

- ❖ Food not specified.
- ❖ Voluntary tips (Guides, drivers)
- ❖ Personal expenses, such as: phone calls, laundry, room service, among others.
- ❖ Air tickets.

Pasto and its roots

12-15 September 2022

Day 1. Bogotá – Pasto

To start this itinerary the passengers, have to be in Bogota before 10:00am

Arrival to Pasto city. Welcome and assistance at the Antonio Nariño Airport.

Start with the lunch then we will enjoy our city tour with a journey by the churches located in the historical center; they represent an architecture of republican style. Similarly, we will have the opportunity to appreciate images from the colony time, woodcarving and paintings of Quito art. By the high amount of churches located in the center, Pasto is also called "The Theological City of Colombia". we will visit the temples of the Cathedral of Pasto, San Juan, Cristo Rey, La Merced; to know the historical and cultural part of the city we will visit the Nariño Square, the Carnival Museum, the workshops of varnish de Pasto, a unique technique in the world declared cultural patrimony of Colombia, in the gastronomic part we will participate in the elaboration of an artisan ice cream, the famous "paila ice cream", we will finish our city tour learning about coffee tasting from the hands of an expert barista and tasting a typical snack of the city.

Return to the Hotel and dinner at Hotel's restaurant.

Level of the activity: easiest, walking in a flat land for 30 minutes

Day 2 Pasto – Las Lajas shrine

Breakfast at the hotel.

We begin two hours - journey from the Pasto city to the city of Ipiales. During the tour, we will be told about the history, culture, and geography of the region. Upon arrival, we will go through the commercial area of the village of Las Lajas, we will descend to the Sanctuary where the image of the mestiza or Lady of Las Lajas is found. The visitor will be able to have a spiritual encounter, praying or attending the celebration of the Eucharist. We will also be able to enjoy the impressive architecture of the Shrine, visit the museum and the lower levels of the Shrine, take short walks that fill you with energy and renewal, enjoy the landscape in which the Shrine is located, or simply contemplate the miracle of God in the abyss, always accompanied by expert guides who will detail the history of the image and the Shrine. We finish the visit to the Sanctuary by taking a cable car ride where you can see the imposing Guaitara Canyon that crosses the entire department of Nariño from south to north.

During the tour we will have the lunch in a local restaurant. We continue the trip towards the Republic of Ecuador, after crossing the border we will visit the old customs houses and later on we will make our way towards the cemetery of Tulcan where we will find unique pieces carved in cypre trees. We finish the day visiting the commercial area and returning to the city of Pasto. We will arrive at hotel in Pasto to have dinner there.

Level of the activity: easiest, Transfer for 2 hours and then walking around Las Lajas for 30 minutes

Day 3. Pasto – La cocha Lagoon

Breakfast at hotel.

Leaving Pasto on the road that leads to the department of Putumayo, is located the second largest lake in Colombia better known as "Laguna de la Cocha" a place full of charm, magic, energy and natural beauty, located 40 minutes from Pasto. We will visit the village of El Puerto, an ideal place for a walk watching their homes made of wood from Swiss influence decorated with beautiful flowers on their balconies that embellish the landscape; perfect scenery for photography lovers. We continue our trip to a country house full of human warmth, the host family gives us a tour of a sustainable reserve managed by the community. There, we find water sources, springs, organic crops, the home garden, guinea pig farms, and other farm animals. At the end of the tour, we offer a typical snack of the area made by the family with products from the Reserve. This visit emphasizes that the food grown here is organic and cultivated by peasant farmers who have found a source of income in tourism. Community tourism allows them to preserve the environment and abandon very harmful practices such as the extraction of charcoal. During this visit, the tourist can share with the family and experience a traditional day with them. This is a wonderful experience to learn a little of the countryside and rural Nariño.

Later we will navigate in a boat by the lagoon until arriving at the smallest Colombia's Natural Park: La Corota Island. There, we will cross its beautiful footpath and we will learn about the existing ecosystems, flora, and fauna from the island and the region. In the end when our local guides will share with us a beautiful myth of the creation and formation of the lagoon. During the tour we will take the lunch in a local restaurant.

Then return to Pasto to have dinner in one good restaurant to say bye to the city and the experience there.

Level of the activity: easiest, Transfer for 45 minutes and then walking around for 30 minutes in a relaxing environment.

Day 4 Pasto- City of origin (Breakfast)

Breakfast at the hotel. Transfer from the hotel to the Antonio Nariño airport to take the flight back to your city of origin.

End of services.

Minimum of passengers: 10

Maximum of passengers: 15

Additional nights for those passengers who might need to be in Bogota while they wait for their international flight.

| Additional nights in Bogota | |
|-----------------------------|-----|
| HOTELES | SGL |
| NH ROYAL URBAN 26 | 56 |

Remark: we don't need any extra requirements to enter to Ecuador.

Package includes:

- ✓ 03 Nights in Pasto
- ✓ Inner flight Bogota – Pasto – Bogota
- ✓ 3 Breakfast, 3 lunch and 3 dinner
- ✓ Transfers Airport / Hotel / Airport.
- ✓ Activities described in the program in private service
- ✓ Local Assistance Card
- ✓ English speaking guide

Does not include:

- ❖ Services not specified in the program
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- ❖ Air tickets.