



Chaska Tours

code: PV-ENG-02

## Colombia for Foodies

### Identity card

Duration: 11 days

Recommended starting day: Saturday.

Colombia is so much more than just coffee and arepas! Even though our culinary culture isn't very well-known internationally, we've got one of the most diverse geographies on the planet and a rich and multicultural society. This unique blend of ingredients means that our food is full of surprises - even locals are blown away when they travel to other parts of the country and discover new dishes.

We've got plenty of cutting-edge restaurants, colourful markets and kitchens, and exciting culinary explorations and research happening all the time. It's no wonder that Colombia is becoming known as a foodie paradise in Latin America!

If you're a true foodie, you're going to love this journey. We've got fun cooking classes, tours of iconic restaurants, visits to bustling markets and traditional fondas, and of course, the best coffee in the world. So come on down and let's eat our way across Colombia!

## Itinerary map



## Itinerary Summary

- ★ Day 1 - Saturday : Bogotá
- ★ Day 2 - Sunday : Bogotá
- ★ Day 3 - Monday : Bogotá
- ★ Day 4 - Tuesday : Bogotá - Pereira - Manizales
- ★ Day 5 - Wednesday : Manizales - Salento
- ★ Day 6 - Thursday : Manizales - Pereira - Medellín
- ★ Day 7 - Friday : Medellín
- ★ Day 8 - Saturday : Medellín - Cartagena
- ★ Day 9 - Sunday : Cartagena
- ★ Day 10 - Monday : Cartagena
- ★ Day 11 - Tuesday : Cartagena

# Detailed itinerary

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## Day 1: Bogotá

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### Transfer in from Bogotá airport to selected hotel with guide

**Hotel BH La Quinta - Standard Room:** Lodging at BH La Quinta hotel in Standard room with breakfast included.

*Included: transfer in with guide, lodging, breakfast*

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## Day 2: Bogotá

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**Tropical Fruit Safari: Exploring Paloquemao Market in Bogotá:** This tour is the best aperitif to fall in love with Colombia, to discover the flavor of its culture and all that it has to offer.

Thanks to its geographical location, in Colombia it is possible to find a great variety of fruits of all colors, sizes and flavors (if you don't believe us, you can check it in the fruit dictionary that we will give you at the beginning of the tour). In addition to knowing the secrets and history of this market, passing through the colorful "plaza de las flores" and the craft stalls, you can try fifteen different fruits, three shots of fresh juices and two typically Colombian snacks.

During the tour you will not only taste fruits, this is an experience that leads you to have a real contact with the history of this wonderful country through the senses, the kindness of its people and the joy that characterizes them.

The duration of the tour is approximately 2-3 hours and we recommend taking this tour as your breakfast of the day.

**Bogotá's essential city tour:** On this half-day tour we will visit Bogotá's historical center at La Candelaria neighborhood, passing through its main sights. We will visit the Plaza de Bolívar, where the headquarters of national and local government are located, also the Congress and the Justice Hall as well as the city's Catedral Primada. The tour continues walking this colonial area until reaching the Gold Museum, which has an impressive collection of pre-Columbian goldsmiths from Colombia's native communities. We will finish at the Museo de Botero, an interesting art collection that was donated to the city by the renowned Colombian painter Fernando Botero.

Gold Museum is closed on Mondays and Botero Museum on Tuesdays.

**VIP Visit to Monserrate Sanctuary:** Included a visit to the Monserrate Sanctuary. Located at 3.150 m.a.s.l., this sanctuary is accessible by cable car or funicular and apart from being a very famous pilgrimage site in Colombia, it offers a spectacular panoramic view of the city.

The VIP pass allows faster access to the cable car/funicular and saves time when there are crowds of visitors.

**Hotel BH La Quinta - Standard Room:** Lodging at BH La Quinta hotel in Standard room with breakfast included.

*Included: excursion, bilingual guide, snack, local guide, entrance fees, lodging, breakfast*



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## Day 3: Bogotá

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**Foodies tour Bogotá: New Chapinero:** The new Colombian cuisine is cooked daily inspired by our geography. The different climates, soils and fruits of each region are the raw material for a generation of chefs who take advantage of this diversity, this extraordinary and privileged treasure that we have to make the protagonist at the table.

Each one of them has proudly assumed their commitment to sustainability, which is evidenced in menus where the stars are small producers and local ingredients. A proposal that surprises with vibrant and ephemeral dishes that are reinvented each season and with which they have earned a place in the specialized lists of must-try restaurants.

Chapinero has always had a love affair with creativity. In this bohemian neighbourhood with a pedestrian soul, imaginative chefs and bartenders reinvent traditional recipes with the most unsuspected ingredients of our geography: artisanal cheeses from nearby farms, ants, peppers, Amazonian fruits, responsible fishing of the day, coffees from micro-lots, artisanal liquors... are just the welcome to a world of unimaginable flavours.

Walk with us a few blocks to breathe the atmosphere of the neighbourhood that is fashionable in Bogota, while we enter three houses where emerging chefs serve us the best of their market cuisine.

The Tour:

- It begins with completely artisanal preparations inspired by recipes and ingredients from various regions of Colombia in a proposal that local foodies have described as daring and innovative: Colombian cuisine with a punch.
- Travel through the emblematic flavours of Pacific and Amazonian cuisine in a restaurant that combines exotic ingredients from these corners of Colombia in a fine and amusing gastronomic interpretation. Did someone say you could eat ants?
- Traditional desserts of the culinary imagination that have been prepared with an exquisite twist prove that Colombia's gastronomic revolution is gestated down to the last step.
- To finish, a cup of origin coffee, is served with the utmost pride.

Tour includes:

- Food Concierge
- 3-step menu including appetizer, main course and dessert plus 3 beverages including local beer and Colombian coffee.

**Hotel BH La Quinta - Standard Room:** Lodging at BH La Quinta hotel in Standard room with breakfast included.

*Included: lunch, excursion, private transportation, lodging, breakfast*

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## Day 4: Bogotá - Pereira - Manizales

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**Transfer out from selected hotel to Bogotá airport.**

**Domestic flight:** Domestic flight from Bogotá to Pereira.

**Coffee Tasting workshop in Venecia Coffee Farm:** For the true coffee connoisseur who is obsessed with the art of drinking coffee, this is the workshop for you. Our workshop offers an advanced insight into the further complexity of tastes and brewing. Each of your senses will be engaged as you become saturated in each magical caffeinated morsel.

Enjoy a brew-tiful afternoon: In this workshop, we will showcase the potential of coffee, its many aromas and flavors. You will learn about the influential factors that produce the aroma and taste of coffee. For that, we will identify different flavor profiles. All of these have an impact on the taste of the coffee you get in your cup!

Once you have trained your senses to smell the variety of fragrances, you will be able to identify smells and flavors in a myriad of coffee preparations all over the world, every time you drink coffee. Be amazed how the smell changes in the preparation process and be even more excited to learn the nuances while drinking local sourced coffee.

After that, we will show you how to prepare an extraordinary cup of coffee. But even more important – you will become the expert on how coffee should not taste. It's not only about the roasting, the grinding, the water temperature and the water pressure, but also about the amount of coffee you are using per cup and even the altitude and climate where you want to enjoy your cup of coffee. You will become the expert on serving the perfect cup of coffee!

**Plantain cooking workshop in Venecia Coffee Farm:** At first sight, it's easy to mistake a plantain, called pla'tanos here in Colombia, for a banana. Although they look similar and bananas and are close relative, plantains are very different. They are not always sweet, and are used as a starch in many savory and sweet recipes. Come learn how to transform the pla'tano into a savory tostone or the sweet pla'tanos maduros and much more! You will learn how to prepare plantains just like a Colombian chef to cook for your friends back home.

This cooking class featuring the versatile and important plantain is very hands-on and shows you everything you need to know to prepare them as a local! They can be steamed, boiled, stir-fried, batter-fried, deep-fried, mashed, or curried.

They are sometimes even used as a stuffing, in salads and soups or in dips. Our local culinary team will show you different ways to prepare both ripe plantains (maduros) and green plantains (verdes) to enjoy them for breakfast, lunch, or dinner. Go home with recipes to serve them prepared as a side, an appetizer or as part of the main dish. After using your hands on skills, finish the class with tasting the literal fruits of your hard labor - delicious variations you just cooked yourself.

Buen Provecho!

**Hotel Hacienda Venecia - Standard Room (Hummingbird or Marmot):** Lodging at Hacienda Venecia hotel in Standard room with breakfast included.

*Included: transfer out, domestic flight, Transfer in, excursion, local bilingual guide (SPA or ENG), bilingual guide, lodging, breakfast*

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## Day 5: Manizales - Salento

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**Tour to Salento & the Cocora Valley:** Today we will go from Salento to the Cocora Valley, a spectacular cloud forest that is the gate to the Los Nevados National Park and where you can admire the famous but also threatened Quindío's wax palm, world's highest and declared as Colombia's national tree. The transfer from the town square to the Valley takes about half an hour and is special because it is done in jeeps Willys of the 50s, that came to lend a hand to the peasant work and who remained to be consolidated as a regional cultural icon.



Already in the Valley we will do a ritual where we will have the opportunity to learn about this tree and its ecosystem, planting a palm and thus contribute to its preservation, and then we will take a short walk to enjoy the natural beauty of the place.

**Hotel Hacienda Venecia - Standard Room (Hummingbird or Marmot):** Lodging at Hacienda Venecia hotel in Standard room with breakfast included.

*Included: Transfer in, excursion, private transportation, entrance fees, local guide, snack, bilingual guide, lodging, breakfast*

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## Day 6: Manizales - Pereira - Medellín

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**Domestic flight:** Domestic flight from Pereira to Medellín.

**Transfer from Medellín (José María Córdova) airport to selected hotel.**

**Dinner Experience in Elcielo Restaurant:** The Elcielo Restaurant is characterized for offering its clients unique culinary experiences, in which all the senses are involved from the first course. Avant- garde techniques are mixed with traditional methods of Colombian cuisine. Colombia, precisely, is at every step within Elcielo: the ingredients and those who prepare them are Colombians who dream of our flavors reaching the citizens of the world.

The menu is divided into gastronomic moments, that lead the diner to feel and experience endless emotions. Elcielo is signature cuisine, where avant- garde techniques are mixed with traditional methods of Colombian cuisine.

The activity price it is included the private transportation from and to your hotel, also the deposit for your booking in the restaurant that should be confirmed some weeks in advance and which is not refundable. This charge of around COP 350.000 (approx. 90 USD) per person would be discounted from your check. It covers 90% of the dinner set-menu price. Wine and beverages are not included in this price.

**Hotel BH El Poblado - Standard Room:** Lodging at BH El Poblado hotel in Standard room with breakfast included.

*Included: Transfer in, domestic flight, dinner, private transportation, lodging, breakfast*

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## Day 7:Medellín

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### Guatapé & Piedra del Peñol

The Peñol Boulder is one of the most spectacular destinations in the surrounding area of Medellín. The 200-meter-high monolith can be climbed with a staircase of 740 steps. Enjoy breathtaking views over the stunning surroundings full of green mountains and blue lakes. The village of Guatapé is famous for its church and its beautiful, colourful paintings that decorate the houses of the village.

On this day trip we will take you on a scenic drive through the Eastern Highlands of Antioquia. You can climb the Peñol Boulder, enjoy a delicious typical Colombian lunch on the waterfront of the Guatapé reservoir, explore the lake on a boat ride and take time to stroll and relax.

**Nightlife Experience – Fondas Tour in Sabaneta:** One of the most traditional nightlife experiences in the valley of Medellín is a visit of the "Fondas" – local bars with exotic decoration and typical Colombian music, located in the suburbs of the city. The decoration of common artefacts, traditional appliances, paintings and religious icons reflects the cultural heritage of the so-called Paisa Culture. Back in the days the "Fondas" were traditional shops throughout the Andean mountains around Medellín where the farmer stopped to take a break with their mules and horses to enjoy the typical "Aguardiente" liquor. Nowadays the "Fonda" is a very popular place for entertainment of the locals. This tour takes you to several local "Fondas" where you try traditional food and drinks while listening to typical Colombian music.

**Hotel BH El Poblado - Standard Room:** Lodging at BH El Poblado hotel in Standard room with breakfast included.

*Included: lunch, entrance fees, excursion, bilingual guide, snack, activity insurance, private transportation, soft drinks, lodging, breakfast*

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## Day 8:Medellín - Cartagena

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**Unveiling Medellín's Hidden Gem: A Journey Through the Social Transformation of Comuna 13:** Just over 20 years ago, Medellín was one of the most dangerous cities in the world. Until the beginning of the new millennium, the struggle to be Escobar's successor continued, but since 2002 Medellín changed. Smart local politicians started to invest heavily in infrastructure and public education - successfully, of course.



Today, the "City of Eternal Spring" is one of the most innovative cities in the world. Come with us on a tour through the history and present of Medellín. Learn more about the transformation of this fascinating metropolis.

**Transfer out from selected hotel to Medellín (José María Córdova) airport.**

**Domestic flight:** Domestic flight from Medellín to Cartagena.

**Transfer from Cartagena airport to selected hotel.**

**Hotel Bantu - Superior Room:** Lodging at Bantú hotel in Superior room with breakfast included.

*Included: water, entrance fees, local guide, activity insurance, shared transportation, private transportation, bilingual guide, transfer out, domestic flight, Transfer in, lodging, breakfast*

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## Day 9: Cartagena

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**Cartagena's City tour by bike:** We offer a guided city tour by bicycle through the historical center (the walled city), Getsemaní and Manga.

The tour starts in the historical center: We will ride by all the main attractions and landmarks and we will stop several times in order to take photos and listen to our guide's stories about Cartagena.

The tour goes on to Getsemaní, the neighborhood where Florentino Ariza lived. He's the main character in the worldwide known novel *Love in the time of Cholera* that is written by Colombian Nobel Prize winner Gabriel García Márquez.

Then, we will go across the Roman Bridge, towards Manga. We will pass the beautiful Villa Roman. We will then visit the cemetery of Manga, the oldest cemetery in Cartagena. We continue along the seafront to finish our tour in the city center.

Subject to change. The itinerary of this tour can vary depending on the condition of the participants.

Our guide will pick you up if your hotel is located in the Historic Center or Getsemaní.

**A Culinary Journey through Cartagena's Historic Center: Discovering Local Street Snacks:** Bring your appetites and an adventurous attitude. We hit the streets to experience food the way Cartagenos do. Whether you are searching for a stopover snack or something more substantial, a healthy start or a sweet dessert, Cartagena's streets provide everything! One of the very best ways to gain an insight into the daily lives and culture of the locals is to experience their culinary culture.

The 2 hour tour will get you up close and personal with the real Cartagena as the street sellers fill our bellies with their delicacies and warm our hearts with their hospitality

Now some examples to stimulate your appetite:

- Exotic tropical fruits like lulo, granadilla, nispero, papaya and guayabana
- Fried arepas, papas rellenas, empanadas, caribañolas
- Bollo de mazorca
- Agua de coco
- Raspao



- Cocadas, arequipe and enyucado
- and much more!

**Hotel Bantu - Superior Room:** Lodging at Bantú hotel in Superior room with breakfast included.

*Included: equipment rental, excursion, bilingual guide, local guide, snack, lodging, breakfast*

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## Day 10:Cartagena

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**Visit the Bazurto Market & Cooking class with private transportation:** Gastronomy is an important part of the local culture and the Cartagenos are proud of their Caribbean cuisine. Apart from tasting it, what would be better than learning how to prepare seafood, coconut rice and other specialties of Cartagena ´s cuisine?



The cooking class takes place in a colonial house in the city center or in Getsemani´. The Chef will give us a presentation about the ingredients before he will teach us how to prepare typical dishes. The class takes about two hours. Afterwards, we will eat together.

We can also buy the ingredients for the cooking class at the local Bazurto market together.

Included:

Bilingual tour guide

Cooking class (about 2 hours)

Lunch or dinner: ceviche / fish soup, seafood rice or fried fish with plantain and coconut rice and salad, mango or passion fruit mousse as dessert

Fresh juice of the season

Visit to the market to buy ingredients

**Rum Tasting in Cartagena:** Enjoy a pleasant experience designed for adventurous people who want to discover new flavors and textures, as well as differentiating and distinguishing a good cocktail and especially an exquisite liquor. Our rum tasting seeks to immerse you in the mythical world of pirates, where your palate will be the only witness of the hidden treasure that Cartagena guards inside.

You will live a wonderful and recreational experience, lead by one of the most important Mixologists in Colombia, who will guide you and show you that the mysterious world of liquor goes way beyond a bottle.

As the main service we offer the rum tasting with chocolate.

The tasting is based on different rums from our Colombian culture accompanied by the best chocolates of our land. The best rums in the world are classified as Colombian artisan rums, by tasting our rums we are able to distinguish thanks to our sensory senses the different notes of Coffee, Caramel, Vanilla and much more.

The tasting consists of Colombian rums, spirits and infused rums and during the tasting you will learn about the origin and the process of making each rum that is presented to you.

Our tasting lasts approximately 1 hour.

**Hotel Bantu - Superior Room:** Lodging at Bantú hotel in Superior room with breakfast included.

*Included: excursion, bilingual guide, private transportation, local guide, lodging, breakfast*



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Day 11:Cartagena

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Transfer out from selected hotel to Cartagena airport

*Included: transfer out*

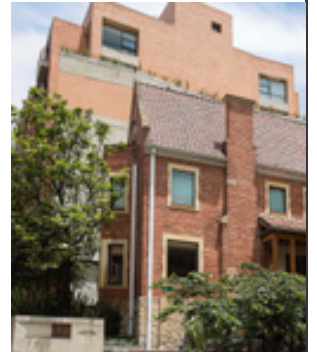
# Hotels

## Hotel BH La Quinta

Cra. 5a # 54-42, Bogota

<http://www.bhbicentenario.com/default-es.html>

Bogotá



## Hotel Hacienda Venecia

Puente San Peregrino, Manizales

<http://www.haciendavenecia.com/>

Manizales

# Hotel BH El Poblado

Medellín

Cra 43 # 9 Sur - 35, El Poblado, Medellín

<http://www.bhhoteles.com/en/bh-el-poblado>



# Hotel Bantú by Faranda

Cartagena

Calle de La Tablada, 7 - 62, Centro Historico, Cartagena

<http://www.bantuhotel.com/>

## Included

Domestic flights as mentioned, private transfers airport/hotel/airport, bilingual guides (English-speaking / other languages such German, French and Italian are available subject to availability in each destination / price can slightly change too), entrance fees to the sites described, accommodation with breakfast in the hotels listed or similar category, meals as indicated in the itinerary.

## Not included

International flights, meals and expenses not specified, tips, travel insurance.

## Useful links

- [Consult here our Terms & Conditions](#)
- [Our Comfort & Difficulty levels Guide](#)
- [Download here our Travel Guide to Colombia & Our Code of Conduct for Travelers](#)
- [COVID-19 Biosafety Protocol](#)

## Legal

Rates and availability of services are subject to change without notice.

Chaska Tours SAS, abides by Law 679 of the Congress of the Republic by publishing in its products and tourist information, the provisions that are given to prevent and combat exploitation, pornography and sexual tourism with minors. According to these provisions, everyone must prevent, avoid and

denounce the exploitation, storage, use, publication, distribution of images, texts, documents, audiovisual files, use of global information networks or any other telematic link related to pornography or allusive to the sexuality of minors. Failure to comply with these regulations may result in criminal liability and/or administrative action.

Colombian law applies. Please refer to our Terms and Conditions form.

Chaska Tours S.A.S. is subject to the liability regime of Law 300 of 1996, Decree 53 of 2001, Law 1101 of 2006, Decree 2438 of 2010, and other regulations, where its quality of intermediary as a Travel Agency is indicated.

Chaska Tours S.A.S. is committed to Sustainable Tourism in compliance with Law 17 of 1981 and Law 1333 of 2009 whose purpose is to prevent illegal trafficking of species of flora and fauna, as well as the laws Law 63 of 1986, Law 1185 of 2008 on Illegal Trafficking of Cultural Property, Law 2811 of 1973 on the National Code of Renewable Natural Resources and environmental protection, Law 0584 of 2002 where wild species that are endangered in the national territory are declared and Law 379 of 1997 General Law of Culture that respectfully manages information on the different attractions and activities related to the cultural and natural heritage of the country.

#### Seasons

Prices are valid for the specified travel dates. In case no travel dates are specified, prices are valid for the low season of the current year.

Low season: travel start date between 1 February and 30 November, excluding Easter week (Semana Santa in Colombia), 1 July to 1 September and local holiday dates which may vary at each destination.

For travel dates in high season, please consult us for prices and availability of services before booking.

On COVID-related travel requirements/restrictions:

Please check the entry/departure restrictions and requirements between your home country and Colombia prior to your trip. We recommend this site which provides up-to-date information on these: <http://apply.joinsherpa.com/travel-restrictions>

By booking with Chaska Tours Colombia, you are agreeing to the regulations and practices set out in our Biosafety Protocol regarding the prevention of the spread of the COVID-19 virus. Your medical data will be treated only for the purpose allowed and required by Colombian law, which is to monitor possible infections during the provision of our services. If you have any questions about how your data will be treated or about the hygiene and social distancing practices that you should observe during your trip with us, please contact your Chaska Tours representative.

Please check the entry/departure restrictions and requirements between your home country and Colombia prior to your trip. We recommend this site which provides up-to-date information on these: <http://apply.joinsherpa.com/travel-restrictions>

If you inform us well in advance, we will be happy to assist you in any way we can regarding laboratory information, test transfers and similar services in Colombia, but we cannot be held responsible in case you have not verified the information regarding entry/exit requirements in your country, if you do not receive your test results on time and/or if you cannot board your return flight because you do not meet these requirements. Please note that test results usually take up to 24 hours, even longer when the test falls on Sundays or holidays, and some laboratories only receive payment in cash in Colombian pesos.

#### Acceptance

By accepting this quotation and making the corresponding payment/deposit for the reservation of the services described herein, the passenger/client declares to know and abide by the Terms and Conditions of Chaska Tours and declares to know and accept the Code of Conduct for Travelers of the company.

Chaska Tours

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*Viajar lo cambia todo*

