



COLOMBIA

• WELLNESS RETREAT •

OCTOBER 16th – 21st, 2025

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TO STAY**

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Colombia is the world's second most biodiverse country thanks to it's five regions. Azure waters, tropical forests and deserts in Caribbean Coast, wild beaches and jungles in the Pacific Coast, emerald green mountains and snowcapped peaks in the Andes, wetlands and savannas in Los Llanos, and the world's largest rainforest in the Amazon. A little bit of everything!

After the historic peace agreement in 2016, Colombia has become a vibrant, safe and fun country – and one of the top gastronomic destinations in Latin America.

The striking contrasts between destinations makes it feel like traveling to many different countries inside one. True travellers always fall in love with Colombia and its people... so don't be afraid – the only risk is wanting to stay.

COLOMBIA BEYOND THE ORDINARY

'UNGOOGLEABLE' EXPERIENCES • Forget the common “city tour” and discover this vast and captivating country away from the touristy sights and crowds.

EXPERTS • Tap into our network of passionate and fascinating local hosts and experts, ranging from historians to art curators, chefs, biologists, and artists.

INSIDER ACCESS • Get insider access into Colombia's thriving gastronomy, art & design scene, with exclusive and unique experiences.

LOGISTICS & PEACE OF MIND • Multiple-reconfirmation and monitoring process with partners and providers to ensure a seamless experience.

FOODIES • Complete restaurant curation based on guests' preferences, from local street food to trendy hot-spots and gourmet tasting menus.

PRIVATE AVIATION • Take advantage of our plane charters, helicopter expeditions, and yachting journeys to discover Colombia with comfort and safety.

CONSCIOUS TRAVEL • Operations with sustainable practices, and designing travel experiences that support wildlife conservation and community projects.



YOUR ITINERARY

INCLUDED

- Private experiences, field experts, and entrance fees as per itinerary
- Curated restaurant recommendations at each destination
- Full-time operations coordinator overseeing logistics
- Local health travel insurance (wider and faster hospital/ambulance service)
- 24/7 personal concierge services

NOT INCLUDED

- Meals and alcoholic beverages unless specified in detailed itinerary
- Personal hotel expenditures (drinks, laundry, etc.)
- International flights, visa/entry costs, departure taxes
- Excess baggage charges
- Tips – Discretionary gratuities to drivers, guides, hotel or boat staff
- Any item not specifically listed as included
- International insurance (medical, evacuation, travel cancellation)

IMPORTANT NOTES

- Certain elements of this itinerary, and/or the order of events, may be subject to alteration due to circumstances beyond our control.
- Foreign residents are exempt from VAT (19%) for travel services and hotels. A valid foreign passport and immigration stamp must be presented at hotels to the travel operator to validate the VAT exemption.
- It is recommended (not mandatory) for travellers to have the yellow fever vaccine when travelling in Colombia. Bogotá, Cartagena, Medellín and most destinations are not high risk, but it is advised to have the certificate when visiting national parks and jungle areas.
- It is mandatory to have a yellow fever certificate when travelling from Brazil and some African countries. If travelling to other Latin American countries after Colombia, please check yellow fever requirements.





MARINILLA

CANNÚA

Cannúa is a boutique mountain ecolodge nestled in the heart of the Colombian Andes. With only 18 rooms & cabañas, it provides the privacy, comfort and essentials needed for a getaway in nature. Driven by its commitment to sustainability and the local community, Cannúa offers a wide range of immersive, responsible experiences for travellers.

WHY WE LOVE IT • Endless genuine local experiences, panoramic views to die for!

SERVICES • Wi-Fi, Café, Restaurant, Spa, Trails and Gardens, TV, Pillow Selection, Organic Toiletries, Housekeeping, Concierge, On-site Activities.

CONTACT • Vereda Gaviria, Km 7, Marinilla • Tel: +57 311 6099237.

NOTE • Located 70 minutes from Medellín. Images are for reference purpose only.



MEDELLIN

THURSDAY, OCTOBER 16, 2025

MEET & GREET AT MEDELLIN MDE AIRPORT / TRANSFER TO CANNUA • A driver and English-speaking host will be waiting at the airport to accompany guests to the hotel. Please note the meeting point is outside of the arrivals area. Clients must pass immigration and collect their luggage on their own. This service does not include a fast-track or VIP assistance.
Transportation: Luxury Vehicle. Included: Bottled water and snacks
Duration: Approximately 1.5 hours

7:00 PM • WELCOME DINNER • SOUNDS & TASTES OF COLOMBIA • Enjoy a special welcome dining experience at the hotel prepared by a gourmet chef. Taste a variety of dishes with fresh and local ingredients inspired by the traditional flavors of Colombia and contemporary cuisine.



MEDELLIN

FRIDAY, OCTOBER 17, 2025

9:00 AM • ESCAPE TO GUATAPE FROM CANNUA • Guatape is one of the most colourful colonial towns in Colombia. Spend the morning exploring this charming town, and cruising on a private pontoon around Guatape lake, Colombia's largest reservoir lined with lush islands and breath-taking landscapes. Guests have the option to hike up 650 steps to the top of El Peñol, a 200-metre rock formation that offers one of the country's most magnificent views. Enjoy a leisurely lunch, before returning to Marinilla. • NOTE: Don't forget your comfortable shoes, hat, and sunscreen!

Included: Transportation, English-speaking expert, Private pontoon (1-hour), Captain, Hydration, Snacks. Lunch not included. Clients pay directly at the restaurant

PHOTO SHOOT IN GUATAPE • Let a professional photographer capture this spectacular moment with professional photos, whilst exploring this colorful colonial town and soak in its captivating history and culture.

DINNER RESERVATION AT CANNUA •

Includes: Starter and Dessert at the centre of the table to share and main per person to choose a la carte



MEDELLIN

SATURDAY, OCTOBER 18, 2025

YOGA • Start the day with a yoga class led by Colombia-based instructor.

COOKING CLASS FOR LUNCH • Alongside a local chef, immerse yourself in Colombia's cuisine and learn to prepare some of the most traditional dishes and a few other Colombian secrets. • **NOTE:** The menu can be designed based on guests' preferences, dietary restrictions, and families with kids.

AFTERNOON AT LEISURE • Enjoy your afternoon at leisure.

DINNER RESERVATION AT CANNUA • Includes: Starter and Dessert at the centre of the table to share and main per person to choose a la carte

SUNDAY, OCTOBER 19, 2025

MINDFULNESS SESSION • Led by Ana Tootle in the morning along with Triumphant Steps Session with Beatriz Martínez-Peñalver

2:00 PM • GARDEN AND PERMACULTURE TOUR • Go on a guided exploration of Cannúa's organic gardens and food forests that are being developed with permaculture principles. Permaculture is a worldwide movement that focuses on developing natural agricultural ecosystems that are sustainable and self-sufficient. Learn about the basic design philosophy, ethics and principles of permaculture and see how they were applied to the construction of Cannúa. And, if you want to get your hands dirty, you can help gardeners plant some vegetables, herbs or even a native tree as part of their conservation efforts!



MEDELLIN

7:00 PM • CLOSURE DINNER - TASTING MENU • Enjoy a 6 course tasting menu, that will make guests travel through music and food along the Colombian gastronomy.

MONDAY, OCTOBER 20, 2025

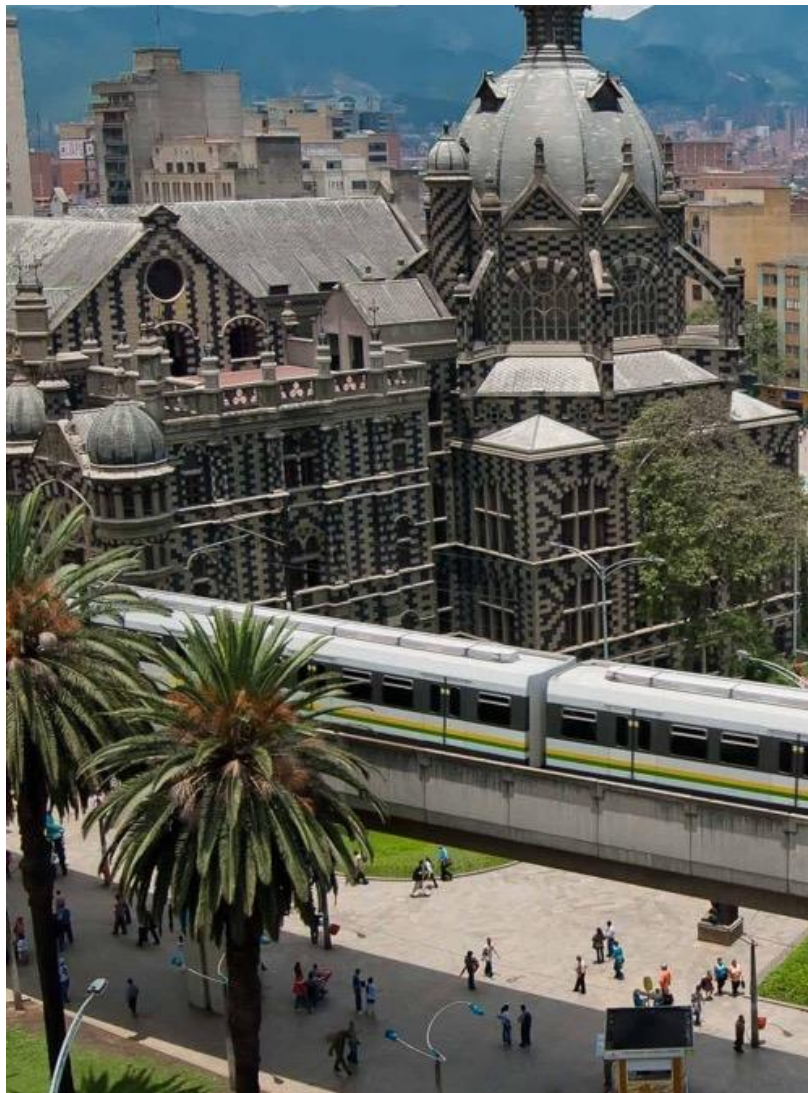
GRATITUD SESSION • Led by Ana Tootle in the morning

TRANSFER & HOST FROM CANNUA TO MEDELLIN • A driver and English-speaking host will accompany guests from Marinilla to Medellin.

Transportation: Luxury Vehicle

Included: Bottled water and snacks

Duration: Approximately 1.5 hours





MEDELLIN

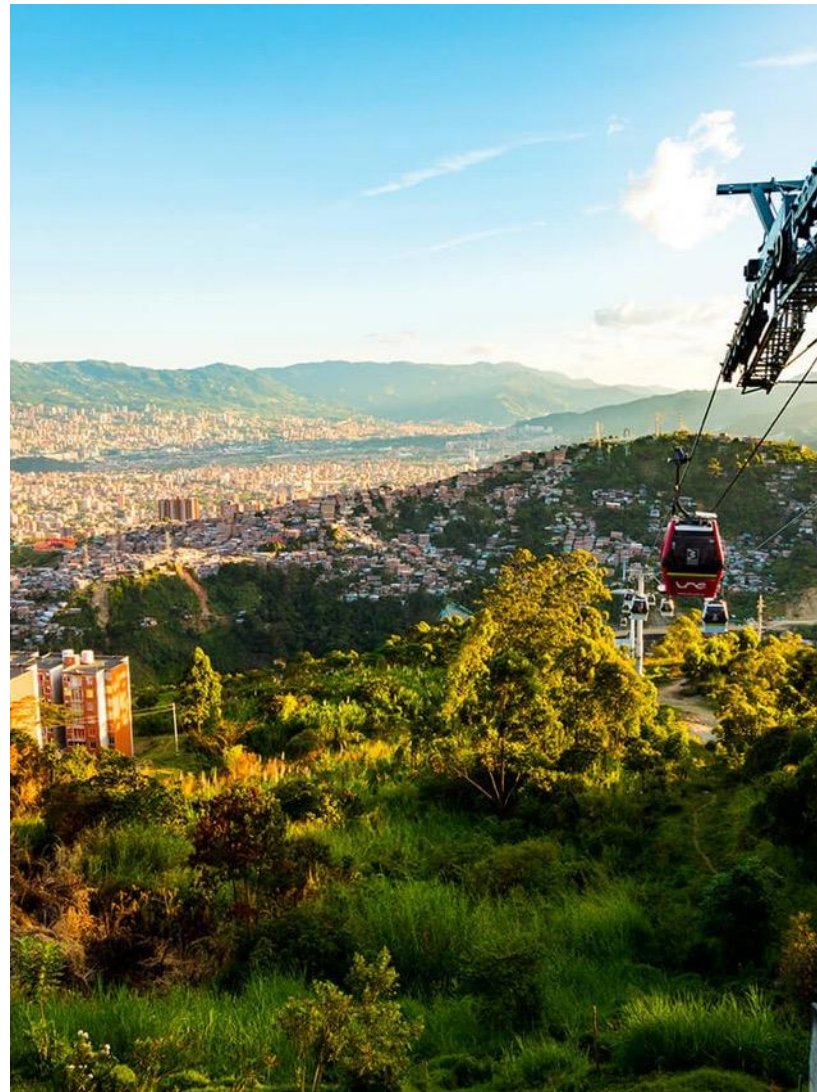


MEDELLIN

WHERE • Medellín is commonly known as The City of Eternal Spring thanks to its pleasant climate and vivid green landscape. With average temperatures between 15°C/58°F and 27°C/82°F and rainy months during April-May and October-November, expect warm, dry mornings with some impressive showers in the afternoons.

WHAT • Medellín is the second cultural capital in Colombia, and the number one example of social regeneration. Thanks to the visionary social policies of Medellín's mayor, this city has left its drug-related violence in the past. Now a dynamic city of innovation, endless cultural events and a growing economy, it is no surprise people are flocking to get a slice of Medellín.

WHY • Birthplace of Colombia's most iconic artist Fernando Botero, art is an important part of this vibrant city. See his voluptuous sculptures lining Plaza Botero or his paintings alongside those of Picasso in the Museo de Antioquia. Interactive exhibitions at Parque Explora provide great family fun, while Parque Lleras is Medellín's stylish gastronomic hub – full of the best restaurants and buzzy nightlife scene.



MARRIOTT HOTEL

The Marriott Hotel in Medellin is ideally located in the trendy neighbourhood El Poblado, just steps away from the best bars and restaurants in the city. Its 163 rooms provide an uncompromised level of comfort with soundproof windows and top quality linens.

WHY WE LOVE IT • Stylish executive lounge serving afternoon hors d'oeuvres; Ideal location in the heart of the action.

SERVICES • Wi-Fi, The Market for Casual Dining, NAU Sushi Lounge Bar, Outdoor Swimming Pool, Spa, TV, Air Conditioning, Room Service, Laundry Service.

CONTACT • Calle 1a Sur #43A-80 • Tel: +57 (4) 444-3636.

NOTE • Images are for reference purpose only.



MEDELLIN

MONDAY, OCTOBER 20, 2025

LUNCH AT LEISURE • Clients pay directly at the restaurant

3:00 PM • MADE IN COLOMBIA: MEDELLIN EDITION • Get insider access to Medellín's fashion and design scene, one of the most colourful and exciting in Latin America. Shop at the boutiques of renowned designers, ateliers of trendy emerging designers, and learn about the influences of Colombian artisans and cultural traditions in the textures and colours used. • **NOTE:** Prior to departing, discuss with the fashion expert your style, budget, and interests, to ensure you visit the right spots!

07:00 AM • RESTAURANT RESERVATION AT ALAMBIQUE • Trendy style restaurant, where Medellín's in-crowd savour experimental Colombian dishes, cocktails and funky music.

Address: Calle 10 No. 43A - 30, Medellín.

TUESDAY, OCTOBER 21, 2025

TRANSFER & HOST FROM MEDELLIN TO MDE AIRPORT • A driver and English-speaking host will accompany guests to the airport.

International Flight.

BUEN VIAJE !





¡GRACIAS!