



Colombia – Lost City Trek

Ciudad Perdida or Teyuna is located at the base of Pico Bolívar and Pico Colón within the national park and is surrounded by exuberant nature, a perfect habitat for various bird species. Ciudad Perdida was the most important urban centre of the ancient Tayrona culture. The city, a true feat of engineering, was built on a system of terraces connected by stone paths and supported by a canal circuit. At the time, the population was of between 1.400 and 3.000 who lived in circular stone houses with thatched roofs on about 250 terraces. Today's inhabitants, such as the Kogui, Arhuaca and Wiwa, are descendants of the Tayrona and continue to preserve their traditions

Day 1: Arrive Santa Marta

Arrive any time. Transfer from the airport to your hotel in Santa Marta.

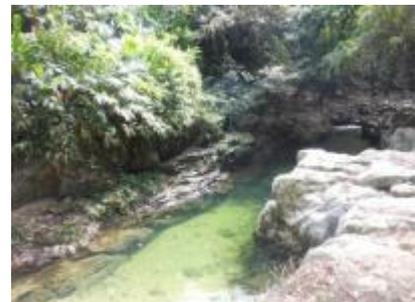
Santa Marta is a city on the Caribbean Sea in the northern Colombian department of Magdalena. A busy port, it was also the first Spanish settlement in Colombia. It's the gateway for trips into the Tayrona National Natural Park, and for multiday guided treks to the Lost City (Teyuna) archaeological site in the Sierra Nevada de Santa Marta mountains.

Overnight at Hotel Casa del Patio including breakfast (or similar)

Day 2: Santa Marta - "Sierra Nevada" – Mamey – Adan or Alfredo Camp

8:00AM Departure from the hotel in Santa Marta or Taganga, with jeep (or similar), towards Mamey (approx 3 hours). Upon arrival we will have an integration talk with the group and a light lunch. Start of the trekking towards the first cabaña, "Adan or Alfredo". During the trekking, of approx. 4 hours (7 kms) the group will stop at some natural swimming pools for refresh. The guide will find the whole group to make a briefing about the next day.

Dinner and overnight stay in hammocks.



The walk begins from the town of *Mamey*, till *Adan or Alfredo's camp* where the arrival will be at night. 7 km (4 miles)

Day 3: - Adan or Alfredo camp – Mutanzi – Mumake camp

Early wake up call to eat a full breakfast and get ready to start the walk to the second camp, Mumake. On the way, after approx. 3 hours trekking, pass nearby the indigenous Kogui town of Mutanzi where the community still lives in the traditional manner, protecting its culture. After a short break to meet them (if possible), continue the walk for three hours to reach the second camp, near river Buritaca. Enjoy free time to swim in the river and enjoy nature.

Back at the hut, dinner will be ready and again, the guide will make a briefing and answer questions or concerns about the tour.

Overnight stay in hammocks



Walk from *Alfredo's Camp* to native camp *Mumake*, where the second night is spent. 7km (4 miles)

Day 4: - Mumake camp – El Paraiso camp

On the third day, the trekking (approx. 6 hours) arrives to the El Paraiso camp where it will be possible to swim and relax at the nearby river. This is nearby the hut of Mamo Romualdo, the highest religious authority of the natives from this region, if you are lucky you will have the opportunity to talk to him and learn more about their culture and customs. During the trekking, the assigned guide will always instruct about how to avoid disturbing local indigenous communities, respecting their traditions and beliefs.

Dinner and overnight stay in hammocks



Walk from native camp *Mumake* to *Paraiso Teyuna Camp*, where the third night is spent. 7.7 km (4 miles)

Day 5:- El Paraiso camp – The Lost City – Wiwa camp

Early wake up call for breakfast and preparation for the trek to the Lost City. It is important; to leave all carry-on luggage ready at the camp, before leaving, as it will be collected on the way back after lunch, to start descending.

After preparation, the day begins with an hour walk (approx.) toward the well-known Lost City steps. This is a climb of 1200 steps to reach The Lost City, discovering it little by little as one arrives towards the last steps. Once at the Lost City, the tour of the different "mesitas" (a sort of large natural terraces) begins, with an explanation of the mystical meanings for the local indigenous tribes, and observation of different archaeological objects that allow us to understand the life the Tayronas, the tribes that originally inhabited this area.

After approx. 3 hours of visit to the Lost City, the descending trekking begins. First, after climbing down the 1200 steps, with a stop for lunch at the El Paraiso camp. At this point, the carry-on luggage will be collected to continue the walk towards the Wiwa camp (approx. 4 hrs).

Dinner and overnight in hammocks



Walk from *Paraiso Teyuna* camp to *Ciudad Perdida*, and from *Ciudad Perdida* to *Wiwa camp*. 9.4 km (5 miles)

Day 6: Wiwa camp - Mamey - Santa Marta

Early wake up call for breakfast and to start the walk towards el Mamey (approx. 6 to 7 hours). After arriving at the town, lunch will be served at a local restaurant. After lunch, local jeeps (or similar) will be waiting for transportation towards Santa Marta.).

Trek Inclusions:

- Transportation 4X4 Santa Marta - El Mamey - Santa Mart
- Accommodation in hammocks with mosquito nets
- All meals (breakfast, lunch and dinner) and fruit
- Entrance to the Archaeological Park of the Lost City
- Contributions to the farming and indigenous community
- Expert local guide in the area, cook and porters

Overnight at Hotel Casa del Patio including breakfast (or similar)



Walk from native camp *Wiwa* to *El Mamey*. 14 kms (8 miles)

Day 7: - Departure Day

Depart Anytime. Transfer from your hotel to Santa Marta Airport is included.

DAY 1: the walk begins from the town of *Mamey*, till Adan or *Alfredo's camp* where the arrival will be at night. 7 km (4 miles)

Included: Accommodation, daily breakfast, other meals where stated, tours with professional English speaking guide on a shared service basis unless otherwise stated, airport transfers where stated, most entrance fees and local taxes (some exclusions apply).

Excluded: Any meals not mentioned in the above itinerary. Travel Insurance and tips. Any flights or services not mentioned in this itinerary.

Please Note: This itinerary and/or hotels quoted within this itinerary may change due to local operating conditions or availability at the time of booking. Please see our terms and conditions for more details. Please note that all flights are non-refundable and non-changeable unless advised otherwise. Viva Expeditions accepts no responsibility for flight delays and subsequent delays on tours.

Please be aware that many of our products are operated in US Dollars and therefore subject to currency fluctuations. Viva Expeditions will do its utmost to avoid passing on any additional charges however if there is a significant change in exchange rates then we will be required to add a currency surcharge without warning. If you would like to remove this currency risk you do have the option of paying in full at the time of booking.

Final payment on bookings are generally due 95 days prior to departure.

Hotel Information

Hotel Casa del Patio

La Casa Del Patio, is located in an ancient restored house republican style. The protagonist of the house and who gives name to the hotel is the central courtyard so typical of the era and samarian houses. The ancient rooms of the house have been restored with arabesques republicans' floor, high ceilings and joist girder structure tablet. Each of its 6 rooms honours a typical plant that we find in the typical courtyards of the city.

FAQ's

What happens with the travellers belonging during the trip?

They can be left, at no cost, in the storage room of our local office during the two days of the tour.

What is the recommended luggage for the walk?

We recommend not exceeding the necessary in a small bag that is not over 30 lts.

The backpack: Size is probably the most important characteristic when selecting the backpack for the tour. The ideal weight is between 20 to 25 lts of capacity, comfort is also an issue, the adjustment to your back and that the fabric is resistant enough, both to the land and water.

The shoes: It's important to have suitable shoes through this tour, mountain boots are the perfect choice, though the walk is doable in sneakers. The most important thing is that the shoes are just the right size, to avoid splinters. We also recommend carrying a pair of sandals or shoes suitable for water, the river *Buritaca* will be crossed several times.

Bug repellent: The area in which the activity will take place has a frequent presence of mosquitos and bugs, we recommend the use of repellents, commonly used: Nopikex. Our expert guides also recommend the use of natural oil of citronella and it's also recommended to take thiamine a few days before taking the trip.

Water: Throughout the *Ciudad Perdida* tour it's necessary to constantly hydrate. Our guides will supply water from Sierra Nevada rivers, previously potable with capsules or drops. As a special part of the tour we will gift you a water bottle with the a "*mochila*" done by the women of the native communities *Wiwa* and *Kogui*.

Clothing:

Long pants: Ideal for sleeping, the temperature lowers to 17º, besides it helps keeping bugs away.

Shorts: Idea for walking, comfortable and light.

Long sleeve or polo shirt: Not very thick, ideal for the night. **Socks or stocking:** We recommend carrying from 5 to 6 pairs because it makes walking more comfortable, reducing blister risk and changing every pair in case it gets wet.

Bathing Suit: Remember that you will be able to enjoy rivers and natural pools during the walk. **Towel:** A light microfiber towel, easy to dry is recommended.

Sunblock: The use of sunblock is strongly recommended (factor 50), and also, use a cap or hat.

Flashlight: At night there is no light in the camps, a lantern is necessary, preferably one that attaches to the forehead.

Personal Objects: Try to use biodegradable products, and avoid deodorants and sunblock's in spray cans, due to their high pollution content; don't forget to carry toilet paper and tissues.

Plastic Bags: Carry two or three plastic bags are ideal to protect your belongings from rain or at the moment of river crossing.

Medicines: In case you are submitted to any medical treatment or suffer from any condition, please don't forget to carry all your medicines; also don't forget to inform us if you suffer from any type of allergy.

Remember that each traveller is responsible for their backpack at all times, and must carry it during the walk. Avoid unnecessary weight. In case you cannot carry your baggage, a helper can be requested at additional cost, (50.000 COP), and previously to the trip. Mules can also be rented, for 90.000 COP each two days, (day 1-2 and day 3-4). In *Ciudad Perdida* mules are not allowed.

Not allowed:

- Pets
- Hallucinogenic substances or drugs
- Weapons of any kind.

Bathroom Facilities:

Campamento Alfredo (night 1) 3 showers, 3 toilets

Campamento indigena Mumake (night 2) 3 showers, 3 toilets

Campamento Paraiso Teyuna (night 3) 4 showers, 4 toilets

Campamento indigena Teyumake (night 4) 3 showers, 3 toilets

River paths:

- The river will be crossed 10 times
- Depth: 3 crosses of 1mt depth and 7 crosses of 50 cm.

Example of camp:



Pre-booking Advice

Please click on the below link which includes some detailed information on common destinations. Please read this information prior to approving your quote with your sales consultant as the items mentioned in this document can be difficult (and/or expensive) to change after your booking is confirmed.

[Itinerary Planning Advice](#)

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