

FEEL THE RHYTHM
OF THE COFFEE REGION
AND ITS SPECTACULAR
LANDSCAPES FILLED
WITH DELICIOUS AROMAS.



VISIT COLOMBIA
FEEL THE RHYTHM





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COFFEE CULTURAL LANDSCAPE

In Colombia, we have rhythm in our blood. Here we walk as if we're dancing and we talk with a sing-song tone. In each of our regions, there is a different rhythm (which is why we are known as The Country of 1000 Rhythms). And perhaps a perfect embodiment of 'feel the rhythm' is visiting Colombian coffee plantations and sampling the smoothest coffee in the world. This is why it has become a particularly sought-after destination for international rural tourism. And behind the region's coffee culture lies a successful agro-industry that is renowned around the world, the emblem of which is Juan Valdez. This region, which is made up of the provinces of Risaralda, Caldas, Quindio and Valle del Cauca, was declared a UNESCO World Heritage Site thanks to its beautiful landscapes, biodiversity and cultural wealth.

THE COFFEE IN THIS CULTURAL LANDSCAPE IS DIFFERENT BECAUSE THE BEAN IS HAND SELECTED AND PICKED IN FAMILY COFFEE FARMS.



TO VISIT

Caldas, Quindio, Risaralda and Valle del Cauca offer accommodation in coffee farms, where the true protagonists are the landscape, tranquility, cuisine and the warmth of the people.

Visitors can look forward to green coffee plantations, horse riding amidst the sound of waterfalls and birdsong, afternoons of peaceful fishing, bike rides through the mountains or visits to local villages. Theme parks, such as the Parque del Café, Ukumari and Panaca, highlight the values of local culture, and offer fun activities for all ages.

They also offer a wide range of high-quality accommodation. The farms and beautiful traditional villas that perfectly embody the coffee culture and still preserve their original architecture, along with traditional furnishings and decorations.

There are also farm guesthouses there that are ideal for family stays, where visitors can practically melt into nature. In all the region there are also villas where visitors can learn everything related to the agro-industrial process of coffee.



THE COFFEE CULTURAL LANDSCAPE OF COLOMBIA WORLD HERITAGE SITE

The Coffee Cultural Landscape of Colombia was included in the UNESCO World Heritage List on 25th June 2011, during the 35th session of the World Heritage Committee. This achievement is the result of over 15 years of work, during which universities, governments and regional institutions, the National Federation of Coffee Growers of Colombia and the Ministry of Culture all came together. The presence of the Coffee Cultural Landscape on the World Heritage List is recognition of the efforts made by multiple generations of coffee growers, who have managed to perpetuate this legacy for Colombia and the world.

For more than 150 years, coffee production has been one of the main economic and cultural drivers for the central Andes region in Colombia. In the departments of Caldas, Quindio, Risaralda and Valle del Cauca, coffee growing is seen as more of a lifestyle than as a productive operation. It is a reference point of identity that resonates from the most basic aspects of daily life to institutional relationships.

This unique correlation between nature, economy and culture, has been the driver behind the development of a productive landscape that UNESCO considers to be an outstanding example of a crop's adaptation to exceptional environmental and geographic conditions. Coffee tradition has maintained its legacy across several generations, supported by its coffee guild. Throughout this time, it has maintained a delicate balance between tradition and technology, which is a unique factor in worldwide coffee production.

UNESCO's main reason for including the Coffee Cultural Landscape on its list of World Heritage Sites is to preserve the culture around coffee. It is a wake-up call for Colombia and the world to take on the responsibility of holding on to a legacy, which represents an unparalleled mix of nature and culture around coffee growing.



Colombia is divided into departments, which are similar to states with the difference that Colombia has a centralized government instead of a federal one. The Coffee Cultural Landscape covers 4 of the 32 departments in Colombia:

Caldas

Coffee, culture, snow-capped mountains, friendly residents, ecotourism, craftsmanship, historic legacy and beautiful women. All in all, this is a literal description of what Caldas is and what it represents; a beautiful region in the coffee growing area, characterized by its diverse geography where greenery is the protagonist in whichever direction you look, and with the Los Nevados National Natural Park as the main reference point for ecotourism. The main natural attraction of the park, the summit of the Nevado del Ruiz, is over 5,000 meters high, and forms the point where nature opens up into magical landscapes, scattered between gorges filled with trumpet trees and colorful flowers that print life onto each horizon.

CONNECTIONS

Air connections around Caldas go through La Nubia Airport, in Manizales, with 60 national flights per week connecting to Medellín and Bogotá.

Manizales has a transport terminal where visitors can easily find buses to take them around the whole Coffee Cultural Landscape and the country. It is a land of mountain ranges and the exploits of colonizers; of ancestors who brought down mountains, walked between them, crossed mighty rivers in deep gorges, and

challenged the tough nature of this region. They did so to found villages, where the aroma of orange blossoms around the coffee plantations fills the air with an optimism and pride for their land. Its colorful coffee farms captivate those who visit the region.

Quindío

The department of Quindío has 48 weekly connections with Bogotá and Medellín, and 4 with the United States and Panama. Armenia has a transport terminal where visitors can easily find buses to take them around the whole Coffee Cultural Landscape and the country.

Lying in the Cordillera Central amid an abundance of coffee plantations is the department of Quindío, one of the smallest in the country, yet home to an endless list of natural resources and tourist attractions that make it such a frequently visited spot. Moreover, several factors make a visit through Quindío even more enjoyable; the close distances between destinations and the excellent, varied experiential activities on offer.

Quindío, beautiful and green, is a complete tourist destination in Colombia, and is nestled into the area where the world's smoothest coffee is grown.

Risaralda

The department of Risaralda has 201 weekly national connections with Bogotá, Cartagena and Medellín, and 7 weekly international connections with Panamá.

Pereira has a transport terminal where visitors can easily find

buses to take them around the Coffee Cultural Landscape and the country. As green as its flag. This is the color of the landscape that ripples among colorful villages, which stand out from the sea of lush green across the Andes. The friendliness and strong spirit of its people will rub off on you throughout your journey.

Risaralda is located in the heart of the Coffee Cultural Landscape, and is the hub of commercial, industrial and touristic development. Its boom can be attributed to the transit of products, goods and visitors between Antioquia, Caldas, Quindío and Valle del Cauca.

The hospitality of Risaralda's people can be felt from the forest-coated Andean mountains, filled with coffee and banana plantations, to the valley, scattered with bamboo and sugarcane. The richness of the different thermal floors, landscapes and cultures identify this young region as the fruit of an ancestral-modern hybrid.

Those who visit these parts can enjoy the greenness of nature, cultural diversity, a good cup of coffee and great tales of the area's history.



Valle del Cauca

The department of Valle del Cauca has 306 weekly national connections to Bogotá, Cartagena, San Andrés, Quibdó and Medellín, and 71 weekly international connections to Panama, the United States, Ecuador, Spain, El Salvador, Peru, Curaçao and Venezuela.

Cali has a transport terminal where visitors can easily find buses to take them around the Coffee Cultural Landscape and the country.

The area that forms part of the Coffee Cultural Landscape conserves the very essence of the muleteers who arrived in Valle del Cauca to farm the mountains in the central and northern regions, where excellent-quality coffee is produced.

10 municipalities make up this region of the Coffee Cultural Landscape, which all represent a vast tradition through their architecture and culture that is embodied in coffee growing, music, cuisine and business.

The municipalities of the valley that cover areas included in the Coffee Cultural Landscape are: Alcalá, Argelia, Ansermanuevo, Caicedonia, El Águila, El Cairo, Riófrio, Sevilla, Trujillo and Ulloa; and the urban area of El Cairo. It is also home to the greatest feature a region can have: its people, proud to be from the Valle del Cauca. The plurality of its culture characterizes this diverse land through customs and traditions.





➤ SAVOR THE WORLD'S BEST SMOOTH COFFEE

The Coffee Cultural Landscape has something that makes its coffee unique. Its coffee is grown at a height of between 1,000 and 2,000 meters, in volcanic soils and on steep slopes, protected from the sun by emblematic trees. These features, among others, give rise to 'specialty coffees', which experts are willing to pay a very high price for.

You will be able to taste some of the most exclusive coffees in the world, produced at great effort on steep mountains, by authentic coffee farmers who will let you discover all the secrets of Colombian coffee, from the bean to the cup.

➤ ENJOY THE UNIQUE NATURE AND LANDSCAPES

Colombian poet Aurelio Arturo once said that 'here, you can appreciate the green of every color'. And that is how it is throughout the Coffee Cultural Landscape, where this emerald color surrounds you wherever you go. Hills, valleys and mysterious cloud forests demonstrate the region's lush foliage. Moreover, the Andes mountain range crosses through these parts, where you can reach heights of over 4,000 meters. If you are a nature lover, you can enjoy unique landscapes and do a wide range of activities at varying levels of difficulty.

Buenavista, Quindio. Courtesy: Juan Jose Hueso.

In the Coffee Cultural Landscape of Colombia you will find unique volcanic landscapes and ecosystems, such as the páramo. This backdrop is also a paradise for birds, with over 1,000 species.

➤ EXPERIENCE GREAT ADVENTURES IN PRIVILEGED SETTING

The warmth and calm of the Coffee Cultural Landscape blend perfectly with the strong emotions that you will feel for the land, the air and the water. You will be able to go on adventures with high doses of adrenaline, or sporting activities of varying levels of difficulty. The Coffee Cultural Landscape of Colombia offers a wide variety of environments, spanning altitudes from 1,000 meters to 4,000 meters. Start hiking in the cloud forests and end up in volcanoes with perpetual snow. Paraglide over valleys and coffee plantations, or zip line over them at dizzying heights.

Go on authentic horse rides through rural paths, crossing rivers, cattle ranches and endless landscapes. Sail through rivers wild and calm, or cycle over to gorgeous waterfalls. This is just one glimpse into the vast breadth of emotions you will feel in the Coffee Cultural Landscape.

➤ LEARN ABOUT AUTHENTIC CRAFTS

In the land of coffee, the most traditional crafts have been well-rooted for decades, and seek to continue long into the future. You will fall in love with the cultural wealth of this region; authenticity seeps out of every little nook. This is a truly living landscape. Enjoy rich and varied cuisine, with typical products in each village, like 'chorizo' sausages, 'sancocho' stew, or the 'bandeja paisa' platter, along with the many sweet options and coffee from the CCLC. Natural fibers are turned into the famous Filandia baskets or the Aguadas sombreros. The finest details can be found in the knit-work of Ansermanuevo, in the handlooms of Sevilla and in the socks of Caicedonia. Explore the different uses guadua, a bamboo species known as 'the vegetal steel'. All in all, you will end up discovering a wide variety of unforgettable traditions.



Coffee Cultural Landscape.

Transportation for the routes is done by land, visitors can organize these tours on private cars depending the size of the group. Since it is a rural area there is usually at least 30 minutes to 2 hours of transfer time between towns or attractions.

ROUTE 1

CHARMING VILLAGES AND COFFEE LANDSCAPES

An immersion of life and color. This describes the coffee villages, such as Filandia, Marsella, Salento, Pijao, Santuario, Aguadas, Salamina, Riosucio and El Cairo. The bright colors on the doors and balconies of the adobe houses and buildings symbolize a culture that is rich in inherited traditions from the colonization of Antioquia. Life is intense in these villages. Stroll through streets streaked in details, enjoy a good cup of coffee and other typical products, discover local crafts and finish up in the main square.

THINGS YOU WILL NOT FORGET

- The charming coffee villages, with their vibrant colors and unique architecture.
- The secrets that make this the best smooth coffee in the world.
- The feeling of peace and tranquility in the farms.
- Beautiful landscapes and their infinite shades of green.

EXPERIENCES ON THE ROUTE

4, 5, 6 OR 8 DAYS

- Authentic Colombian coffee farms
- Coffee landscape and culture through authentic means of transportation
- The best coffee, from the bean to the cup, and specialty coffees, from their origin to their revelation
- Charming villages: Pijao, Salento and Filandia
- Valle del Cocora: The tallest palm trees on the planet
- The Quindio Botanical Garden: Butterfly Sanctuary
- Picture postcards of the Coffee Cultural Landscape:
- Landscape treks
- Much more than just a horse ride
- Adventures in beautiful rivers and waterfalls
- Very natural decoration
- Learning and entertainment in the National Coffee Park
- Flying over coffee plantations



Coffee Cultural Landscape.



ROUTE 2

TRAVEL TO THE ORIGINS OF THE WORLD'S BEST COFFEE

Set off on a route to discover the origins of the world's best coffee. We can find them from Aguadas and Salamina to the central area of Caldas. This is the route that the colonizers of Antioquia took, carrying coffee on the back of their mules. This is a specialty coffee grown at between 1,000 and 2,000 meters above sea level, in volcanic soils and with water born from the magical landscapes of the Los Nevados National Natural Park. You will learn about the coffee tradition in farms in Manizales and Chinchiná, discovering how the bean is processed, and tasting a wide variety of exclusive coffees.

THINGS YOU WILL NOT FORGET

- The secrets that make this the best smooth coffee in the world.
- The magical and energizing landscapes of the Los Nevados National Natural Park.
- The green hillside coffee plantations, dotted with colorful farmhouses.

EXPERIENCES ON THE ROUTE 4, 5 OR 6 DAYS

- Coffee landscape and culture through authentic means of transportation
- The best coffee, from the bean to the cup
- Specialty coffees, from their origin to their revelation
- Charming villages: Marsella
- Relax in the heart of nature
- Los Nevados, high-altitude experiences
- Serranía del Nudo: Landscapes, biodiversity and specialty coffee
- Manizales, a view point over coffee-growing lands
- Picture postcards of the Coffee Cultural Landscape: landscapes in Manizales and Chinchina
- Much more than just a horse ride
- Coffee landscapes by bicycle
- The tallest palm trees on the planet: The Forest of La Samaria
- Charming villages: Salamina, Aguadas
- Original garments and coffee products

Coffee Cultural Landscape.

ROUTE 3

LUXURIANT NATURE AND COFFEE LANDSCAPES

Combine beautiful landscapes and the interaction of ecosystems, between heights of 1000 meters and 4000 meters, with learning about coffee production, from the bean to the cup, while exploring charming villages. Stroll through mysterious cloud forests, delve into true flora and fauna sanctuaries, such as Otun Quimbaya, or unexplored territories such as the Tatamá National Park. Get close to volcanoes and walk among giant frailejón plants in the páramo of the Los Nevados National Natural Park. Relax in thermal waters as you admire the beautiful waterfalls.

THINGS YOU WILL NOT FORGET

- The spectacular natural and coffee landscapes.
- Everything you learn about a large variety of observed flora and fauna species.
- The secrets of the world's best smooth coffee.

EXPERIENCES ON THE ROUTE 4, 5 OR 6 DAYS:

- Unique flora and fauna sanctuaries (Otun)
- Watching birds of paradise (Otun)
- Charming coffee villages (Salento/Filandia)
- The best coffee, from the bean to the cup
- Specialty coffees, from their origin to their revelation
- The tallest palm trees on the planet: Valle del Cocora
- Charming coffee villages (Marsella)
- Los Nevados, high-altitude experiences
- Relax in the heart of nature
- Charming coffee villages (Santuario)
- Picture postcards of the Coffee Cultural Landscape
- Unexplored territory
- Manizales, a view point over coffee-growing lands
- Unique flora and fauna sanctuaries (Ucumari)
- Coffee landscapes and culture by bicycle
- Serranía del Nudo Regional Natural Park
- Much more than just a horse ride

Valle del Cocora, Quindío.





ROUTE 4

SCENIC HIKING FROM 1,000 TO 4,000 METERS

Discover the magnificent landscapes of the cloud forests, the páramo, the snow-topped peaks and the active volcanoes, in a climb that will take you from the coffee villages to one of the most unique mountain destinations in the region, inside the Los Nevados National Natural Park, between glacial valleys and enormous lakes. Walk alongside a high-mountain expert guide, who will adapt your itinerary to your abilities and starting point.

THINGS YOU WILL NOT FORGET

- The landscape of the páramo, and the biodiversity of the cloud forest.
- The unique lifestyle of the páramo inhabitants due to their isolation in the high Andean peaks.

EXPERIENCES ON THE ROUTE 4 OR 5 DAYS

- Charming coffee villages
- The world temple of birds
- Wildlife sanctuaries filled with species.
- Relax in an abyss of greenery
- Hiking between cloud forests, volcanoes and snowy landscapes
- Lunar landscapes at 4,000 meters high.
- The tallest palm trees on the planet.



ROUTE 5

BIRD WATCHING IN THE CENTRAL-WESTERN ANDES OF COLOMBIA

Colombia is the country with the greatest bird diversity on the planet, with more than 1,900 species. The complete topography of the Coffee Cultural Landscape houses various species of fauna between mountains and inter-Andean valleys, where the highlight is the rich mountain bird life, famous for its hummingbirds and tanagers. This exciting route starts in the Central Cordillera with the bird life of Manizales, the Río Blanco reserve and the Los Nevados National Natural Park; it continues into the Otun Quimbaya Fauna and Flora Sanctuary, and then moves towards the Tatamá National Natural Park in Pueblo Rico and the Serranía de los Paraguas in the El Cairo area, in the heart of the Cordillera Occidental, amid the most incredible mountain landscapes.

THINGS YOU WILL NOT FORGET

- A treasure chest for bird watchers.
- More birds have been recorded in Colombia than anywhere else on the planet.

EXPERIENCES ON THE ROUTE 8 DAYS

- The global temple for birds.
- A city with views over coffee plantations.
- The most unspoiled, unexplored nature
- Wildlife sanctuaries thriving with species.
- Relax as you surround yourself with greenery.



Purple-throated Woodstar. Courtesy Luis Urueña, Manakin Nature Tours Colombia.





Coffee Cultural Landscape. Courtesy: Carlos Hoyos.

ROUTE 6

SPECIALTY COFFEES, FROM THEIR ORIGIN TO THEIR REVELATION

Enjoy a journey through the Coffee Cultural Landscape, which will sharpen your senses and bring your knowledge of specialty coffees to the next level. Discover the differences between all the different types directly in the farms: Single-origin coffees, with unique qualities, sustainable coffees, grown by communities committed to protecting the environment, and technical coffees, which are unique in their form and appearance. Learn to prepare a good cup of coffee and amplify your senses for tasting and savoring various kinds of coffee born from different processes: exotic, organic, sustainable, supremo, select.

THINGS YOU WILL NOT FORGET

- Everything you learn about the world's best smooth coffee, from the bean to the cup.
- The flavors on your palate after sampling different cups.
- The beauty of the landscape and the charming coffee-growing villages, with their vibrant colors and unique architecture.

EXPERIENCES ON THE ROUTE 7 DAYS

- Coffee landscape and culture through authentic means of transportation
- The best coffee, from the bean to the cup
- Specialty coffees, from their origin to their revelation
- Charming villages: Salento, Riosucio
- Relax in the heart of nature
- Serranía del Nudo Regional Natural Park:
- Landscapes, biodiversity and specialty coffee
- Picture postcards of the Coffee Cultural Landscape



GENERAL MAP



- **ROUTE 1**
CHARMING VILLAGES AND COFFEE LANDSCAPES
- **ROUTE 2**
TRAVEL TO THE ORIGINS OF THE WORLD'S BEST COFFEE
- **ROUTE 3**
LUXURIANT NATURE AND COFFEE LANDSCAPES
- **ROUTE 4**
SCENIC HIKING FROM 1,000 TO 4,000 METERS
- **ROUTE 5**
BIRD WATCHING IN THE CENTRAL-WESTERN ANDES OF COLOMBIA
- **ROUTE 6**
SPECIALTY COFFEES, FROM THEIR ORIGIN TO THEIR REVELATION

FURTHER INFORMATION USEFUL WEBSITES

PROCOLOMBIA

www.procolombia.co

The company responsible for promoting international tourism, foreign investment and non-traditional exports from Colombia.

COLOMBIA TRAVEL

www.colombia.travel

Colombia's official tourism website.

COFFEE CULTURAL LANDSCAPE ROUTES

www.rutasdelpaisajeculturalcafetero.com

Routes, activities, accommodation, restaurants, shops, agencies and operators, etc. You can also follow the profiles of the Coffee Cultural Landscape Routes on Twitter, Facebook and YouTube.

COFFEE CULTURAL LANDSCAPE

www.paisajeculturalcafetero.org.co

General information on the CCL: geography, coffee culture, social agents, etc.

NATIONAL NATURAL PARKS OF COLOMBIA

www.parquesnacionales.gov.co

All information on the country's protected areas.

CALENDAR OF MAIN FAIRS AND FESTIVALS



EVENT	PLACE	MONTH
Manizales Fair	Manizales, Caldas	January
Carnival of Riosucio*	Riosucio, Caldas	January
Bamboo and Guadua Fiesta	Córdoba, Quindío	June
Fiestas del Canasto	Filandia, Quindío	June
Pasillo National Festival	Aguadas, Caldas	August
Fiestas de la Cosecha	Pereira, Risaralda	August
Festival Bandola	Sevilla, Valle del Cauca	August
Festival del Bambuco	Pereira, Risaralda	August
National Coffee Festival and Yipaos Parade	Calarcá, Quindío	August
Velas y Faroles	Quimbaya, Quindío	December
Feast of the Immaculate Conception, Night of Fire	Salamina, Caldas	December

*Every two years



Salento, Quindío.

ADVICE FOR TRAVELERS

CLIMATE

Colombia is located in the tropics. The climate of the country's different regions varies due to the effect of the trade winds, the humidity and the various thermal floors. Colombia has no seasons. Colombian climates can be classified in the following way:

- Temperate climate: Humid and rainy in mountain areas. Hot and dry in low-lying areas.
- Mountain climate: It varies from the warm inter-Andean valleys between the central and western cordilleras, at 1,000m above sea level, to the rainy cloud forests, cold páramos and snow-capped peaks at 5,000m above sea level.
- Rain is especially frequent during the afternoon given that it is a tropical country.

GENERAL SAFETY

- Hire local tourist guides so they can show you the best places to visit.
- When visiting the natural sites of the Coffee Cultural Landscape, get information about the area and only use the authorized paths.
- Always hire service providers that are registered with the National Tourism Registry.

WHAT TO WEAR

The Coffee Cultural Landscape spans altitudes that range from 1,000 to 5,000 meters above sea level. We have warm, temperate and cold areas, and others with perpetual snows. This is why we recommend you look into where you are going to travel so that you can bring the right clothing, as you may be going from high-temperature areas to cold, high-humidity areas. For this reason it is a good idea to bring the elements you need to adapt to the range of climates.

OTHER ESSENTIAL ITEMS

- Spare glasses/contact lenses.
- Insect repellent.
- Moisturizer or lip balm with UV protection.
- Sunglasses with 100% UV protection.
- A travel bag and money belt.
- Bottle of water.
- Sun cream with SPF 30 or higher.
- Light, foldable umbrella.

HEALTH

ALTITUDE SICKNESS

The region of the Coffee Cultural Landscape ranges in altitude from 1,000 to 5,000 meters above sea level.

At these heights, you are likely to feel some effects of the altitude when you first arrive. Even if you have experienced high altitudes in the past, you may have a different reaction this time. For most people, the symptoms are light and disappear after a day or two.

The most common symptoms of altitude sickness are: dizziness, shortness of breath, headache, nausea, insomnia and loss of appetite. You should take it easy, avoid smoking and drinking alcohol, and drink plenty of fluids.

It is recommended that you use insect repellent whenever you are outside or on nature excursions, particularly in the early morning and late evening.

DRINKING WATER

The tap water in capital cities and villages in the Coffee Cultural Landscape is safe to drink; however, it is advisable to drink bottled water, which is readily available.

Bottled drinks, juices and hot drinks that have been boiled are safe to drink.



Nevado del Ruiz, Caldas.

MONEY

HOW TO CARRY AROUND YOUR MONEY

It is advisable to have a range of payment methods available - cash and cards - so that you are prepared for any situation. Below you will find some points of advice for each method. Note: Traveler's checks are not advised, as they can be difficult to exchange and are not usually accepted in stores and restaurants.

CASH

This is the best option in rural areas, where ATMs and card machines are rare. If you are using foreign currency, you can exchange money when you get to the airport, in currency exchanges or in most hotels.

ATMs

Using a local ATM in an international network will allow you to withdraw money from your account in the local currency.

CREDIT CARDS

Even if you do not plan to use them, we recommend you take one or two credit or debit cards with you as a backup option, or for optional excursions.

To avoid an accidental security block on your card, it is a good idea to tell your credit card company that you plan to use them abroad.

CURRENCY

The currency in Colombia is the Colombian peso. The banknote and coin denominations are:

Banknotes come in denominations of 1,000; 2,000; 5,000; 10,000; 20,000; 50,000 and 100,000 pesos.

INTERNET ACCESS - WIFI:

You will probably be taking a cellphone, tablet or laptop with you to the Coffee Cultural Landscape, or perhaps all three. If you want to be online wherever you go, we recommend you purchase a plan from one of Colombia's main providers (Claro, Tigo and Movistar). You will generally find free WiFi zones in the main cities, hotels and restaurants. If you purchase a plan from a carrier, you can have access to data, calls and messages throughout your trip to meet your communication and connection needs.

INSIDER TIP:

The best view of the Coffee Cultural landscape is at the top of the hill in Salento, you can reach it by car or by climbing the stairs. Don't forget to try the 'canelazo' a typical drink that has Colombia's traditional liquor: 'Aguardiente', sugar cane and cinnamon.





Bandeja Paisa.

> CUISINE:

The influence from Antioquia can be seen in the region's recipes, where beans are the main ingredient and are eaten almost daily. You will find them in the renowned 'bandeja paisa' platter, with breakfast or in soups.

The beans in the 'bandeja paisa' are normally accompanied by rice, egg, 'patacones', chorizo, black pudding and avocado.

Chicken 'sanconcho' stew, empanadas, roasted plantains, tamales and chorizos also form part of the local cuisine. The region has also seen interesting developments with international and fusion foods.

And, naturally, the distinguished coffee is no longer only served black ('de tinto') or with a dash of milk ('pintadito'); its exquisite and smooth flavor has resulted in a wide range of preparations that include hot and warm drinks, as well as deserts, cookies, ice creams, 'arequipes' and exquisite coffee creams.

More information:

www.rutasdelpaisajeculturalcafetero.com





**COME
AND ENJOY
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TRAILS**

VISIT

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