

A vibrant street scene in Colombia, featuring colorful buildings in shades of yellow, blue, and green. The street is wet, reflecting the colors. Lush greenery and purple flowers hang from the balconies and windows. The scene is framed by a semi-circular arch at the top.

AWAKENING EXPEDITION

Colombia

ADVENTURE & COMMUNITY LIFE



ENCOUNTER
My Way

AWAKENING EXPEDITION- COLOMBIA

Embark on a remarkable trip to Colombia that will fill your days with breathtaking landscapes and transformative experiences. In Bogota, the Andes frame a city buzzing with culture, where there is time to see the highlights of the city. The journey winds through history in Honda's cobblestone streets and Falan's ancient gold mines, where nature's beauty shines through lush trails, waterfalls, and hidden pools while staying at a campsite and working on the conservation in the park.

Murillo's crisp mountain air, while the misty highlands of Nevado del Ruiz reveal surreal paramo landscapes, sparkling lagoons, and soothing thermal springs.

Cartagena offers vibrant sunsets and the colorful charm of Gethsemane, but it's La Boquilla's community spirit that leaves the deepest mark. Planting mangroves, drumming with locals, and supporting women and children illuminate Colombia's heart. The last couple of days will be an immersion in the community. It's a story of nature, culture, and meaningful connections etched into memory.



Colombia



13 days/
12 nights



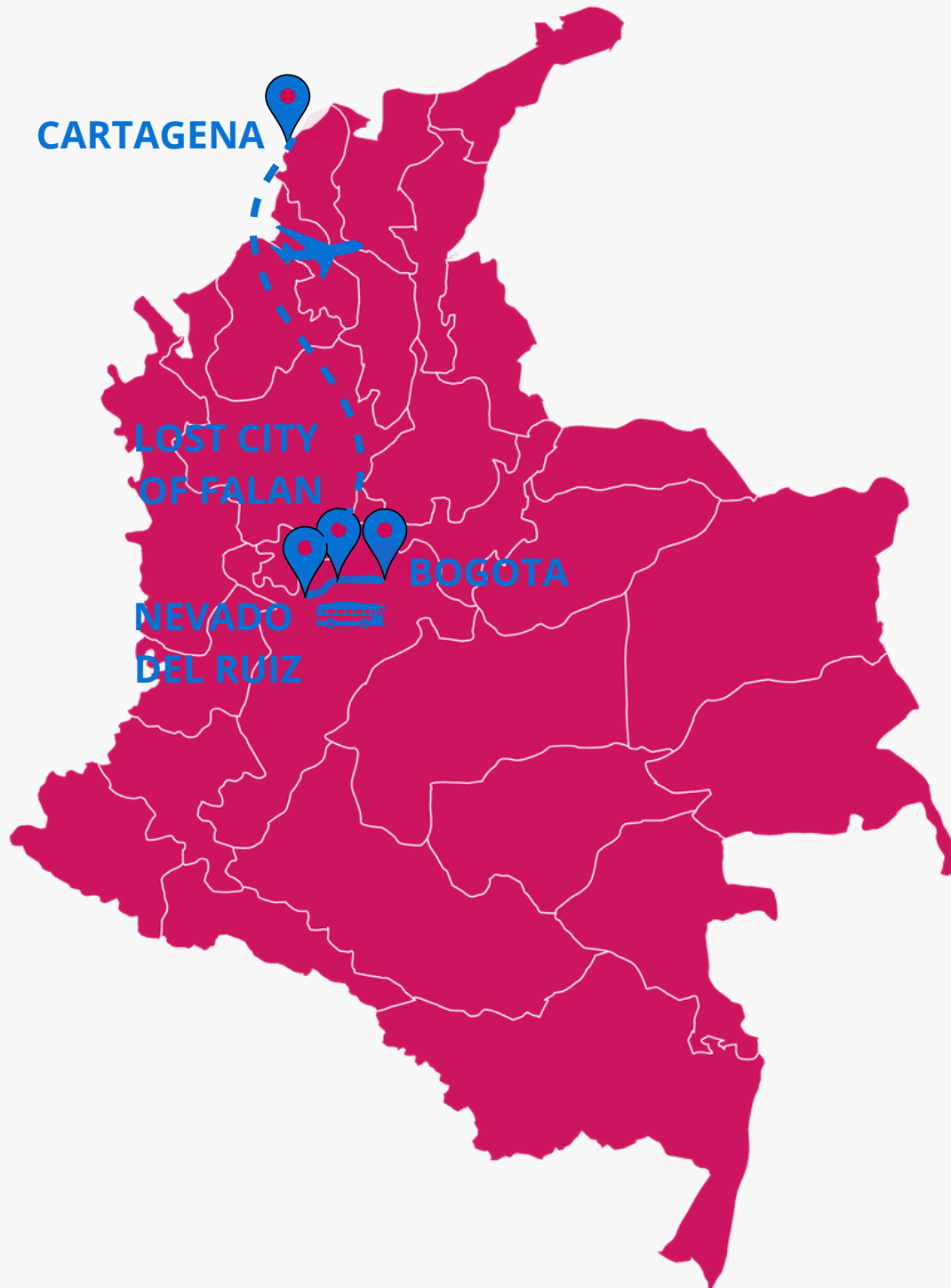
No
Spanish Needed



minimum 18
years old



THE ITINERARY



DAY 1

ARRIVE IN BOGOTA



Today you will arrive in Bogota, the capital of Colombia. Your tour leader will pick you up from the airport with a private transfer and bring you to your accommodation in the city center.

Tonight you will have a welcome dinner where you will put some group and individual intentions for this Awakening Travel program you will experience in Colombia.

Included: Welcome dinner, intention ceremony, transportation airport Bogota- accommodation, overnight in hostel Selina or similar (dorm rooms), tour leader.



DAY 2

BOGOTA



After breakfast you will start the day with a cultural landing. Your tour leader will organize a two hours capacitation including the basics of Colombia, its culture and its language. Afterwards you will be able to greet in a formal and informal way, to order some of the most delicious (must try!) food of Colombia and to ask for directions in the street. Also you will have a bit of understanding of the geography and history of the country in itself, and the itinerary you will undertake.

In the afternoon you will visit the dream center in Bogota. This is a non-profit foundation that improves the quality of life of the community of the Egypt neighborhood. Together they are fighting hunger, ending poverty, generating decent work and reducing inequalities. You will visit two of the sub projects they organize. The Weaving Hearts; a program that supports women to learn the trade of looms, weaving and sewing in order to have an income and support their family. The Carving Lives program introduces ex-prisoners and gang members to a process of reintegration into society by learning the art of wood carving and carpentry in order to make a living away from crime.

Included: Breakfast, cultural landing, visit & donation to Dream Center Bogota, overnight in hostel Selina or similar (dorm rooms), tour leader.

DAY 3

BOGOTA



Today you will zoom in and zoom out, it's impossible to see everything in the country's capital. However we will provide you with different perspectives.

In the morning you will have a guided walking tour to the important sites like Plaza de Bolivar, the Catedral Primada, the Gold Museum, the Lievano Palace, Colón Theater and the Gabriel García Márquez cultural center, filled with artists and workshops.



In the afternoon you will, if mist permit, be able to see the gleaming white Basílica del Señor de Monserrate high above the city, beckoning from the thickly forested mountains that form Bogota's spectacular backdrop. Originally built as a monastery in 1657, it is no wonder that this glorious spot has been a site of pilgrimage ever since. You will travel up the mountain with the 'teleferico', a cable car system and be able to see the whole city from there.

Hopefully you haven't spent all your energy yet, because in the evening you will have a salsa class. Colombia's local dance and part of the culture.

Included: Breakfast, city tour and transportation, cable car Monserrate, salsa lesson, overnight in hostel Selina or similar (dorm rooms), tour leader.

You will continue your way today to Falan, where you will visit the Ciudad Perdida, or the Lost City.

DAY 4

A private transfer will bring you in about 4,5 hours from Bogota to Falan. On the way, you will make a stop in Honda. The town is a natural paradise of historical buildings and stone paved streets. Walking through the streets of Honda is like walking through one big open air museum with white-washed buildings and oppressive mid-day heat. Founded in 1539, Honda is a small city on the banks of the lower Magdalena in the



DAY 4

department of Tolima. It was once an historically important river port. The town's golden age dates back to 1850 and 1910 when the Magdalena river was the only means of transportation between the Caribbean coast and the inland city of Bogota.

In the late afternoon you will continue to the lost city of Falan. The place itself was converted into a closed archeological and ecological park, runned by a foundation to protect the cultural heritage and a place where they offer cultural and ecological tourism. You will connect, learn and contribute three days and two nights while staying at a campsite closeby. Meals will be included during this stay.

Included: Breakfast, dinner, walking tour Honda, transportation from Bogota to Falan, all camping gear, overnight in tents, tour leader.

DAY 5

CIUDAD
PERDIDA
FALAN



In the morning you will visit the ruins of the Santa Ana gold and silver mines and the adjacent village, both of which saw the light of day during the Spanish colonization in the 17th century. The territory was previously populated by indigenous communities, who were driven out of their territories or employed in the mines after the arrival of the Spanish. The mines were the direct property of the king of Spain, who called for the implementation of the projects and



received the mined gold and silver with open arms. In Falán, on the other hand, both the indigenous community and a beautiful piece of nature were wiped off the map. This was the start of a colonial period that continues today.

In the afternoon you will contribute to the maintenance of the trails. By now you have understood the importance of the site, and the plenty of work they carry out. With some shovels and boots we will clean some paths and maintain the trails. On the site there are so many waterfalls, natural pools for you to swim, and the possibility to do rappelling, ziplining or wall climbing (optional, extra cost).

Included: Breakfast, lunch, dinner, activities at Ciudad Perdida Falan, all camping gear, overnight in tents, tour leader.

DAY 6

FALAN



After breakfast you will pack and leave only footprints in order to continue your trip in a private transfer for about 2 hours. On the way we will stop in what used to be the city of Armero. On 13 November 1985, the Nevado del Ruiz volcano erupted, killing more than 25000 inhabitants in Armero—a town of 30,000 inhabitants—making it the worst natural disaster in the history of Colombia. The entire village was washed away because of the authorities that time that mostly ignored the warnings. Nowadays there are only reminders of this village where you will stop and learn from the history. Afterwards you will continue to Murillo. Murillo is a tiny old-fashioned mountain village and the backdrop is the impressive snow-capped Nevado Ruiz. Get those jackets out, because at night it will be cold here. In the evening we will go to the only bar in town; and sing karaoke with the locals.



Included: Breakfast, walking tour Armero, visit karaoke bar, transportation Falan- Murillo, overnight in hostel Wuandra or similar (shared rooms), tour leader

DAY 7

MURILLO



Included: breakfast, visit National Park Nevado del Ruiz, entrance fee thermal baths, transportation Murillo- Manizales, overnight in Paraiso Verde Manizales or similar (shared rooms), tour leader.

Today you will spend the day in the Nevado del Ruiz National Park. You will hike through Paramo Leonora, visit the hidden laguna del Corazon, walk past la Cascada Colores, and bathe in the thermal baths. One of the things you'll notice is the thousands and thousands of frailejones. They look like an army of soldiers awaiting orders across the marshy terrain surviving the paramo conditions.

Afterwards you will continue your way to Manizales in a private transfer which is about 2 hours. Currently, the city is the main center for the production of Colombian coffee and an important hub for higher educational institutions. Therefore the city has a student vibe. You will experience a stay at a hacienda in the surrounding mountains.

DAY 7



NEVADO RUIZ

On the way we will stop at Mitad del Mundo, the monument marking the equator. Explore the complex, which includes the iconic monument, a small museum explaining the significance of the equator, and various exhibits on Ecuadorian culture and history. Take photos straddling the equator line, explore the Intiñan Solar Museum nearby, which offers interactive exhibits about the equator's effects on physics, and learn about the indigenous cultures of Ecuador.

In the afternoon we continue towards the national park Cotopaxi, heading south along the Pan-American Highway. You will go to a hacienda close to the National Park. This beautiful location offers stunning views of Cotopaxi volcano and the surrounding Andean landscapes. This is where we will stay for the night.



Included: Breakfast, visit Mitad del Mundo, entrance fee monument, entrance fee Inti ñan museum, transportation Mindo to Cotopaxi, overnight in Chuquiragua Lodge or similar (shared rooms), guide.

DAY 8

CARTAGENA



After breakfast you have some time to walk around and explore the site.

Afterwards you will have a private transfer to the airport of Manizales for your flight to Cartagena. Upon arrival you will have a private transfer again from the airport to town. Explore the artistic neighborhood of Gethsemane, return for happy hour and one of the city's most famous sunsets. Take a night off with a movie at Selina's cinema. Wake up in the fabulously styled comfortable rooms to start over. You will have free time to explore the city on your own or just relax at the hostel.

Included: Breakfast, transportation from/to airport, overnight in hostel Selina or similar (dorm), tour leader.

DAY 9

Today you will start your five days and four nights experience of community work in La Boquilla, a neighborhood close to Cartagena. Although exclusive hotels and luxurious apartments are also located in La Boquilla, there is a marked contrast between the part where people have invested the most and the part where its inhabitants have been forgotten by the government and have to subsist mainly on fishing.

In La Boquilla some local people started together different programs to create a better life and future for the community and their environment. Upon arrival we start with an orientation meeting and volunteer explanation. You will stay at a local hotel in the village. All meals will be provided here from lunch on the first day till breakfast on the last day.



to DAY

13



The coming days you will contribute and stay at a wildlife rescue center in Puyo. This center was founded in 2006 with the aim of protecting the wildlife of the Amazon region through the rescue and rehabilitation of local flora and fauna. The animals at the center have all been abused, neglected, or abandoned.

The activities during these days consist of helping out and visiting different projects.

DREAM CENTER CARTAGENA

- Music and dance project. Drumming Workshops, African Heritage Workshops, Parades and Cabildos (representatives of the community). In this project you can also help with drum manufacturing.
- Women empower project. Coconut Workshop and Community Work. Some of the activities you can do in this project are: Help to update their social networks where they sell coconut products and help in the making process of bracelets, earrings, bags and other products.

DAY 9 to DAY 12



- Center of stray dogs and cats. In this project you can help wash all the animals, feeding them, adoption processes, socialization, and awareness talks.
- Environment project. Cleaning plastic in Mangroves, cleaning beaches from plastic, planting Mangroves, how to recycle materials activities, etc.
- Sport project. Support local sport initiatives as football, yoga, zumba classes.

- Rehabilitation and restoration of young people, awareness and prevention of psychoactive substances, development schools for parents, care of children with craft workshops and talks with games to sensitize 35 children and 30 young people.
- Children of church, where you can help to prepare and distribute lunch for the kids.
- Work with the children of La Boquilla, between 3 and 12 years old. Through education and support of the youngest members of La Boquilla, you will help to increase opportunities in this marginalized neighborhood. You can also teach English, music, art, drama or other things to the children, and organize games and practice sports.
- Life Center for elderly people which organizes doctors' physiotherapists' and days, domino games, breakfasts and lunches, walks, reading sessions, talks and much more. In the center you can organize and participate in the activities for the elders.

On the last evening a goodbye party will be organized with the local people you have been sharing time with during these days.

Included: Breakfast, lunch, dinner, transportation from Cartagena to Boquilla, activities in the community, English speaking volunteer coordinator, overnight in Hotel Playa Norte or similar (shared rooms), tour leader.

Today you will be picked up and brought to the airport of Cartagena for your flight out.

Included: Breakfast, transportation to the airport, tour leader.



DAY 13

DREAM
CENTER
CARTAGENA





TRAVELLING
RESPONSIBLY



Awakening travel expeditions are more than just sightseeing, it's an opportunity to connect with the world around us and cultivate a deeper sense of purpose and well-being. We have researched the region, its challenges, and the way in which responsible mindful travel can contribute effectively. All of the activities have been carefully selected and they represent the values we believe in.

The experiences aim to spiritually awaken our participants by cultivating the following core values

- **Meaningful connections.** Allow you to connect with locals on a deeper level, fostering meaningful relationships and gaining a deeper understanding of different cultures.
- **Personal growth.** By stepping out of your comfort zone and immersing yourself in a new environment, you have the opportunity to learn and grow as an individual.
- **Cultural understanding.** Awakening travel expeditions encourages you to respect and appreciate the customs, traditions, and values of the communities you visit, fostering cultural understanding and empathy.
- **Positive impact.** We have lived and breathed Latin America over the past 2 decades and all of our projects have been carefully selected because they carry out what we believe in. We have researched the region, its challenges, and the ways in which volunteers can contribute effectively. With us, you'll volunteer where your help is needed the most whilst living a life-changing experience at the same time.
- **Self- reflection.** Throughout the journey, we incorporate mindfulness sessions during special moments to help participants fully appreciate their unique experience. We encourage them to approach everything with an open mind, free from preconceptions, and to embrace differences with a spirit of acceptance and active engagement





- **Empowering local communities.** One of the most impactful ways to give back it's to support local businesses and social enterprises that empower individuals and create jobs. . We work closely with local people to develop activities that align with their goals and contribute to their ongoing progress
- **Fun.** Of course we included moments that are designed to create enjoyment, excitement, and memorable experiences. Incorporating fun into an itinerary is one of our key values.

All itineraries have fixed elements in the programs which make the Awakening travel expedition transformative journeys that will wake you up from life. Hereby some of the examples:

- Welcome dinner with an **intention ceremony**, both on a group and individual basis to set a goal for your expedition.
- **Cultural landing**, which will prepare you with the basics of the country's history and customs.
- **Experiences with local heroes.** In our destinations you will be in contact with unique persons. **Our local heroes are game changes**, people that are passionate about something and can share their journey and knowledge with our guests through a talk or activity together.
- **Participation in a triple impact local project** , a gathering of people that comes voluntarily together to achieve a shared goal that will benefit the community.
- Time off to process. For everybody there will be **time to reflect** after an activity in their own way.
- Good guidance. We believe that **the role of the guide/ tour leader is crucial** in these types of programs. Our tour leaders are expertly trained to guide you through transformative experiences. With their deep knowledge of the region, they create a supportive atmosphere that fosters personal growth and meaningful connections with the destination
- New destinations, we want to avoid the crowds and **offer a more peaceful and authentic travel experience**

WHAT IS INCLUDED



Adventure &
community life

Colombia

CONTACT US

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