



## 3 Days /2 Nights Option A

### Day 1:

- Welcome at La Macarena airport
- Visit to Cormacarena and National Parks office for an introductory talk about the National Park Sierra de La Macarena.
- Luggage pick up (depending of the time of arrival, luggage will be picked up before or after the talk), and stop at La Manigua's office for the check-in. Here you will have time to fill your water bottles with water and change clothes if you need.
- Transfer to the Guayabero river. We will take a wooden boat with our luggage to start our first visit, Caño Cristalitos.
- 20 minute boat transfer upstream the Guayabero river. On the way it's posible to spot some wildlife on the river bank. We will reach a farmers house where we will get ready for our first hike.
- 25 minutes ascend to reach the Mirador, an amazing lookout where your guide will be able to explain everything about the ecosystems and the social history of La Macarena. The place to have lunch will vary according to the time that you start the hike.
- 45 minutes hike along a semi-flat terrain till we reach Caño Cristalitos, where we will have time to appreciate the *Macarenia clavigera* plant and bathe at small pools.
- 45 minutes hike back to the Guayabero river to reach out boat
- 15 minutes transfer upstream the Guayabero river to reach La Manigua Lodge.
- Check-in at La Manigua Lodge
- Time to relax and to enjoy the possible visit of some monkeys
- Dinner at La Manigua Lodge

### Day 2

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).
- 15 min boat transfer downstream the Guayabero River
- 40 min 4x4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach our highly expected destination: Caño Cristales.
- Once at Caño Cristales, we will start the trail that was assigned by National Parks and Cormacarena.
- Inside the National Park we will be around 7 hours, having time for hiking, having lunch, bathing and take a lot of pictures of the colors and waterfalls of this amazing river.

- At the end of the hike we will return by the same we entered to reach again La Manigua Lodge.
- At the end of the day we will have a cultural activity on the river.
- Dinner at La Manigua Lodge

### Day 3

- Breakfast at La Manigua Lodge. Our start time will be defined by Cormacarena and National parks randomly (it can be between 6 am and 8 am).
- We will have our luggage ready because it comes with us on the boat so we can seize the morning as much as possible. Our luggage will continue on the boat to La Macarena, where they will be stored in our office.
- 40 min 4x4 transfer on a bumpy road entering the National Park Sierra de La Macarena
- We will reach National Parks check point, where we will get ready for the hike.
- 30 minutes hike till we reach Caño Cristales.
- This day we will visit the lower basin of Caño Cristales, where this Majestic river enters the jungle and because of the shadow of the forest the *Macarenia clavigera* plant has an intense green coloration.
- At the end of the hike we will return to La Macarena, where we will have a room to shower and get ready for the lunch before the flight.
- Transfer to the airport and farewell.