



VISIT TO THE MATARREDONDA RESERVE BY OUTLANDERS

ABOUT THE DESTINATION

The Matarredonda Ecological Park is a private reserve of 2,375 hectares located in the ecological heart of the city of Bogotá, on the Eastern Hills. There are several trails designed there of different levels of difficulty and distance, with spectacular landscapes at more than 3,000 meters high.

Here you will be able to learn about the importance of the conservation of natural resources and strategic paramo ecosystems, that are very important for the water sources of the surrounding areas and are key for cities like Bogotá and surrounding towns.

GROUPS: 6 trails for groups of 18 each at a time.

TEMPERATURE: 8°C to 18°C

Physical Demand: 6 out of 10

High altitude: (up to 3450 m.a.s.l. depending on the trail chosen)

Distance: (7 to 13 km depending on the trail chosen)

ITINERARY

(07:00) – Departure in Bogotá from the agreed point in private vehicles.

- Breakfast on the route along the road to Choachí.
- Reception and recommendations at the starting point of the walk at 3000 meters above sea level.
- Hike of between 7 and 13 km until it will be assigned according to the physical condition of the participants.
- Take over lunch time in the mountains.
- Return to the starting point of the walk.
- Return to Bogotá.

(19:00) – Estimated arrival in Bogotá (due to heavy traffic in the city).



INCLUDES:

- Private transportation between Bogotá and the Matarredonda reserve.
- Breakfast, snacks and lunch during the journey.
- Guided trek by one of the 6 authorized trails of the reserve.
- Bilingual guide during the hikes.
- 1 paramedic for every 25 people.
- Entrance fee to the reserve.
- Medical assistance card.

NOT INCLUDED:

- Additional snacks, water and personal trekking items.

ABOUT OUTLANDERS:

We are a company that helps travelers visit places with natural, scenic, cultural or ethnic attractions throughout Colombia. We make visible, design products and work with community tourism associations and local guides offering authentic and quality experiences. The founder is Alumni of Universidad del Rosario.

TO TAKE INTO ACCOUNT:

The ecosystems of the places to visit are special and that is why it is important to follow all the guides' recommendations to minimize the negative impact on them, while enjoying a pleasant experience. It is important to remember that:

- You will visit natural places and areas of high environmental interest within a private reserve, so it is important to avoid the generation of waste (single-use plastics) and have the least possible impact on ecosystems.
- Follow and abide by the instructions of the guides and authorities during each of the trails and routes.
- It is essential to have adequate prior acclimatization to travel these trails located at high altitude to prevent possible altitude sickness.
- It is necessary to have appropriate clothing for the activity to be carried out in the paramo ecosystem with the possibility of rain and/or intense sun depending on the season of the year (December to March is the driest season).



WHAT TO TAKE?

- Appropriate clothing for the journey: Minimum 1 Jacket and 1 comfortable pants (Preferably waterproof).
- Suitable footwear: Trekking boots (preferably waterproof).
- Sunglasses, sunscreen, hat and/or sun protection for your head. Not spray.
- Non-disposable rigid container to refill water (canteen), since no single-use plastic should be brought to the reserve.
- Bring protection for electronic devices as they may be susceptible to damage due to humidity or rain in the area.
- Cap and/or sun protection for the head.
- Small hands-free backpack (daypack) to carry lunch, water and snacks.
- Optionally gloves and trekking poles.
- Personal documents.