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# Colombia

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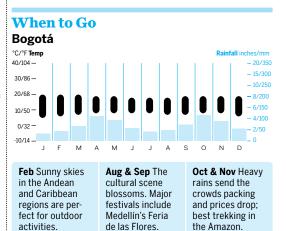
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# Why Go?

Colombia is an exhilarating cocktail of condensed South America with a shot of Caribbean thrown in. The country's striking landscapes and colorful people will leave you impressed with its variety: in one day it's possible to travel from glacier-covered Andean peaks to crystalline Caribbean beaches, or move from immense sand dunes to lush tropical rainforest.

Colombia is also a fascinating mix of the old and new, with impressive pre-Columbian ruins and enchanting colonial towns vying for your attention alongside progressive cities with chic dining and vibrant nightlife. Add a mix of indigenous, Afro-descendant and European cultures and you'll discover that Colombia is so much more than the old clichés of kidnapping, narcotics and plastic surgery.

Check your preconceptions at the door and uncover more than a few surprises in this accessible and utterly thrilling destination.



# Connections

Sitting proudly at the top of the continent, Colombia is a strategic gateway between South and Central America. While there is no land crossing with Panama, it is possible to cross via private yacht from Cartagena or by small boat from the idyllic Caribbean town of Capurganá.

Major land crossings include the borders with Venezuela at Maicao, in the arid Guajira, and Cúcuta, on the far side of the soaring peaks of the Cordillera Oriental. The main crossing point to Ecuador is at Ipiales in the southern mountainous region of Nariño.

Heading further south, there are adventurous river crossings into Brazil and Peru from Leticia in the Amazon.

#### **ITINERARIES**

#### **One Week**

Begin your whirlwind Colombian tour by walking the romantic streets of colonial Cartagena before heading along the Caribbean coast to cool off beneath the majestic Sierra Nevada at the jungle-clad beaches of Parque Nacional Natural Tayrona. Then head south for a day of high-adrenaline outdoor adventure in San Gil. Finish your trip in Bogotá, visiting the capital's fascinating museums and atmospheric nightspots.

#### **Two Weeks**

After completing the one-week itinerary, head south to San Agustín for horse riding among the impressive pre-Columbian statues scattered around rolling green hills. Continue to Salento to take a stroll through coffee plantations and learn to prepare the perfect cup. Crane your neck to admire the towering wax palms in nearby Valle de Cocora before continuing onto Medellín to party with the paisas, Colombia's most outgoing residents.

# **Essential Food & Drink**

» Bandeja paisa Artery-clogging tray of sausage, beans, ground beef, pork rind, avocado, egg, plantains and rice

» Ajiaco Andean chicken soup with corn, many kinds of potatoes and a local herb known as guasca

» Aguardiente Alcoholic spirit flavored with anise that produces wild nights and shocking hangovers

» Tamale Chopped pork with rice and vegetables folded in a maize dough, steamed in banana leaves with many different regional varieties

» Chocolate santafereño A cup of hot chocolate served with a chunk of cheese and bread

» Lulada Refreshing iced drink from Valle de Cauca made from crushed *lulo* fruit and lemons

» Hormigas culonas Large fried ants, unique to Santander

# AT A GLANCE

» Currency Peso (COP\$)

» Language Spanish

» **Money** ATMs in most towns; credit cards widely accepted

»Visas Not required for most Western countries

**» Time** GMT minus five hours

### **Fast Facts**

- » Area 1.14 million sq km
- » Population 45 million
- » Capital Bogotá
- » Emergency 2123
- » Country code 257

# **Exchange Rates**

Australia	A\$1	COP\$1844
Canada	C\$1	COP\$1837
Euro zone	€1	COP\$2325
New	NZ\$1	COP\$1469
Zealand		
UK	UK£1	COP\$2882
USA	US\$1	COP\$1797

# COLOMBIA

# Set Your Budget

- » Dorm bed COP\$21,000
- » Set lunch COP\$8000

» Beer in a bar COP\$3000-5000

» Local bus COP\$1800

#### Resources

» ProExport (www. colombia.travel)

» El Tiempo (www.el tiempo.com)

» Colombia Reports (www. colombiareports.com)

» Parques Nacionales (www.parquesnacionales. gov.co)