

ROAD AD CO.

HELLO! I'M
ANDREA, AND THIS IS
EVERYTHING YOU
NEED TO KNOW
BEFORE JOINING THIS
BIKING ADVENTURE.



DAY 1 / CITY WELCOMING DINNER

¡Bienvenido a Medellín! We'll start in the vibrant city of Medellín, the City of Eternal Spring. We'll acclimatize to the altitude, enjoy a delicious Colombian coffee, and get your bikes ready. Don't worry, we've got everything covered! This evening, we'll give you a full rundown of the trip, including the itinerary with all the details. We'll also share some essential safety tips for cycling in Antioquia. Feel free to ask any questions you might have - we want to make sure everyone has a fantastic and enjoyable adventure!



Difficult
N/A

Distance
N/A

Elevation Gain
N/A



DAY 2 / LA CEJA - EL RETIRO

Get ready for some climbing! Today's route takes us through the heart of Colombia's coffee region. We'll wind our way past lush coffee plantations and traditional fincas (farms), enjoying the fresh mountain air and breathtaking scenery. El Retiro, our destination, is a haven for cyclists, boasting a vibrant cycling culture and delicious local cuisine.

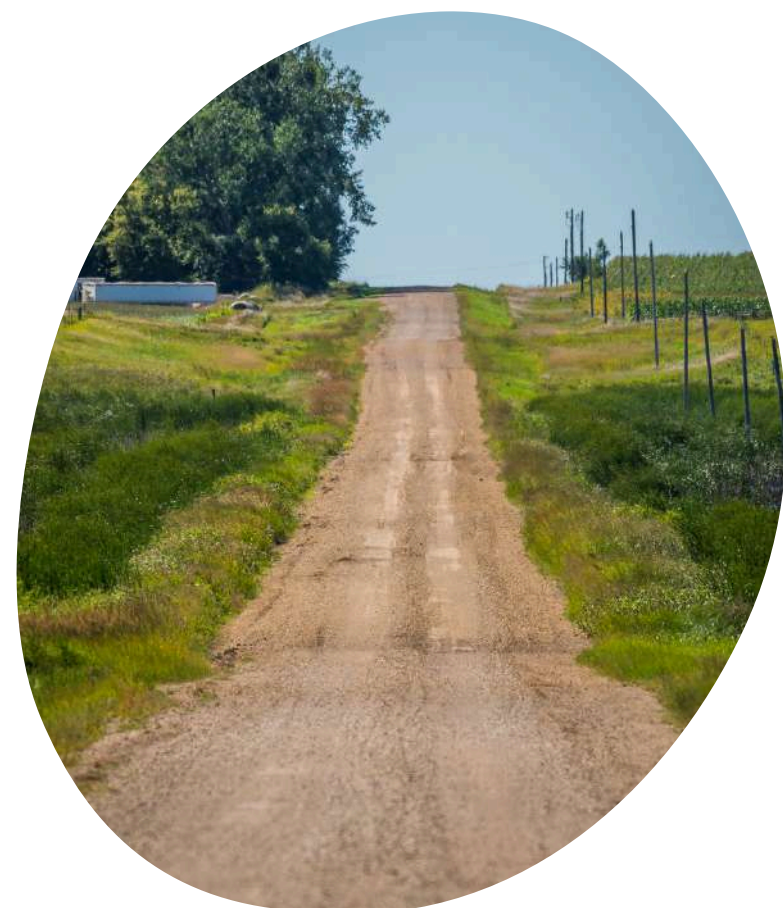
Difficult
Moderate

Distance
50 km / 31 mi

Elevation Gain
1,000 m / 3,280 ft

DAY 3 / SANTA ELENA

Today, we hit the road! Our first ride takes us out of Medellín and into the foothills of the Andes. We'll climb gently towards the charming town of Santa Elena, with stunning views of the surrounding valleys. Here, we'll savor a traditional Colombian lunch and enjoy the town's tranquility. Brewery experience.



Difficult
Moderate

Distance
50 km / 30 mi

Elevation Gain
+1,057 m / 3,467 ft



DAY 4 / RIO NEGRO - EL PEÑOL - SAN RAFAEL

Today's ride is a 71-kilometer adventure! From Rio Negro to San Rafael, with a scenic stop in El Peñol. The first 33 kilometers offer a moderate climb to El Peñol, where you'll be rewarded with breathtaking views. From there, brace yourself for a more challenging 38-kilometer ascent to San Rafael, gaining a total of 1,900 meters in elevation. Immerse yourself in the Colombian countryside, interact with friendly locals, and savor the sense of accomplishment as you conquer this epic ride.

Difficult
Moderate

Distance
83,2 km / 53 mi

Elevation Gain
1,000 m / 3,280 ft

DAY 5 / SAN RAFAEL - LA DORADA - MARIQUITA

Be prepared for significant elevation gain as you conquer the Andean foothills. The route starts with a moderate climb out of Rio Negro, followed by a series of rolling hills before tackling the main ascent towards Doradal. Keep your eyes peeled for colorful birds, grazing cattle, and perhaps even a glimpse of the majestic Andes in the distance. Take a moment to celebrate your accomplishment before exploring Doradal's charming streets, vibrant markets, and historical sites.

Difficult
Moderate

Distance
104 km / 65 mi

Elevation Gain
2,200 m / 7,200 ft



DAY 6 / ALTO DE LETRAS

Get ready to embark on a legendary ride! A true test of your physical and mental strength - climbing the mighty Alto de Letras, Colombia! Nicknamed "The Roof of Colombia" for a reason, this route is no walk in the park. But the sense of accomplishment and the breathtaking views will make it all worthwhile.

Difficult
The Real Deal

Distance
82 km / 51 mi

Elevation Gain
3,800 m / 12,460 ft





DAY 7 / JARDIN

Invigorating ride through Colombia's famed coffee region.

As we depart Manizales, the bustling cityscape gradually transitions into rolling coffee plantations. Breathe in the fresh mountain air and admire the emerald green landscapes that define Colombia's coffee heartland. The ride winds its way through quaint villages where you can stop and savor a cup of locally brewed coffee, perhaps the freshest you've ever tasted. After conquering the rolling hills, you'll be rewarded with the sight of Jardín, a colorful town nestled amidst the mountains.

Difficult
Moderate

Distance
88 km / 55 mi

Elevation Gain
1,500 m / 4,900 ft

Keep **your spot!** Join us on this experience!

***ALL RIDES CAN BE
ADJUSTED TO CYCLISTS'
LEVELS (LONGER/SHORTER)**

EXPERIENCE

- Welcoming kit.
- All breakfasts, lunches, dinners.
- Snacks and beverages between meals.

SAFETY

- Personal insurance.
- Van shuttles to support a variety of route options.
- Support all rides, car support, and motorcycles.

TOURISM

- Detailed pre-trip information
 - Expertise and services of our experienced Trip Leaders.
 - Additional guides and experts from the region on many trips.
 - Private guided tours at museums, historic sites, breweries and other select attractions
 - We'll integrate cultural experiences into our rides and out of the rides, allowing you to discover the economic pulse and traditions of the towns we visit.
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PACK FOR THE PERFECT COLOMBIAN CYCLING ADVENTURE

As you prepare to conquer the climbs and soak in the beauty of Antioquia, here's a guide to gear up for your Colombian cycling adventure:

Cycling Essentials: Bring your trusty helmet, cycling shorts and jerseys, comfortable cycling shoes, and gloves. Don't forget spare tubes, a pump, a multi-tool, and tire levers for any roadside fixes.

Climate Considerations: Antioquia boasts a spring-like climate, so pack breathable jerseys and shorts for warmer days. However, for higher climbs like Alto de Letras, consider arm warmers, a lightweight jacket, and leg warmers. Rain is always a possibility, so a packable rain jacket is a must.

Sun Protection: The Colombian sun is strong, so pack sunscreen, sunglasses, and a cycling cap to shield your head and eyes.

Off-the-Bike Comfort: Comfortable clothes for exploring towns. Pack casual shoes for sightseeing, and don't forget a swimsuit for a dip in a refreshing waterfall or hotel pool.

Essentials for Every Ride: A water bottle, your ID, a small backpack is handy to carry essentials like snacks, sunscreen, and your camera.

Bonus Tip: Embrace the vibrant Colombian culture! Pack a colorful bandana to add a touch of flair to your cycling attire.

Remember: Airlines may have weight restrictions, so pack efficiently. Laundry services are readily available in most towns. Most importantly, pack your sense of adventure and get ready for an unforgettable Colombian cycling experience!



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