



## Menu of Activities

### Inside Hacienda Bambusa

#### Inside the “Guadual” (Bamboo tree forest)

Immerse yourself in a Bamboo “guadua” forest and learn all the secrets this wonderful ecosystem hides; complete your experience with a picnic by the river.

- ✓ Duration: 3 to 4 hours.
- ✓ Level of difficulty: medium; requires walking on steep paths

#### Cacao experience

Learn everything about this exotic crop, from planting, to actually producing real chocolate in the biggest cacao plantation in the region.

- ✓ Duration: 3 to 4 hours
- ✓ Level of difficulty: easy

#### Hiking in the farm

More than just a pretty Hacienda, the 250+ acres that surround, and pertain to Bambusa are actively cultivated with fields of banana, cacao, orange, coffee, pineapple and herds of white Brahman cattle.

- ✓ Duration: one hour by car or 3 hours walking.
- ✓ Level of difficulty: medium; requires riding horses.

#### Horseback riding

Enjoy this very nice horse ride through breathtaking sceneries by the river.

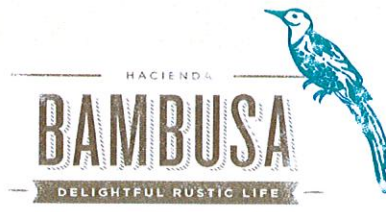
- ✓ Duration: Half an hour car ride to the starting point. Two hours horse ride.
- ✓ Level of difficulty: medium; requires riding horses.

#### Mountain biking

Ride between the cacao plantation, by the river or between banana trees.

- ✓ Duration: 2 hours
- ✓ Level of difficulty: medium





## Outside of Hacienda Bambusa

### **Coffee tasting course at La Morelia Coffee Estate**

The coffee region is proud to be one of the greatest legacies in Colombia. As we meet some of the most passionate Colombian coffee experts, they will share their experience and knowledge, and we will learn the process from step one: planting the seed, until we try one of the world's finest coffees. Coffee cupping will show us why a cup of coffee can be even more sophisticated than a glass of wine.

- ✓ Duration: 3 to 4 hours
- ✓ Level of difficulty: Easy

### **Botanical garden**

With over 110 bird species, 3000 butterflies from 40 different species, an extensive bamboo "guadua" forest, and a unique native forest that hosts many plants in danger of extinction, the botanical garden is one of the region's most valued projects for conservation.

- ✓ Duration: 3 to 4 hours approx.
- ✓ Level of difficulty: Easy

### **The Andes experience**

Enjoy a scenic one hour drive to the coffee regions most significant town: Salento. From here an adventure through the Andes begins, witnessing breathtaking views of the Colombian mountains and cloud forests, trekking on the National Route that saw Bolívar and Humboldt crossing by.

As you enjoy the sight of colorful country houses and wax palm forests (the national tree of Colombia), you will have an excellent opportunity for bird watching and getting in touch with nature as we climb the slopes to colder temperatures.

- ✓ Duration: From six to ten hours depending on the excursion selected.
- ✓ Level of difficulty: Easy (car) to very difficult (different trekking levels, some of them crossing The Andes over 10,000 feet above sea level)

### **Hiking the Cocora Valley**

The Valle de Cocora is a short drive away and an ideal place for a hike or horseback ride amongst the towering wax palms and cloud forest, dripping with exotic orchids and bird life.

- ✓ Duration: From six to ten hours depending on the hike selected.
- ✓ Level of difficulty: Medium to hard

### **San Alberto Coffee**

We will visit one of the most attractive coffee estates to witness the daily activity on this traditional hacienda. Coffee cupping with an expert will bring our senses to a higher level. This excursion has been specially designed for those who want to dive deep into the cup, while enjoying one of the best views over the Quindío Valley and probably the







best coffee as well.

- ✓ Duration: about 8 hours
- ✓ Level of difficulty: Medium; requires walking through steep paths

### **Exotic cooking**

After an early breakfast, join the chef on his daily visit to the market. Get all that you need for the recipe of your choice: banana muffins, grouper on passion fruit sauce, Colombian ceviche, coconut rice, or just whatever is on the menu: if you wish to cook it back home, don't miss out on the opportunity to get it straight from the chef! Explore the exotic taste of Colombian cuisine.

- ✓ Duration: about 6 hours
- ✓ Level of difficulty: Easy

### **Equestrian experience, natural breaking in and “chalaneria criolla” (native horse breaking)**

Through interacting with these marvelous animals, we understand how to get closer to horses, train them without harming them, and taking care of them in a respectful manner. A full experience for horse lovers that ends up with an incredible horse ride through plantations, bamboo “guadua” forests, hills and why not, a picnic by the river.

- ✓ Duration: about 6 hours
- ✓ Level of difficulty: Medium; requires riding horses

### **Bamboo rafting on “La Vieja” River**

Floating down the river is a unique way of sightseeing and relaxing in silence, or sharing some good conversation. Half way through our journey we will find a generous shade on one of the beaches to enjoy our lunch: Bambusa style of course!

- ✓ Duration: about 6 hours
- ✓ Level of difficulty: Easy

### **The Quimbaya Gold Museum**

This exquisite museum, located in the neighboring town of Armenia, was designed by Colombian architect Rogelio Salmona and is administered by the Colombian Bank of the Republic. It exhibits a large collection of Pre-Colombian artifacts; about 390 gold objects, 104 ceramic pieces, 22 stone sculptures, carved woods and many other items. Most of the artifacts come from the Quimbaya civilization which reached its zenith during the 4th to 7th century. This small regional museum is a sister collection to Bogota's famous gold museum.

- ✓ Duration: 2-4 hours approx.
- ✓ Level of difficulty: Easy

