

# LOST CITY







# LOST *City*

The Lost City or “Ciudad Perdida” is an ancient majestic city built with stones by a civilization called “Tayrona”, it is located in the north-east part of the Sierra Nevada de Santa Marta. This construction dates back to the 700 a.d. approximately and keeps all the mysteries, customs, and legends of these ancient and legendary people who inhabited this beautiful paradise known as the Sierra Nevada de Santa Marta.





# THE *Lost City* TOUR



Is one of the most challenging and pleasant trekkings because of the natural beauties and the cultural exchange with indigenous people, a tour to all who are willing to disconnect from the routine, wear out the soles of the shoes and leave behind the comforts of daily life to get new and enriching experiences.





NATIONAL NATURAL PARK  
Sierra Nevada de Santa Marta



**"Teyuna"  
LOST CITY**

**Paraiso Camp**

**Mumake Camp**

**Mutanzhin Camp**

**Wiwa Camp**

**Alfredo Camp  
Adan Camp**

**El Mamey  
"Machete"**

## THE LOST CITY TREK

- Road
- Path
- Start/End path
- Camps
- Interest place
- Archaeological place
- Natural Park

Total Distance: 52 km

Max Eigth: 1150 meters above sea level

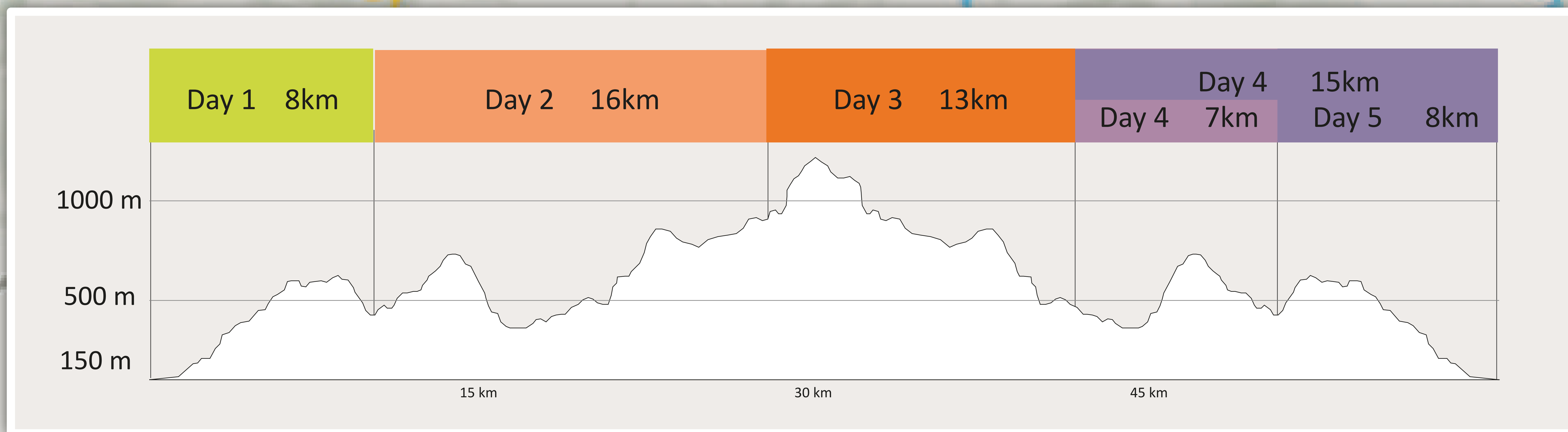
Elevation: ↗ 3414 m

↘ -3414 m

Max Inclination: ↗ 54% Promedio: ↗ 11%

↘ 48%

↘ 10%





# LOST CITY IS MAGICAL REALISM



**Duration** 4,5 or 6 days



**Departure:** Location agreed



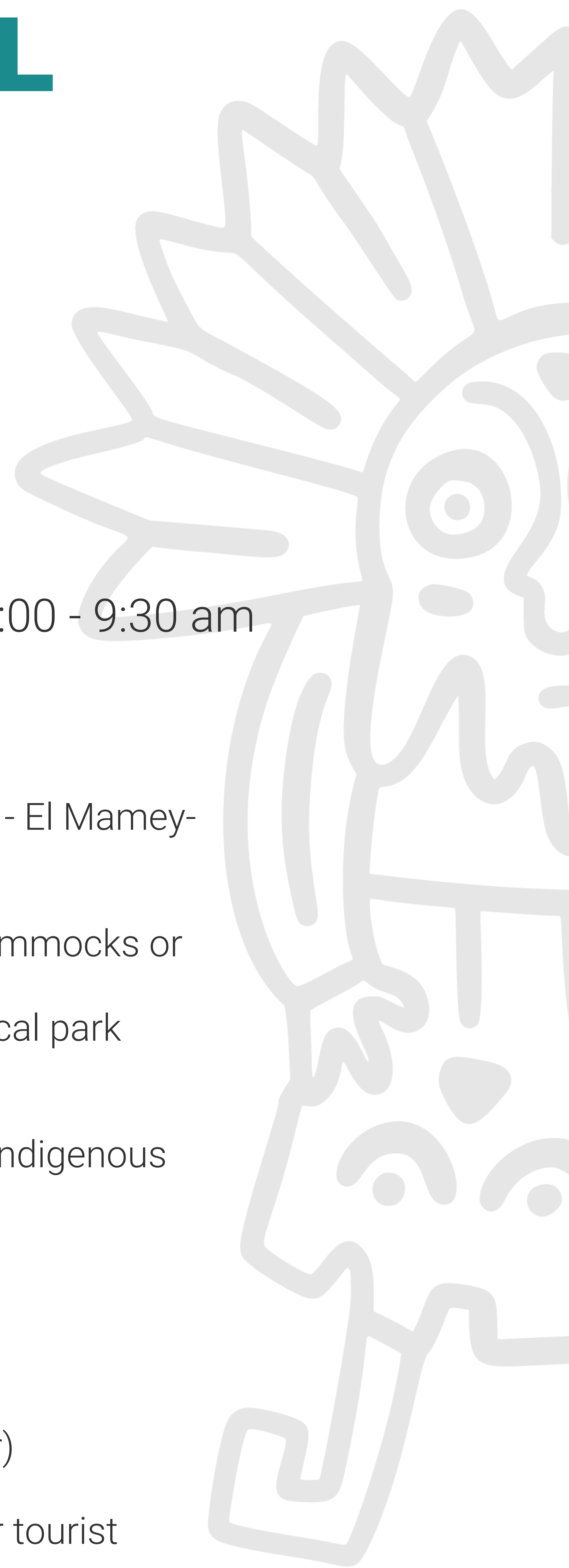
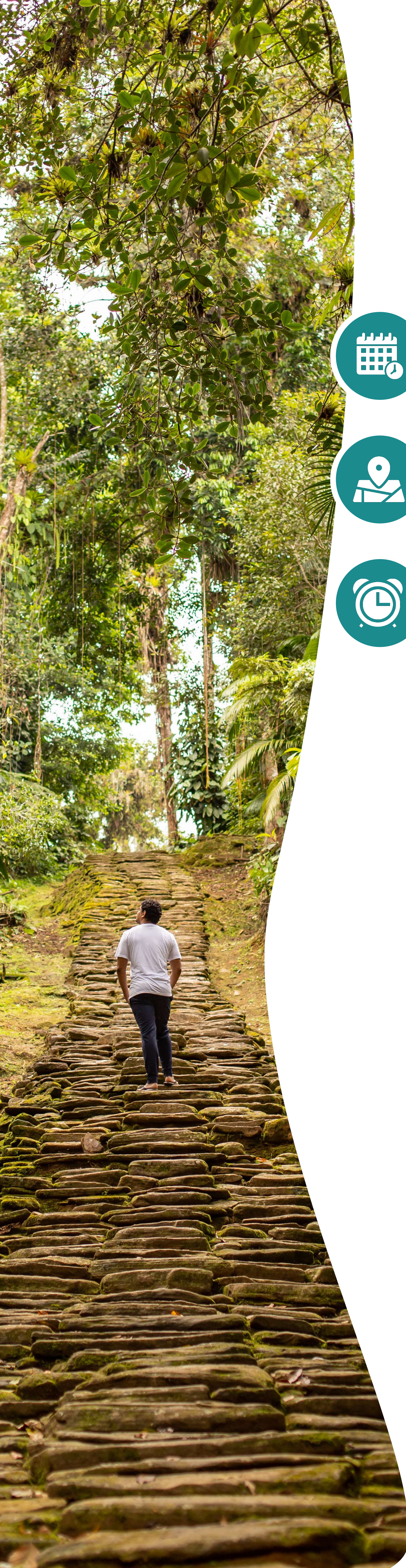
**Pickup and departure time:** 7:00 - 9:30 am

## TRIP INCLUDES

- 4WD Transportation (Santa Marta - El Mamey-Santa Marta)
- Food (during the tour)
- Accommodation in campsites (hammocks or bunk beds with mosquito nets)
- Entrance ticket to the Archaeological park (ICANH)
- Travel insurance
- Contributions to the peasant and indigenous communities
- Tour guide

## TRIP DOES NOT INCLUDE

- Mules
- Visit the Mamo (Indigenous leader)
- Beers and drinks
- Shopping tour and/or visit of other tourist attractions
- Handicrafts and tips





# TOUR TIPS

The climate and the experience with natives:

- The trekking is made in a tropical rainforest.
- The climate ranges from 26°C to 32°C. It is usually warm and wet, during the night the temperature can drop to 18°C.
- There are a lot of mosquitoes, sandflies, and other insects, which is why we recommend bringing insect repellent.
- There is a high probability of rainfalls, generally during the afternoon. The trail can have waterlogged parts.
- During the tour, it is necessary to cross some creeks and rivers.
- Native people and their customs deserve our respect and tolerance to have a positive cultural exchange for them and you.

## IMPORTANT

- The spaces of accommodation and food belong to the local communities. We take part and work together to offer the best quality service, nonetheless, they are independent and the quality of the facilities depends on them.
- All tour operators share the trail and facilities, due to this, the number of tourists varies depending on the season and the size group of each agency.
- This tour has risks implied, the insurance provided only applies to accidents or injuries that occur during the trekking.
- The belongings of each tourist are their responsibility. Teyuna Tour is not responsible for items left or lost during the tour.

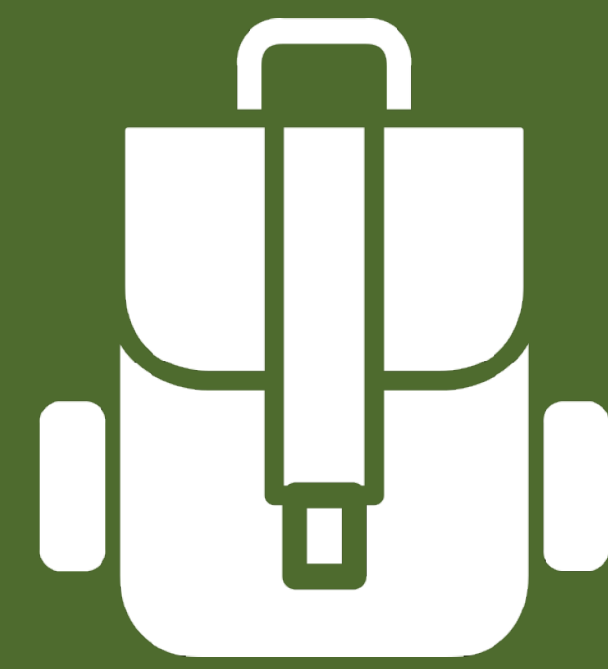


# DEAR TOURIST

When passing near the indigenous communities, please respect their space and intimacy. Do not take pictures without their permission. It is also important to take seriously the indications of the guide and help us to preserve and care for the environment of this magic tourist destination.

1

BACKPACK



OF GOOD SIZE

2

SHOES



BOOTS OR SNEAKERS  
(WITH SLIP-RESISTANT  
SOLES)



FLIP-FLOPS TO  
REST

3

CLOTHING



QUICK-DRYING  
T-SHIRTS AND SHORTS



SOCKETS



SWIM  
WEAR



LONG CLOTHES (FOR  
SLEEPING)

## TIPS:

- Nights can be cool, 18°C (64°F)  
Use long sleeve shirts if convenient. Many just take three changes of clothes: one for trekking, another for sleeping, and another for taking a dip in the river.
- We suggest wearing quick-drying clothes.

4

PERSONAL CARE



SUNSCREEN AND INSECT REPELLENT



MEDICINES



TOILET PAPER



SOAP AND SHAMPOO

5

HYDRATION



WATER BOTTLE (1-2 LTR), BRING IT FULL OF WATER FOR THE 1ST DAY, DURING THE TOUR YOU CAN REFILL THE BOTTLE. A BETTER OPTION IS A HYDRATION BLADDER.

6

CASH



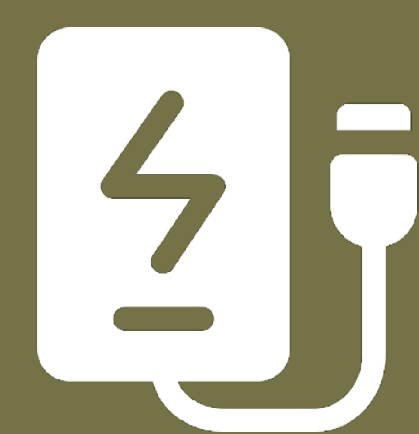
IF YOU WANT TO BUY SOMETHING NOT INCLUDED IN THE TOUR, LIKE BOTTLED WATER, DRINKS, HANDICRAFTS, OR TIPS.

7

OTHERS



QUICK-DRYING TRAVEL TOWELS



PORTABLE CHARGER



RAIN COVER



FLASHLIGHT AND CAMERA



HAND SANITIZING GEL



# 4 DAYS 3 NIGHTS



## DAY 1

Approximate time: Santa Marta - Mamey (3 hs. by car); Mamey to 1st campsite (4 hs.)

The Lost City tour starts when we pick you up, or with your arrival at our office. From this point, we depart on a 3 hour trip in a 4WD car to El Mamey village, in this place starts the trek, it is around 7.6 km long. Halfway, we stop at the "Viewpoint of the three crosses" to refresh a little by eating delicious fruits and then continue to the first campsite: "Adan" or "Alfredo", where we arrive some minutes later and spend the first night. During the whole tour, we will enjoy natural pools the Sierra Nevada of Santa Marta offers us and in which we can take refreshing dips.

The first campsites have electricity, toilets, and showers.

## DAY 2

Approximate time: 1st campsite to 2nd campsite (3 hrs); 2nd campsite to Mutanyi (20 min); Mutanyi to 3rd campsite "Paraíso Teyuna" (5 hrs).

Our new day brings us a new adventure. After taking breakfast, we start the trek from the first campsite to the second one, the "Wiwa" cabin, where we can swim in the Buritaca River while we wait for lunchtime. After this break, our adventure continues, now we start going deeper into the Sierra Nevada, passing near a village of the Kogui community, called "Mutanyi" and going to the third campsite "Paraíso Teyuna", where we spend the second night.

The third campsite has toilets and showers, electricity (generator-driven) until 9 pm.

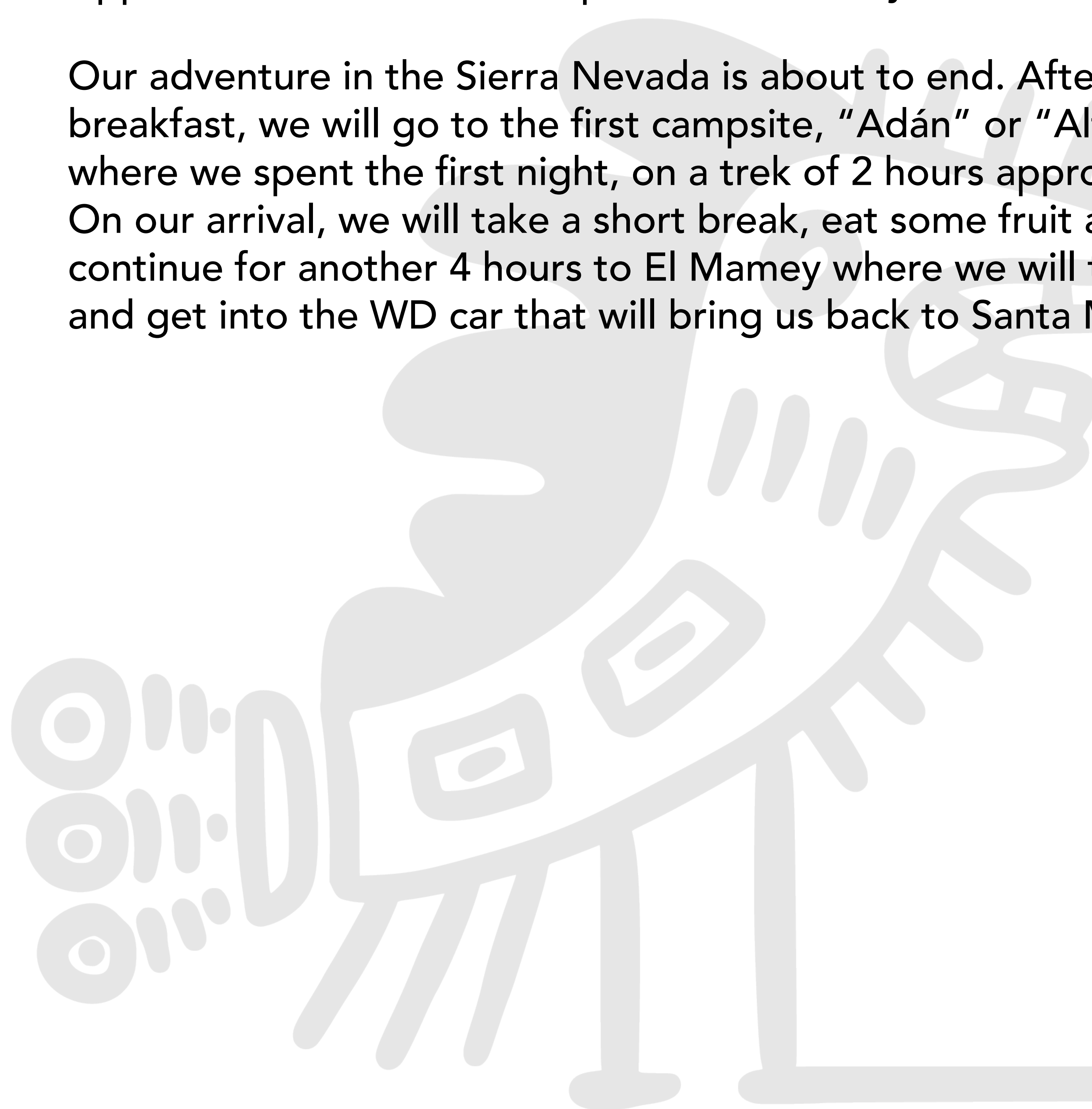
## DAY 3

Approximate time: 3rd Campsite to Lost City (1 hr); tour in the Archaeological Park (3 hrs); 3rd campsite to 2nd campsite (4 hrs). We take breakfast early morning, we will cover 2 km to start the ascent to our long-awaited destination, the Lost City, then we climb 1,200 steps that take us to this majestic stone-built city, made up of interconnected paths, retaining walls, and ring-shaped terraces where the ancient houses of the Tayrona people were. All of it is surrounded by a magical jungle full of fauna and flora that offers us several views, from sunny to misty landscapes. We can also find here the leader and guardian of mother nature and the native community. After the tour, we return to the third campsite "Paraíso Teyuna" to take lunch and continue to the second campsite, the "Wiwa" cabin to spend the night. The second camp has electricity, toilets, and showers.

## DAY 4

Approximate time: 2nd Campsite to El Mamey (6 hrs)

Our adventure in the Sierra Nevada is about to end. After taking breakfast, we will go to the first campsite, "Adán" or "Alfredo", where we spent the first night, on a trek of 2 hours approximately. On our arrival, we will take a short break, eat some fruit and continue for another 4 hours to El Mamey where we will take lunch and get into the WD car that will bring us back to Santa Marta.





# 5 DAYS 4 NIGHTS



## DAY 1

The first day starts with a 7.6 km trek. Halfway we stop at the "Viewpoint of the three crosses" to refresh a little by eating delicious fruits and then continue to the first campsite: "Adan" or "Alfredo", where we arrive some minutes later and spend the first night. During the whole tour, we will enjoy natural pools that the Sierra Nevada of Santa Marta offers us and in which we can take refreshing dips.

The first campsites have electricity, toilets, and showers.

## DAY 2

New day, a new adventure, after taking breakfast starts the trek from the first campsite to the second one, the "Wiwa" cabin, where we can swim in the Buritaca river while we wait for lunchtime. After this break, our adventure continues, now we start going deeper into the Sierra Nevada, passing near a village of the Kogui community, called "Mutanyi" and going to the third campsite "Paraíso Teyuna", where we spend the second night.

The third campsite has toilets and showers, electricity (generator-driven) until 9 pm.

## DAY 3

We take breakfast early morning, we will cover 2 km to start the ascent to our long-awaited destination, the Lost City. Then we climb 1,200 steps that take us to this majestic stone-built city, made up of interconnected paths, retaining walls, and all the ruins of the ancient Tayrona civilization. Surrounded by this lush jungle that is as immense as mythic. After the tour, we return to the third campsite to take lunch and continue to the second one, the "Wiwa" cabin where we will spend the night.

The second camp has electricity, toilets, and showers.

## DAY 4

Approximate time: 2nd Campsite to 1st campsite (2 hrs). After taking breakfast we will go back to the first campsite "Adán" or "Alfredo" where we stayed the first day, during the trek we will enjoy the views and sensations the jungle offers us, the tour is about to end. At the first campsite, we will stay for the rest of the day and spend the night.

## DAY 5

Approximate time: 1st Campsite to El Mamey (4 hrs) Leaving the first campsite after breakfast, we left behind the Lost City trail and we return to El Mamey, where we will take lunch and get into the WD car that will bring us to the urban center of Santa Marta.