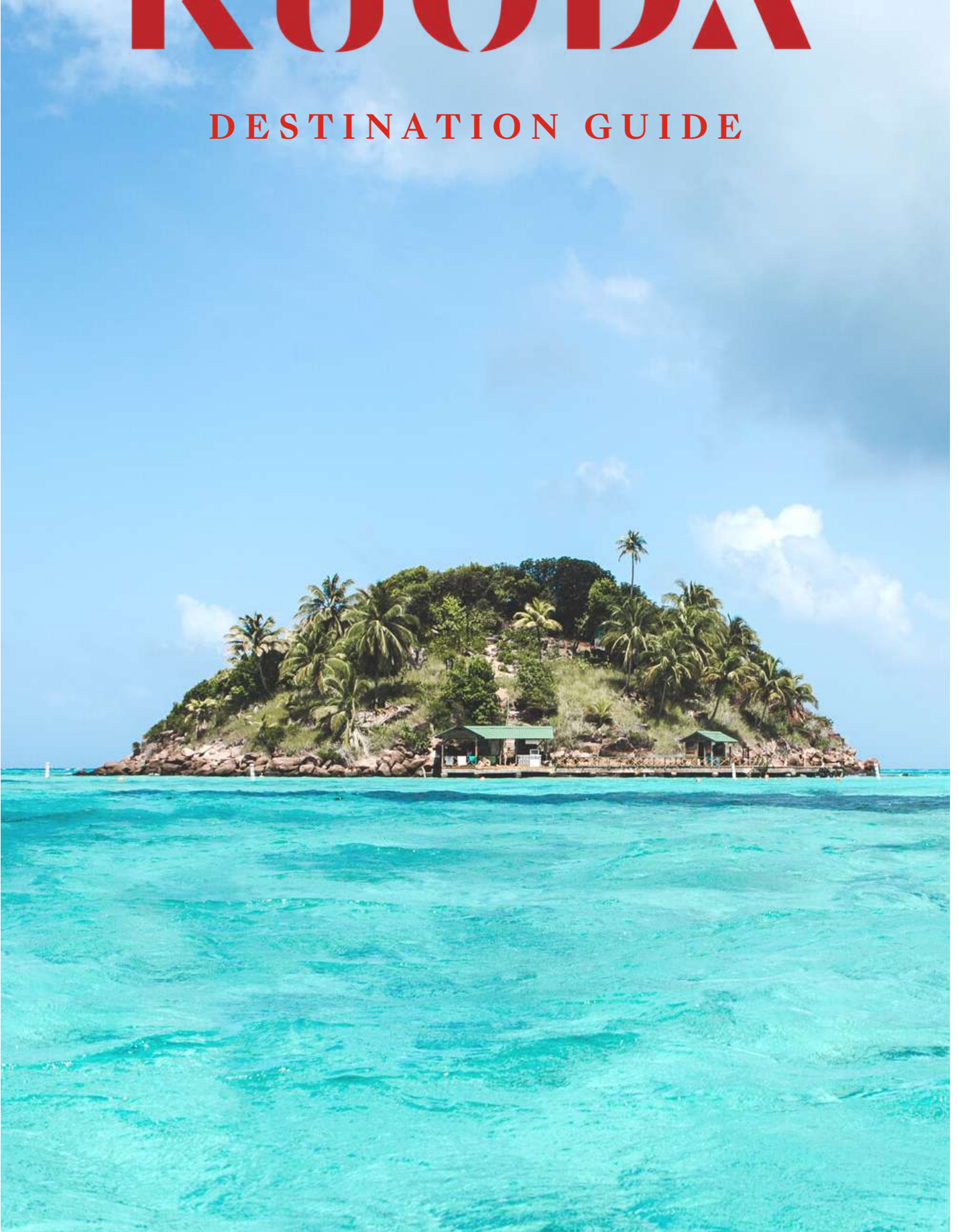


COLOMBIA 2024

# KUODA

DESTINATION GUIDE



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# Colombia

Colombia is the home of magical realism, where genuine magic manifests in colorful landscapes, vibrant cultures, world-class gastronomy, and some of the most ancient history in all of Latin America. From lush Andean foothills to coastal Caribbean beaches, bustling cosmopolitan cities, and centuries-old rural hamlets, Colombia offers endless opportunities for life-changing experiences.

Become a coffee connoisseur on a tour of the coffee triangle or find your inner foodie in an avant-garde restaurant in Medellín. Visit impeccably preserved colonial architecture in Cartagena or explore pre-Colombian statues shrouded in mystery in San Agustín. Walk amongst Botero's engorged statues in Bogota or relax on golden sand beaches at the foothills of the Sierra Nevada in Tayrona.

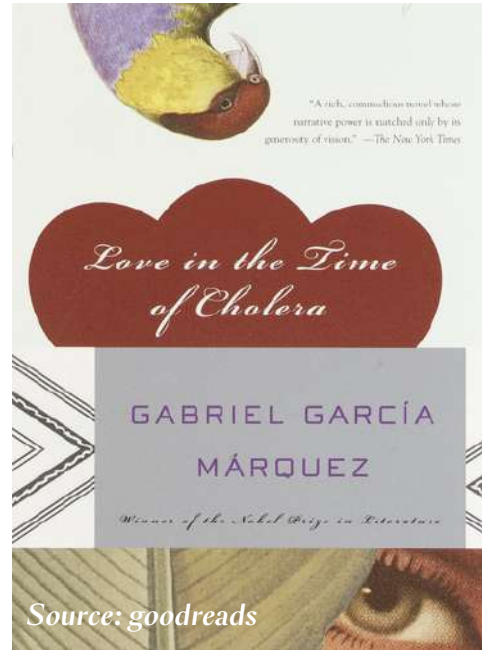
Colombia's tourism industry has exploded over the last two decades thanks to its charm, energy, and diversity. Get lost in art, nature, and music at every turn, on every street corner, and in every plaza.



## BOOKS

### *Love in the Time of Cholera* by Gabriel García Márquez

The epic love triangle between Florentino Ariza and Fermina Daza spans the whole of the characters' lives as well as this entire acclaimed novel. It's this extended narrative that allows Márquez to beautifully convey the wide spectrum of human emotion, ending with that of hope. Famous for popularizing the magical realism literary style, this is one of Márquez's best-known books.

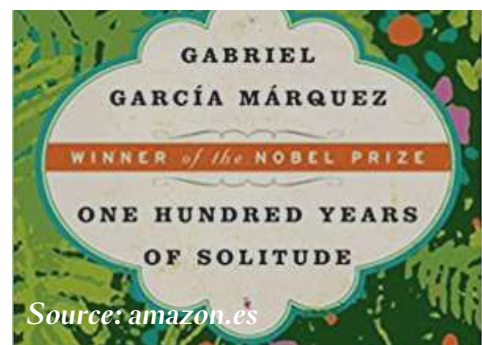


### *Fruit of the Drunken Tree* by Ingrid Rojas-Contreras

Chula is a seven-year-old girl living in a gated community in Bogotá and her live-in maid, Petrona, is a young woman struggling to provide for her family. In the backdrop of both of their lives is the violence of Pablo Escobar's reign in Colombia, which forces desperate choices and unexpected connections. Loosely based on the life of the author, Ingrid Rojas Contreras, the novel evokes a deep sense of empathy in the heart and mind of the reader.

### *One Hundred Years of Solitude* by Gabriel García Márquez

Márquez's magnum opus tells the story of the Buendía family after José Arcadio Buendía founds the town of Macondo. Over the course of a century, the subsequent generations of his family experience natural catastrophe, civil wars, and magical events. Considered one of the most important achievements in the Hispanic literary canon and in world literature, the main theme is the inevitable and inescapable repetition of history.



## MOVIES

### *Embrace of the Serpent* (2015)

Ethnographer Theodore Koch-Grunberg is a seriously ill German explorer who, along with his guide and a proud local Shaman, goes looking in the Amazon for a rare healing plant with the hope that it will cure him. 30 years later, another European explorer meets the Shaman and together they retrace the original journey. Inspired by the journals of two of the first explorers of the Colombian Amazon, *Embrace of the Serpent* reveals much about the effect of colonialism on the Amazon.



### *The Colors of the Mountain* (2010)

The story of Manuel, a courageous nine-year-old boy who grows up in a small farming community in Colombia's countryside. Manuel dreams of becoming a great goalkeeper, but the civil war that rages in the country changes everything about where he grew up and forces him and his friends to grow up too quickly.

### *Encanto* (2021)

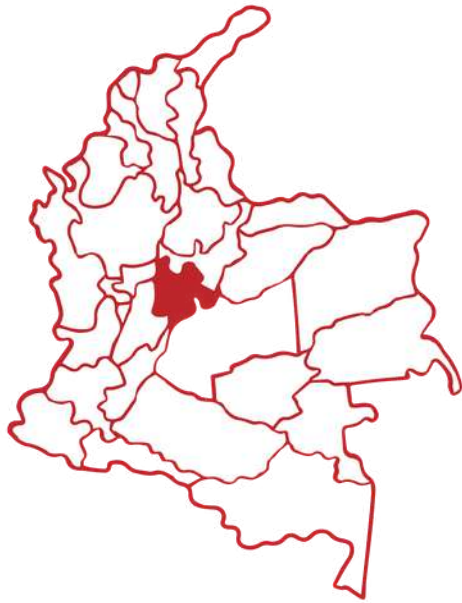
*Encanto* is an animated Disney film about the magical Madrigal family. Living hidden in the mountains of Colombia, the Encanto gives every family member a unique gift that they use to help the small town they founded. That is, until Mirabel, who, despite not having a gift, commits herself to saving her family and their magic. A fun and colorful film with an unforgettable soundtrack, themes around family dynamics, generational trauma, and the suffering of refugees echoes Colombia's complicated past.



### *Colombia: Wild Magic* (2015)

The second-most biodiverse country in the world, Colombia's scenic vistas and native creatures are captured by every incredible shot in this documentary film.





## ***Bogotá***

Altitude: 2,640 m (8,661 ft)

The capital city of Colombia is the ideal place to begin a journey into the country's history, culture, and latest trends. Founded in 1538, Bogotá's historical charm is ever-present in its many colonial-era landmarks, museums, and art galleries, but it's also the epicenter of stylish gastronomic movements, forward fashion, and first-class nightlife and entertainment.



## RESTAURANTS

### Leo

Voted one of the World’s Best 50 Restaurants and Travelers’ Choice Best of the Best, Leo is a gastronomic journey that takes guests through the biodiversity of Colombia’s various regions. That journey is exquisitely encompassed in Leo’s tasting menus, available as 7, 8, 10, or 13 courses and accompanied by fermented cocktails, macerated, and distilled from a private botanical garden or local ingredients.

**Calle 65bis # 4-23, Bogotá**  
[restauranteleo.com](http://restauranteleo.com)



Leo

### Pajares Salinas

Dine amongst government figures, diplomats, businessmen, and other distinguished visitors at this refined staple on the edge of the city. Since 1953, they’ve been serving the finest Spanish cuisine and they remain faithful to that legacy today. Any one of the house staples hits the spot, but the paella, which takes 45 minutes to prepare, is our go-to.

**Cra. 10, 96-8, Chicó Norte, Bogota**  
[pajaresalinas.com](http://pajaresalinas.com)



Pajares Salinas

### El Chato

Chef Álvaro Clavijo worked in the kitchens of Barcelona, Paris, New York, and Copenhagen before returning to his home city of Bogota and debuting El Chato. He takes the international techniques he learned along the way and infuses them into the best local ingredients, supplied by small producers and so fresh that the menu changes according to what’s available. We suggest starting with the granadilla, a local favorite, followed by the suckling pig with cream of black pudding, pea, and habichuelin.

**Calle 65 #4-76, Bogotá**  
[elchato.co](http://elchato.co)



El Chato



 Vegetarian  Vegan  Gluten Free

**Harry Season** 🥕 🌿 🌾

This is the crown jewel and flagship restaurant of Colombia’s most famous chef, Harry Sasson. Set in a 1914 red-brick mansion that’s both inclusive and upscale, the menu is a blend of Latin American, Asian, and European elements. With one of the largest wine lists in the country, every meal can be perfectly paired.

**Carrera 9 #75-70, Zona G, Bogotá**  
[harrysasson.com](http://harrysasson.com)



Harry Season

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

**Nueve** 🥕

The tapas and small plates at Nueve are intended for sharing. Made with local ingredients, the menu changes often, but the sommelier can give you professional advice on what to pair some of the classic menu items with, such as chicharron ceviche, suckling pig dumpling, and fried buffalo burrata.

**Carrera 70a #10a-18, Bogotá**  
[nueve.in](http://nueve.in)



Nueve



Prudencia

**Prudencia**

Enjoy a gastronomic afternoon with seven courses that fuse local ingredients grown on the very property of the restaurant with traditional techniques, such as open-fire cooking and preservation by smoking or fermentation. The menu of Prudencia changes every two weeks and is never repeated, but whatever they’re serving for your visit, you’re sure to love every bite.

**Carrera 2 No. 11 - 34, Bogotá**  
[prudencia.net](http://prudencia.net)



## BARS & NIGHTLIFE



Apache Bar

### Apache Bar

On the rooftop of the Click Clack Hotel, you can come for a burger and stay for a lively evening of music and fun. Trendy tourists and locals alike love this small space for its great food, cocktails, and atmosphere. Catch the live DJ playing well into the night from Wednesday to Saturday.

**Carrera 11 No. 93 - 77, Bogotá**  
[clickclackhotel.com](http://clickclackhotel.com)

### Pedro Mandinga

The first handcraft distillery in Panama, Pedro Mandinga rums are aged between 15 and 21 years, made with an unrefined whole cane sugar called rapadura, and best enjoyed in one of their many rum bars. The local in Bogota is a stylish and cozy, three-story space, with knowledgeable and friendly servers. Stop by on a Sunday when the market outside is buzzing.

**Calle 117 #6a-05, Usaquén, Bogotá**  
[fiweex.com](http://fiweex.com)



Pedro Mandinga

### Sky 15 Rooftop

From 54 meters high, Sky 15 provides one of the best 360-degree views of the bustling city below and Bogotá's eastern mountains. An open-air rooftop restaurant and bar, they serve unique signature cocktails and freshly grilled Mexican-style dishes from a modular iron grill that burns cherry coals and eucalyptus. Thursday nights are the only nights this exclusive place is open to the public and it often draws a smart and exclusive crowd.

**Carrera 7 # 72-41, Bogotá**  
[facebook.com/Sky15Rooftop](https://facebook.com/Sky15Rooftop)



Sky 15 Rooftop

# COFFEE SHOPS

## *Juan Valdez Orígenes*

All across the country, you'll find Juan Valdez. This is Colombia's equivalent of Starbucks, only better. Every cup is the product of more than 540,000 coffee-growing families, and their three-floor Orígenes café is a chance to immerse in these origins. Built on one of the most fashionable streets in the city, the first floor pays homage via a two-story vertical garden and chairs that could have come right from a coffee farm. The long wooden tables on the second floor are actually made of coffee plants, while the rooftop is a place to order light meals and cocktails.

**Calle. 73 #8 - 13, Bogotá**  
[juanvaldezcafe.com](http://juanvaldezcafe.com)

## *Café San Alberto*

San Alberto is the most awarded coffee in Colombia, and their elegant and illustrious café in the Usaquén neighborhood of Bogotá couldn't be a better place to taste the sweet aromatic notes of caramel and dark chocolate. Take part in a coffee baptism where you'll learn to appreciate the attributes of specialty coffee on a one-hour sensory journey.

**Inside the Gold Museum, Bogotá**  
[cafesanalbertoint.com](http://cafesanalbertoint.com)



 Vegetarian  Vegan  Gluten Free

BOGOTÁ - COFFEE SHOPS



Cafe Cultor

### *Café Cultor*

Ask your barista where the coffee comes from, the name of the farmer who farmed it, and the best way to enjoy it. This in-depth knowledge is at the heart of every cup served at Café Cultor, where they source their coffee from micro-regional hubs and support special projects that benefit the environment and local communities.

**Calle 69 # 6-20 Quinta Camacho, Chapinero, Bogotá**  
[cafecultor.co](http://cafecultor.co)

### *Amor Perfecto Café*

Luis Fernando Vélez, the founder of Amor Perfecto, was a pioneer of high-quality coffee in Colombia. He was there when all premium beans were forcibly exported and when the law changed in his favor. Now, he's a forerunner in the search for the best coffees Colombia produces, constantly sampling the aromas and flavors of the country's microclimates and bringing them to the tables of his many cafes.

**Carrera 4 # 66 - 46 Chapinero Alto, Bogotá**  
[cafeamorperfecto.com](http://cafeamorperfecto.com)



Amor Perfecto



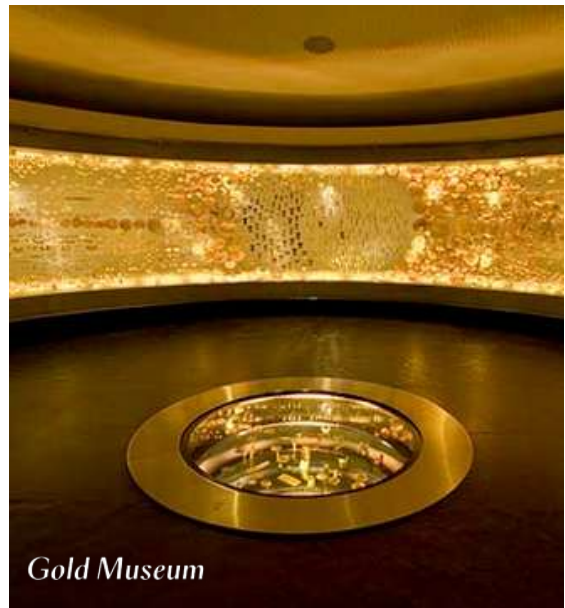
Amor Perfecto

# ART GALLERIES & MUSEUMS

## Gold Museum

The Gold Museum preserves archeological collections of gold, ceramics, lithics, and other materials that give visitors insight into the cultural heritage of the country. The four permanent exhibit halls are the Metalworking room, the People and Gold in Pre-Hispanic Colombia Room, the Cosmology and Symbolism Room, and the Offering Room. Finish the tour in The Exploratory, which promotes reflection on the meaning of Colombia's heritage in an interactive way.

**Carrera 6 #15-88, Santa Fé, Bogotá**  
[banrepcultural.org](http://banrepcultural.org)



Gold Museum



Source: Conde Nast Traveler  
 Botero Museum

## Botero Museum

The originator of “Boterismo”, an art style that uses large, exaggerated volume to depict both political criticism and humor, Fernando Botero is considered the most recognized living artist from Latin America. The Botero Museum in Bogota houses 123 Botero pieces and 85 works from international artists, all of which were donated by Botero himself. Called “the greatest gift that a Colombian has ever given to his country”, you can't leave Colombia without experiencing Boterismo.

**Calle 11 #4-41, Bogotá**  
[banrepcultural.org](http://banrepcultural.org)

## National Museum of Colombia

Created in 1823, this is one of the oldest museums in all of America. Across its seventeen permanent exhibits are more than 2,500 pieces of art, history, archeology, and ethnography that tell the political and cultural history of Colombia. Temporary exhibitions, concerts, conferences, and theatre and dance presentations frequent the National Museum, so there's always something new to experience.

**Carrera 7 N. 28-66 Bogotá**  
[museonacional.gob](http://museonacional.gob)



National Museum of Colombia



# SOUVENIR SHOPS

## Muzem Emeralds

Approximately 90% of the emerald sold on the world market comes from Colombia – and the best of the best of these can be found at Muzem Emeralds. Now run by the fourth generation of a family dedicated to the highest quality emeralds in the most beautiful pieces, their eighty years of experience in the field means the best emerald shopping experience one can have.

**Avenida Jimenez de Quesada #43 # 5, Bogotá**  
[muzememeralds.com](http://muzememeralds.com)

## Doris Ortiz Crafts

The diversity of each region in Colombia can easily be seen in the handicrafts, jewelry, and sculpture that they produce. Doris Ortiz houses a variety of these unique pieces, handmade by artisans around the country who have developed their craft across generations and use almost 100% natural and renewable raw materials. Though you'll find Wayuu backpacks everywhere in Colombia, this is where you can purchase the most authentic and support the original makers with every dollar you spend.

**Calle 11 5-03 Cra. 6 # 10-07, Bogotá**  
[dorisortiz.co](http://dorisortiz.co)



Muzem Emeralds



Doris Ortiz Crafts



## La Casona Del Museo

In front of the Gold Museum is the only example of 18th-century architecture you can find in Bogotá and, within its walls, is La Casona del Museo. This two-floor souvenir gem houses gold, silver, and emerald items on the first floor and Colombian handicrafts, paintings, ceramics, leather, clothing, and wood artwork on the second.

**Calle 16 # 5-24, Bogotá**  
[facebook.com/LaCasonadelMuseo](https://facebook.com/LaCasonadelMuseo)

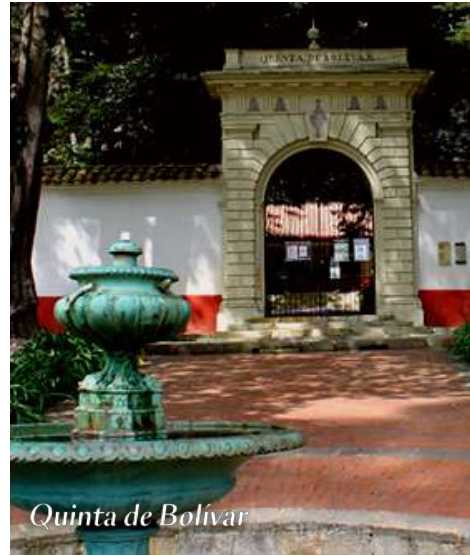


## HIDDEN GEMS

### *Quinta de Bolívar House Museum*

Simón Bolívar was a Venezuelan military and political leader who led Colombia, Venezuela, Ecuador, Peru, Panama, and Bolivia to independence from Spain. Known as the Liberator of America, he owned this farm-come-museum for ten years. In 1991, the National Government had the Quinta restored, with all the character it had when Bolivar lived here. Its exhibits now work to build an experience around the figure and legacy of El Libertador.

***Calle 21 No.4A - 30 Este, Bogotá***  
[quintadebolivar.gov](http://quintadebolivar.gov)



*Quinta de Bolívar*



*Flavors of Bogotá*

### *Flavors of Bogotá*

This online magazine has expanded its love for the culinary and café scene in Bogotá to include original specialty coffee experiences in Colombia. At these dynamic workshops, locals and visitors learn about all things coffee in Colombia, from traditional lifestyles on a coffee farm to how to taste coffee like a professional. Come with your love for coffee and leave a connoisseur.

***Chapinero (Calle 70 y Carrera 7) Bogotá***  
[flavorsofbogota.com](http://flavorsofbogota.com)

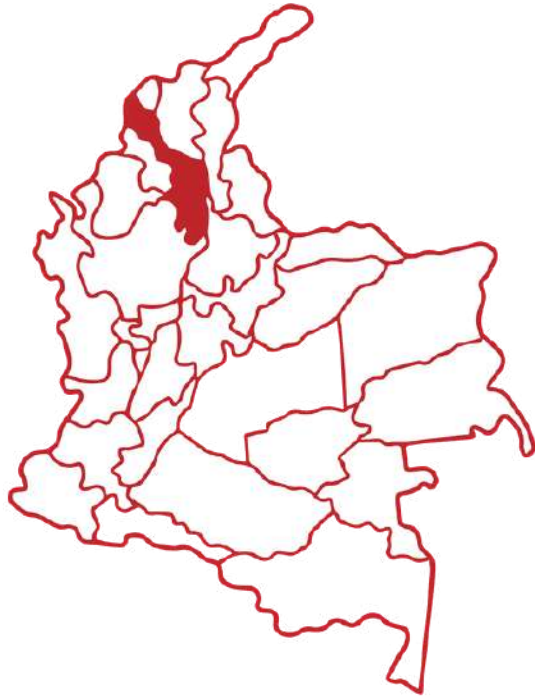


*Alameda de Quebrada Vieja*  
 Source [viajaporlibre.com](http://viajaporlibre.com)

### *Alameda de Quebrada Vieja*

For a break from the concrete jungle, head to the Quebrada Vieja trails along the eastern hills of Bogotá. The trails connect the forest to the surrounding neighborhoods and are home to 123 species of birds, 63 species of mammals, and 156 species of plants.

***Calle 71, Bogotá***



## *Cartagena de Indias*

Altitude: 2 m (6,56 ft)

The colors, flavors, and sounds of Cartagena de Indias are a direct reflection of the lively culture that inhabits this very special part of Colombia. Walk the 16th-century streets of the historic Old Town while snacking on Colombian Caribbean recipes and fresh fruit drinks, spend afternoons waiting for sunset on sandy beaches, and dance your nights away to the Champeta tunes that are carried through the air on beautiful sea breezes.



# RESTAURANTS

## Celele Restaurant

Spanish and European, African, Syrian, and Lebanese arrived in the Colombian Caribbean hundreds of years ago. Their influence mixed with that of the local indigenous people, and the gastronomic result was unique flavors and techniques that, until recently, were in danger of being lost. Determined to save that heritage, Celele was developed by Chefs Jaime Rodríguez Camacho and Sebastián Pinzón Giraldo after years of researching and capturing the authentic gastronomic identity of the Caribbean region. Their small menu encompasses inimitable recipes, our favorite of which is the Beef Tongue in Cartagena sauce.

**Carrera 10c 29 200 Calle del Espiritu Santo, Getseman, Cartagena**  
[celelerestaurant.com](http://celelerestaurant.com)

## Sambal Bistro Caribeño

Local ingredients and flavors that stay true to the Colombian Caribbean are skillfully presented in each dish at Sambal. Visitors can't get enough, often returning for two or three meals while in Cartagena. Of their most requested dishes is the honeyed rice but we'd also recommend the Menu Degustación 5 tiempos, a five-course tasting menu where each dish is paired with a cocktail.

**Calle media luna #10-34, Dig Iglesia San Roque, Cartagena**  
[facebook.com/sambalbistro](https://facebook.com/sambalbistro)



 Vegetarian  Vegan  Gluten Free



## Carmen Restaurant

Merging an innovative food and cocktail menu with professional, friendly service and a cozy atmosphere is what makes Carmen the incredible restaurant that it is. On the menu, you'll find local ingredients prepared with contemporary techniques and a carefully selected and extensive liquors and wines list. This is the spot in Cartagena to try fresh seafood favorites such as snapper, crab, and lobster.

**Calle 38 # 8-19, Calle Del Santísimo, Cartagena**  
[carmencartagena.com](http://carmencartagena.com)





**Alma Restaurant-Bar** 🥕 🌿 🍷

Located in the Casa San Agustin hotel and encompassing parts of the first aqueduct in Cartagena, both the space and the menu at Alma are an ode to the city's colonial past and the stories of Magical Realism that pervade Colombia. Each dish represents traditional ingredients and culture, from coconut to passion fruit to Caribbean tubers. Vegetarians will delight in the options available to them here, too.

**Calle de la Universidad No. 36-44**  
**Centro Historico, Cartagena**  
[almacolombia.com](http://almacolombia.com)



Alma Restaurant-Bar

**Candé Restaurant** 🥕 🌿 🍷

This restaurant evokes elegance in everything from its wine list and traditional menu to its service and setting. Pair the Posta Cartagena with a glass of Malbec Reserva to balance and elevate the flavor of the dish. They also offer regular live entertainment, which is as sophisticated as everything else about this restaurant.

**Centro Histórico, barrio San Diego,**  
**Carrera 10 No 39-02, Calle de la**  
**Serrezuela, Cartagena**  
[facebook.com/CandeRestaurante](https://facebook.com/CandeRestaurante)



🥕 Vegetarian 🌿 Vegan 🍷 Gluten Free



Alquímico

## BARS & NIGHTLIFE

### Alquímico

Alquímico consists of three levels, each with its own atmosphere and each as exciting as the last. The first floor is The Mansion, serving up signature cocktails that serve as the heart and essence of the resto-bar. On the second floor is The Balcony, where classic cocktails are enjoyed in a refined space. Last but not least, our personal favorite is the Tiki Bar Terrace, where more experimental infusions delight the senses.

**Calle del Colegio 34-24, Cartagena**  
[alquimico.com](http://alquimico.com)

### El Barón

Mezcal is a distilled alcoholic beverage made from the agave plant and its origins are Mexican. But, in collaboration with the Mezcal Unión, El Barón has brought this mystical distillate to Colombia through a host of signature cocktails, and with great success. The Rosarito is an absolute must-try, made with cilantro and pineapple extract bitters, hitting both fruity and smoky notes.

**Carrera 4, Calle San Pedro Claver #31-7, Cartagena**  
[elbaron.co](http://elbaron.co)



El Barón

### Mar Y Zielo

The lush and tropical rooftop bar of Mar y Zielo is perched high atop the historic colonial center of Cartagena and offers wonderful views alongside modern cocktails, premium spirits, and a long list of wines and champagne. The DJ spins soft house to add to the upscale and spirited atmosphere.

**Casa La Escribana, Calle Del Arzobispado, Carrera. 5 #34-63  
 Cartagena**  
[maryzielo.com](http://maryzielo.com)



Mar y Zielo

# COFFEE SHOPS

## Café San Alberto

Café San Alberto is the ultimate expression of the San Alberto estate, home to a family of traditional coffee growers for decades. Their five-step selection process results in a luxury coffee that's prepared with age-old expertise at cafes across the country. In Cartagena, you'll find their bright and colorful café in the Plaza Santo Domingo.

**Calle Santos De Piedra No. 3 - 86, Cartagena**  
[cafesanalbertoint.com](http://cafesanalbertoint.com)



Café San Alberto

## Ábaco Libros & Café

Nothing goes better with a cup of coffee than a good book, and that's the concept behind Ábaco Libros & Café. With books stacked from floor to ceiling and a coffee bar at its center, you can enjoy an afternoon of perusing mainstream and specialty publications while sipping on refreshments like fresh fruit juice, wine, tea, and coffee or snacking on assorted baked treats.

**Calle 36 #3-86, Calle de La Iglesia con Calle de La Mantilla, Esquina, Cartagena**  
[abacolibros.com](http://abacolibros.com)



Café Mural

## Café Mural

Café del Mural is a self-proclaimed artisanal coffee laboratory that demonstrates how the best cup of coffee is a matter of science. We surmise that their ice cream is as noteworthy as the coffee, so try an affogato for a bit of both to beat the Caribbean heat.

**Carrera 9a (Calle san juan) No 25-60, Cartagena**  
[facebook.com/CafedelMural](https://facebook.com/CafedelMural)



Ábaco Libros & Café

 Vegetarian  Vegan  Gluten Free

# ART GALLERIES & MUSEUMS

## Museum of Modern Art Cartagena

The MAMC began as a space to house a rescued art collection and has since grown to include more than 300 donated works. Dating to the 17th century, MAMC is located in one of the oldest buildings in the city, and also includes in its programming exhibitions, conferences, and audiovisual events that are open to the public.

**Calle 31 #69b69, Centro, Cartagena**  
[mamcartagena.org](http://mamcartagena.org)



## Historical Museum of Cartagena de Indias

Get to know the history of Cartagena in the exhibition halls of the Historical Museum of Cartagena de Indias. Founded in 1924, it's recently been renovated to reflect contemporary museography in presentation and content. The three permanent exhibitions take you through colonial architecture, the construction of the Caribbean and Colombian society, and the Court of Inquisition, in which the museum is housed.

**46, Plaza de Bolivar Carrera 3 33, Bolívar, Cartagena**  
[muhca.gov.co](http://muhca.gov.co)



## NH Gallery

Through painting, sculpture, photography, installations, and videos, NH Gallery brings Colombian and international contemporary art to Cartagena. They work in conjunction with Nohra Haime Gallery in New York to promote international cultural exchange and share the works of renowned and emerging artists from around the world.

**Carrera 2 #33-36, Centro, Cartagena**  
[nhgaleria.com](http://nhgaleria.com)



# SOUVENIR SHOPS

## Las Bóvedas

Known as ‘The Vaults’ in English, these 18th-century porticos attached to the walls of the Old City have served many purposes throughout their history. Once used as prison cells and then as garrisons, they’re now the site of some of the best souvenir shopping in Cartagena. Find traditional Colombian merchandise as well as boutiques selling fine clothing, jewelry, and handicrafts.

**San Diego, Cartagena de Indias, Provincia de Cartagena**

## Lili Duran

Lili Duran is the artist behind all of the innovative and colorful handicrafts decorating this space. Using typical, regional, national, and international materials, all of her pieces are one of a kind and inspired by the ancestral wisdom of Cartagena and Colombia. Specializing in home décors such as cushions and accent pillows, she also has a selection of handbags and small pieces of braided jewelry that reflect her bright and bold style but in pieces small enough for you to pack in your luggage.

**Calle Cochera del Gobernador 33 - 10, Provincia de Cartagena**  
[liliduran.wordpress.com](http://liliduran.wordpress.com)



Las Bovedas



Lili Duran



## Lucy Jewelry

Colombia is well-known for its emeralds and, in Cartagena, Lucy’s is known for the highest quality emeralds you can find. They live and breathe the legends associated with these gemstones, manufacturing each piece using the ancient art of goldsmith and other traditional techniques.

**Calle Santo Domingo #3-19**  
**Edificio Cuesta, Cartagena**  
[lucyjewelry.co](http://lucyjewelry.co)

## HIDDEN GEMS

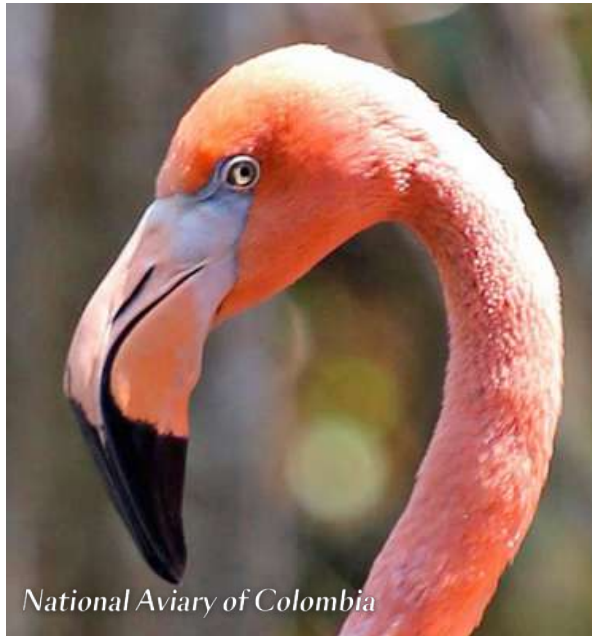
### *Vivarium del Caribe*

Have fun while you learn about the origins of life at this wildlife theme park. Visitors have the opportunity to feed caimans and tortoises, view different species of fish and reptiles, and walk through a museum that illustrates the biological evolution of crocodiles, dinosaurs, and birds through life-like models and reproductions.

*Zona norte km 15, Pontuzuela y, Bayunca, Provincia de Cartagena*



*Vivarium del Caribe*



*National Aviary of Colombia*

### *National Aviary of Colombia*

Travel the seven hectares of the National Avery via ecological walking trails that take you through three distinct ecosystems. Amidst recreations of tropical rainforests, coastal zones, and deserts, 21 exhibitions allow visitors to see over 190 species of birds in environments resembling their natural habitats.

*Km 14.5, Vía Baru, Cartagena, Bolívar*  
[aviarionacional.co](http://aviarionacional.co)

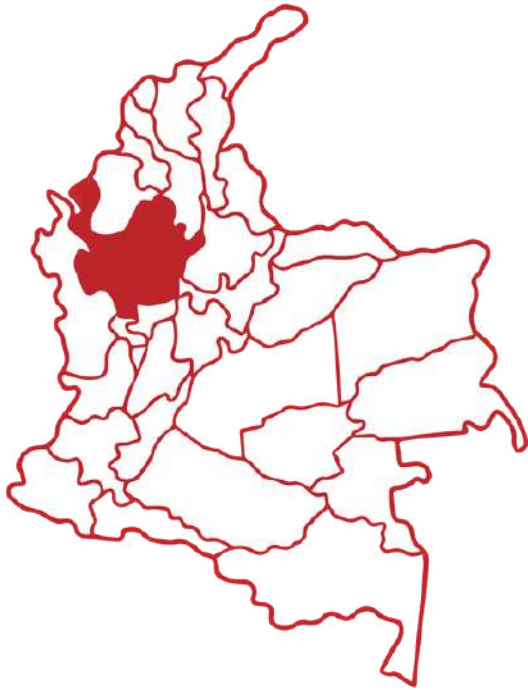


*Convento de la Popa*

### *Convento de la Popa*

Hovering 148 meters above sea level on the top of Mount la Popa is the convent, cloister, and chapel of Nuestra Señora de la Candelaria de la Popa. This conspicuous religious complex has been part of Cartagena's history since 1607 and, in 1965, it was declared the protector of the city and its surroundings. Apart from its spectacular view high above the city and sea, it contains treasures such as the altar adorned with gold leaf and oil paintings within its walls.

*Calle 37, Cartagena de Indias, Provincia de Cartagena*



## *Medellín*

Altitude: 1,495 m (4,905 ft)

Known as the City of Eternal Spring, Medellín has become one of the hottest tourist spots in the entire country. Here you'll find gastronomic jewels and chic rooftop terraces alongside nature parks, art galleries, and limitless opportunities for adventure. A place of beautiful sunsets over mountain peaks, loud reggaetón, and fabulous coffee, you could spend weeks here and still want more.



## RESTAURANTS

### **Sambombi Bistró Local** 🥕 🌿

Sambombi is such a hit with tourists and locals that you'll need a reservation to get in any day of the week. The menu changes frequently and in accordance with what's available from small, local farmers, because sustainability is at the heart of this bistro, even shunning plastic bottles and using biodegradable packaging where necessary. As unpretentious as top-quality food can get, we love it for its simple wooden tables, environmental and community commitments, and night after night of unbelievably delicious dishes.

**Carrera 37 # 8a-54 via primavera, Medellín**  
[facebook.com/sambombi.bistro](https://facebook.com/sambombi.bistro)

### **El Cielo** 🥕 🌿

The Elcielo Hospitality Group has two Michelin Star-rated restaurants in the US, and their Medellín location is well on its way to earning its own. Known for its avant-garde techniques mixed with traditional Colombian cooking methods, Elcielo is among the finest cuisine and most sophisticated atmospheres in Medellín. The best way to experience all that Elcielo has to offer is through the tasting menu, which includes six courses and the option to add a cocktail and wine pairings.

**Calle 7d #43c-36, Medellín**  
[elcielorestaurant.com](https://elcielorestaurant.com)

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



Sambombi Bistró Local

### **X.O.**

The team at XO has a passion for food and Colombian ingredients that can be seen and tasted in every dish they create. From their chic yet approachable decor to impeccably curated tasting menus, everything about this restaurant is an experience in Colombian flavors and heritage.

**Carrera 36 #10A-47 Tercer Piso, Medellín**  
[moshimedellin.co](https://moshimedellin.co)



El Cielo



X.O.



**La Provincia** 🥕 🌿 🌾

With nearly three decades in Medellín, La Provincia has earned its place as a gastronomic icon in the city. Fusing Mediterranean cuisine with Asian inspiration and Colombian ingredients, their menu and plating are elegant and minimalist. Start with some of their staples, like the crab soup in coconut milk or breaded prawns in chicharron, before moving on to any one of the seafood, meat, or pasta mains.

**Carrera 42 No. 3 Sur 81 Milla de Oro Distrito de Negocios Local 303, Medellín**  
[laprovinciarestaurante.com](http://laprovinciarestaurante.com)



**Rocoto** 🥕 🌿 🌾

Peruvian cuisine is loved across Latin America and is now available in the heart of the Provenza neighborhood in Medellín. On a terrace surrounded by the sights and sounds of nature, Rocoto shares Inca culture and Peruvian Creole customs such as ceviches, causas, anticuchos, and chaufa. Don't miss the classic Limeño flavors of the aji de gallina or lomo saltado and top off whatever you're having with an authentic pisco sour.

**Carrera 33 #8A-14 Provenza Barrio provenza, parque lleras, Medellín**  
[rocotorestaurante.com](http://rocotorestaurante.com)



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

## BARS & NIGHTLIFE

### *Rooftop at Marquee*

Marquee is a boutique hotel in the heart of the vibrant Parque Lleras in El Poblado and, on its rooftop, you'll find one of the most stylish bars in the city. Complete with a pool and jacuzzi, business and leisure travelers start flocking here in the late afternoon and stay until well into the night, enjoying crafted cocktails and champagne and the company of a fashionable crowd.

***Carrera 38 #9A-13 Medellín***  
[marqueemedellin.com](http://marqueemedellin.com)

### *Envy Rooftop*

On top of the 18th floor of Charlee hotel is Envy. This bar and lounge hosts live DJs almost every evening except Wednesdays when salsa takes over the space with the lively rhythms of a local band. Enjoy brunch on the last Sunday of every month, when visitors are invited to use the aquarium-style pool.

***Carrera 9a 37 -16 Parque Lleras, Medellín***  
[thecharlee.com](http://thecharlee.com)

### *Mosquito*

The Somos Hotel is an ultra-chic, boutique hotel designed through the collaboration of some of Medellín's top creative professionals, and Mosquito Social is its rooftop terrace. Lush, tropical, and trendy, their generous menu includes signature cocktails, classics, sangria, spirits, wine, beer, and even mocktails. Live DJs and frequent events keep this place packed to the wee hours every night of the week.

***Calle 10A No. 40 - 19 Medellín***  
[thesomos.com/mosquito](http://thesomos.com/mosquito)



Rooftop at Marquee



Envy Rooftop



Mosquito

## COFFEE SHOPS

### Pergamino Café

Pergamino has been in the world of Colombian coffee for more than 30 years. In that time, they've gone from producing coffee in the mountains of Santa Bárbara to opening seven cafes across Medellín. Working with more than 600 coffee producers and roasting every single day, they offer the freshest and highest quality Colombian coffee and fresh baked goods from a local bakery.

**Carrera 37 8A - 37 (Vía Primavera), Medellín**  
[co.pergamino.co](http://co.pergamino.co)

### Urbania Café

When you buy from Urbania, you're supporting the development of coffee communities in a state of vulnerability as well as conservation projects that protect species such as jaguars, pumas, and Andean bears. This socially and environmentally responsible café has six shops around the city, but our favorite is the cozy Astorga location, where you can enjoy their coffee prepared in a variety of different ways along with freshly baked pastries.

**Calle 8 No 43B - 132, Medellín**  
[urbaniacafe.com](http://urbaniacafe.com)

### Al Alma Café

Al Alma has ten locations to grab a cup to go, sit and talk over a delightful meal, or work online in a pleasant space. But, by far, the greatest thing about Al Alma is their breakfast and brunch. The portions are plentiful, the flavors are impressive, and the plating is simple but thoughtful. We highly recommend the eggs benedict - a bite of home you'll be hard-pressed to find elsewhere in the city.

**Carrera 45 # 5-15 Patio Bonito, Medellín**  
[alalmacafe.com](http://alalmacafe.com)



Pengamino Cafe



Urbania Café



Al Alma Café

 Vegetarian  Vegan  Gluten Free

MEDELLÍN - COFFEE SHOPS

## ART GALLERIES & MUSEUMS

### *Medellín Museum of Modern Art*

The Medellín MAMM has more than 2,000 modern and contemporary works from mostly Colombian and Latin American artists. The works and exhibitions housed here are intended to question traditions and provoke inquiry into the issues of contemporary society in Colombia. Among their most important holdings is the Débora Arango collection, consisting of 246 paintings, watercolors, sketches, and ceramics.

**Carrera 44 #19a-100, El Poblado, Medellín**  
[elmamm.org](http://elmamm.org)



Medellin Museum of Modern Art



Museum of Antioquia

### *Museum of Antioquia*

This is the first museum established in Antioquia and the second ever in Colombia. Despite its age, the museum has taken a progressive strategy since the arrival of a new Director in 2016. Their permanent exhibits invite visitors to question how art history and museums play a role in the enforcement of exclusionary social constructs. The goal of this strategy is to invite the viewer to recognize the reality of the city in which the museum stands and assist in the settlement of historical debts of discrimination and exclusion.

**Calle 52 #52-43, La Candelaria, Medellín**  
[museodeantioquia.co](http://museodeantioquia.co)

### *Lokkus Contemporary Art*

More than an art gallery, Lokkus is a space where thinking, research, discussion, and education can take place amidst contemporary art that reflects current cultural and socio-political contexts. Salvadorian and Colombian emerging and consolidated artists are the most represented here and it often counts artists, collectors, curators, critics, academics, and art lovers among its visitors.

**Carrera 36 No. 10 A 35, Medellín**  
[lokkus.com](http://lokkus.com)



Lokkus Contemporary Art

## SOUVENIR SHOPS

MEDELLÍN - SOUVENIR SHOPS



Makeno

### Caballo de Troya

Just 20 minutes from Medellín on the road to the airport, national and international tourists can find a treasure trove of Colombian handicrafts at Caballo de Troya. A small, family-run business that began in 1986, it now houses the works of more than 350 master craftsmen from indigenous, Raizal, Afro-Colombian, and mestizo communities across the country. From home décor and hammocks to hats and musical instruments, this is one of the best places in the country to find a special souvenir.

**Km. 16, Avenida Las Palmas, Envigado, Antioquia, Medellín**

[artesaniascabalodetroya.com](http://artesaniascabalodetroya.com)



Evok

### Makeno

Makeno is the brainchild of Paola Betancur and Manuela Rubio, both experts in the textile and fashion industry who aim to bring that expertise, and their love of fine, luxury fashion, to Medellín. This is so much more than a clothing shop – it's a boutique, curated experience of local designers and the opportunity to treat yourself to some of the finest clothing, jewelry, accessories, objects, and furniture that they have to offer.

**Carrera 37 #10-35, Int 402, Poblado, Medellín**

[makeno.co](http://makeno.co)



Caballo de Troya

### Evok

Purveyors of herbs, fruits, spices, and chocolates, Evok is a sustainable company that reminds us that nature offers everything we need to be well in body and mind. The shelves are stacked with chocolates, honey, coffees, infusions, and teas with the highest quality natural ingredients sourced from across Latin America.

**Carrera 25A # 1A Sur - 45, Medellín**

[facebook.com/EvokBienestar](https://facebook.com/EvokBienestar)

## HIDDEN GEMS

### *Parque Arví*

Ride the metro cable up the slope of the Aburrá Valley to Parque Arví, a nature reserve and archeological site where guests can hike, cycle, take a nature tour, or participate in outdoor adventure sports. Spend a day exploring the nearly 90 kilometers of walkable trails, winding through natural forests and wildflowers that sustain all kinds of wildlife and insects, including some of the most beautiful butterflies you've ever set eyes on.

**Via a Piedras Blancas, Medellín,**  
[parquearvi.org](http://parquearvi.org)

### *Cerro Volador*

At 106 hectares, this is the largest natural park within the metropolitan area of Medellín. A Colombian heritage site and one of the "guardian hills" of the city, a hike or cycle to the top gives you an incredible view of the metropolis below and an oasis in which to find tranquility, bird songs, and butterflies.

**Medellín, Robledo, Medellín,**  
**Antioquia**



*Cerro Volador*



*Parque Arví*



*Casa de la Memoria*

### *Casa de la Memoria*

The armed conflict is a not-so-distant part of Colombia's past. Just over three decades ago, Medellín was considered the most violent city in the world. Casa de la Memoria is intended as a living memory of that violence, a place to promote education and discussion about what happened and what is happening in society so that it never occurs again. This is one of the most moving museums in the country and gives visitors an authentic look into the complicated past of the city in which they find themselves.

**Calle 51 #36 - 66, Parque Bicentenario, Medellín**  
[museocasadelamemoria.gov](http://museocasadelamemoria.gov)



## *Rosario Islands*

Located just 45 minutes from Cartagena de Indias by boat, the Rosario Islands offer some of the country's most spectacular beaches and all the amenities to enjoy them. Beach clubs bring visitors across the sea for day trips with complimentary cocktails and exquisite seafood, hotels cook up fine cuisine with a beautiful sunset view, and mangroves and aquariums give you an up close and personal look at the ecosystem in which you find yourself.



# RESTAURANTS

## *Fragata Island House Restaurant*

Fragata sets the bar for authentic island architecture on Isla Grande and its restaurant reflects that same rustic luxury in all of its dishes. Simple and delightful, Fragata restaurant represents all the flavors, colors, and textures of Colombian Caribbean cuisine. Taste the freshness of being right on the ocean in the lobster, fish and chips, papillote, or the much-loved rice with seafood and bacon.

**Islas del Rosario, Cartagena**  
[facebook.com/Fragataislandhouse](https://facebook.com/Fragataislandhouse)



*Fragata Island House Restaurant*

## *Islabela*

Located on Isla Marina next to the larger Isla Grande, this spot receives fewer visitors, and that makes it a quiet place from which to enjoy a wonderful meal and a gorgeous sunset over crystal clear waters. The menu here is focused on an abundance of fresh seafood, including shrimp, fish, lobster, and calamari, typically accompanied by a simple salad, plantain, and coconut rice that is to die for.

**Islas del Rosario, Cartagena**  
[islabela.co/restaurant/](https://islabela.co/restaurant/)



*Islabela*

## *Cocoliso Restaurant*

While enjoying a day surrounded by nature on a private beach or by the floating bar, stop by one of two restaurants at this highly-rated resort. Take a table in the relaxed dining room or outside on charming bench-style seating to fill up on Colombian dishes, international cuisine, and, of course, a cocktail worthy of a beach vacation.

**Islas del Rosario, Cartagena**  
[cocolisoresort.com.co/menu/](https://cocolisoresort.com.co/menu/)



*Cocoliso Restaurant*

 Vegetarian  Vegan  Gluten Free





Bora Bora

## BARS & NIGHTLIFE

### *Bora Bora*

Bora Bora delivers a first-class beach club experience with impeccable service and fantastic food and drink. Welcoming couples, families, and friends, day trippers can eat, drink, and dance the day away from their private beach bed facing the sea.

*Isla Grande, Islas del Rosario*  
[boraboracartagena.com](http://boraboracartagena.com)

### *Blue Apple Beach Club*

Tucked away on the southern shore of Tierra Bomba island, Blue Apple is a boutique hotel, beach restaurant, and party hub with a strong focus on sustainable tourism. Run by Venezuelan-born and internationally-trained Chef Pedro Mosqueda, the Club's restaurant keeps their own chickens, pigs, goats, and rabbits on site, only purchases sustainably sourced seafood, and uses fruits and vegetables from the nearby Turbaco region. Come to sample some of the finest gastronomy on the archipelago alongside one of the best all-day beach parties.

*Isla Tierra Bomba, Provincia de Cartagena*  
[blueapplebeach.com](http://blueapplebeach.com)

### *Fenix Beach Club*

Juan Pedro San Segundo is the former owner of one of the most famous clubs in Bogota and the mastermind behind Felix Beach Club. That is to say, this private space has been designed by an expert in creating a stylish atmosphere. From the beachside beds surrounded by dream-like décor, enjoy the rotating mix of DJs and an a la carte menu featuring Caribbean staples such as paellas, ceviches, and grilled octopus, or international dishes such as vegetable summer rolls and fish tacos.

*Isla Tierra Bomba, Provincia de Cartagena*  
[fenix.co/en/ingles](http://fenix.co/en/ingles)



Blue Apple Beach Club



Fenix Beach Club

## HIDDEN GEMS

### *The Rosario Islands Oceanarium*

In Coral Reef National Park, the Rosario Islands Oceanarium entertains and educates. The main feature is the dolphin show, but guests will also have a chance to get up close and personal with sharks, turtles, and more. After strolling across the platforms overlooking the water and wildlife, visit the museum to learn about algae, sponges, corals, mollusks, crustaceans, fish, reptiles, and other marine mammals native to this ecosystem.

### *Islas del Rosario, Cartagena*

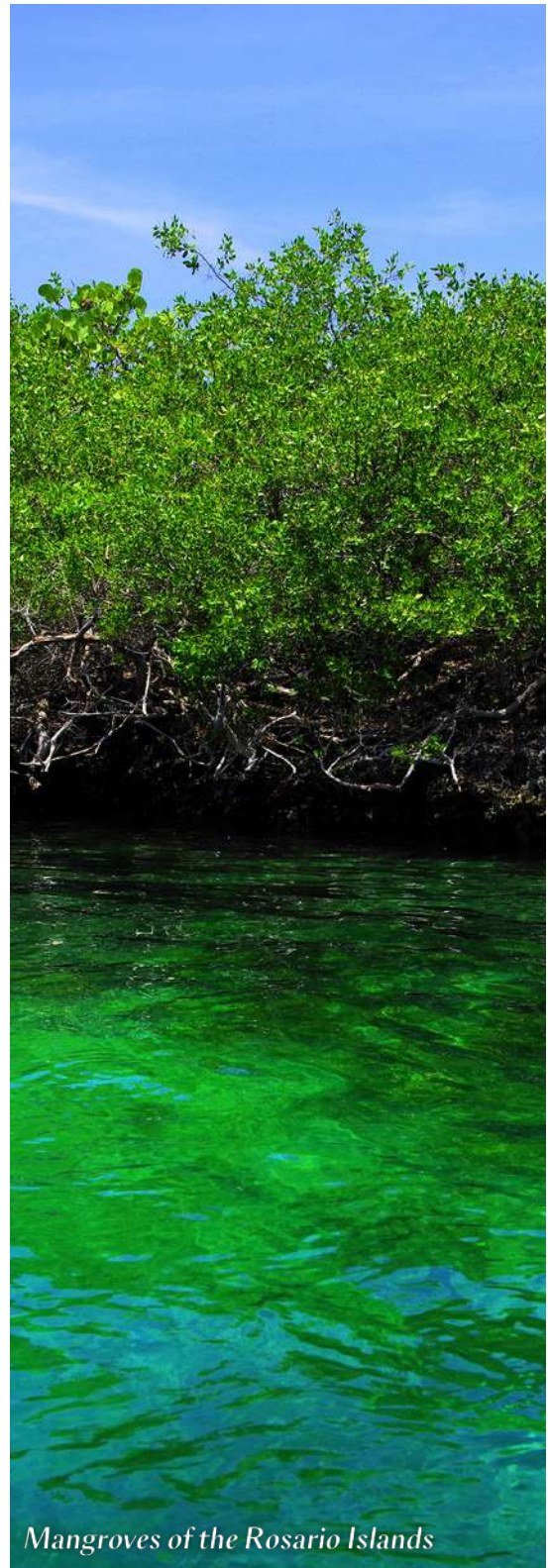


*The Rosario Islands Oceanarium*

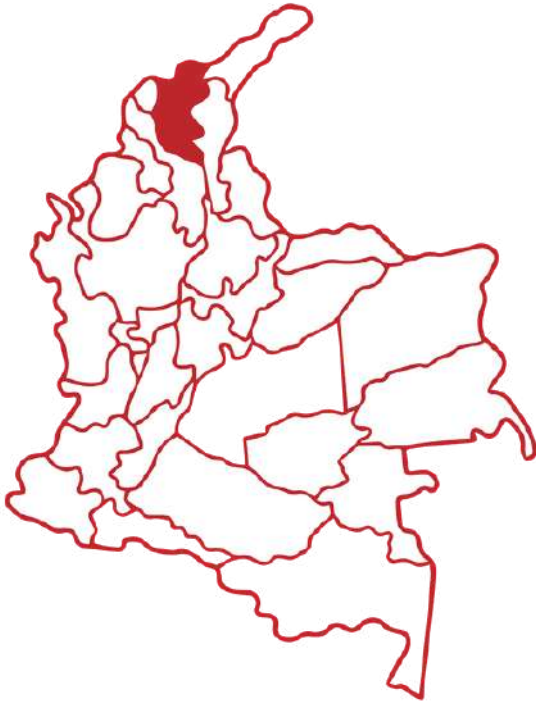
### *Mangroves of the Rosario Islands*

Nature lovers will delight in a boat tour of the mangrove forest near Boquilla. Sit back and relax as a deep-bellied canoe takes you under the secluded canopy of tightly woven limbs, and birds, fish, lizards, and other tropical marine animals come out for a look.

### *Isla Larga, Islas del Rosario, Colombia*



*Mangroves of the Rosario Islands*



## *Santa Marta*

Altitude: 3,810 m (12,500 ft)

The premier destination for Colombians to vacation, Santa Marta has plenty to keep foreigners entertained, too. Known as the first Spanish settlement in Colombia and the gateway to the Sierra Nevada's "Lost City", it packs as much history and culture as it does gorgeous beaches, pulsating nightlife, and fabulous restaurants.



## RESTAURANTS

### Lulo

The well-balanced fusion of traditional, healthy, and modern, Lulo is a charming café with rave reviews. For breakfast or lunch, choose from tasty wraps, pitas, salads, paninis, or their biggest hit, epic arepas stacked sky-high with an assortment of fresh and local ingredients. Don't forget to grab one of their many fresh-squeezed natural juices or smoothies while you're here. Truly addictive, guilt-free treats, you're guaranteed to come back and try as many flavors as you can while you're here.

**Carrera 3 # 16-34, Santa Marta**  
[facebook.com/lulo.santamarta](https://facebook.com/lulo.santamarta)



Lulo

### Lamart

Lamart takes traditional foods and puts its own unique, artistic, and artisanal spin on them. Perfectly plated handmade pastas, chicharron ceviches, and vegetarian roasted cauliflower served with quinoa are complimented by an urban-chic atmosphere both inside and in their outdoor seating along one of the main corridors of Santa Marta's historic center.

**Carrera 3a # 16-36 Callejon Del Correo Old City, Santa Marta**  
[facebook.com/LamartSantaMarta](https://facebook.com/LamartSantaMarta)

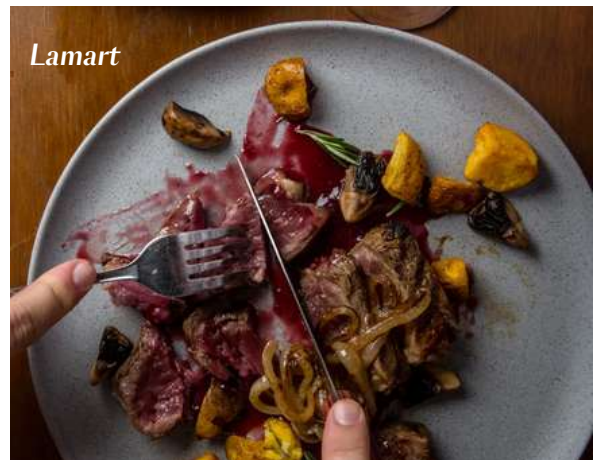


Guasimo

### Guasimo

Guasimo is the gastronomic jewel of the Parque de los Novios. Attention to detail can be found in everything from the well-researched ingredients, to the fine touches in plating, and the extraordinary service (it's not unheard of to have the Chef stop by your table). Local artists exhibit their work on the walls, and traditional recipes with cosmopolitan techniques mean every dish is a work of art itself.

**Carrera 2 # 19 - 15, Santa Marta**  
[facebook.com/people/Guasimo-Restaurante](https://facebook.com/people/Guasimo-Restaurante)



Lamart

 Vegetarian  Vegan  Gluten Free

**Karey** 🥕🌿

Since 1975, Karey has been the specialist in paellas and seafood in Santa Marta. Experts in fish, lobster, shrimp, muscles, and octopus, each dish reflects the know-how they've earned over decades as well as the ability to continually transform their menus and presentation according to modern methods. Served with a classic cocktail, like the Pina Colada, Karey is the place to enjoy the ocean paradise you're visiting.

**Calle 9 No. 1-19 Rodadero Rodadero, Santa Marta**

[facebook.com/restaurante.karey](https://facebook.com/restaurante.karey)

**Marmi Ristorante** 🥕🌿🌾

Authentic Italian cuisine is served in a sophisticated and elegant dining hall. Marmi is best known for its freshly made pastas featuring local seafood, daily baked goods, and truly decadent desserts. Whether you're looking for romantic, family-friendly, or single-person dining, this quiet spot with timeless flavors and ingredients satisfies every palate.

**Carrera 4 26 - 40 Prado Plaza, Santa Marta, Santa Marta**

[facebook.com/marmiristorante/](https://facebook.com/marmiristorante/)



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



Porthos Steakhouse

## BARS & NIGHTLIFE

### *Porthos Steakhouse & Pub*

This traditional pub stands out amongst the plethora of restaurants and bars in Santa Marta. Breaking the mold as far as pub grub goes, the steak here is juicy, tender, and expertly prepared. Combine that with a long list of national and imported beers, regular live entertainment, and you've found the recipe that makes Porthos so popular among locals and tourists.

**Calle 19 3 25 Parque de los novios, Santa Marta**

[facebook.com/porthospub](https://facebook.com/porthospub)

### *Burukuka*

Reserve a table on Burukuka's terrace for a panoramic view of Santa Marta's most popular beach. From this spectacular spot, extravagant meals of lamb tenderloin, lobster tail, or flambéed prawns are complimented by the sounds of the sea below. By the time you finish an after-dinner cocktail and the view fades into sparkling city lights, the vibrant music and dancing of the Caribbean completely takes over and you're in for a night of excitement.

**Carrera 1 Calle 1 Rodadero, Santa Marta**

[burukukasantamarta.inf](http://burukukasantamarta.inf)



Burukuka

### *Charlies Bar Santa Marta*

The combination of great cocktails, friendly service, an exciting atmosphere, and live music and DJs is what makes Charlies one of the coolest bars in Santa Marta. To start your night out or finish it, Charlie's is open seven nights a week and the fun-loving crowd is always spilling from the indoor to the outdoor spaces.

**Calle 19 #4-12, Santa Marta**

[facebook.com/charliesbarcolombia](https://facebook.com/charliesbarcolombia)



Charlies Bar Santa Marta

## COFFEE SHOPS

### La Miga

This French bakery pairs homemade dips with freshly baked baguettes, ciabatta buns, sourdough, and more. But what's made them famous is their pain au chocolat (chocolate bread). Come early to sample the bread they're known for hot out of the oven along with one of their creamy lattes.

**Carrera 66 Next to Banco Bogota and Parquadero, Minca**  
[instagram.com/lamigapanaderia](https://www.instagram.com/lamigapanaderia)

### Agua De Rio Café & Bistro

Mornings and afternoons, Agua de Rio serves healthy breakfasts and hearty smoothies that visitors rave about. In the late afternoon and evenings, it turns into a bistro with fabulous cocktails and an intimate but lively atmosphere. Their menu is seasonal, based on what's available locally, and never ceases to satisfy.

**Carrera 216 47, Santa Marta**  
[aguaderio.com.co](http://aguaderio.com.co)



Agua De Rio Café & Bistro



Agua De Rio Café & Bistro



La Miga

 Vegetarian  Vegan  Gluten Free

## Mientras

On a rooftop in the middle of the bustling historic center, Mientras is an oasis of tranquility surrounded by plants, a pleasant playlist, and friendly staff. Their small menu means that what they do, they do well. The house-made empanadas are a great start for lunch, served with homemade salsa and slices of refreshing lime.

**Carrera 3 20 25, Santa Marta**  
[facebook.com/mientrassantamarta](https://facebook.com/mientrassantamarta)



Mientras

## Duni de la Sierra

Vegetarians and vegans will love Duni de la Sierra for its variety of homemade options and locally sourced treats. Choose from Colombian arepas made by hand, pancakes with honey from the Sierra, fruit bowls filled with exotic fruits, and freshly baked bread served with your choice of six salsas made on-site. For lunch, don't miss their menu del dia (menu of the day), which always features some of the tastiest vegetarian and vegan options you can find in Santa Marta.

**Vía a Casa Loma Behind the church, Minca, Santa Marta**  
[facebook.com/dunidelasierra](https://facebook.com/dunidelasierra)



Duni de la Sierra



Mientras

 Vegetarian  Vegan  Gluten Free



# ART GALLERIES & MUSEUMS

## *Bolivarian Museum of Contemporary Art*

The intention of this museum is to pay tribute to Simon Bolivar by integrating and further connecting the Bolivarian countries through art. The over 200 pieces making up the permanent collection are, therefore, a collection of Bolivarian and other Latin American artists. Take a break from the beach and soundwalk through the paintings, sculptures, engravings, drawings, installations, photographs, and videos that tell the story of the Liberator and the cultural legacy he left behind.

*Avenida del Libertador, Quinta de San Pedro Alejandrino, Santa Marta*  
[museobolivariano.org.co](http://museobolivariano.org.co)



## *Tairona Gold Museum*

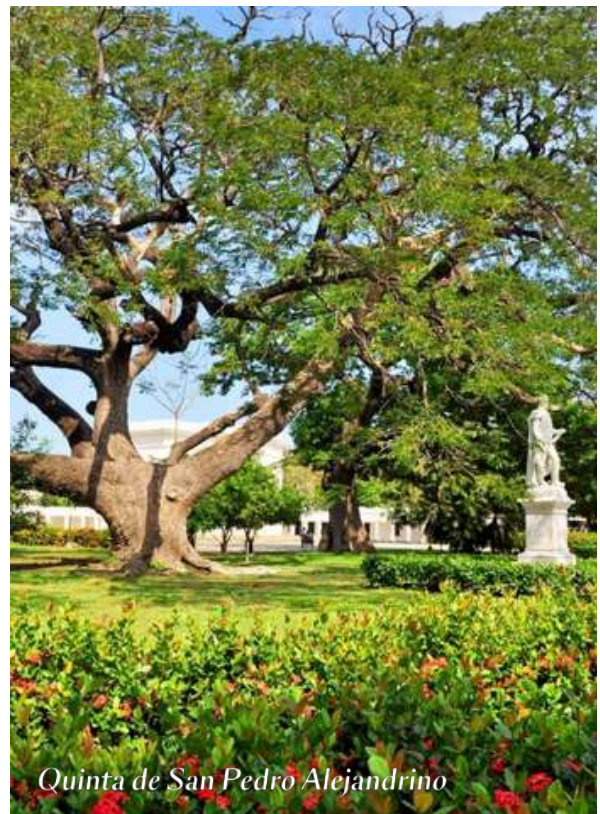
Within the walls of one of the oldest buildings in the Americas, the 16th century former Customs House, is a collection of more than 560 objects that once belonged to the indigenous societies that occupied the Sierra Nevada from 200 AD to 1600 AD. Superb examples of pre-Colombian gold and pottery give visitors an insight into the history of the area and teach them about the indigenous Tairona people who lived here.

*Carrera 2 Parque Simón Bolívar, Santa Marta*  
[banrepcultural.org](http://banrepcultural.org)

## *Quinta de San Pedro Alejandrino*

Founded in the 17th century in memory of the Spanish martyr Pedro Godoy, this historic hacienda is famous for being the place where Simón Bolívar died on December 17, 1830. What was once a rum, honey, and panela production site, is now a museum and historical landmark where guests can roam the surrounding botanical gardens, enjoy the flora and fauna of the tropical dry forest ecosystem, and pay tribute to the courageous actions of the Liberator.

*Sector San Pedro Alejandrino, Avenida El Libertador, Santa Marta*  
[museobolivariano.org.co](http://museobolivariano.org.co)



# SOUVENIR SHOPS

## Casa Triada

You won't find typical or traditional handicrafts and souvenirs at Casa Triada. Instead, this boutique store located in the historic center works with local artists and small entrepreneurs who are handcrafting unique products with a story, and who align with the sustainability commitments of Casa Triada itself. You'll find local artwork, bath and body products made with natural ingredients, foods that celebrate Colombia, trendsetting fashion and accessories, and one-of-a-kind home décor pieces.

**Calle 17 # 2-73 Local 4, Comuna 2, Santa Marta**  
[casatriada.com](http://casatriada.com)

## Santa Marca

A local fashion brand that lets you bring a piece of Santa Marta with you wherever you go. The vibrant tees, dresses, and hats are comfortable and cute. If you're looking for a souvenir that's small enough to fit in a carry-on, check out the pins, keychains, and totes.

**Carrera 3 # 16 - 12 Callejón del Correo, Santa Marta**  
[facebook.com/santamarcads](https://facebook.com/santamarcads)



SANTA MARTA - SOUVENIR SHOPS



## HIDDEN GEMS

### *Tubing At The Palomino River*

Travelers looking for a bit of adventure should head out to the Palomino River, located just over 70 kilometers outside of Santa Marta. The day begins with a hike through the lush jungle on a well-worn path to get to the launch. From there, you'll spend half an hour to an hour floating lazily along the river, maybe spot some wildlife on the banks bursting with trees and greenery, and end with lunch and a view of where the river meets the ocean.

***Rio palomino, Palomino, Dibulla, La Guajira***



*Palomino River*

### ***El Dorado Nature Reserve***

The El Dorado Nature Reserve is 1,382 hectares of Sierra Nevada native forest and the natural home of several endemic species, many of which face the threat of extinction. Birdwatchers can spend a day listening and looking for species that can't be found anywhere else in the world, including the Santa Marta Parakeet, the Santa Marta Spider-bird, and the Santa Marta Tororoi.

***Sierra Nevada de Santa Marta***

[proaves.org](http://proaves.org)



*Mundo Marino - Santa Marta Aquarium*

### ***Mundo Marino - Santa Marta Aquarium***

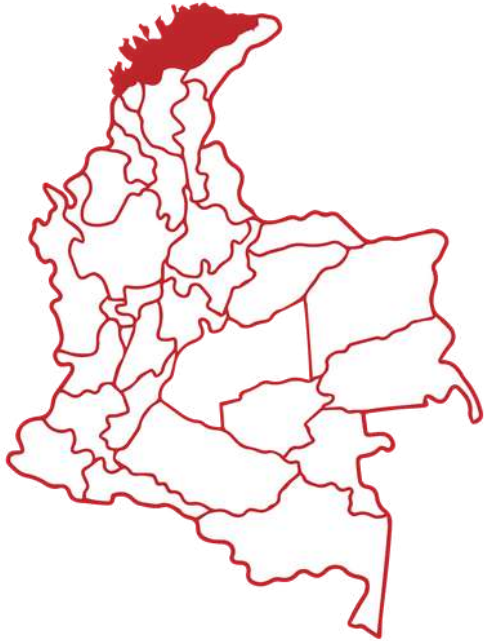
Mundo Marino promotes knowledge and conservation of marine resources in the Santa Marta region through 25 exhibition aquariums and one interactive mega pool. Their aquariums are categorized by different marine environments and house rays, seahorses, starfish, pufferfish, and more. At the interactive pool, visitors can watch a shark feeding or participate in other educational exhibits and events.

***Entre Calle 11A y Calle 10 Carrera 2 # 11 -68, El Rodadero, Santa Marta***

[mundomarinoacuario.com.co](http://mundomarinoacuario.com.co)



*El Dorado Nature Reserve*



## *Tayrona National Park*

Altitude: 900 m (2,950 ft)

Covering an area of 150 square kilometers, Tayrona National Park is a protected area with coastal lagoons, lush rainforest, rich biodiversity, and some of the most spectacular beaches on the Caribbean coast. Access jungle and waterfalls via a network of trails, relax in a hammock hung in a cabana over the ocean, enjoy local food with international inspiration, or visit one of the most important archeological sites in this corner of the country.



## RESTAURANTS

### *Gitana del Mar*

The coastal-themed restaurant at this boutique beach resort has a menu that changes daily, based on what the local fisherman catch that day and what fruits and vegetables are in season. What doesn't change is how gorgeously those ingredients are arranged on your plate, the farm- and sea-to-table commitment, and the theme of bringing together traditional recipes with Latin American and Asian fusions. For lovers of gastronomy, this is a must-try in Tayrona.

**Km 46 via Riohacha, Buritaca, Parque Tayrona**  
[gitanadelmar.com](http://gitanadelmar.com)



*Gitana del Mar*

### *Ecohabs Tequendama Restaurant* 🥕

A gourmet take on traditional Colombian Caribbean food, Ecohabs Tequendama Restaurant offers typical food done differently. Sitting in a tropical paradise that bursts from every corner of the open-air dining areas, choose from light options that prepare you for long walks within the boundaries of Tayrona Park or opt for heartier meals such as seafood stew or red snapper served with coconut rice.

**Km 34 Troncal del Caribe, Via La Guajira, Santa Marta, Parque Tayrona**  
[ecohabsparquetayrona.com](http://ecohabsparquetayrona.com)



*Casa Tayrona Los Naranjos Restaurant*

### *Casa Tayrona Los Naranjos Restaurant*

Colombian cuisine with an avant-garde approach can be taken in front of the pool, in the dining area, or on the terrace overlooking the ocean. We're big fans of the grilled octopus and loin confit in red wine onion, but we're even bigger fans of the passion fruit cheesecake. Or, for a chance to truly experience the creativity of the chefs at this boutique hotel, come on a Tuesday or Friday for an eight-course tasting menu.

**Troncal del Caribe, km 34, Santa Marta, Parque Tayrona**  
[casatayronalosnaranjos.com](http://casatayronalosnaranjos.com)

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



*Ecohabs Tequendama Restaurant*



## BARS & COFFEE SHOPS

### *Bar Sierra*

Nightlife in Tayrona lives at Bar Sierra. Uniquely located where the river meets the sea, the cocktails and beers served in this palapa-style, second-floor bar are accompanied by an incredible view and the uncensored sounds of the nature around you.

*Magdalena, Santa Marta, Parque Tayrona*  
[sendahotels.com](http://sendahotels.com)

### *Cafeteria y Laboratorio de Cafe Caficosta*

Caficosta's premium coffee is the result of cooperation between more than 2,600 associates in the Bolívar, Cesar, La Guajira, and Magdalena regions, including 600 women and 500 organic producers. At their shop, guests have a chance to taste the highest quality coffees from around the Colombian Caribbean or take part in one of their specialized introductory coffee-tasting courses.

*Carrera 32A No. 13B-50 Bastidas, Parque Tayrona*  
[caficosta.com](http://caficosta.com)



## HIDDEN GEMS

### *Pueblito Chairama*

At the end of a magical and historic pathway that was used by the Tayrona indigenous people over 600 years ago lays one of the most important archeological settlements in this region of Colombia: Pueblito. Formerly engulfed by thick jungle and only discovered in 1954, the site once spanned four square kilometers. Some of the networks of terraces, roads, and plazas, still stand to this day, to delight the few who make the venture out there.

*Parque Tayrona, Santa Marta*

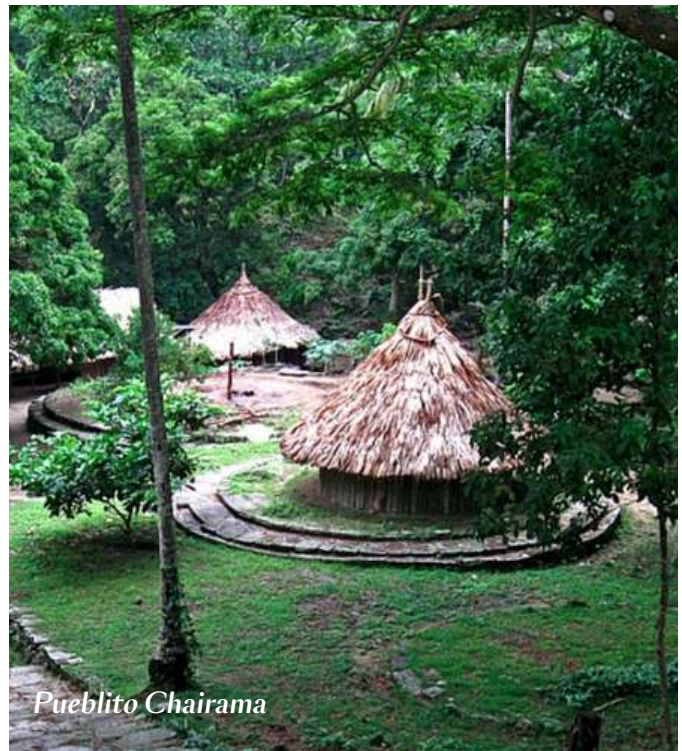
### *Quebrada Valencia*

A thirty-minute walk through the jungle that's suitable for all ages and fitness levels will get you to Quebrada Valencia, a lovely little waterfall in the heart of Tayrona. Bring comfortable clothes, good walking shoes and, of course, your bathing suit to take a nice dip in the springs and water holes.

*Parque Tayrona, Santa Marta*



*Quebrada Valencia*



*Pueblito Chairama*



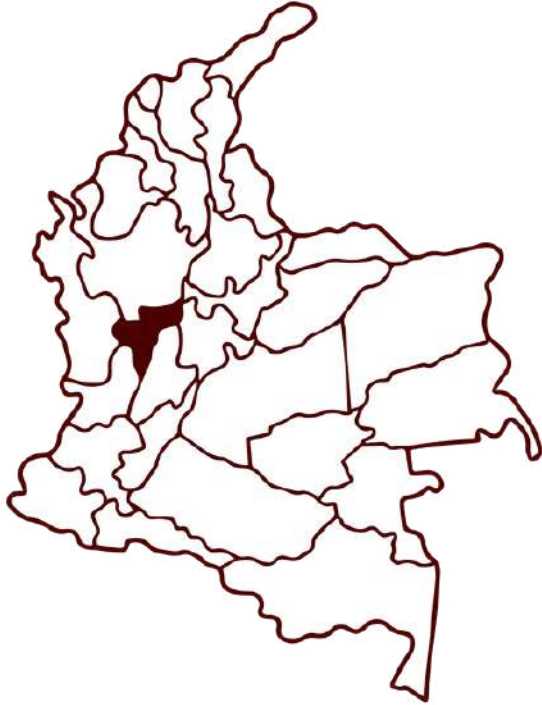
*Cabo San Juan del Guía Beach*

### *Cabo San Juan del Guía Beach*

With a large cabana sitting atop a rocky hill and overlooking the blue-green ocean below, Cabo San Juan del Guía beach is probably the most well-known beach in Tayrona. A picturesque place to spend the day on golden sands, a night camping surrounded by the sounds of the jungle, or to fill up on a hearty meal before hiking back to the Park's entrance, you can't say you've seen Tayrona without visiting this iconic spot.

*Parque Tayrona, Santa Marta*

[facebook.com/cabosanjuantayrona](https://facebook.com/cabosanjuantayrona)



## *Coffee Triangle*

Altitude: 1,458 m (4,783 ft)

If there's one thing that Colombia is known for on the world stage, it's excellent coffee. The Coffee Triangle, consisting of the departments of Caldas, Quindío, and Risaralda, is where some of the best coffee in the country is grown, but it's also where lush Andean mountains and quaint, colorful architecture captures the hearts and minds of all who visit.





# RESTAURANTS

COFFEE TRIANGLE - RESTAURANTS

## Ambar by Diego

**Panesso** 🥕 🌿 🍷

Diego Panesso is a third-generation chef and the winner of several awards for his work with contemporary haute cuisine. Ambar is his signature restaurant in Pereira and he calls it a magical place from which to experience his take on Haute Colombian cuisine inspired by European flavors. Think vacuum technique, dishes finished at your table with a full explanation of their ingredients, a minimalist and modern setting, and an extensive wine, liquor, and cocktail list to accompany a fabulous meal.

**Calle 14, 18-18 Nueva Acrópolis, Pereira**

[instagram.com/ambarydiegopanesso](https://www.instagram.com/ambarydiegopanesso)

## Helena Adentro

Helena Adentro's tapas menu features trendy, epicurean takes on typical street foods. But it's the pleasure that comes with sharing food amongst friends or family that really adds to this energetic environment, honored by bright and vibrant décor and super friendly service. To put it simply, this place is always humming with life and love. Start with some of our preferred share plates: handmade and smoked chorizo pan in artisanal bread, nachos with pulled pork belly and caciotta cheese sauce, and pork and corn balls accompanied by Colombian slow-cooked tomato and onion sauce.

**Carrera 9 #7-05, Filandia**  
[helenaadentro.com](https://www.helenaadentro.com)

🥕 Vegetarian 🌿 Vegan 🍷 Gluten Free



Ambar by Diego Panesso



Helena Adentro

## Octavo Cocina Rausch

Sitting high up on the terrace of the Sonesta Hotel Pereira, Octavo is the first revolving restaurant in the city. Here, lovers of good food have their palates enchanted by the gastronomic expertise of the award-winning Rausch brothers while reveling in the 360-degree views of the city below. Try their take on the Cartagena black posta or, for something a little more reflective of the local cuisine, the chorizo and date meatballs wrapped in bacon.

**Km 7 vía Pereira - Cerritos Piso 8, Pereira**

[octavo.com.co](https://www.octavo.com.co)



Octavo Cocina Rausch

**Restaurante José Fernando** 🥕 🌿

For those wanting an authentic taste of Colombian cuisine, Jose Fernando's is the place to go in Filandia. Located two blocks from the main square, this traditionally adorned, the three-story restaurant is always packed with locals and visitors looking for high-end, time-honored recipes. Live music in the evenings adds to its authenticity and liveliness.

**Carrera 5 #7-61, Filandia**  
[facebook.com/josefernando](https://facebook.com/josefernando)



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

**Bakurú** 🌿 🌾

No need to travel to the isolated Pacific Northwest corner of Colombia to try some of its best recipes – Bakurú brings the local flavors of this region right into the heart of Filandia. Combining seafood dishes, you won't find anywhere else in the Coffee Triangle with locally harvested items such as cacao nibs, this small, trendy restaurant is a delightful place to try something entirely new.

**Calle Real Kr 6 #5-40, Filandia**  
[facebook.com/bakuru](https://facebook.com/bakuru)





Restaurante El Solar

## BARS & NIGHTLIFE

### Restaurante El Solar

The elaborate, kitschy décor of El Solar is a superb reflection of the loud and dynamic atmosphere within its walls. Family-friendly and always busy, the extensive menu lists traditional Colombian dishes that are served in huge portions. If you haven't tried a bandeja paisa, consisting of two types of sausage, ground beef, rice, beans, chicharrón, an arepa, a plantain, a slice of avocado, and a fried egg, this is the place to get your fill.

**Km. 2 Vía Armenia, Armenia**

[facebook.com/RestauranteElSolar](https://facebook.com/RestauranteElSolar)

### Zelva Rooftop

Zelva is more than contemporary international cuisine and mixology, it's a trendy, open-air party with DJs, live music, performance artists, and frequent events. Begin your evening out in Pereira by sharing plates and smoking cocktails and end it late into the night with great entertainment, dancing, and fun.

**Carrera 16 bis calle 8, Pereira, Risaralda**

[instagram.com/zelva.rooftop](https://instagram.com/zelva.rooftop)



Zelva Rooftop

### Rooftop La Cúpula

A place where the history of this city meets the youthful vibes of stylish entrepreneurs, Rooftop La Cúpula is a bar and club hidden within the walls of an early 20th-century building in the heart of the historic center of Manizales. Locals and tourists gather here for signature cocktails, tunes spun by local DJs, and an always memorable party.

**Calle 20 # 22 -14 Centro Histórico de Manizales, Manizales**

[facebook.com/rooftoplacupula](https://facebook.com/rooftoplacupula)



Rooftop La Cúpula

## COFFEE SHOPS

### La Suiza 🥕 🌿

This pastry shop has been a staple of Manizales for 70 years. A popular choice for coffee, breakfast, and something sweet, they serve typical foods such as Campesino breakfast with fried beans and rice, arepa, and cheese, alongside international options like French toast with fresh fruit and honey. Don't leave without trying the artisanal and freshly baked pastries that made them famous.

**Carrera 23 No. 26-57 Sede Centro, Manizales**  
[lasuiza.com.co](http://lasuiza.com.co)

### Café Quindio 🥕 🌿 🌾

A café with thirty years of experience serving the best coffee that Quindio has to offer. Coffee connoisseurs already know that the highest quality coffee in the world is harvested here, but Café Quindio is where you can sample it at its freshest and in a variety of hot and cold preparations (plus a slice of one of the most delicious carrot cakes we've ever tried on the side).

**Avenida Bolivar 7 Parque de la Vida, Armenia**  
[cafequindio.com.co](http://cafequindio.com.co)

### Café Jesus Martín 🥕

Café Jesus Martín understands that a superb cup of coffee requires oversight in every aspect of its production. That's why they're involved in everything from the selection of the best fruits to the roasting of grains that are manually selected, to the preparation of your coffee. After enjoying a cup of coffee in the very traditional setting of the café, take a bag or two with you for the coffee lovers back home.

**Carrera 6a 6a 14, Salento**  
[cafejesusmartin.com](http://cafejesusmartin.com)

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



La Suiza



Café Jesus Martín



Café Quindio

## ART GALLERIES & MUSEUMS

### *Quimbaya Gold Museum*

A large collection of pre-Colombian archeological treasures from the Quimbaya and Embera civilizations as well as some of the other tribes that once lived in the area of Armenia. The 390 gold objects, 104 pottery pieces, and 22 stone sculptures, as well as wood, shell, and textile pieces, reveal a little bit about the societies that lived here before European contact. Two of the must-see collections are the gold Poporos and the zoomorphic vases.

**Avenida Bolívar # 40 Norte80 63001000**  
**Armenia, Quindío**  
[banrepcultural.org](http://banrepcultural.org)



*Quimbaya Gold Museum*

### *Pereira Art Museum*

Since 1974, the Pereira Art Museum has held nearly 600 exhibitions as part of its goal to promote and encourage cultural and artistic activity in the city. Every year, they hold an average of 14 art exhibitions, workshops, conferences, and guided tours of their almost 500 paintings, sculptures, and photographs. For locals and visitors, this is a space that strengthens the identity of this region of Colombia and contributes to the construction of a living memory.

**Avenida de las Américas #19-88, Pereira, Risaralda**  
[facebook.com/museoartepereira](https://facebook.com/museoartepereira)



*Pereira Art Museum*

### *University of Caldas Museum Center*

Located on the University of Caldas campus, the Museum Center is a fun, interactive, and educational space for all ages. Dedicated to disseminating Colombian culture and history, they have rooms for archeology, natural history, geology, and paleontology. Check their website for upcoming events, which often include experiential activities for children and their families.

**Calle 58 #21-50, Manizales, Caldas**  
[ucaldas.edu.co](http://ucaldas.edu.co)



*University of Caldas Museum Center*



## SOUVENIR SHOPS

### *Crafts Colombia*

The selection of souvenirs you can find at Crafts Colombia is unparalleled. From traditional handicrafts, like Wayuu packs and woven hats, to home décor, art, fashion, and food items, they house every kind of cultural and artisanal product under one roof. Almost everything here is fair trade, ensuring that the money you spend on gifts for yourself or others directly impacts the artists and artisans who make them.

**Calle 7 # 7 - 57, Filandia, Quindío**  
[craftscolombia.com](http://craftscolombia.com)



Crafts Colombia

### *Polimetría*

The mugs, dishes, bowls, pots, planters, and sculptures created at Polimetría infuse modern style with ancient ceramic pottery techniques. These one-of-a-kind pieces will truly stand out in your home. They also offer workshops where you can learn the history and process behind their work and even create your piece.

**Calle 4 # 6 - 34 detrás de la iglesia Nuestra Señora del Carmen, Salento**  
[facebook.com/AmalgamaArteyCeramica](https://facebook.com/AmalgamaArteyCeramica)



Polimetría

### *Los Mecatos*

The most fitting souvenir from a visit to the Coffee Triangle is, of course, a bag (or three) of the highest quality Colombian coffee. Los Mecatos is endorsed and certified by the National Federation of Coffee Growers and, along with one of the best coffee tours around, they offer 100% Colombian roasted coffee and coffee products, like coffee candies, cookies, and chocolates.

**Carrera 14 #19N- 46 #, Armenia, Quindío**  
[latiendadelosmecatos.com](http://latiendadelosmecatos.com)



Los Mecatos

## HIDDEN GEMS

### *Tatamá National Natural Park*

Thanks to its remote location, Tatamá remains a hidden gem in the Western Cordillera. Within its 51,900 hectares of tropical and subtropical rainforest, over 500 species of birds, 450 species of orchids, and 700 species of butterflies thrive, unbothered by human presence. This is one of the world's most biodiverse regions, where one can enjoy the sounds of rare songbirds and the sights of endemic and near-endemic species.

**Carrera 5 #565, Pueblo Rico, Risaralda**  
[parquesnacionales.gov](http://parquesnacionales.gov)



*Tatamá National Natural Park*



*Quindío Butterfly Garden*

### *Quindío Butterfly Garden*

A unique butterfly-shaped conservation housing 1,500 butterflies from 40 different native species is only half of the attraction at Quindío Butterfly Garden. The other half is the enchanting botanical garden planted with nectar-bearing flowers that attract 183 species of butterflies to their petals – that's 1.5% of all the known butterfly species in the world! Come to learn more about these stunning winged creatures and stay for an afternoon stroll through the grounds and gardens.

**Avenida Centenario No 15-190 Km. 3 Vía al Valle, Calarcá**  
[jardinbotanicoquindio.org](http://jardinbotanicoquindio.org)

### *Finca El Ocaso Salento*

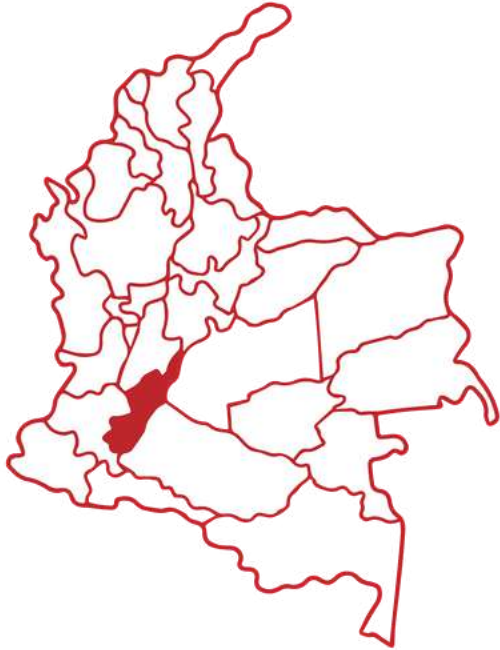
Choose from two experiential coffee tours offered by a family that is passionate about sharing coffee culture and the beautiful place they live. On the Traditional Tour, they'll take you through the entire process of coffee production, from picking seeds to roasting and, on the Premium Tour, you'll learn about that process plus cupping techniques and how to develop the sensory skills to be a coffee connoisseur.

**KM 3.8 Vereda Palestina, Salento**  
[fincaelocasosalento.com](http://fincaelocasosalento.com)



*Finca El Ocaso Salento*

COFFEE TRIANGLE - HIDDEN GEMS



## *San Agustín*

Altitude: 1,730 m (610 ft)

Hidden away in the western Andes Mountains, San Agustín draws most visitors for its proximity to the San Agustín Archeological Park. The Park and the surrounding area are the ancestral homes of a large collection of pre-Colombian statues, carvings, and tombs, the meaning behind which remains relatively unknown. History lovers would be remiss to skip this stop on their Colombian tour.





## RESTAURANTS

### *Altos de Yerbabuena Cafe Restaurant* 🥕 🌿 🌾

In a rustic farmhouse with wooden tables and chairs and walls decorated with traditional images, Altos de Yerbabuena serves up Colombian recipes and flavors accompanied by herbs and ingredients mostly grown in their own backyard vegetable garden. The house special? Lomo al trapo, a salted fillet wrapped in cloth and cooked on an open fire.

*Km 1 Vía Al Tablón Hotel Masaya, San Agustín*  
[facebook.com/restaurantealtosdeyerbabuena](https://facebook.com/restaurantealtosdeyerbabuena)

### *Monasterio de San Agustín Restaurant*

On the top of the hill where the Primavera coffee farm is located, the boutique Monasterio de San Agustín floats over the town below. Inside, you'll find a cozy restaurant that's making waves in Colombian fusion cuisine.

*Vereda La Cuchilla, Via Al Estrecho Del Magdalena, San Agustín*  
[monasteriosanagustin.com](https://monasteriosanagustin.com)



*Altos de Yerbabuena Cafe Restaurant*



*Monasterio de San Agustín Restaurant*

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

### Awaken Lodge Restaurant

Stepping into this restaurant gives you a sense of the structure of the oldest houses in this region. Adorned with mosaics, embroidery, sculptures, and murals that reconstruct the indigeneity and culture of the place, this theme is not lost on their dishes. With a menu that offers a variety of regional cuisine, they stay committed to the old ways by constructing many of their recipes with herbs, fruits, and vegetables from their very own garden.

**Vereda El Tablon, 800000, San Agustín**  
[akawankalodge.com](http://akawankalodge.com)



### La Gata Parrilla

Across Latin America, the parrilla is well-known and well-loved. La Gata Parrilla uses their open fire grill to cook up delicious meats, fish, skewers, chorizos, and burgers, plus a healthy selection of vegetarian options. But what guests love most about this place is its rock and roll theme. Kurt Kobain chicken, Rogers Waters churrasco, and Joan Jet vegetarian burgers are devoured to the tune of the best rock classics.

**Calle 5 16-76 Via al Parque Arqueológico, San Agustín**  
[facebook.com/lagataparrillasanagustin](https://facebook.com/lagataparrillasanagustin)



 Vegetarian  Vegan  Gluten Free



*Doble Yo Caffee - Bar*



*Doble Yo Caffee - Bar*

## BARS & NIGHTLIFE

### *Doble Yo Caffee - Bar*

Entirely composed of recycled material, Doble Yo is a coffee house and bar with a mixed menu. Their late afternoon happy hour is bar-none, but those looking for a break from regional cuisine may also enjoy their selection of sweet and savory crepes, sandwiches, and salads.

***Calle 5 #16 - 04, San Agustin***  
[facebook.com/Doble-Yo-Coffee](https://facebook.com/Doble-Yo-Coffee)

### *Terrazas de San Agustín*

On the historic street of La Locería, Terrazas de San Agustín opens their restaurant and bar to the general public. Within this simple and elegant space, you'll find a large selection of liquors and beers, national recipes prepared to perfection, and regular live entertainment from local musicians.

***Calle 6 No. 12 - 42, San Agustín***  
[terrazasdesanagustinhotel.com](http://terrazasdesanagustinhotel.com)



*Terrazas de San Agustín*

## COFFEE SHOPS

### *Gurcoff*

Soft serve, handmade ice cream in a cute and colorful open setting. Opt for an exotic fruit flavor made with local ingredients or try your cup served with sliced and diced fresh fruits in all kinds of fun combinations.

**Calle 5 17-02, Salida al Parque Arqueológico, San Agustín**  
[gurcoff.com](http://gurcoff.com)



### *Mediants Pasteleria Bistro*

This gem on the edge of town is well worth going a bit out of the way for. They serve hot drinks, like chai with fresh spices right in the cup, great bistro options like burgers and crepes, and of course the desserts that keep visitors coming back for more. Their European-style pastries and cheesecakes are positively magical, and we highly recommend whatever the dessert of the day happens to be when you visit.

**calle 5 # 15 - 13, San Agustín**  
[facebook.com/mendiant-sanagustin](https://facebook.com/mendiant-sanagustin)



Mediants Pasteleria Bistro

Vegetarian Vegan Gluten Free



### *BiciCafe*

BiciCafe is the creation of two young and passionate coffee lovers who wanted to bring a sleek café serving the best artisan coffee to Saint Agustín – and we agree that they’ve more than fulfilled that goal. They carefully roast all of their own beans before presenting them in different hot and cold preparations. Learn how to distinguish specialty coffee in all its flavor and aroma in one of their many workshops or just sit and enjoy the relaxed ambiance with a fabulous, local coffee.

**Calle 5 15-13, San Agustín**  
[facebook.com/bicicafesanagustin](https://facebook.com/bicicafesanagustin)

## ART GALLERIES & MUSEUMS

### *Archaeological Museum of San Agustín*

To elaborate on the sites of the Archeological park, visitors can come to the museum and learn more about the Augustinian society and culture that produced these statues. Here you can uncover some of the mystery that shrouds the famous structures and the people who made them.

**San Agustín**  
[sanagustin-huila.gov.co](http://sanagustin-huila.gov.co)



### *Villa Real Pre-Columbian Museum*

The San Agustín culture is one of the most ancient pre-Colombian cultures of Colombia, dating back to at least the thirty-third century BCE. At this privately owned museum, you can take a guided tour of one of the most complete collections of Augustinian ceramics in southern Colombia. Not as large as the sculptures of the Archeological Park, the ceramics and tools are just as thought-provoking.

**Calle 5 #12-35, San Agustín**  
[facebook.com/Museo-Precolombino-Villareal](https://facebook.com/Museo-Precolombino-Villareal)



### *Archaeological Museum of Obando*

Those determined to learn all the history they can while in Huila must make a stop at the beautiful hamlet of Obando. Sitting high up on a hill, it's home to archeological remains and a quaint little museum developed through the donations of local families, pastors, and governors. Guided tours provide information about local cave paintings and tombs and give visitors a look into the ancient roots of this region.

**Via Estrecho del Magdalena, San Agustín, Obando, San Agustín**  
[icanh.gov.co](http://icanh.gov.co)

## SOUVENIR SHOPS

### *Cocopelli Accesorios*

Many of the accessories sold at this small shop are handmade by Jose Gomez, a local artisan. Steel jewelry, hand-woven bags, natural products, chocolates, clothing, gifts for children, and more.

**Calle 4 #12-48, San Agustín**  
[facebook.com/groups](https://www.facebook.com/groups)



*Cocopelli Accesorios*



*Macrame Arte Tejiendo Vida*

### *Macrame Arte Tejiendo Vida*

These masters of macramé handmake each elaborate piece on the shelves. You'll find semi-precious stones set in colorful macramé rings, bracelets, and necklaces as well as home décor pieces like dreamcatchers and Tree of Life embellishments.

**Calle 5 #15-09, San Agustín**  
[facebook.com/Macrame-Arte-Tejiendo](https://www.facebook.com/Macrame-Arte-Tejiendo)



*Macrame Arte Tejiendo Vida*

## HIDDEN GEMS

### *San Agustín Archeological park*

Of course, most visitors to San Agustín come for the archeological park, a UNESCO World Heritage site that contains the largest collection of megalithic sculptures and religious monuments in Latin America as well as the world's largest necropolis. The huge stone figures represent gods and mythical animals in abstract and realist styles, and the enigmatic North Andean culture that made these between the 1st and 8th century is still being explored, with much more for archeologists to reveal.

*Parque arqueológico, San Agustín*  
[whc.unesco.org](http://whc.unesco.org)

### *Bosque De Las Estatuas*

Along a 600-meter shaded circuit trail, amongst native plants and flowers, discover thirty-nine statues from the Agustínian ancient culture. These tombstones were recovered from looted sites such as El Satán, El Purutal, La Estrella, and Las Mesitas and relocated to the forest for their preservation.

*San Agustín, Huila*  
[pueblosoriginarios.com](http://pueblosoriginarios.com)



*Bosque De Las Estatuas*



*San Agustín Archeological park*

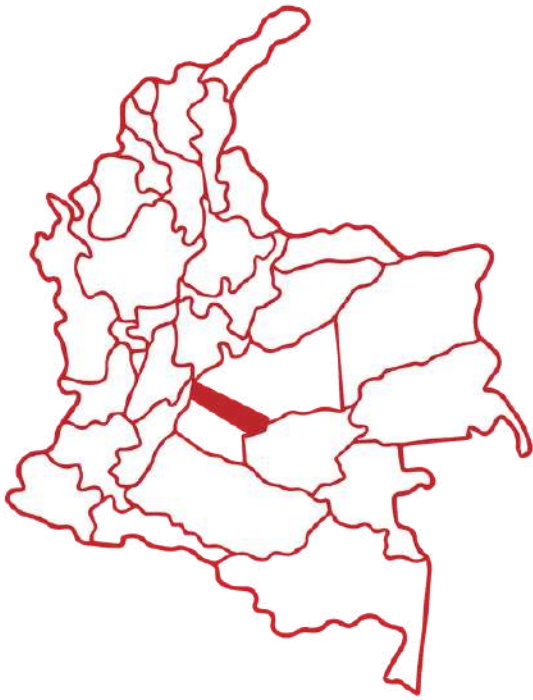
### *La Chaquira*

A thirty-minute walk along farm roads and past expansive coffee plantations takes you to the small archeological site known as La Chaquira. This is the only site in San Agustín where you'll find carved figures and, like many of the sites in the region, there's no consensus on what these figures mean or what they represent. This outing makes for a lovely afternoon exploring the many carvings while overlooking the Magdalena river gorge and the waterfalls pouring down the steep slopes.

### *San Agustín, Huila*



*La Chaquira*



## ***La Macarena***

Altitude: 233 m (764 ft)

La Macarena is the gateway to Caño Cristales, a park known for its miles-long, multicolored river. Besides this being one of the most beautiful natural sights in the world, the park houses lagoons and thick forest where a variety of endemic species of birds and other wildlife make their home.





## RESTAURANTS & COFFEE SHOP

### *Punto Verde* 🥕

Punto Verde is a small, family-run hotel with a passion for its homeland that's reflected in every dish they serve. Open for breakfast, lunch, and dinner, their menu changes daily depending on what's locally available, but there's usually a delicious and fresh fish option that never disappoints.

**Carrera 9 # 4 - 12, La Macarena**  
[facebook.com/hotelpuntoverde](https://facebook.com/hotelpuntoverde)



*Punto Verde*

### *El Caporal*

This absolutely huge space is often the center of entertainment in town, with live shows and music often blessing their stage and their patrons. Located conveniently close to the boats that take visitors into the national park, it's a good place to stop and fill up on hearty plates of coal-cooked meat and fish either before or after your trip.

**La Macarena**  
[facebook.com/RestauranteAsaderoElCaporal](https://facebook.com/RestauranteAsaderoElCaporal)



*El Caporal*



*Café de Lithos*

### *Café de Lithos*

Café de Lithos sets itself apart from other café and restaurant options in La Macarena in many ways. Their menu has a range of homemade vegetarian and international options, they're open later than most other venues, and the kitschy interior is unlike anything you'll find elsewhere in this region. Try the summer fruits frappe, a bit like sangria but more refreshing and local.

**Fábrica de Agua, Calle 7, La Macarena**  
[facebook.com/cafe.de.lithios](https://facebook.com/cafe.de.lithios)

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

## HIDDEN GEMS

### *Macarena Botanic Garden*

Within approximately 650 hectares, the Macarena Botanic Garden has more than 4% of all of Colombia’s plant biodiversity. There are more than 1,200 species of plants and trees, 250 species of birds, and 70 species of fish within its boundaries, where you can hike, go wildlife viewing, or learn about their conservation efforts.

**Office of Jardín Botánico de La Macarena,**  
**Carrera 9 # 5-40, Barrio centro, La**  
**Macarena**  
[jardinbotanicolamacarena.org](http://jardinbotanicolamacarena.org)

### *Caño Cristales*

The Caño Cristales park is the main attraction in La Macarena, attracting thousands of visitors every year to the banks of a beautiful, crystal-clear river that sparkles with the colors of the aquatic life on its bed. Pools of bright red, pink, blue, green, and yellow gather under waterfalls that cascade over ancient rock in this river known locally as the “River of Five Colors.”

**Meta, La Macarena**



*Caño de Cristales*



*Macarena Botanic Garden*

### *Laguna del Silencio*

There’s more to Caño Cristales than its famous river, including the “Lagoon of Silence”: a 15-hectare lagoon that received its name for its peace and tranquility. A chance to see herons, corocoras, hummingbirds, turtles, and other endemic species, don’t miss this stop while visiting the famous park.

**Meta, La Macarena**



*Laguna del Silencio*  
 Source: Instituto Turismo del Meta