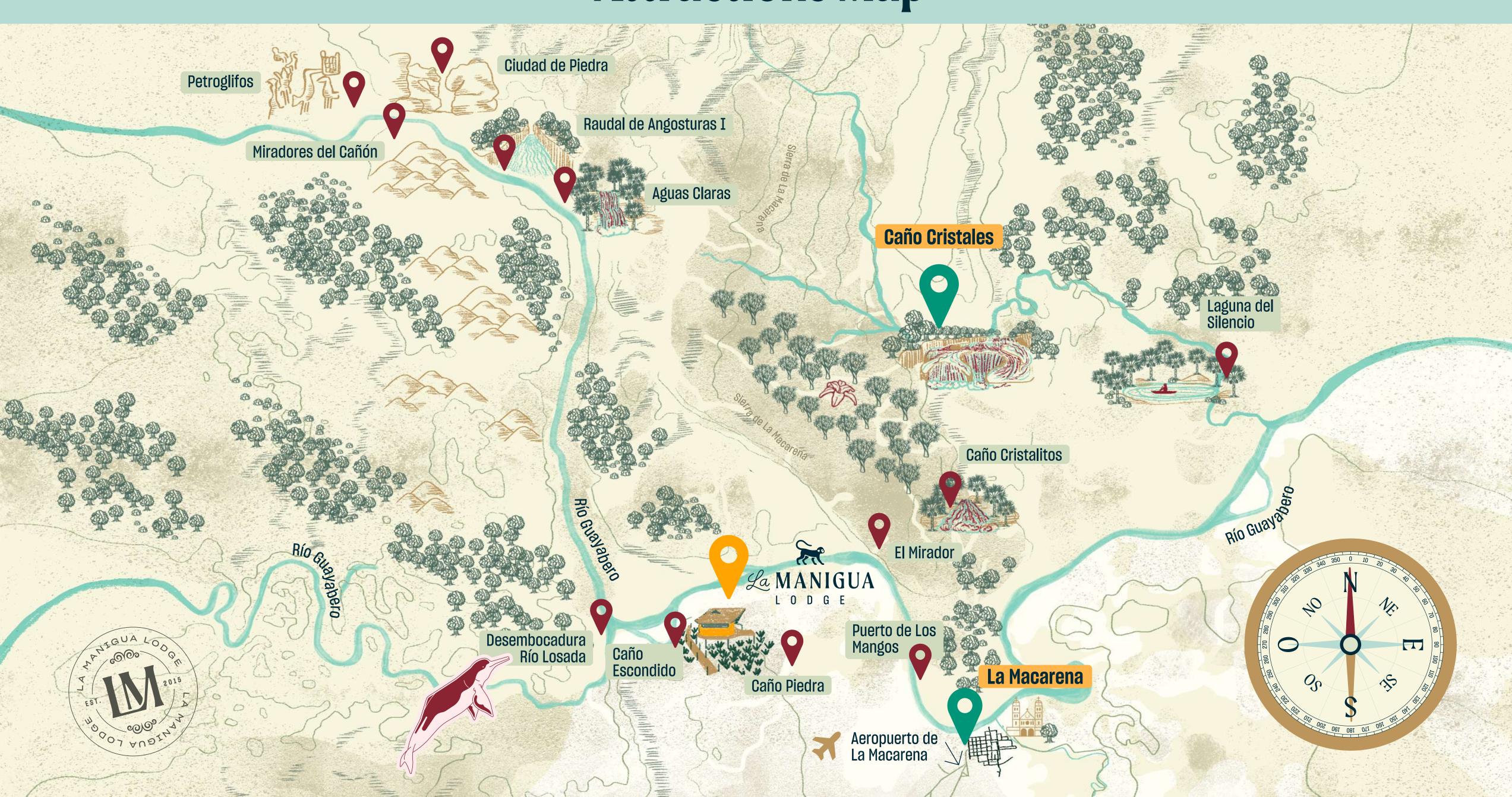


## Attractions Map



### Destination Guide

# RAUDAL DE ANGOSTURAS AND CIUDAD DE PIEDRA (NATIONAL PARK TINIGUA)

Upstream the Guayabero River the complex geography of La Sierra de La Macarena creates a beautiful rock canyon that tightens the flow of this river and delivers a strong and amazing rapid that no one dares to sail During the dry season the rapids are softer and you can enter the canyon inside a boat letting those huge rocks dazzle you and witness the beautiful petroglyphs that ancient cultures like the Tiniguas and Guayaberos left on the side of this river as a memory of their existence before they were banished from their homeland.

During your visit to this natural spectacle, it 's possible to hike to Ciudad de Piedra, a valley of huge stones and strange formations that only the wind, the water and the time could have sculpt Get lost inside a rock labyrinth that belongs to the Guaiana shield, one of the oldest rocks on earth and enjoy the silence of nature while you rest on top of this amazing rocks.

All the hikes are on a semi flat terrain and will have a máximum altitude of 300 masl. Ciudad de Piedra is the best spot to visit , but requires a mid high physical fitness to enjoy it.

#### **PLACES TO VISIT:**

PLACE	DISTANCE / TIME	DIFFICULTY	SEASON
CIUDAD DE PIEDRA	8,4 KM 7 HR	HIGH	COLOR / DRY
AGUAS CLARAS	2,2 KM 5 HR	LOW	COLOR
PETROGLYPHS - MIRADORES DE ANGOSTURAS	3 KM	MEDIUM	DRY
ANGOSTURAS I CANYON	BY BOAT	LOW	DRY



# CAÑO CRISTALES (SIERRA DE LA MACARENA NATIONAL PARK)

The main attraction of La Macarena is Caño Cristales a majestic tributary of the Guayabero River, which owes it's beauty to the colorful aquatic plant Macarenia clavijera beautiful waterfalls and intriguing rock formations To explore Caño Cristales well we recommend to visit it twice, each day you would go to a different trail.

Besides Caño Cristales there's other rivers that have this colorful plant, like Caño Cristalitos Caño Escondido and Caño Piedra All the hikes are on a semi flat terrain and will have a máximum altitude of 300 masl only Caño Cristalitos has a 25 min ascent that's considered of high difficulty Along the hikes you will have time to bathe have lunch and do multiple stops to take pictures of this wonder.



#### **LUGARES PARA VISITAR:**

PLACE	DISTANCE / TIME	DIFFICULTY	SEASON
CAÑO CRISTALES (5 TRAILS)	6 - 12 KM 5 - 7 HR	MEDIUM - HIGH	COLOR
CAÑO CRISTALITOS Y EL MIRADOR	4,5 KM 5 HR	HIGH	COLOR
CAÑO PIEDRA	BY HORSE OR CAR	LOW	COLOR

### Activities



#### SERENADE AT THE RIVER

Flow with the rythm of the Guayabero River while you enjoy the sunset and listen to our local "music, played by a local singer and composer with his 4 string guitar, on a boat that goes paddling slow and silent downstream till you reach again La Manigua Lodge. The "cantos del llano" were declared intangible heritage of humanity and make a very important part of La Macarena's culture.



### CACAO WORKSHOP

Visit our neighbors and have a great moment while they explain to you how they make chocolate from their own cacao crop.

Get your hands dirty while you help them with the process and understand the effort this families have to make to create the chocolate that you probably take at home At the next day you will be able to taste the chocolate that you processed.



#### RIVER SAFARI

The Guayabero river is great for spotting and photographing wildlife like turtles, alligators, different species of monkeys, lots of birds and if you're lucky maybe some nice mammals like tapirs, capibaras or pink river dolphins.

Take your camera and get ready to shoot at any animal that your guide and boat rider points, they will do their best to help you getting the pictures you want This is a full day activity and you will have lunch on the Guayabero river.



### HORSEBACK RIDING

La Macarena is home to different ecosystems since is located in the border of the Amazon and the flat lands of Colombia One of those ecosystems are the natural savannahs, which allow you to enjoy beautiful landscapes and a clear view.

The best way to enjoy the savannahs is by horse and you will have time to bathe at small streams like Caño Piedra or Caño Escondido Horses are very calm and well trained, so you don't need to be an expert to ride one.



## LAGUNA DEL SILENCIO

La Laguna del Silencio is a lagoon that receives all the water from Caño Cristales before it reaches the Guayabero River This place can be reached walking 1 hour aprox or by horse 30 min).

Once you reach the lagoon, a small canoe will be waiting for you to bring you along this beautiful mirror of water surrounded by birds and calm.