

The east of Colombia is a place with many natural treasures, the area is framed by two enormous bio-regions: the savannas of the Orinoco river basin in the north and the Amazon rainforest to the south and both remains almost unexplored in many ways, it is home to crystal clear rivers, Guyana's rocky shield mountain ranges and an incredible historical and cultural legacy from 12.000 years ago, join us to discover this treasures.



Treasures of the jungle

The eastern side of Colombia is a place with a lot natural treasures, the area is framed by two huge bio-regions: the Orinoco river basin savannahs in the north and the Amazon towards south, also remains almost unexplored in many ways and is home of clear water rivers, guianan rock shield serranias and a historical and cultural legacy that is reflected in the ancient rock art.

This is an adventure trip to some of the hidden treasures of the Colombian jungle. Starting in San Jose del Guaviare, a small city located next to the Guiana rock shield of La Lindosa Serrania, one of the oldest rocks on earth with and incredible landscape; by centuries the area of la Lindosa was inhabits by indigenous etnias, they told their stories through paints on the rock giving us an assessment of their lives into the amazon 12.000 years ago. After the peace process these areas have been open for Colombians and foreigner, the pristine forest and the warm welcoming people there makes of this adventure and incredible place to ride our bicycles and know part of this stunningly beautiful country.

HIGHLIGHTS

- Cycling on the Guyana rock shield of Serrania la Lindosa and its unique forms
- 12.000 years old rock art
- Clear water stunningly beautiful rivers
- A day in the wild looking for river dolphins and other animals
- Discover unbelievable landscapes into the jungle.



Location Colombia, Guaviare, San José del Guaviare.



Tour lenght.

Days: 10

Kilometers: 213

gain: 2520

hikes: 16,2 km

Nivel: 2,5

Type: Base trip, Adventure. When we travel under this mode, we won't be constantly changing from hotels. We will focus on exploring the nearby sites and coming back to our "base camp". Eventually, we will move on to our next headquarters. This way, you can leisurely explore and find the best of each area for your delight. Also "adventure" means



this trip is out of the commercial routes, anyway we selected all the services to offer and excellent standard of quality.

Detailed itinerary

<u>Day</u>	<u>Plan</u>	km/gain (m)	<u>hike</u>	<u>Temperature</u>	Elevation (m)
Day 1	Arrival to Bogotá	NA	NA	16°C	2600
<u>Day</u> 2	Flight to San José del Guaviare	NA	NA	25-32°C	300
Day 3	Orion gate and the bull corner	40/350	4,2 km	25-32°C	300
Day 4	Nuevo Tolima	55/570	2 km	25-32°C	300
<u>Day</u> 5	Damas del Nare oxbow	NA	NA	25-32°C	300
Day 6	Tunnels and holes	30/300	3,5 km	25-32°C	300
Day 7	Stone city	32 /300	1,5 km	25-32°C	300
Day 8	Cerro Azul and Nowen bridge	56/1000	5 km	25-32°C	300
<u>Day</u> 9	Flight to Bogotá	NA	NA	25-32°C	300
Day 10	International departures	NA	NA	16°C	2600

Day 1. Arrival to Bogotá

Cycling Journeys tour leader or protocol staff will be waiting for you at airport, a short transfer to our hotel close to airport. This evening we share a dinner and have a welcome orientation

Hotel: Bogotá, Marriot courtyard or similar.

Dinner.



Day 2. Flight to San José del Guaviare

Transfer to airport and 1h flight to the city of San José del Guaviare, on arrival a 10 minutes transfer to hotel, bike fit and short ride around the city to test the bikes, meet with our local guide and talk about next day plans, adventure is about to start!

Hotel: Hotel aeropuerto or similar



Guaviare river and flooded lands.



Day 3. Orion gate and the bull corner

We will start in the morning and leave the city of San José behind to make a 12.5 km journey to the entrance to the Orion Gate, where we will hike 2.2 km through the jungle and savanna over the Serrania La Lindosa, to finally reach an imposing stone structure from where you can see the typical savannah on the Guiana shield rock, this rock has been erected as an astronomical research center since it was confirmed that every December, between seven and at nine in the evening, you can see the "Orion's belt" (three stars belonging to the constellation of the same name). In the middle of the morning we will move to the "Rincón del Toro" sector by pedaling of approximately 10 km, where we will make another walk through the savannah of 2 km to a beautiful river that rises in the Lindosa serrania range, here the vegetation both outside and inside the water is endemic and only shared with the mountain range of La Macarena (also a Guyana rock shield outcrop in Colombia), both a very specials formations of the Guyanese shield. Our lunch will be at a local farm and in by midafternoon we will return to the city by bike.

Hotel: Hotel aeropuerto or similar



Bull corner, photo: Cesar Arredondo



Day 4. Nuevo Tolima

An early breakfast, to begin our pedaling through La Lindosa Serranía on the way to Nuevo Tolima, a 25 km with a gently slope ascent and then a short descent, we will leave our bikes once at the site and there we will have a 2.2 km walk to observe the 12.000 years old rock art and the historical legacy that the indigenous ethnic groups that occupied this territory have left there, we will try to understand the techniques, the stories and the interpretation of this magnificent art. After our lunch in one of the farms in the area, we will take the road back to the city another 25km with a short but steep climb on the way in the middle of the forest, a beautiful day to start to understand this heritage.

Hotel: Hotel Aeropuerto or similar



Rock art at Nuevo Tolima and the Stone city, photo: Cycling-Journeys



Day 5. Damas del Nare oxbow.

A day off the saddle to have a property recovery and to visit a spectacular place and experience. We will leave early in the morning to drive approx. 2h (78km) to Damas del Nare oxbow; Depending on the water level of the Guaviare river, we will take a walk or a canoe transfer to the Oxbow, we will visit the local community and get ready to take a canoe ride in the big lagoon, where we can watch wildlife (birds, monkeys among others) and also river dolphins (*Inia geoffrensis*) and we will have the opportunity to take a bath in the lagoon and swim near them, we will have lunch in the community and return to the city by the afternoon.

Hotel: Hotel aeropuerto or similar



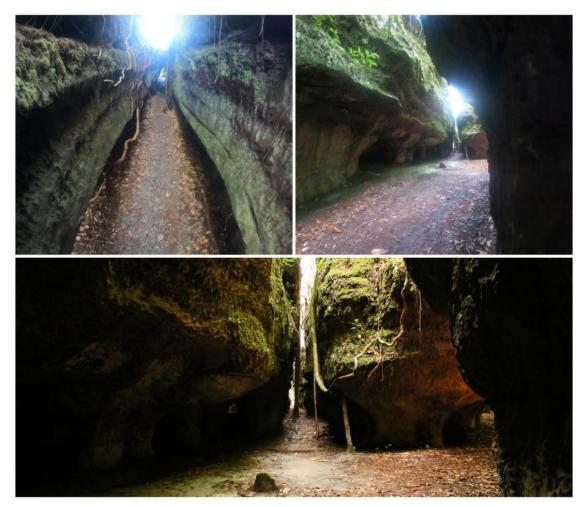
River dolphins in Damas del Nare, photos: Cesar Arredondo and Cycling-Journeys



Day 6. Tunnels and holes

Early start to pedal on the Serrania, starting with 15 km on a gently slope climb to reach the top, and then a flattish area to reach a system of tunnels and natural stone sculptures in positions that seem to defy physical laws, the rocks build caves and passageways that form a labyrinth over the mountain range. This landscape is the result of miles of years of erosion of the rocks that make up the mountain range and it is a true adventure to walk among these formations. Here we also find small legacies of rock art in some of the rocks of the place, by the end of the morning we will pedal back on the main road on the way to Los Pozos (the holes) a refresh on the clear waters and local lunch is waiting for us. Mid afternoon we will pedal back to the city

Hotel: Hotel aeropuerto or similar



The Tunnels, photo: Cycling Journeys



Day 7. Stone city

An easy spin day on the Serrania to be ready for our most demanding day at Cerro Azul. We will start with 15 km on a gently slope climb to reach the top of la Lindosa, and then a short walk into the stone city, a systems of Guyana rock shield rocks that offers an incredible landscape shaped by natural forces during thousands of years, here also is the best opportunity to watch the Guaviare's Flower (Flor del Guaviare) an endemic plant and flower only found in this part of the world. After our morning adventure we will be back on town, and afternoon at the hotel to take advance of the amenities and recover energies for the next day adventure.



Guaviare's flower, photo: Cycling-Journeys



Day 8. Cerro Azul

Our longest and most demanding day on the bike, also the largest collection of rock art in this area. We will start with a short transfer by car of 20 min. We will take our bikes and start pedaling from the Nowen Bridge over the Guaviare river, a swinging route (ups and downs) passing through Los Naranjos and the Cerro Azul villages, until we reach the area of Cerro Pintura, once there we must make a 5.2 km walk through the jungle around these natural canvases, where the paintings left by our ancestors are captured and represents the best preserved panels and the largest collection of rock art on the Lindosa Serrania. These priceless murals contain thousands of pictograms dating between 12000-10000 years old and where stories, rituals, myths, zoomorphic and anthropomorphic figures among others were captured and represent one of the archaeological jewels of Colombia. We will have our lunch at a local farm and return to the city to the area of Nowen bridge, on the route sometimes we watch wildlife like: monkeys, Toucans, Macaws and others.

Hotel: Hotel aeropuerto or similar



Rock art at Cerro Azul, photo: Cycling-Journeys



Day 9. Flight to Bogotá.

1.5 hours flight to Bogotá our hotel is located close to the airport, last dinner together and time to enjoy the best memories of this amazing journey, until next time.

Hotel: Marriot Coutyard or similar *Breakfast, lunch, dinner.*

Day 10. International flight.

Breakfast.





Prices Set departure August 2022

<u>Pax</u>	<u>Net price</u>		
<u>1</u>	\$ 5.770		
<u>2</u>	\$ 3.420		
<u>2</u> <u>3</u>	\$ 2.650		
<u>4</u>	\$ 2.340		
<u>4</u> <u>5</u>	\$ 2.100		
<u>6</u>	\$ 1.920		
<u>7</u>	\$ 1.800		
<u>8</u>	\$ 1.730		

Net price per person in US dollars.

Single room supplement: \$300 US.

MTB Bike hire: \$200 US.

WHAT'S INCLUDED

- Accommodation in double rooms
- All meals from dinner on Day 1 through breakfast of last day in Colombia as mentioned in the itinerary.
- Snacks and water
- Private transfer airport hotel airport.
- Ground transportation and support vehicle
- Entrances to reserves, places, experiences and other as mentioned in the itinerary
- Colombian event insurance
- Bilingual guide
- Domestic flight Bogotá -San José del Guaviare-Bogotá
- Your best Cycling Journey

NOT INCLUDED:

- International flights and taxes,
- Toiletries, laundry service, room service, international phone calls.
- Medical expenses (not covered for our insurance).



- Alcohol drinks.
- Activities not included in the itinerary.
- Tips or gratuity.
- Personal items