

Lifebound Tours



COLOMBIA

From the Tayrona National Park in the North to the ancient, mystical statues at San Agustín in the south; from the snow-capped heights of Sierra Cocuy to beneath the waves at Cartagena on the Caribbean; from the peaceful village of Monguá in Boyacá to the frenzied Salsa dancing in Cali; on horseback and on foot; in white-water rafts and on cable cars we're going to tour Colombia. Will you join our fully escorted small group?

If you wish to join *Lifebound Tours* on its first adventure to Colombia you'll need to respond quickly. Now is the time. Safety in Colombia has improved greatly. Rick thinks it's time to share this beautiful country with others.

We will begin on the north coast in Barranquilla where, friendly people abound. From there we will travel by motor coach to bustling Bucaramanga and its nearby colonial villages. Then we'll take a peek at the Sierra Nevada del Cocuy en route to Bogota at the center of the nation. Next we head south to San Agustín. As we turn back north Cali and Medellín will share their delightful atmospheres with us. And we'll finish

our circle tour in tropical Cartagena back on the Caribbean.

If you like birdwatching, snorkeling, walking scenic mountain trails, interaction with indigenous people, contemplating archeological mysteries, small group companionship, and impromptu discoveries this tour is for you.

Our 21-day Colombia tour costs only \$3950 including air fare, lodging, & meals. It is packed with adventure, great food, tropical music, natural beauty, and outdoor exploration.

Don't let this fully-escorted expedition slip through your fingers. Contact Rick at (760) 742-3455; lifebound@hotmail.com, or PO Box 700 Fallbrook, CA 92088 and reserve your place today!

Specifics

Group size: 10-16 (first come, first served)

Tour conductor: Rick Marin [CST# 2057883-40]

Required documents: Valid Passport

Contingencies: a number of 2-star hotels
some long days on the bus

Payment schedule:

Reservation: \$250 (non-refundable)

4 months prior to departure: \$1500

2 months prior to departure: remainder

Discounts: \$100 if you apply before Aug 30, 2011

\$100 for each friend you bring

\$100 for *Lifebound* repeat travelers

Single room (if desired) supplement: \$500

Pre-trip cancellation fee: \$750 (insurance available)

Departure date: **March 19, 2012**

Daily Highlights

Day Activity

1 M Fly American Airlines to Miami for dinner, orientation, and a good night's sleep.

2 T Continue to Barranquilla on the north coast of Colombia & settle in to our hotel after a dip in the pool.

3 W Visit the anthropological museum, the San Andrecito market, and the zoo before going to the mouth of the Magdalena River in search of sharks.

4 T Venture into mangrove swamps, Santa Marta's Plaza Bolívar & Casa de la Aduana, and the pre-Columbian trails of Tayrona National Park.

5 F Enter the enchanting Guajira Peninsula in search of salt works, flamingos, and the indigenous Wayuu people.

6 S Enjoy a free morning to photograph the colorful Guajiros and an afternoon walk in their barren countryside.

7 S Follow the Magdalena River south through San Alberto to bustling Bucaramanga, Santander.

8 M Try white-water rafting near San Gil, purchase local handicrafts, and photograph the spectacular Chicamocha canyon.

9 T Ascend into the Sierra Nevada del Cocuy for a glimpse of its splendor before settling in for the night in the charming village of Monguá.

10 W Soak up the health-giving water of Iza's hot springs and tour the Salt Cathedral in Zipaquirá on our way to exciting Bogotá.

11 T Stroll in colonial La Candelaria, visit the gold museum, buy an emerald, & head south to the unique Tatacoa desert to see stars & fossils.

12 F Enter the burial caves of the Paez people at Tierradentro & proceed to mystical San Agustín.

13 S Wander by foot or by saddle in the spectacular countryside, examine the pre-Columbian statues, or relax in our mountain lodge.

14 S Turn north through Popayan for an evening with Cali's salsa dancers.

15 M Take the Pan-American highway through coffee country to Medellín and its tango bars.

16 T Fly to Cartagena on the Caribbean with its Spanish forts and ramparts, after a cable car ride to one of Medellín's reformed barrios.

17 W Enjoy stunningly beautiful Cartagena – its parks, promenades, and parlors – before our farewell dinner.

18 T Take our flight home filled with memories of beautiful beaches, people, mountains, & sunsets.

EXTENSION – A four-day extension to Pirates Island where you may sip a coconut, relax in your hammock or snorkel to your hearts content is available for an additional \$400.