

Colombia



BikePlusTours

After decades of political turmoil and crime, Colombia has made giant progress in recent years to become a viable cycling destination. The emergence of numerous cycling stars has brought international attention to the opportunities for road cycling. We went there ourselves in 2018 and had such a fantastic experience that we are now offering this as a group trip. We found that Colombia offers spectacular roads and scenery, a rich history

and welcoming people with a real love of cycling. Our itinerary has been carefully put together to showcase the diversity of the country. You'll experience the unique car-free Ciclovía ride in Bogotá, the lush tropical jungle, the beautiful coffee region and the 'longest climb in the world'. The rides are fully supported with a vehicle and guides on bikes. You won't need to bring your own bike: we have Trek Domane bikes with electronic shifting available.



At a glance

Trip dates: December 7-15, 2019

Cycling distance / vertical: 288 miles / 39,000 ft

Small group: maximum 12 guests

Supported rides with vehicle and owners Carolyn and Pieter cycling with you

Hotel accommodation with all breakfasts and dinners included

Price: \$3,495 per person, single room surcharge: \$595

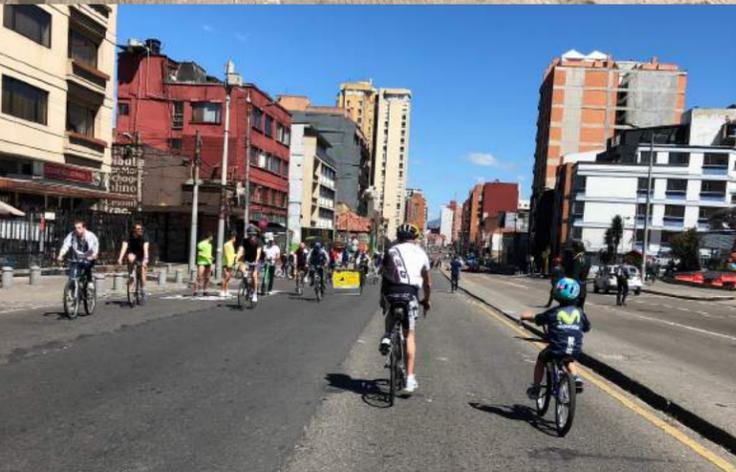
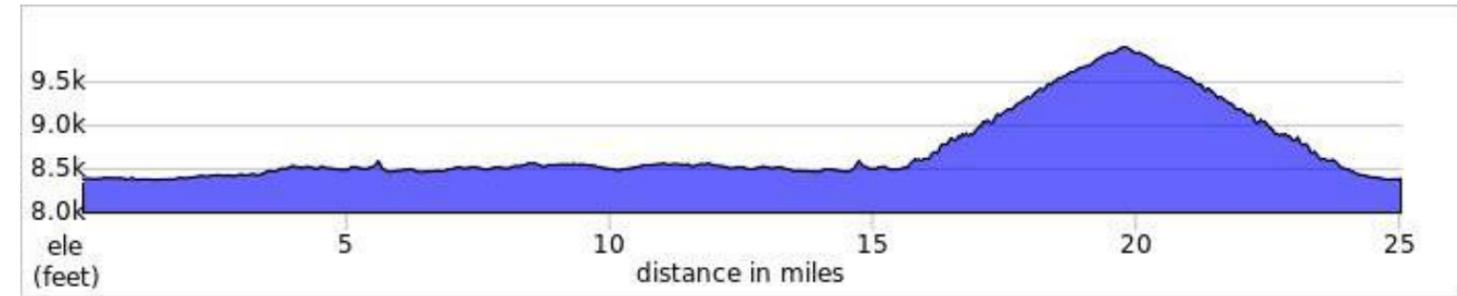


Itinerary and Elevation Profiles

Saturday December 7th: Flight to Bogota and group transfer to the hotel in the 'Zona Rosa', the entertainment and shopping district of Bogota.

Sunday December 8th: **Bogota Ciclovía (distance: 25 mi, vertical: 2,000 ft)**

For over 40 years, Bogota's main roads have been closed to motorized traffic on Sunday mornings to allow its residents to get out on their bikes, and they do so in masses! Join thousands of cyclists of all sorts for an easy paced sightseeing tour of the city and a celebration of cycling. Many locals combine the Ciclovía with the short climb to Patios which we will tackle as well. It's all downhill from there back to the hotel. In the afternoon we have an excursion planned to Usaquen, a vibrant historic quarter with a busy Sunday market and lots of restaurants and bars.

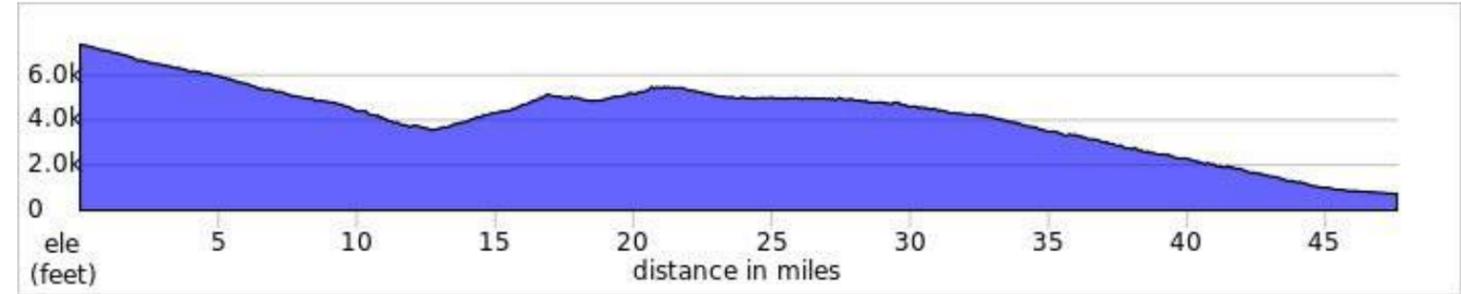




Itinerary and Elevation Profiles (Continued)

Monday December 9th: Alban to Cambao (48 mi, 2,800 ft)

After an early transfer to Alban and a hearty breakfast, we'll set off on a spectacular descent through lush countryside on a road with very little traffic. There is only one climb in today's ride but it is steep and long enough to give us a real taste of what we'll encounter later in the week. After a rest stop at the top with cold drinks we'll descend almost 30 miles to the Magdalena river valley. We'll have lunch in Cambao, followed by a short transfer to our boutique hotel in Mariquita. In the afternoon you can rest by the hotel pool or join us for an excursion to waterfalls in the jungle.





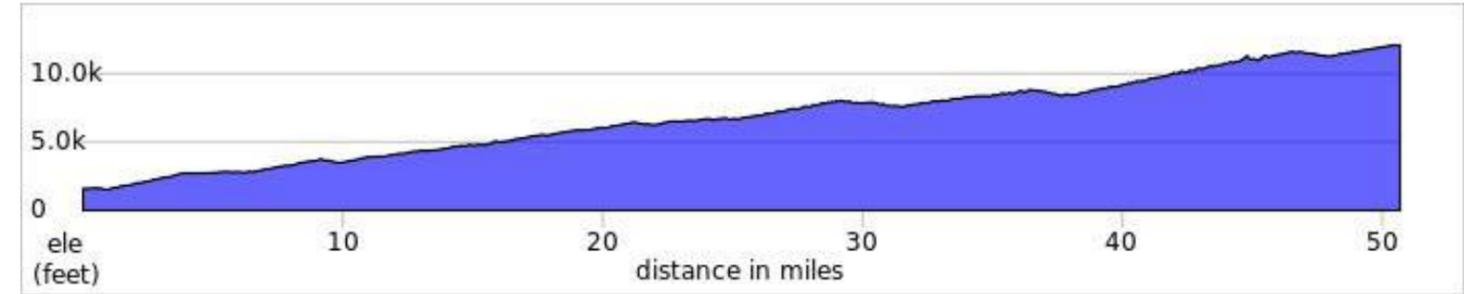
Itinerary and Elevation Profiles (Continued)

Tuesday December 10th:

Alto de las Letras (51 mi, 13,000 ft)

The longest climb in the world! An early start again today to avoid the heat in the first few hours of the climb. It will get cooler later as we're topping out at an altitude of 12,070ft. Luckily there are a few short descents to break up the distance, although it can be a bit disheartening to lose altitude. The road offers magnificent views and it is great to see the change in landscape and vegetation along the way. Those wanting to do a shorter climb will be shuttled for the first 15 miles and start riding from there.

We'll have a van transfer of just over an hour from the top of Letras to an authentic coffee farm down in the valley. We'll stay there for the next two nights.





Itinerary and Elevation Profiles (Continued)

Wednesday December 11th: Rest Day

Time to recover! There is no scheduled ride today and you can spend the day as you wish. The farm has two nice pools and offers tours and hikes as well as a barista training workshop.



Thursday December 12th:

Chinchina to Supia (65 mi, 8,400 ft)

After a 20 minute transfer we'll start from the center of Chinchina for a gorgeous ride through the coffee region. After a stop in the typical town of Arauca we'll climb the scenic and quiet road to Risaralda, a town perched on a ridge high above the valley. This is followed by another big climb to San Clemente. A long descent takes us back to the heat and our hotel in Supia.

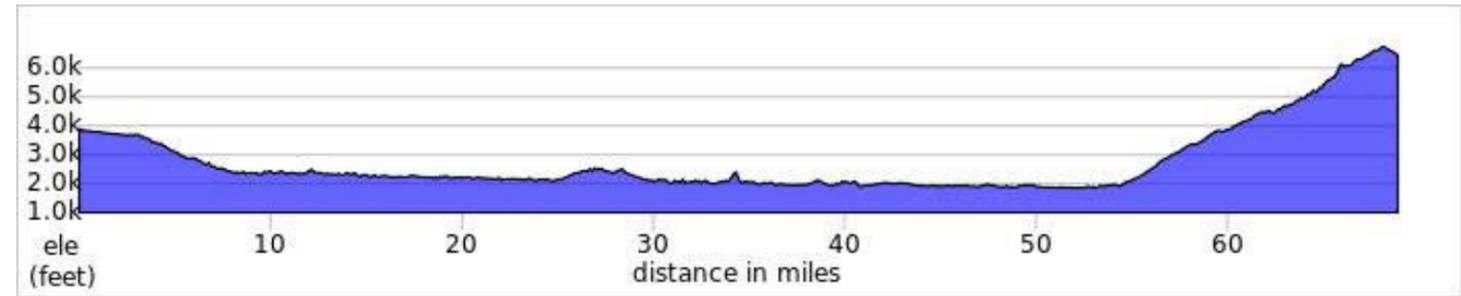




Itinerary and Elevation Profiles (Continued)

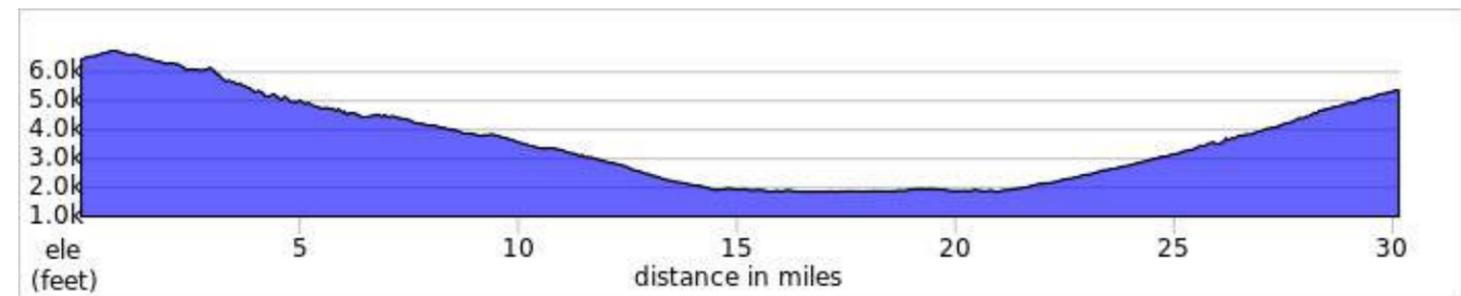
Friday December 13th: Supia to Jerico (69 mi, 8,500 ft)

An easy start today with a downhill and a flat stretch following the Cauca river downstream. We'll climb a few smaller hills before a rest stop at a viewpoint over the river. The ride remains rolling until our lunch stop. Then it is onto the 'beyond category' climb to the historic town of Jerico. It is 15 miles and almost 5,000ft to the top with prolonged sections of 12% or more!



Saturday December 14th: Jerico to Estadero El Calvario (30 mi, 4,300 ft)

This morning we'll get to descent yesterday's climb all the way back to the Cauca river. We'll cross the river onto our last climb of this trip up to the Estadero El Calvario restaurant. The climb is lush and quiet, with an irregular grade to give your legs one final workout. At the restaurant we'll load the bikes onto the van for the transfer (2 hrs) to our hotel in the heart of Medellin.



Sunday December 15th: Flight home

Airport transfer and flight home. If you have an evening flight you can explore Medellin today.



Why BikePlusTours?

17 Years of experience in organizing performance cycling trips
Routes that combine famous climbs with beautiful local byways
Small group size
Owners Carolyn and Pieter are with you on every trip
Great value

Our package includes:

- Group airport transfers in Bogota and Medellin for you, your luggage and your bike
- Support vehicle during the rides and Carolyn and Pieter guiding on bikes
- 8 nights of hotel accommodation
- All breakfasts and dinners
- Water, snacks and fruit on the rides
- Laminated stage sheets with ride details and altitude profiles
- GPS files of all rides
- Lots of fun!

Excluded items:

- Flights to Bogota and from Medellin
- Travel and medical insurance
- Lunches, drinks, gratuities and personal expenses
- Rental bike (Trek Domane with Ultegra Di2 electric gears): \$250 for the whole trip

Price: \$3,495 per person in a shared double room, single room surcharge: \$595

Please e-mail Carolyn and Pieter for more information and booking:
info@bikeplustours.com



We reserve the right to change this itinerary due to availability of accommodation, road closures, weather or other unexpected circumstances.

Our trips are catered to experienced cyclists with good bike handling skills.

Extension Options

Colombia is a great country to visit and we highly recommend to spend some additional time.

Here are some of our suggestions:

Bogota

Bogota is one of the highest cities in South America at an altitude of 8,600 ft. You may want to spend an additional night or two in Bogota before the start of the trip if coming from sea level. Although for most of the trip we will be at lower altitude, we will be topping out at just over 12,000ft on Tuesday's ride. Outside Bogota, we have picked hotels that are all at much lower altitude to help you sleep and recover from the rides.

If you are spending additional time in Bogota, there is lots to do. Some things that we have enjoyed are:

- Visit the La Candelaria old town and the gold museum
- A guided tour of the main food market
- Colombian coffee workshop and tour



Villa de Leyva

This town is a great place to acclimatize if you are planning to come for an additional few days before the trip. It is one of Colombia's best preserved colonial towns with a well established tourist infrastructure.

On the way to or from Villa de Leyva you can make a detour to the unique Salt Cathedral in Zipaquirá.

Apart from sightseeing in the town, there are other things to do including mountain biking in the beautiful surrounding countryside or a visit to the terracotta villa.



Cartagena de Indias

It is only a 1hr flight from Medellin to Cartagena on the Caribbean coast. Cartagena was once the most important seaport in the Spanish colonies. It boasts impressive architecture and is known for great food and a vibrant atmosphere. There are also beautiful beaches and upscale resorts on some nearby islands if you are ready to relax after a week of tough cycling.





About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.

BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing group cycling trips since 2002 and we feel very lucky that our hobby has become our profession.

Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

BikePlusTours LLC
PO Box 8131
Breckenridge, CO 80424

www.bikeplustours.com
 BikePlusTours
info@bikeplustours.com

