Coffee Region Extension

DURATION:

5 days

Colombia is known globally for its coffee, and this trip explores some of the main sights of the Coffee Region. The whole area is a UNESCO World Heritage Site, and offers a wonderful mix of well-preserved towns with cobbled streets and colourful buildings, beautiful mountain foothills, lush forest and of course coffee plantations!

With one of the country's most famous day-hikes through the tallest palms in the world, time to explore traditional historic towns, and a morning at a natural waterfall-fed thermal spa, this extension offers plenty of variety and yet more insights to Colombia's culture and landscapes after your main trek.

You'll be based at a coffee farm (a *finca*), where the lodge buildings have been carefully restored to reflect their heritage. Relax in hammocks overlooking the spacious lawns and coffee-fields, or take a dip in the pool; you'll have plenty of time to enjoy your surroundings!

DETAILED ITINERARY

Day 1: Cartagena – Pereira – Alcala

(main group departs Cartagena)

Transfer to the airport for your short domestic flight (approx. 1.5 hours) to Pereira, a city at the foothills of the Andes, and gateway to the famed Coffee Triangle. On arrival, drive to the *finca*, a typical rural coffee farm, which will be your base during your stay here. Surrounded by fabulous views, this is the perfect place to unwind after your trek. Once you've had time to settle in, you can enjoy a coffee tour on site, which will allow you to join in the coffee roasting process from seed to coffee cup! You are then free to chill out and enjoy the finca – explore the grounds, relax by the pool, or if you're feeling adventurous, whizz over scenic coffee plantations on the 1900m zip-wire (optional!)

Drive approx. 2 hours.

Breakfast, lunch and dinner provided. Finca accommodation.

Day 2: Santa Rosa Thermal Spa – Filandia

A perfect treat awaits you today! This morning you'll head to the thermal baths of Santa Rosa del Cabal, where you can relax in natural hot springs surrounded by mountains and waterfalls. The thermal waters descend through a beautiful 80m-high waterfall, and arrive in the pools at a perfect temperature of 40°C. Relax and let your muscles recover from last week's exertions, and explore the walkways and bridges around the spa. On the drive back to our finca, we make a small detour to visit Filandia, a small coffee town known for its colourful architecture. We can explore the coffee-houses, the main plaza with its blue and white colonial church, and wander cobbled streets packed with colourfully-tiled roofs and artisan workshops. Less touristed than many of the neighbouring towns, Filandia is a gem.

Drive approx. 2.5 hours total

Breakfast, lunch and dinner provided. Finca accommodation

Day 3: Cocora Valley Hike – Salento

You may feel you've had enough hiking for a while, but this is one of the most famous day-hikes in Colombia for very good reason – and well worth the effort! Cocora Valley is an undisputed highlight of Colombia's Coffee Region, known especially for its wax palm trees. The tallest palms in the world, they regularly grow over 60m tall and can reach 200m. The valley has a uniquely magical feel, and you'll be surrounded by stunning scenery as you explore. Getting there in itself is great fun – you'll set off from the nearby town of Salento in Willys Jeeps via bumpy 4x4 tracks through coffee-farms to the trailhead. From here, you can follow the varied and stunning circular route through sweeping lower valleys and pastures, then up into mountain and cloud-forest landscapes, crossing glacial rivers on *Indiana Jones*-style suspension bridges. You'll also take in a forest bird reserve – keep an eye out for hummingbirds! The highlight is the valley of wax palm trees, but there is so much else to soak up! Afterwards, you'll return by jeep to Salento, a well-preserved, charming coffee town with traditional, colourful buildings, where you can explore and shop for souvenirs from the many market stalls and craft shops. Return to finca.

Drive approx. 2 hours; Hike approx. 4-5 hours (depending on pace)

Breakfast, lunch and dinner provided. Finca accommodation

Day 4: Alcala – Pereira – Bogota; connect to international flight

Your morning is free to relax. After lunch, say farewell to your coffee farm hosts, and transfer back to Pereira airport for the flight to Bogota, where you'll connect to your overnight flight back to the UK.

Drive approx. 1 hour; internal flight approx. 1 hour

Breakfast and lunch provided. Night in-flight.

Day 5: Arrive London

Extension requires a minimum of 4 people to operate.
Contact the office for pricing and availability.

WHAT'S INCLUDED?

- Domestic flights Cartagena – Pereira and Pereira – Bogota
- Locally-paid internal flight tax if applicable
- Transfers to Cartagena airport, and to/from Pereira airport
- Accommodation at coffee finca (3*), in standard double/twin rooms with private facilities
- Meals as indicated in the itinerary
- Activities as detailed in itinerary
- Local English-speaking guide
- Private transfers to/from daily activities

WHAT'S EXCLUDED?

- Any meals not indicated in itinerary
- Personal spending, drinks, tips for local guides
- Any excursions, activities or services that are optional or not mentioned above.

NB: The accommodation is a highlight in itself. Please book early to avoid the disappointment of it being fully booked.

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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 13 Nov 2026, and the challenge is subject to change.