

Enjoy Excursions Through Our Beautiful Colombia



 **Editorial**
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Introduction

Walks, excursions and hikes be, are recreational activities that break work routines, daily compromises and inundate with joy and encouragement, while allowing those who participate to experience new landscapes, be in contact with the wilderness, breathe clean air and share those experiences with family, friends and neighbors.

Even though the physical demand of trail walking is low, and therefore it is not necessary to have the training of a super athlete, it is recommended that all participants, regardless of age, to be in good health.

Provided that the hikers have clearly determined the destination site, the event must be carefully planned, including the duration (one or several days), transportation, food, accommodation, financial costs and potential for unforeseen occurrences and costs.

Once all necessary precautions to ensure a safe good walk have been taken, it is important not to forget all original identity documents. If necessary, someone you trust can take responsibility for these, suggesting that walkers carry 1 or 2 plasticized duplicates of the pertinent documents; for example, passport front page, student ID business card, vaccination certificate, etc.,. In addition to knowing the tourist attractions of the destination site, the group must know in advance the weather forecast, public safety situation and state of the roads (maintenance, landslides, etc.) in the region the área to be visited. Thus, you are invited to read these recommendations carefully.

Please note:

Beware of your physical condition

In general, without excluding anyone (children and older adults), it is recommended that those who participate in the recreational activity to be in the best physical and health condition.

Beware of packing the appropriate for clothes and other essential items

Hiking requires appropriate clothing and footwear hats, caps or scarves and sunglasses. In addition, always carry a sun blocker and mosquito repellent to avoid sunburns and mosquito bites.

And of course, watch out for dehydration (carry enough fluid).

Wear raincoats during rainy seasons.





Do not forget the lifesaving equipment

Whistles, flashlights, compass, first aid kit, multipurpose camping knife, bow, lighter, are considered basic elements while camping.



Extractor

In case of poisonous bites by snakes and insects, it is ideal to have an extractor, like the one in the image.

Bag

If hikes are long, it is recommended to use backpacks and light load.

Caution please

In particular, young people should be instructed to avoid recklessness and refrain from climbing abandoned towers, trees and gorges. Many deaths have resulted from taking selfies in high-risk locations.

As long as it is possible, the group should at all cost remain together at all cost.





Authorities

At least three or four people must have on their cell phones the contact numbers of the Police, Firefighters, Red Cross, Civil Defense, Army.

It is essential to carry portable battery chargers (manual).



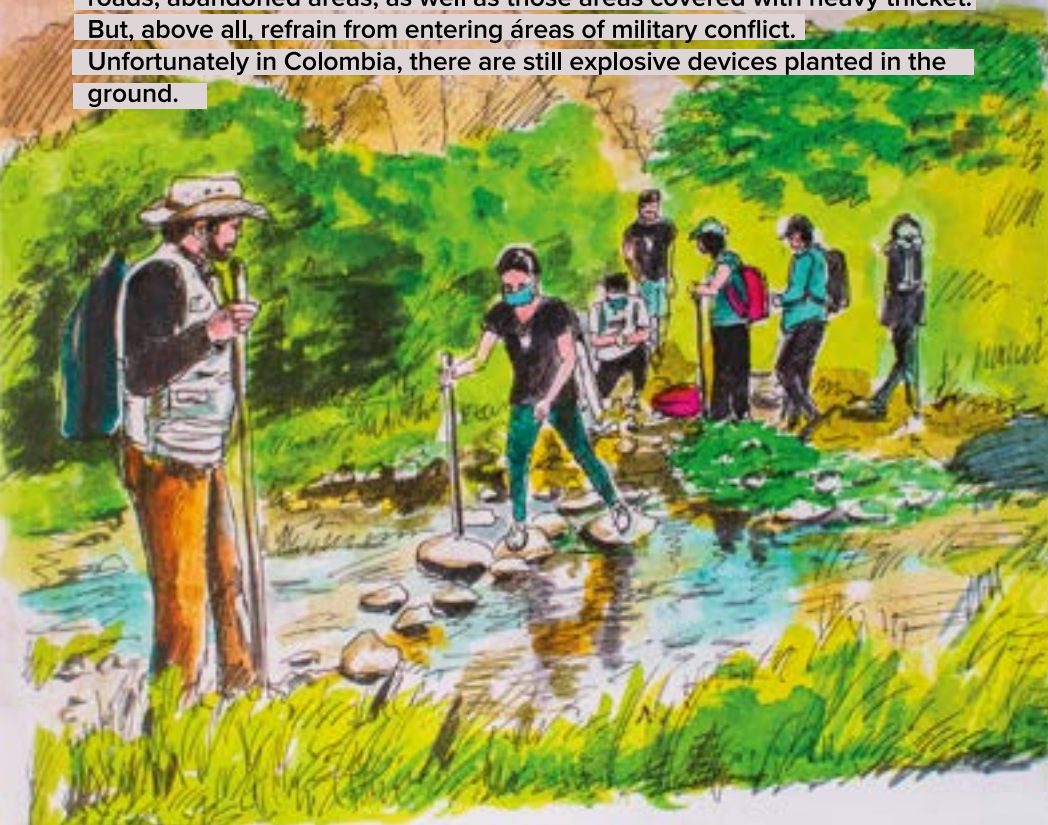
Respect for private property

Do not trespass fences or barbed wire without prior authorization. Do not enter homes or other properties unless invited to do so.

Walk through clear paths and do not stray from them. Avoid abandoned roads, abandoned areas, as well as those areas covered with heavy thicket.

But, above all, refrain from entering areas of military conflict.

Unfortunately in Colombia, there are still explosive devices planted in the ground.

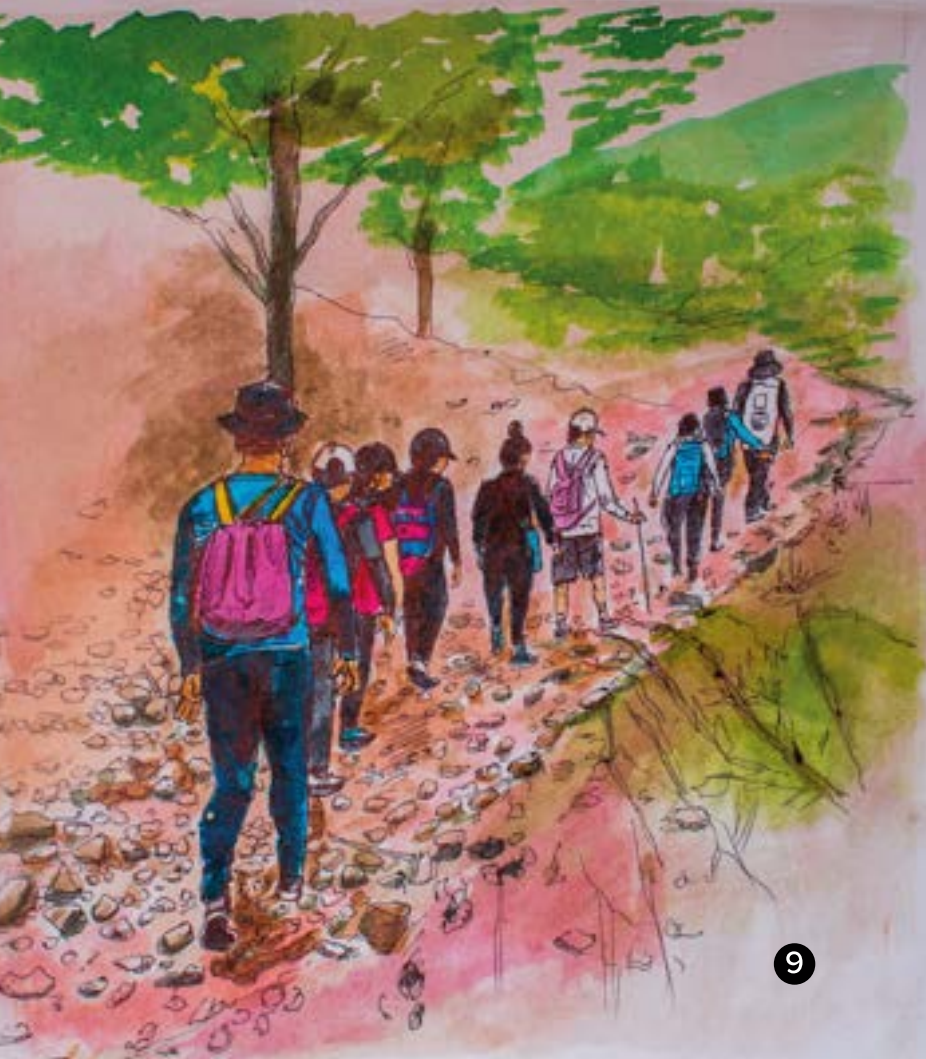




Beware of wild life

Do not stone hornet's nests or honeycombs. They attack back with deadly violence. If it happens, lie flat on the ground and cover your head. Remain motionless. Strange as it may seem, waving their arms infuriates them more. Likewise, it is recommended to bring canes or kennels. In case of attack, defend yourself. Never threaten dogs, or livestock.

In case of encountering snakes, the best strategy is to move away. Under no circumstances approach or provoke them.



Attention in the dangerous sections

While hiking you may encounter treacherous paths, swampy or sandy terrain, slippery inclined or abrupt rocks and steps. Also beware of narrow bridges or bridges and paths too close to abysses.

Be always attentive while crossing risky and treacherous hiking segments. Do not stray from the group and always follow the recommendations of the guide or of those in charge.

Beware of bodies of water

Let's enjoy the walk to the river or to the lagoons.

You should not camp on the banks of rivers or streams during rainy season. Floods are unpredictable and carry a high risk.

You can practice fishing and bathe in places near the shores (never during rainy season).

If you don't know how to swim, don't go into deep water.

Refrain from entering water springs or similar water sources to avoid their contamination.

Those who stay on the shore should be vigilant of those bathing.

While watching those bathing, have a rope at hand and, if available, a life preserver.





Beware of thunderstorms

Nothing guarantees safety during a storm. The group should avoid sheltering under tall trees. Never lie down; being in the squatting position with your feet together is the safest approach.

Colombia is one of the 10 (satellite-identified) countries with the highest atmospheric electrical activity (National Lightning Detection Network of the United States, Tucson Arizona, 2019).



Beware of wild fires

Better to bring prepared food in order to avoid igniting a wild fire, more so during dry season when fires can be quite dangerous.

If you happen to light wood or charcoal for cooking, be sure to completely turn off the burning material. Embers and abandoned ashes can restart fire.





Avoid consuming alcoholic beverages and hallucinogens.
Remember something key: Let's pick up the garbage. Recycle!
Let's help conserve fauna and flora by avoiding extracting
them from their natural environment or habitat.

So, if you are ready, let's go and hike our beautiful Earth!

Realization

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