

MULTIPLE WEEKS AVAILABLE

6 DAYS, 5 NIGHTS

# COLOMBIA

(TRADITIONAL TRAVEL EXPERIENCE)

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## Traditional Travel with Sisters Traveling Solo

Sisters Traveling Solo traditional trip experiences are fun and experiential tours that are designed for those sisters wanting to visit popular tourist destinations. These tours are great for beginners to the most experienced travelers. Be sure to bring your camera, because we plan these trips to be packed with post worthy instagram moments.

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## Country Overview

Colombia is the nation of magical realism.

It is the 25th largest country in the world , enjoying plenty of different climates and landscapes. It has the second largest population of Spanish speakers in the world (only after Mexico). It is the largest producer and exporter of roses in the world. It is one of the largest producers of coffee in the world. It is one of the richest countries in biological and cultural diversity. It has many places declared as World Heritage by UNESCO, among which are the monuments of Cartagena de Indias and the Barranquilla Carnival.



### Cartagena, Colombia (5 nights)

Cartagena, Colombia is known as the “Jewel of the Indies” and it’s easy to see why. This city is absolutely magical, with beautiful architecture, interesting history and culture, delicious food, and nearby Caribbean beaches.

Cartagena has a unique blend of European, African, and indigenous cultures. One of the most unique cultures in Cartagena is that of the Palenque people. The Palenque formed the first freed slave settlement in the Americas about an hour outside of Cartagena. Now, Palenque women come into the city each day wearing their traditional, brightly-colored outfit to sell fruit.





## General Information:

|                                       |                                                                                                                                                        |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CURRENCY:</b>                      | Colombian Pesos (COP)                                                                                                                                  |
| <b>CURRENT EXCHANGE RATE:</b>         | 1 USD = 3545 COP                                                                                                                                       |
| <b>AIRPORT CODE(S):</b>               | CTG (Rafael Nunez International Airport)                                                                                                               |
| <b>PASSPORT REQUIREMENTS:</b>         | <b>Must be valid at the time of entry.</b> With 1 empty page per entry (source US State Department)                                                    |
| <b>VISA REQUIRED?</b>                 | No. (for US Citizens) <a href="#">Obtain Your Visa</a><br>All other Country residents check <a href="http://www.visahunter.com">www.visahunter.com</a> |
| <b>VACCINE(S) REQUIRED FOR ENTRY?</b> | No (source US State Department)                                                                                                                        |
| <b>HISTORICAL WEATHER TEMPERATURE</b> | 76°F - 81°F                                                                                                                                            |



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## Tentative Itinerary



### **DAY 1 - ARRIVAL**

Upon arrival into Cartagena, Rafael Nunez International Airport, collect your bags then make your way to our host hotel. If this is your first time traveling outside of the Country reach out to our Trip Support team for suggested airport transfer companies.

After check-in, take the rest of the afternoon at leisure rewinding from the long flight.

**Meal(s) Included:** Dinner

**Hotel Check-In:** 3 PM local time.

### **DAY 2 - CARTAGENA CITY TOUR**

The best way to get to know a destination is by gaining a bit of its history.

After breakfast at our hotel, you'll take a tour that gives you a deep dive into Cartagena's roots. You'll immediately immerse ourselves in the local culture by trekking through the city, sampling local foods, learning about the people and the African influence in their customs and beliefs.

**Meal(s) Included:** Breakfast, Lunch







### **DAY 3 - PALENQUE TOUR**

Today, after an early breakfast, we will visit palenque. Founded by escaped slaves during the 17th Century, this tiny village was heritage listed by UNESCO in 2005 due to its strong African linguistic, musical and cultural traditions. Our visit will help you gain a fuller picture of Cartagena, the history of slavery in Colombia and Latin America and to observe a community where Afro-roots and traditions have been preserved and maintained including a distinct creole language (Palenquero), folkloric dance, cuisine, dress, hairstyles, political organization and social structure.

The rest of the afternoon is yours to explore or relax at our beautiful hotel.

**Meal(s) Included:** Breakfast, Lunch

### **DAY 4 - MUD BATH**

Take a mud bath at a natural volcano a few minutes away from the city. This volcano has medicinal components that work on your body making your skin as soft as a baby's. This volcano is also called "The Fountain of Youth".

**Meal(s) Included:** Breakfast



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## **DAY 5 - ROSARIO ISLANDS**

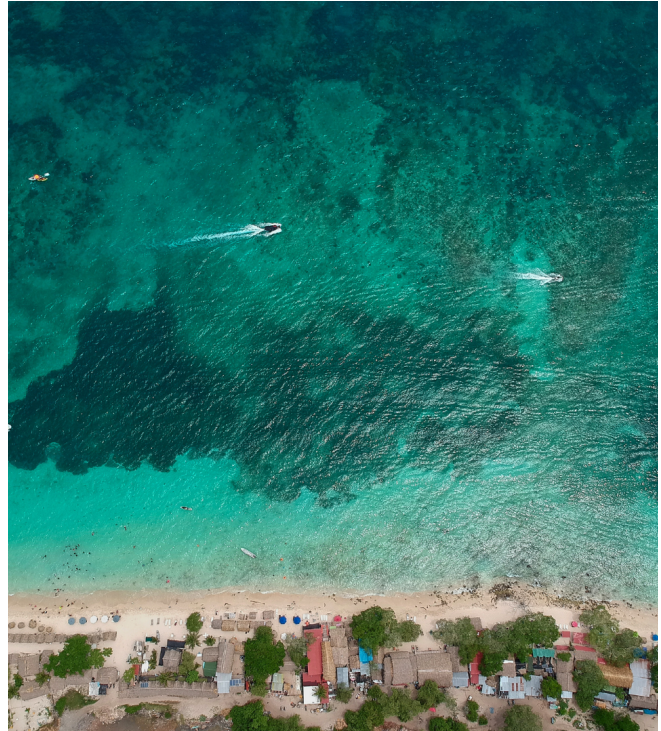
Are you ready to island hop?

After breakfast, we will hop on a boat and head to Rosario Islands. Don't forget your swimsuit and shades!

The Rosario Islands are a highlight of Colombia's Caribbean Coast, famous for their vibrant marine life, pristine white beaches, and sun-soaked beach resorts.

On our last night in Cartagena we will meet for a farewell dinner to share our trip highlights

**Meal(s) Included:** Breakfast, Dinner



## **DAY 6 - DEPART COLOMBIA**

We hate that our time with you has not ended, but we hope to see you on another Sisters Traveling Solo experience.

After enjoying breakfast at our host hotel, feel free to head to the airport at your leisure.

As a reminder all Trip Attendees must check out of our host hotel no later than 11 AM.

**Meal(s) Included:** Breakfast



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## What's Included:

**4-Star Hotel Accommodations (5-nights in Cartagena)** - Set in Cartagena de Indias, a few steps from Bocagrande Beach, our hotel offers accommodations with a restaurant, an outdoor swimming pool and a bar. With free WiFi, this 4-star hotel offers a 24-hour front desk and room service.

**Rooms** - All rooms offer ocean views. A desk, a flat-screen TV and a private bathroom.

**Cartagena City Tour** - It's a tour where you are immersed into the local culture to learn about music, food, people, customs and beliefs.

Visit the local market where we try local food and local fruits, learn about natives of Cartagena and the African influence. Visit to traditional neighborhoods to understand the city from a geographic, cultural, social and economic point of view.

**Palenque Tour** - Visit to Palenque, a town established by runaway slaves with big African roots where we learn about music, dance, culture, way of living, customs and beliefs. Learn to play the drums and learn how the hairstyles of the local women played a very important role on their way to freedom.

**Mud Bath** - Take a mud bath at a natural volcano a few minutes away from the city. This volcano has medicinal components that work on your body making your skin as soft as a baby's. This volcano is also called "The Fountain of Youth".

**Rosario Island Hopping** - Take a dip into the pristine waters of these beautiful coral reef national natural parks where you can swim, take a walk around the island or do snorkeling activity with a local instructor.

Take a panoramic tour around the 27 islands and as an optional activity, watch a dolphin show and train sharks at a sea aquarium, being fed by a native.

**Meals Included** - Meals as listed in above itinerary.

**Tours & Activities** - Tours and activities as listed in the trip itinerary

**STS Apparel** - First time trip attendees will receive a STS bag to include a STS t-shirt. For each trip after the first, trip attendees will receive a STS t-shirt. (First trip = white shirt, Second trip = black shirt, Third trip = gold shirt)

**What's NOT Included:** International flights, gratuity, travel visa, travel insurance, airport transfers, or any other cost not listed in the "what's included" section.