SPICE ROADS
CYCLING



TOURING

RIDING COLOMBIA'S COFFEE HIGHLANDS

Tour Code
COL-BCR

10 DAYS
9 NIGHTS

Destinations	Colombia
Tour Meets Tour Ends	Pereira Salento
Fly in to Fly out of	Matecaña International Airport (PEI) Matecaña International Airport (PEI)
Group Size Minimum Age	4-12 riders 18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**268** km Total cycling distance
38 km Avg distance / day	**904** m Avg climbing / day

PRICING

Price	US$ 4,290
Bike Hire (Mountain Bike)	US$ 500
Bike Hire (E-Bike)	US$ 800
Single Supplement	US$ 890

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

16 Dec - 25 Dec 2026

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Trekking

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 268 km over seven cycling days. The first three rides are based out of our coffee estate near Manizales: Day 1 is a loop ride, Day 2 is a transfer out with a ride back to the hotel, and Day 4 is a ride out followed by a transfer back. On Day 5, we ride hotel-to-hotel; Day 6 involves a transfer out and a ride to our next destination, and Day 7 is a local loop. Finally, Day 9 is a transfer out and a ride back to the hotel. This carefully calibrated flow allows us to optimise time spent cycling on the Coffee Region's most scenic trails and roads while leaving plenty of time to explore and relax off the bikes. Non-cycling highlights include Los Nevados National Park, a coffee workshop, a visit to an orchid and hummingbird sanctuary, a hike through the Cocora Valley, and the La Carbonera Wax Palm Reserve. You can also look forward to immersing yourself in the rich traditions of the Coffee Cultural Landscape, with its rustic fincas and colourful pueblos. It goes without saying that coffee lovers are in for a real treat on this tour!

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This tour is suitable for cyclists with a good level of physical fitness. While the average distance is around 38 km per day, we are in the Andes; you should be prepared for a steady rhythm of climbing and descending. Some ascents are gradual, while others are short but steep—and the downhills are just as prominent. You should be comfortable on a mountain bike and have experience navigating rocky roads for extended periods. There are some challenging technical sections, and particular care is required on the steeper descents. While there are no scheduled rest days, Day 8 is spent off the bikes as we hike through the Cocora Valley (a moderately challenging walk), and there is free time in the afternoons to relax and recharge. Less experienced riders are welcome but should prepare in advance to manage the climbs and technical sections comfortably. A support vehicle follows the group throughout the journey, though please note it cannot always follow directly, instead meeting the riders at regular intervals.

Biking Conditions: The route is designed with an approximate 25/75 split between paved and unpaved surfaces. The condition of the unpaved sections varies widely, ranging from hard-packed and level to loose, bumpy terrain; meanwhile, paved roads are either tarmac or concrete and, though often smooth, can contain potholes and debris. Although much of the journey follows quiet countryside roads with minimal traffic, we will regularly share the space with cars, motorbikes, buses, and the region's iconic Willys Jeeps. There are a handful of unavoidable sections along provincial main roads, though these are few and far between. Rain is common in Colombia year-round and the mountains, in particular, can be prone to fog, but heavy downpours are usually brief. We generally ride rain or shine, though at the guide's discretion — or based on your own comfort level — modifications to the route can be made. Whether the roads are muddy from rain or dusty from the sun, it is all part of the Andean adventure!

Hotels: The properties on this tour are a highlight in their own right. Days 1–4 are spent at a boutique coffee hacienda featuring large verandahs and period furniture. Day 5 is at a beautiful highland lodge, while Days 6–7 in Filandia offer a true standout: a cycling hotel designed and built by cyclists, for cyclists. Yes, there is a spa. Our hotel in Salento, where we spend two nights, is part of a working dairy farm that blends traditional architecture with modern comforts. Throughout the journey, you can expect clean rooms, hot showers, and professional service. Depending on the property, extras include inviting pools, exceptional views, and delectable local cuisine. Please note that while English is widely spoken in the Colombian service industry, it cannot always be expected in more remote regions.



Day 1: Meet in Pereira → Manizales

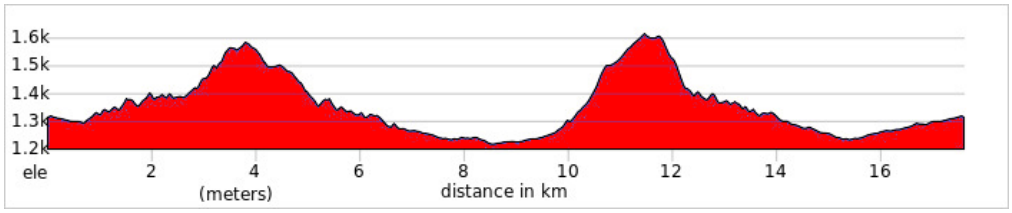
Welcome to Pereira, the gateway to Colombia's famed Coffee Region! We will pick you up from your pre-tour hotel in the city at 13:00 hrs. (01:00 PM). If you need assistance with a hotel booking and airport transfer, please let us know. We drive around 1.5 hours north into the department of Caldas, leaving the city behind as the landscape quickly transforms into rolling hills, fertile valleys, and coffee-covered slopes – a fine introduction to the landscapes we'll soon be biking through! Our destination is a beautiful, historic coffee estate which is both an authentic coffee farm and a boutique hotel. We are based here for four nights, so the afternoon is free and easy to get acclimated to our new surroundings in the heart of the UNESCO-recognized Coffee Cultural Landscape of Colombia, or "Eje Cafetero" as the locals call it. Before reconvening for a welcome dinner, we'll take time for a bike fitting and trip briefing.

Hacienda El Rosario Dinner

Day 2: Coffee Ride & Bean to Cup Experience

We begin our cycling adventure with a loop from the hacienda in Caldas, riding along narrow rural paths surrounded by dense vegetation, coffee plantations, bamboo groves, and gushing streams. The distance is just under 20 km, but we are in the Central Andes, and a climb is never far from sight! We take our time rising to the top of a ridge for spectacular views over the emerald hillsides and cultivated valleys, followed by a thrilling descent and a final, short climb back to the hacienda. In the afternoon, we learn about the entire coffee production process from bean to cup. This hands-on experience reveals why the region is recognized as a UNESCO Coffee Cultural Landscape, and how generations of families have made their livelihood cultivating Colombia's most famous export.

Hacienda El Rosario Breakfast, Lunch, Dinner

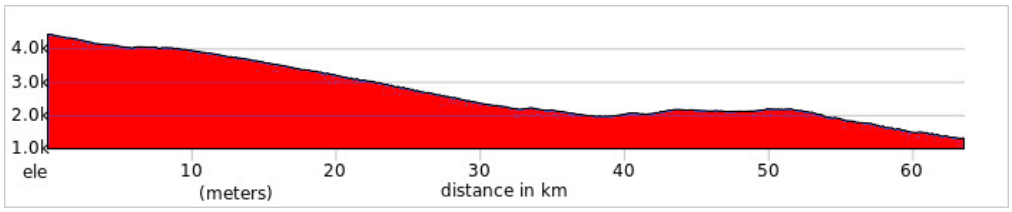


Ride 18km +584m -582m

Day 3: Nevado del Ruiz Downhill → Manizales

Get ready for a day of dramatic contrasts. In the morning we drive around two hours into Los Nevados National Park, a high-altitude wilderness of volcanic peaks and tropical glaciers. While the bikes are being prepared, we familiarise ourselves with the unique páramo — an alpine moorland of giant frailejones that acts as a natural sponge, capturing the mountain mist to feed the valleys below. From the slopes of the Nevado del Ruiz volcano, it's into the saddle for an unforgettable descent from almost 4,500 metres down to 1,300 metres above sea level. We take it slow and steady on the mixed surface road, navigate some tight switchbacks, and witness a remarkable visual shift as the stark, misty heights of the Andes transform into the lush, moss-draped canopy of the cloud forests, before finally opening up into the vibrant, sun-drenched coffee plantations of the lower valleys. By around 40 km, we enter the city of Manizales where we pedal through the heart of its lively plaza framed by the facade of a grand Catholic cathedral. Finally, we roll back into the countryside for another night at the hacienda.

Hacienda El Rosario Breakfast, Lunch, Dinner



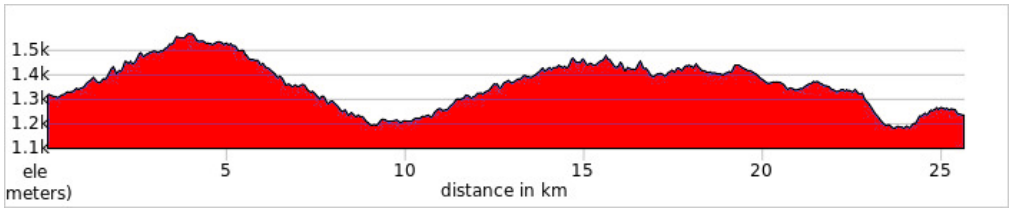
Ride 64km +518m -3646m

Day 4: Emerald Hills Ride & Orchid Sanctuary

We have another fabulous morning ride through the emerald hills of the Coffee Region. The day's toughest climb (4 km / average 7% gradient) greets us right out of the gate before giving way to a rhythmic sequence of dips and rises, both long and short. The trails wind through dense subtropical greenery and past fincas (rural estates) growing coffee and plantains, with views stretching over the Central and Western Cordilleras. This is a beloved region for nature enthusiasts, and as the diverse birdlife and wild flowers come into focus, we reach our destination: a peaceful orchid sanctuary. Here, we have lunch and learn about the staggering variety of orchids found in Colombia while hummingbirds — a constant fixture of the gardens — dart around us. In the afternoon, we transfer around 45 minutes back to our hacienda for our last night in Caldas.

Hacienda El Rosario Breakfast, Lunch, Dinner

Hacienda El Rosario Breakfast, Lunch, Dinner

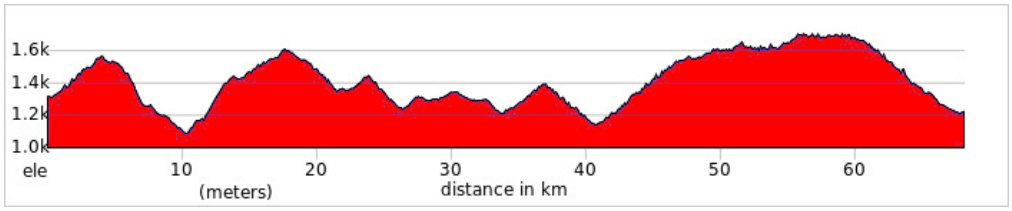


Ride 26km +885m -967m

Day 5: Manizales → Pereira

It is time for the toughest ride of the tour, taking us south along a network of hilly backroads that connect the region's coffee-growing veredas (farming communities) to the Pueblos Cafeteros (coffee market towns). Starting with a warm-up climb and twisty descent to a river valley, we gear up for the day's steepest ascent (8 km / average gradient 8%), leading us to Palestina, a small town perched on a mountain ridge with 360-degree mountain views. We stop here for a cuppa, cycle down the other side of the ridge and settle in for a rollercoaster ride of steady ups and downs leading into Risaralda Department. A 15 km / average 4% climb then takes us through Marsella — one of the Coffee Region's most charming towns with colorful architecture and a lively plaza — before finishing off with a smooth, winding descent into the hinterland of Pereira. We end our ride directly at tonight's boutique upcountry resort where you can reward today's cycling feat with a cold brew or two accompanied by lovely views.

Casa San Carlos Lodge Breakfast, Lunch, Dinner

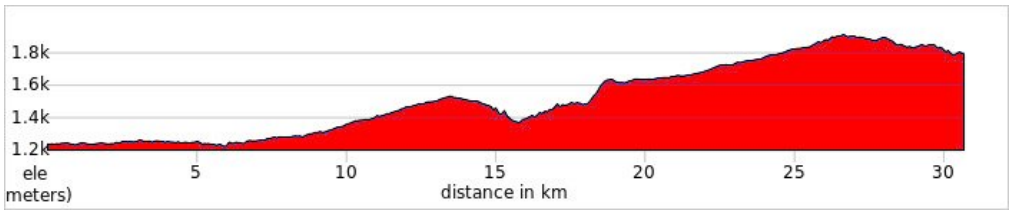


Ride 68km +1963m -2059m

Day 6: Pereira → Filandia

We begin with a 30-minute transfer to bypass the busy streets of Pereira and start cycling south on quiet rural roads through a lush tropical landscape. A gently undulating 5 km stretch allows us to warm up before an 8 km climb at a 5% average gradient that meanders up towards the village of Arabia. After a break, we head downhill and settle into a gradual succession of punchy rises and dips until we reach the town of Ulloa at the 22 km mark. Here, we prepare for the defining challenge of the day: a steady 11 km climb at a 4% average gradient that carries us from the humid valley into the cooler highlands of the Quindio department. The effort is rewarded by a constant photoreel of hillsides covered in rows of coffee plants that only get prettier the higher we go. Once we reach nearly 1,900 metres ASL, it is a short distance to our home for the next two nights, a modern hotel built by cyclists for cyclists tucked into the countryside near the vibrant town of Filandia.

Casa Du Velo Breakfast, Lunch, Dinner

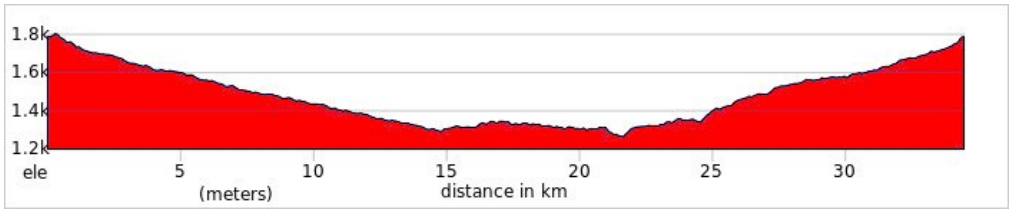


Ride 31km +946m -388m

Day 7: Pueblos Cafeteros Loop

This morning we embark on a scenic loop, cycling on rural roads linking three of Quindío's most quintessential Pueblos Cafeteros. Starting with a smooth, continuous 12 km descent we roll leisurely into Quimbaya, with its large brick church towering over the main square. The next 10 km are gently undulating, bringing us onto narrow gravel roads that cut through hillsides packed with coffee plants en route to Montenegro, another important centre of the region's caffeine-powered economy. From here, we begin our 14 km / average 4% gradient climb back up the mountain. As we ascend, we may share the road with the Coffee Region's iconic Willys Jeeps, used by the proud campesinos (farmers) to haul thousands of kilos of beans between their fincas and the markets of the pueblos. We aim to arrive back at the hotel in time for lunch, giving you plenty of time for the rest of the day to take advantage of the spa with its Turkish bath, steam room, and specialized sports massages. Or take a short drive to Filandia and hang out in its vibrant plaza, famous for its brightly painted buildings.

Casa Du Velo Breakfast, Lunch, Dinner

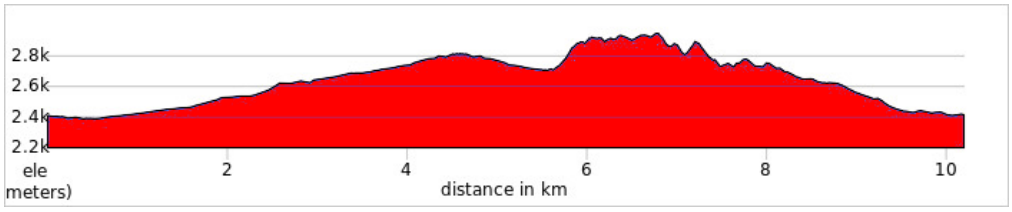


Ride 35km +704m -706m

Day 8: Cocora Valley Hike

Today we trade our cycling cleats for hiking shoes to explore one of Colombia's most iconic natural treasures: the Cocora Valley. Here, towering wax palms – the tallest palm species in the world — rise above montane meadows enveloped by lush cloud forests. Our roughly 10 km (+650 m / -650 m) hike takes us high up into this remarkable Andean landscape where, besides traversing lush trails and hanging bridges, we visit a secluded mountain retreat famous for its hummingbirds, and a farm perched at one of the highest accessible points in the valley. To get to the Cocora Valley, we drive around one hour from Filandia and, after our hike and lunch, we transfer 20 minutes to the colourful Andean town of Salento, perched right above the valley at nearly 2,000 metres ASL. We stay at a cosy ecolodge just outside of town where we are based for the last two nights. The afternoon is free to relax or head into town to browse its artisan shops and colourful streets.

Eco Hotel La Cabaña Breakfast, Lunch, Dinner



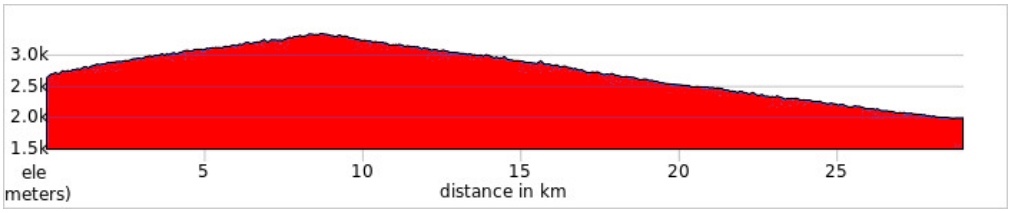
Ride 10km +663m -653m

Day 9: La Carbonera Wax Palm Reserve - Salento

Our final ride offers rugged, high-altitude Colombian mountain biking at its finest! From Salento, we transfer approximately 90 minutes into the Central Cordillera to reach the La Carbonera Wax Palm Reserve. Unlike the Cocora Valley, where the ground is cleared for pasture, here the palms thrive within their natural high-Andean forest ecosystem, creating a dense and atmospheric landscape. Before getting on the bikes, we'll take some time to learn about the conservation efforts protecting this unique environment. Our cycling route begins directly amongst the towering wax palms and forested slopes, navigating unpaved mountain roads before transitioning into a long series of flowing descents. As we rattle downhill, the scenery opens into the gentler rural landscapes of the Coffee Region, eventually leading us back toward Salento where we end the

ride at the hotel. We reconvene in the evening for a farewell dinner to celebrate our achievement of cycling across the Colombian coffee highlands.

Eco Hotel La Cabaña Breakfast, Lunch, Dinner



Ride 29km +730m -1397m

Day 10: Salento Departure

The tour ends with a transfer to either the city of Armenia or Pereira, both around 1.5 hours away. Both cities have airports, though Pereira — which is the main transit hub of the Coffee Region — offers a greater number of flights. Shared transfers will be arranged based on the flight schedules within the group. Feel free to extend your stay and explore more of what Colombia has to offer!

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

We understand that many riders prefer the performance and familiarity of their own equipment; therefore, personal bicycles are more than welcome on this tour. If you choose to bring your own, please ensure it is a Mountain Bike (MTB) or a Hybrid bike specifically designed for rugged terrain and unpaved surfaces. It is essential that your bicycle is in excellent mechanical condition before the start of the trip. For those who prefer to travel light, high-quality rentals are available locally for the fee listed in our pricing section. We provide Specialized or similar MTB models, with specific assignments based on size and availability. We also offer a limited selection of E-Bikes for hire. Since availability is restricted by quantity and frame size, please contact us via email as soon as possible to check for options and secure your reservation.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Travellers from Australia, the United Kingdom, US, Canada and the EU do not need a visa to enter Colombia for a visit of fewer than 90 days. You must be able to show an onward or return ticket valid within the 90-day period. Citizens of certain countries need to present a tourist visa to gain entry. These can be processed at the Colombian embassies and consulates abroad. You can check if you need a visa or not in the link **here**. If you require a visa, please contact the embassy/consulate nearest to you and do not leave it to the last minute.

All travelers must fill out a pre-registration form (called Checkmig) before departure to Colombia. Travelers must complete the form within 72 hours before departure. Travelers must show confirmation of registration before boarding. **Please fill out the Checkmig form here.** Please keep a copy of the Checkmig form on your phone, as this may be checked by Colombian immigration.

Update: The Colombian government is currently making technological improvements to the Check-Mig application and the website is down. Therefore, it is not necessary to fill it out at this time. We suggest checking the site again before heading to the airport and, if it is back online, fill it out just in case.

Health

Recommended vaccinations include typhoid, polio, tetanus and Hepatitis A. A certificate for Yellow Fever is required if arriving from an infected area. See here for more recommendations to help you prepare. Please speak to your doctor/physician for the most recent information.

Weather

One of the most surprising things about Colombia for foreign visitors is the relatively constant climate throughout the year. Located on the Equator, the country experiences consistent daylight hours, with the sun rising and setting at the same time every day. Unlike most other countries, Colombia doesn't have traditional seasons but instead has dry periods (from December to March and July to September) and rainy periods (from April to June and October to November). However, rain can occur at any time, so it's essential to bring a waterproof jacket and pants. In Bogotá and other high-altitude areas, temperatures can be chilly, especially in the mornings and evenings. A fleece and cold-weather cycling gear, such as arm warmers and a gilet, are recommended for these cooler days. Due to the strong UV rays near the Equator, sun cream and a head covering are also necessary for protection.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature traditional Colombian highland dishes. Any special dietary requirements can also be catered for. Please let us know at the time of booking. In remote areas, options may be limited, but we always do our best to accommodate your needs.

Drink

Keeping you completely hydrated is a job we take very seriously. Water, refreshments and soft drinks are included in the tour price while riding. Soft drinks, alcoholic beverages, and other beverages during meals are NOT included. Beer and other alcohol drinks are almost always available but are not included.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra US Dollars for possible incidentals that might arise. It is always wise to have some paper currency in case of ATM absence or credit card

problems. This will save you a lot of unnecessary worries. It is also customary to tip local tour guides and drivers; however, the amount you give should be dependent on the level of service you receive.

Money

The Colombian peso (COP) is the legal currency of Colombia, denoted locally by the symbol $. Coins in circulation include denominations of 50, 100, 200, 500, and 1,000 pesos, while banknotes come in values of 1,000, 2,000, 5,000, 10,000, 20,000, 50,000, and 100,000 pesos. What works best for most people is exchanging some money as soon as you arrive at the airport and then you can top up as needed with ATM withdrawals in some of the bigger towns. Don't expect to find money exchange places outside of Bogotá on this tour. If you are exchanging USD (or any other currency), make sure that your bills are in good condition (no tears, crumpling, or scribbling) as they may not be accepted otherwise.

Be Aware

Colombia, like many countries, has areas where petty crime can occur, especially in larger cities and tourist hotspots. Common crimes include pickpocketing, bag snatching, and theft in crowded places. It's advisable to stay vigilant, particularly in busy areas, transportation hubs, or when using ATMs. Avoid displaying valuables such as expensive jewelry or large amounts of cash.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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