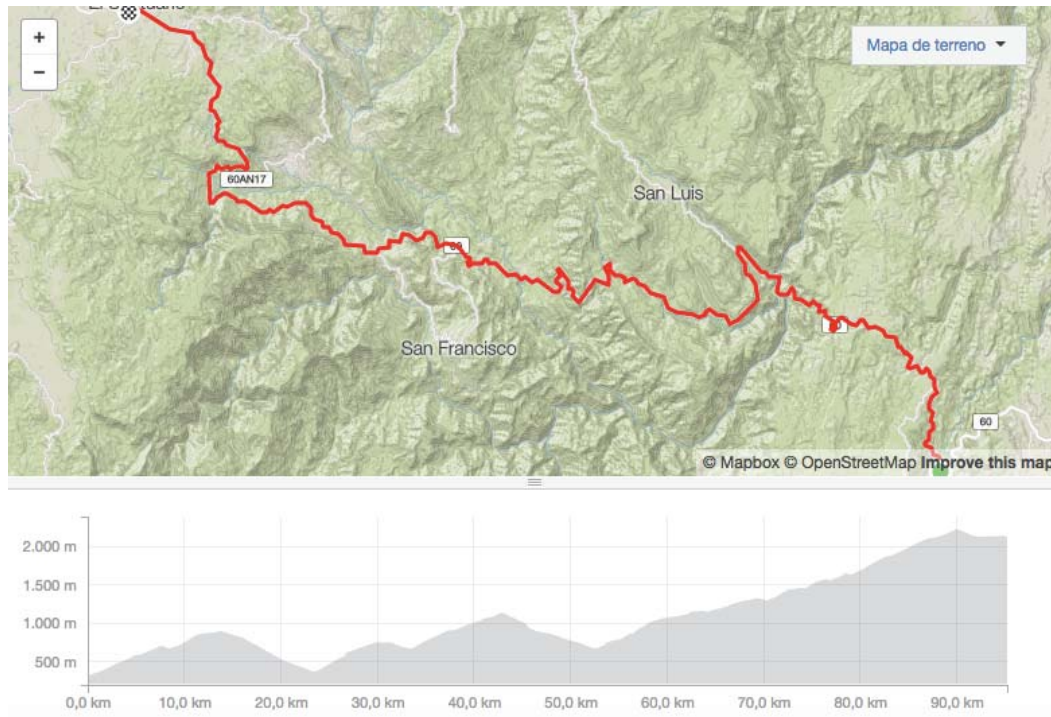


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Day 5: Rio Claro Reserve – El Santuario – 95,2kms / 59,1 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/5547027>



- **About the ride:**

Heading towards Medellín, we will face our 1st mountain stage, nearly 35km of climbing to prove our legs to finally arrive to the city of the "eternal spring"

- **About Medellín:**

Medellín is one of the most beautiful and modern cities of Colombia, a role model for other cities taking into account that was the most affected city during the violence periods on the 80's and 90's, now Medellín is one of the most developed cities, in 2013 Medellín was named the most innovative city in the world in the Wall Street Journal's City of the Year Contest.

- **Accommodation:** Diez Hotel (<http://www.diezhotel.com/>)



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Day 6: Recovery Day Medellin

- **Optional activities to choose from (1 included):**

- **Medellín city tour:**

We will take the cable to go to the slum neighborhoods and see how they are emerging again thanks to many social projects that has given them new opportunities. After we will visit Arvi Park, Plaza Botero and Parque Lleras.

- **Guatapé and El Peñol:**

Guatapé is a surreal place, a colorful small town in the border of a man-made dam, where a 200m rock rises; we will climb the rock, and after 700 stairs we will see Guatapé from above.

- **Santa Fé de Antioquia:**

Named National Heritage, Santafé de Antioquia is a colonial town that preserves the architecture of the colonial times. Is a beautiful place to walk around its cobbled streets, take photos and have a relaxing day.

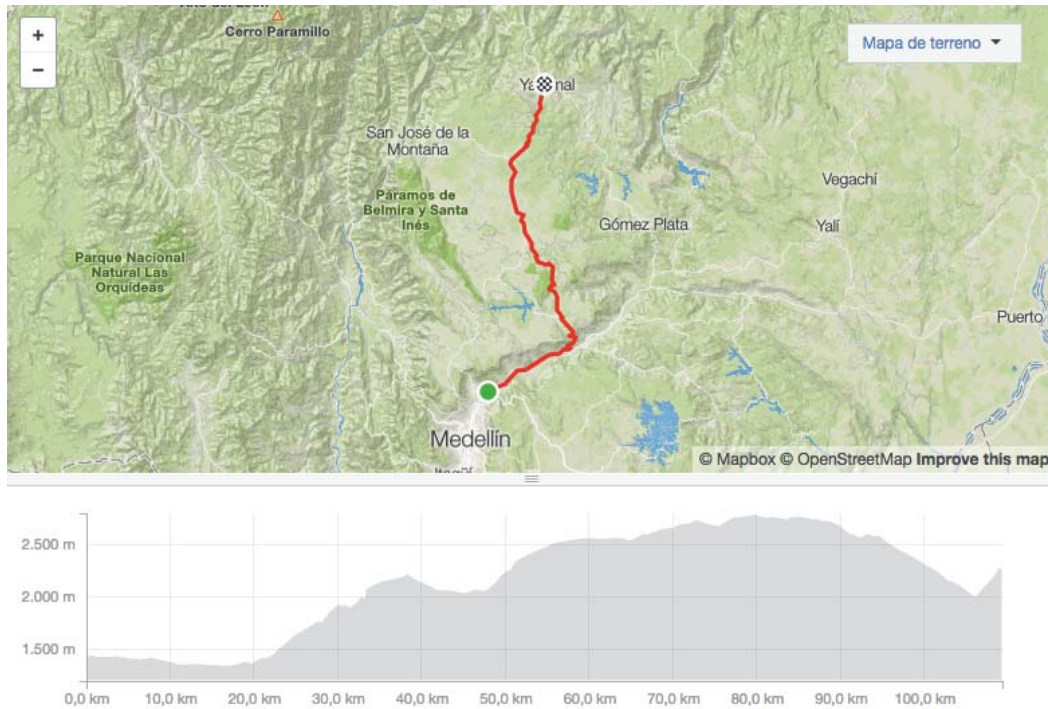


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Day 7: Medellín – Yarumal – 109,3kms / 67,9 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/5547085>



- **Accommodation:** Hotel Plaza Hostal (<http://www.hotelplazahostal.com/>)

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Day 8: Yarumal – Cucasia – 162,1kms / 100,7 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/5547115>



- **About the ride:**

We have passed the mountains and now we are entering to the coastal region, but don't let the flat terrain fool you, we are going to be riding at very high temperatures here around 35°C. Prepare to see a complete different landscape and a complete different culture, you will definitely enjoy this region.

- **Accommodation:** Hotel Caucasia (<http://www.hotelcaucasia.com/>)



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Day 9: Cucasia – Montería – 116,7kms / 72,5 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/5547170>



- **About the ride:**

We will arrive to the capital of Córdoba on the banks of the Sinú River; where most of its economy depends on livestock, so we will see wide fields of cattle, a beautiful contrast with what we have been seeing so far.

After having lunch in Montería, we will drive to San Bernardo del Viento to enjoy our first and well-deserved day on the beach.

- **Accommodation:** Los Tambos del Caribe
(<http://www.lostambosdelcaribe.hoteles/>)

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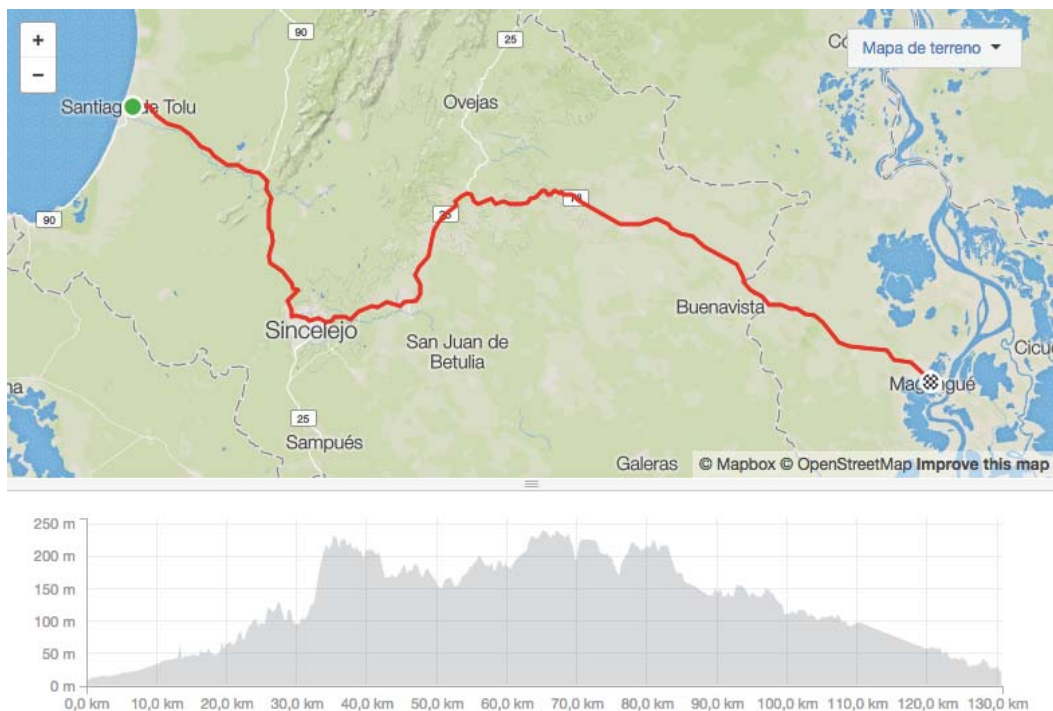


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Day 10: Tolú – Magangué – 130,7kms / 81,2 miles

- **7:00am:** Pick-up at hotel; coastal drive to Tolú for about hour and a half
- **8:00am:** Start the ride

<https://www.strava.com/routes/6938152>



- **About Magangué:**

Magangué is a town located Magdalena riverbank, is called the "Capital of rivers" since in this part of the country, rivers Cauca and San Jorge flow into Magdalena River. Magangué is also located in the region with the largest number of marshes of the country and is the connecting point to one of the most beautiful destination towns of Colombia, Santa Cruz de Mompox. In Magangué we will take a ferry to land in Mompox where we are going to spend the night.



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- **About Mompox:**

Declared National Monument in 1959 and UNESCO World Heritage in 1995, Mompox was founded in 1540 and preserves most of its original architecture; this town is also part of the Colombia Heritage Towns.

- **Accommodation:** Bioma Hotel (<http://www.bioma.co/home>)

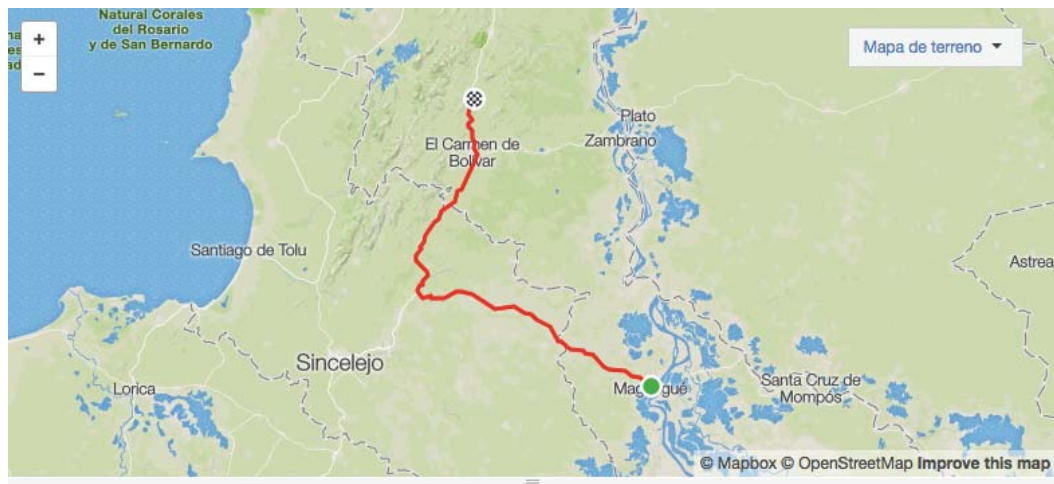


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Day 11: Magangué – San Jacinto – 118,2kms / 73,4 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/6938167>



- **About the ride:**

By now you should be already in love with the coast region and with the entire country, but we still have a bit to go and we left the best for last. So in Mompox we will take the ferry back to Magangué in the morning to head towards Cartagena, with one more stop first, San Jacinto



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- **About San Jacinto:**

San Jacinto is famous for its craftwork, where its artisans specialize in weaving, here you can find some of the best hammocks, bags or rugs of the country. Colorful fabrics full of life and the majority of them hand-made make most of their work unique. San Jacinto is also an important musical spot, every year musicians get together for the San Jacinto Native Flute Festival, which tries to keep the musical traditions of the region.

- **Accommodation:** Hotel La Hamaca Grande

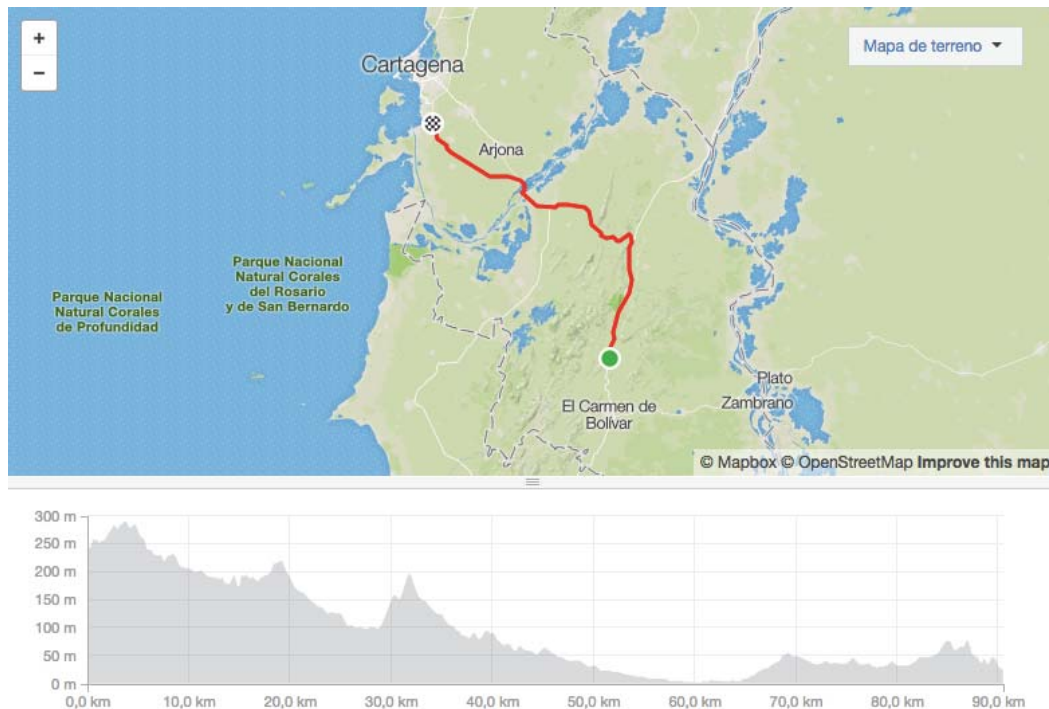


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Day 12: San Jacinto – Cartagena – 90,5kms / 56,2 miles

- **8:00am:** Start the ride

<https://www.strava.com/routes/6938187>



- **About the ride:**

We have made it to our last stage, where we will be entering triumphantly to Cartagena, one of the most beautiful and historical cities of Colombia.

- **About Cartagena:**

Declared UNESCO World Heritage, Cartagena is one of the most beautiful cities of Colombia. Walk through its streets and architecture and discover all the history hidden in the walled city, learn why is called the Heroic City. Enjoy the different plazas, restaurants, cafes and bars and don't miss the paradisiac Rosario Islands.

- **Accommodation:** Hotel Armería Real (<http://www.armeriarealhotel.com/>)

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Day 13: Cartagena

- **Optional activities to choose from (1 included):**

- **Cartagena city tour:**

A visit through Cartagena history, we will visit San Felipe's Fort, built in 1657 during the Spanish colonization. This castle was witness and a fortress during many English and French attacks to the in many different periods of time. A visit also to La Popa hill, India Catalina statue, indigenous woman who was kidnapped during her childhood and taken to Spain, he was brought back to Cartagena with Pedro de Heredia, Cartagena's founder. Finally a visit to the walled city and downtown; the walled city was the original city of Cartagena, It was walled during different periods to protect the city from many attacks of French and English ships, is called the Heroic City because endured many attacks and sieges enclosed within this walls suffering hunger, droughts and diseases.

- **Rosario Islands day tour:**

One of the many National Parks of Colombia, Rosario Islands are a small archipelago for conformed of about 28 islands just a few kms from Cartagena. Here you will be able to enjoy the best beaches of the area and have a good and well-deserved rest after a good cycling tour.

- **Farewell dinner and night out**

Day 14: Transfer to airport



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<i>What's Included</i>	<i>What's not Included</i>
<ul style="list-style-type: none">• <i>Pick up at hotel</i>• <i>All meals</i>• <i>Accommodation 4*</i>• <i>Specified activities</i>• <i>Hydration</i>• <i>Snacks</i>• <i>Water Bottle</i>• <i>Cycle Jersey</i>• <i>Companion car</i>• <i>Spare tubes</i>• <i>Assistance during the tour</i>• <i>Shuttle back to hotel</i>• <i>Bike transportation to Bogotá after the tour</i>	<ul style="list-style-type: none">• <i>Bicycle</i>• <i>Bike Rental: \$40.00 USD per cycling day</i>• <i>Bicycle assembly</i>• <i>Bicycle assembly: \$50,00 USD per bicycle</i>• <i>Airfare and transportation to and from the trip pick-up/drop-off locations</i>• <i>Alcoholic beverages</i>• <i>Activities not specified</i>

* Suggested hotels are subject to availability, in any case, hotels of the same level will be chosen.