



Colombia & Ecuador: Bogotá, Cartagena, and Andean Adventures

DURATION | 13 Days

TRIP LEVEL | Active

Trip Overview

From dazzling Andean peaks and sweeping valleys to the timeless charm of colonial cities, and from Indigenous artisan communities to world-renowned coffee, roses, and chocolate, discover extraordinary Colombia and Ecuador. Follow cobblestone marveling at the architectural splendor, wander through lively markets and crayon-colored neighborhoods, and visit a museum where all that glitters really is gold. Then trade your urban pace for peaceful hikes, enjoying flowing grasslands and the world's tallest palms. Travel by Jeep through Colombia's fabled Coffee Triangle, and stop to smell the roses of the Ecuadorian highlands. Create with a women's co-op, prepare traditional treats with local chefs, and, of course, surrender to the rhythm of salsa.

Trip Highlights

- Explore Cartagena's exquisite walled center; crisscross the stunning landscapes of Colombia's Coffee Triangle; stroll through Quito's ancient plaza; marvel at the pre-Colombian ruins of Ingapirca; and admire the architectural masterpieces of Cuenca.
- Gather with a women's co-op and create charming crafts; prepare traditional foods with locally grown ingredients; join coffee producers for a bean to brew tour; and take a fun lesson in salsa dancing.
- Hike to a volcano's stunning crater lake; explore the unique landscape of Cotopaxi National Park; learn about rose cultivation at an Andean flower plantation; and traverse a mountain trail among the world's tallest palm trees.

Map View



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Trip Itinerary



Day 1

Welcome to Colombia!

Welcome to Colombia!

Arrive in Bogotá, Colombia's vibrant capital, sitting at 8,660 feet and embraced by the peaks of the Andes. Its rich history, reaching back to 1558, beautiful colonial architecture, bold and colorful street art, and celebrated gastronomy await your discovery. Transfer to your hotel and settle in. This evening, join your guide and fellow AdventureWomen travelers for lively introductions, and a delicious welcome dinner.

Meals: dinner | Overnight: Cité Hotel



Cité Hotel

Cité Hotel, perfectly situated near Zona Rosa and Parque de la 93, serves as an ideal gateway to the vibrant heart of Bogotá, Colombia. Our 56 elegantly designed rooms are filled with natural light, courtesy of expansive windows offering stunning views of the Bogotá skyline and Parque El Virrey. Guests can unwind, network, or socialize in this property's inviting spaces, including a breathtaking heated rooftop pool with panoramic city views.

Amenities: complimentary toiletries, coffee/tea maker, minibar, refrigerator, flatscreen TV, safe, air conditioning, free Wi-Fi



Trip Itinerary



Day 2

Discover Bogota

Set out for Bogotá's La Concordia Market which abounds with fresh produce, seafood, and coffee. Enjoy local fruits and snacks, and perhaps even take home a traditional kitchen souvenir. Continue to the famous Gold Museum, with its 55,000 pieces of gold and pre-Hispanic artifacts. Follow cobblestone streets through the historic quarter of La Candelaria to Plaza de Bolívar. Enjoy a tasting-menu lunch at a local avant-garde restaurant, and end your day at the Botero Museum, showcasing Colombia's famous painter and his unique oversized figures.

Meals: breakfast, lunch | Overnight: Cité Hotel



Trip Itinerary



Day 3

The Coffee Triangle

Fly westward to Pereira for an exploration of The Coffee Triangle, a designated UNESCO World Heritage Site. Take a Jeep ride along scenic trails, stopping at a traditional Hacienda and coffee plantation to learn about the cultivation process and taste the rich brews. Help prepare a favorite Latin American snack, patacones, twice-fried green plantains, and enjoy them as you drive to the city of Armenia. Check into your resort hotel with dinner on your own.

Meals: breakfast, lunch | Overnight: Hotel Mocawa Resort



Hotel Mocawa Resort

Nestled in the heart of Quindío, Mocawa Resort Hotel invites you to immerse yourself in a travel experience surrounded by the enchanting valleys and mountains of this picturesque region. Be inspired by this property's vibrant colonial architecture, breathe in the fresh air amidst lush fauna and flora, and discover the unique charms of the coffee culture. All the while, enjoy the exceptional services and amenities the resort has to offer.

Amenities: complimentary toiletries, minibar, safe, air conditioning, free Wi-Fi



Trip Itinerary



Day 4

Los Nevados National Natural Park

Drive through the lush landscapes of the Cocora Valley on the way to an ecological trailhead. Savor a welcome canelazo drink, made with sugar cane aguardiente and cinnamon, before setting out on a valley hike to view the world's tallest palm tree, rising to 200 feet. Continue to charming Salento, then on to traditional Filandia with its boldly painted houses and thriving café culture. Participate in a basketry workshop, then return to your hotel with dinner on your own.

Meals: breakfast, lunch | Overnight: Hotel Mocawa Resort



Trip Itinerary



Day 5

Fly to Cartagena

Fly from Armenia to beautiful Cartagena. Drive to the nearby fishing village of La Boquilla for a catch-of-the-day lunch. Local women from the Madres—Cabeza de Familia y sus Cocos (“Mothers—Head of the family and their Coconuts”) welcome you to their everything-coconut-workshop and craft your own coconut souvenir. Join a unique Bullerengue, a traditional Caribbean music and dance celebration in praise of the sea, earth, and moon.

Meals: breakfast, lunch, dinner | Overnight: GHL Collection Arsenal Hotel



GHL Collection Arsenal Hotel

Conveniently situated in the Getsemaní neighborhood, directly across from the Cartagena de Indias Convention Center, the GHL Collection Arsenal Hotel features 71 comfortable rooms and an outdoor pool with stunning city views.

Amenities: complimentary toiletries, minibar, flatscreen TV, safe, air conditioning, free Wi-Fi



Trip Itinerary



Day 6

Bazurto Market and Cooking Class; Salsa Lesson

Mingle with the locals at Bazurto Market to shop for seasonal ingredients for today's cooking class, then join a local chef and help prepare a traditional meal for your lunch. Bicycle along the turquoise shores of modern Bocagrande, then explore Cartagena's historic center with its hidden plazas, colonial architecture, and overhanging balconies. Trade your cycling helmet for dancing shoes and practice the intricate rhythms of salsa led by a professional instructor. End the day at a local restaurant with your group.

Meals: breakfast, lunch, dinner | Overnight: GHL Collection Arsenal Hotel



Trip Itinerary



Day 7

Fly to Quito

Set in a valley surrounded by snow-capped Andean mountains, Quito's historic center is a stunning architectural collage of Spanish, Moorish, and Flemish influences and a UNESCO World Heritage Site. Fly to this capital city today, settle into your hotel and spend the afternoon and evening at leisure. Your overnight here is the segway to exploring Ecuador's natural wonderlands, the art center towns of the Highlands, and it's fascinating Pacific port of Guayaquil.

Meals: breakfast, dinner | Overnight: Wyndham Garden Quito



Wyndham Garden Quito

The recently renovated Wyndham Garden hotel offers an unbeatable location. Within walking distance to El Jardin Shopping Mall, adjacent to La Carolina Central Park, and near Metropolitano Guanguiltagua Park, it's ideally situated in the heart of Quito's bustling downtown. This award-winning hotel features a restaurant serving healthy breakfasts, à la carte lunch and dinner daily.

Amenities: complimentary toiletries, hair dryer, minibar, cable / satellite TV, safe, air conditioning, free Wi-Fi



Trip Itinerary



Day 8

Cotopaxi National Park

Enjoy a scenic drive to spectacular Cotopaxi National Park whose 19,347-foot volcano is among the highest in the world. Explore this high-altitude grassland carpeted in the distinctive páramo vegetation as you walk around the shallow lake, Laguna Limpiopungo. Continue to a rose plantation for insights into one of Ecuador's important exports, learn about cultivation and harvest, and how the high elevation creates the famous big and hardy blooms. Lunch and dinner on your own.

Meals: breakfast | Overnight: Hotel Hosteria La Cienega (or similar)



Hotel Hosteria La Cienega (or similar)

Nestled in the fertile plains of Cotopaxi and surrounded by majestic volcanoes, this colonial-style Hacienda offers a timeless retreat. Here, in the heart of the Ecuadorian mountain range, you can experience something truly unique. Since 1981, this property has transformed into a hotel, providing visitors with an unforgettable Andean experience.

Amenities: complimentary toiletries, hair dryer, safe, free Wi-Fi



Trip Itinerary



Day 9

Laguna Quilotoa Walk, Traditional Art of Tigua

Drive through the Central Highlands toward historic Riobamba. En route, stop at Quilotoa volcano for a hidden-gem hike into its sunken caldera. The views of the impossibly blue-green crater lake and its surrounding Andean landscape are breathtaking. Continue to the indigenous agricultural communities of the Tigua area to meet the artists renowned for their unique art. Learn about ancient traditions and daily life in the mountains and enjoy lunch together. Continue to your hotel with dinner on your own.

Meals: breakfast, lunch | Overnight: La Hosteria La Andaluz



La Hosteria La Andaluz

Perched at 11,000 feet in the province of Chimborazo, Hosteria La Andaluz graces the slopes of the most beautiful volcano in the inter-Andean valley. Explore and savor the breathtaking Andean landscapes, complemented by the colonial elegance of this property. Experience exceptional service where the warmth of the staff will make you feel truly at home.

Amenities: complimentary toiletries, hair dryer, safe, flatscreen TV, free Wi-Fi



Trip Itinerary



Day 10

Quinoa Cooking Class, Ruins of Ingapirca

Drive southward toward Cuenca, through the heart of quinoa cultivation country. Visit the Inti Sisa Foundation whose work supports local indigenous communities with a focus on education. Join the native team of the local guesthouse for a quinoa cooking workshop. Learn how this superfood is produced and have fun making quinoa croquettes together. Continue to the remarkable archaeological site of Ingapirca, Ecuador's largest Inca ruins, then continue to Cuenca, with dinner on your own.

Meals: breakfast, lunch | Overnight: San Juan Hotel



San Juan Hotel

San Juan Hotel, conveniently located just 7 minutes from the airport in the historic town of Cuenca, is a serene retreat set in a beautifully converted historic home. Offering the charm of old colonial style, this hotel provides the perfect environment for relaxation. This boutique-style property features a blend of avant-garde and colonial touches, creating an unbeatable atmosphere with unique personality in every room.

Amenities: complimentary toiletries, hair dryer, safe, cable/satellite TV, free Wi-Fi



Trip Itinerary



Day 11

Cuenca City Tour

Explore the delights of Cuenca today, the city of straw Panama hats, roses, and one of Ecuador's finest preserved colonial centers, a UNESCO World Heritage Site. Walk through the Plaza Mayor, defined by its two impressive cathedrals, inhale the fragrances of the flower market, and admire the exquisitely painted ceiling of Todos los Santos church.

Meals: breakfast | Overnight: San Juan Hotel

Trip Itinerary



Day 12

Guided Cacao Project Tour, Farewell Dinner

Head northward today to Guayaquil, Ecuador's largest city. Enjoy the glorious views and changing local flora, from grassland to coastal lowlands rich with rice, banana, and cacao plantations. Stop to tour a cacao project, and learn all about Ecuador's "other" bean. Check into your Guayaquil hotel and enjoy a special Farewell Dinner. Raise a glass to your extraordinary experiences in Colombia and Ecuador and to sharing them with your AdventureWomen friends

Meals: breakfast, lunch, dinner | Overnight: Unipark Hotel



Unipark Hotel

Experience unparalleled Ecuadorian hospitality at Unipark Hotel in Guayaquil. Located next to the famous Seminario Park, home to many friendly and enchanting iguanas, this hotel offers a welcoming retreat with 131 beautifully appointed rooms. From the moment you check in, enjoy exceptional amenities and service.

Amenities: complimentary toiletries, safe, flatscreen TV, free Wi-Fi, air conditioning



Trip Itinerary



Day 13

Depart Guayaquil

Enjoy your last day in Ecuador before bidding farewell to this enchanting land. Say goodbye to the incredible guides and fellow travelers who have shared this memorable journey with you.



What's Included

What's Included

- Accommodations as per itinerary based on double occupancy
- Domestic airfare
- All meals as listed in the itinerary
- All ground transportation, including one group transfer on arrival and departure
- English-speaking tour leader throughout the trip
- Activities as indicated in the itinerary
- Drinking water to refill personal bottles

Not Included

- International airfare
- Meals not specified in the itinerary
- Optional activities and items of a personal nature
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Gratuities

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

