

## 7. MEDELLÍN



**Medellín** - has had a remarkable turnaround and is now one of the nation's most important cities in business, politics, fashion and night life. Known as the city of the neverending spring, Medellín is also the hometown of the artist Fernando Botero, whose oversized depictions of Colombian life, people and world issues are exhibited throughout the world. A donation of statues given by Botero himself are exhibited in one of the city's main squares. The city is also famous for its cable car, a remarkable piece of engineering, emblematic of how local government revived a previously underdeveloped part of the city.

### Medellín - Excursions

#### City Tour - History of Transformation (approx. 4h)

Join us on an exciting tour through the history and present of Medellín and learn more about the transformation of this fascinating metropolis. Learn more about the city's transformation while using the innovative transport-system in the poorer neighbourhoods. Explore Medellín's newest invention: the electric stairways of the Comuna 13. Experience how people of Medellín think about the history of the city.

#### Local Market Experience (approx. 4h)

Explore the colourful centre of Medellín and visit some of its typical local market areas. Stroll through stalls brimming with fresh fruits, vegetables and flowers at Medellín's local market "La Minorista". Try exotic fruits and interact with the local vendors bargaining for a good price. Explore the world of the local markets and discover the tiny corridors full of flavours and exotic products and typical Colombian food. You will taste a variety of delicious tropical fruits and finish your trip with a 100% pure fruit juice.

#### Street Food walking tour (approx. 4h)

On a unique culinary trip you will try the most emblematic street-food. Try delicious "empanadas", "buñuelos" or "arepas" filled with homemade cottage cheese and taste different sweet desserts. Stroll through a small local market area and enjoy exotic fruits and the always fresh juice. This tour takes you deep into Colombia's culinary heart and provides an unforgettable foodie experience.

#### Bike the city (approx.4h)

This tour is about 20 km (12 miles) long and although most of the route is flat, you have two challenging climbs, which are rewarded with fantastic views before riding downhill back to the city. On the bicycle lanes you will reach the Botanical Garden where you have a relaxing break. Afterwards, head through the recently built recreation parks towards the mountain "Cerro Nutibara" with stunning views over the city.

#### Play "Tejo" Colombia's oldest game (approx.4h)

The Colombian native indigenous people used to play Tejo as a ritual long before the Spaniards arrived in the 16th century. They played it with a golden discs and competed, according to the legend, for the love of a woman. Nowadays, Tejo includes gunpowder and the modern discs (tejo) are made of metal. How do you play it? The ring is located in a corner filled with clay and decorated with papers filled with gunpowder. From a distance you have to throw the metal to the

center of the ring. If you hit it the gunpowder will explode and you made a point. This makes it the most explosive and funny game in Colombia.

### **Flower Experience in Santa Elena (approx. 4h)**

The small village of Santa Elena is located less than an hour away from Medellín, in the mountains of Antioquia (over 2000 m high). It is home to a great variety of traditional flower farmers. The flower arrangements of the Flower Festival ("Feria de Flores"), called silletas, have an impressive history, and are today a cultural symbol of Medellín. On this tour we visit an organic flower farm and experience the traditional peasant culture of Santa Elena.

### **Nature Experience & Waterfall-Hike (approx. 4h)**

The city of Medellín, surrounded by green hills, is perfect to experience the Andean nature in just a few minutes ride from the city. This half-day activity takes you on the eco-trail to the "La Miel" waterfall. The hike takes about 90 minutes following a small river to reach the impressive waterfall (20 m) through dense Andean cloud forest. Enjoy this ideal nature activity to experience Andean flora and fauna in the nature reserve "La Miel".

### **Birdwatching at a Nature Reserva (approx. 6h)**

The reserve is home to approximately 154 species, some endemic and others migratory. On a 5 km long trail at an altitude of 2.100 m explore the Andean cloud forest. One of the best spots to look for the Red-bellied Grackle and the Yellow-headed Manakin.

### **Zip-Trekking (approx. 4h)**

If you want to experience nature in a different way, a zip-trekking adventure is the perfect opportunity. The idea of zip-trekking is to follow a predetermined route using different techniques. It is the perfect mix of trekking, zip-lining, abseiling, crossing a suspension bridge and various other activities. With the professional guides and equipment you can enjoy the amazing adventure in breath-taking surroundings.

### **Bike the Coffee Railway Trail (approx. 8h) incl. lunch**

One hour from Medellín you start following the path of the former old railways. On your way, drive through tunnels and over iron bridges, listen to native birds, smell the aroma of just-picked coffee, splash in freshwater streams and observe the beauty of the mountains.

### **Santa Fé de Antioquia Hidden Colonial Treasure (approx. 10h) incl. lunch**

Just two hours from Medellín in a scenic mountainous landscape you reach the village. Founded in 1541 and declared a Cultural Heritage, Santa Fé de Antioquia houses a lot of preserved colonial buildings, churches, squares and palaces. Take a ride through Latin America's longest tunnel and visit the famous bridge "del Occidente" across the Cauca River, which is one of the longest and oldest suspension bridges in Latin America.

### **Jericó - Chapels, Arts & Crafts (approx. 10h) incl. lunch**

Drive into the idyllic world of Antioquia's coffee region. The lovely village centre with its 16 chapels is listed as a Cultural Heritage. Jericó is famous for its handicrafts and the manufacture of small leather goods. While strolling the village, visit the museum which explains the pre-Colombian culture through a comprehensive exhibition of findings in the region. You also visit a workshop of "carriel", the typical leather bags of the locals.

### **Chocolate experience / Workshop - make your own chocolate (approx. 10h)**

While coffee is considered to be the most typical Colombian product it is in fact relatively new in Latin America. Cacao is an even more traditional agricultural product of Colombia. Even the pre-Colombian indigenous tribes used cacao seeds as currency to trade with other tribes and chocolate was considered to be holy. Nowadays most Colombians still prefer a hot chocolate in the morning instead of coffee.

This unique daytrip takes you deep into the Eastern highlands of Antioquia. The idyllic village of San Francisco with its pristine rivers and sub-tropical climate is perfect for growing cacao. Visit a community chocolate project and learn everything about cacao plantation and make your own

chocolate. The artisanal chocolate production is coordinated by local women and combines conservation of endemic tropical forests and sustainable agriculture.

### **Sugarcane experience / Panela (raw sugar) Workshop (approx. 10h)**

Colombia represents the main producer of "panela" (unrefined raw sugarcane) in South America. About 350.000 farmers are living of sugarcane crops and of processing Panela. The main use is the so-called "agua panela" which is one of the most consumed beverages of the country. Spend a full day on a sugarcane farm and get to know the work and daily life of the farmers. Stroll around the sugarcane fields, learn about the different types and its particular uses. At the end, the farmer explains the processing of the sugarcane into panela.

### **Reserve San Miguel & Wildlife Rescue Station (approx. 10h)**

Travel to Alto de San Miguel, a beautiful nature reserve close to Medellín, which is furthermore the source of Rio Aburrá, also known as Rio Medellín. Hike through the cloud forest, where you can find a high biodiversity and discover many different species of birds. After lunch in a typical small Colombian restaurant, visit a rescue station that is specialized on salvation and rehabilitation of armadillos, sloths and anteaters. The nonprofit foundation is doing its best to enable those animals to have a life in their natural habitat. Get an insight into the terrible, illegal trade of those animals, which are extracted from their parents and sold as pets. Many of them end up dying due to illnesses or loneliness. The owner of the rescue station has been working in this sector for many years and is an expert in wildlife of Colombia. Thanks to her wide knowledge you can get a lot of information you wouldn't get anywhere else. By booking this trip, you will support the Eco Reserve financially and therefore help them to rescue and rehabilitate Colombian's illegally traded wild animals.

## **Opening Times for Attractions in Medellín**

<b>Site</b>	<b>Weekdays</b>		<b>Weekends</b>	
Museum of Antioquia	Mon - Fri	10.00h - 17.30h	Sat Sun	10.00h - 17.30h 10.00h - 16.30h
Metrocable	Mon - Fri	04.30h - 23.00h	Sat Sun	04.30h - 23.00h 05.00h - 22.00h