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MOUNTAIN
house

RIVER
house

HOTEL AND FAMILY HISTORY:

Dear guest,

Welcome to La Cabaña Eco Hotel, a family business in which we put our hearts and souls.

In the year 2016 we decided to share our weekend houses and dairy farm in the Cocora Valley with people from all over the world, transforming our place into an authentic colombian experience in the midst of the Cocora Valley, one of the most iconic touristic regions in Colombia.

The Mountain house was built between 1907 and 1912, in a style called Antioquian Colonization Arquitecture, which lets our guests sense the culture and history of the colombian countryside. The River house is a modern construction that lets you enjoy the soothing sound of the Quindío river while you read a book on a hammock.

We hope to make your stay a pleasant and unforgettable experience! Please let us know if there is any way we can help you.

Héctor, Lina, Alejandra and María Camila.

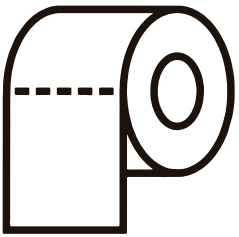
SUSTAINABILITY POLITICS:

The Eco Hotel La Cabaña commits to operate under a sustainable management, by preventing, reducing or eliminating the negative impacts of our facilities or activities, streghtening the bonds between hotel employees, suppliers and guests.

We commit to motivate and train our employees to work according to the sustainable tourism principles and policies, focusing on costumer service, good environmental actions, preventing childen sexual abuse and supporting the preservation of the Coffee Cultural Landscape which is World Heritage.

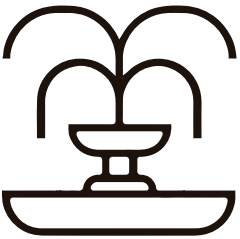
Therefore, we assume commitments of continuous improvement in all areas of sustainability: sociocultural, economic and environmental and in turn we promote the socioeconomic development of Salento, Quindío.

Our Hotel uses a septic tank system, we urge you not to throw any trash or hygiene products into the toilet. Misuse will cause blockages and it can be inconvenient and costly. Thank you for giving it a correct use.



We run our hotel with natural / non treated water. It is not potable so please abstain from drinking it and use the water responsibly. EVERY DROP COUNTS.

We provide a constant supply of clean potable water so that you can refill your existent water bottles and reduce plastic bottle waste.



GENERAL RECOMMENDATIONS

During rainy season, we have available raining boots for all your activities. Feel free to ask for them and we will glady find your size.

We would love to have a solar powered hotel, unfortunately due to weather conditions, it will take us some more time to achieve. We suggest you turn off the lights when you leave the room (this will also help to keep the insects out).

If the weather played a trick on you and you got wet, we ask you the favor of not hanging the clothes in the corridors. You can give it to us and we'll put it in a special place to dry it.

ACTIVITIES:

HAS A COST

LOW DIFFICULTY

MEDIUM DIFFICULTY

HIGH DIFFICULTY

YOU MUST BOOK

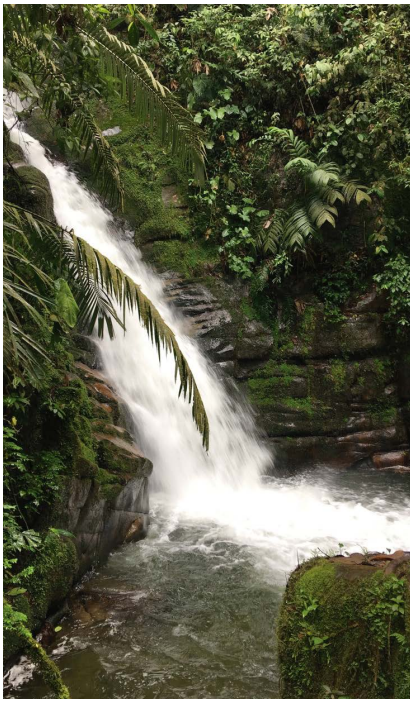
COCORA VALLEY

RESERVED

4 to 6 hour hike on the touristic área of the Cocora Valley, where you can walk trough the tallest palm trees in the world, and the fog forest, with all its diversity, among which, if you are lucky, you could see the andes condor and many different hummingbird species.

Guided tour:
6 hour tour (includes transportation and snacks)
$250,000 - 2 PAX $320,000 4 PAX

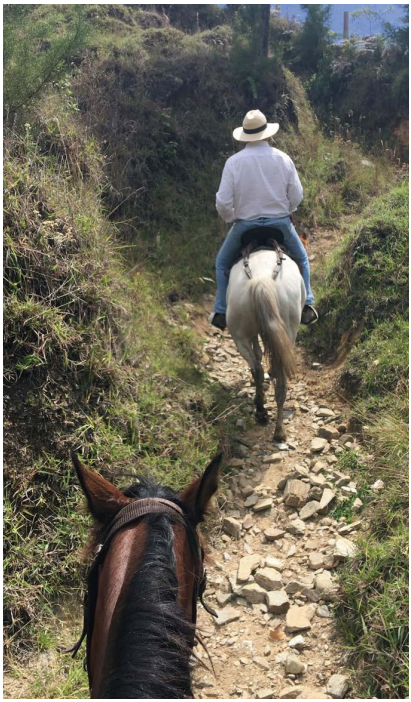
How to get there?
Public Jeep: from 6:30 to 5:30 every hour - $4,000 each
Private Jeep: Anytime $35,000 / Car. (Max 10 people)



HORSEBACK RIDE SANTA RITA WATERFALL

Trail with exclusive use for our guests at La Cabaña. Riding by the Quindío River, across some dairy farms, you will cross rivers, tunels and hanging bridges to get to a natural waterfall, where you can enjoy the cold water for a while before coming back to the hotel.

$90.000 COP per person
1:30 - 2 hours



HORSEBACK RIDE THE TOP

Ride up the mountains in our own horses to the highest pastures of our farm. You can enjoy the view of the cocora valley from the top of the andes mountains, then come back down again through a different track.

$60.000 COP per person
1-1:30 hours

TOUR IN THE FOG FOREST: HISTORY, CULTURE AND BIRD SIGHTING

RESERVED

A guided tour through our fog forests by a biologist and an ecologist, where you can learn about the history of the Cocora Valley, the colombian culture, fauna and flora, while you look out for some of the 152 species registered at La Cabaña.
2-3 People *$160,000* COP / each
4-6 People *$120,000* COP / each
Departure Time: 6:30 AM or 3:00 PM

WALK THROUGH THE MOUNTAINS

Hike our mountain and fog forest forest trail, where you can see the wax palm tree in its original habitat and many other plant and animal species. It is a loop, so you will end up at the hotel without having to come back the same way.
Take a detour and you can also go to Salento
Aproximate time: 1.5 hours.

COFFEE TOUR OCASO TRADITIONAL TOUR

Tour around a coffee plantation, its processes, and a cup of delicious coffee.
Time Lenght: 1.5 hrs.
Price: $20,000 pesos.
Times: English: 9, 11, 12,13,14,16
Spanish: 10, 15

COFFEE TOUR OCASO PREMIUM TOUR

Get a deep understanding of the coffee process. Learn about production while walking between coffee trees. End up in the coffee lab tasting different coffees.
Time Lenght: 3 hrs
Price: $68,000 pesos.

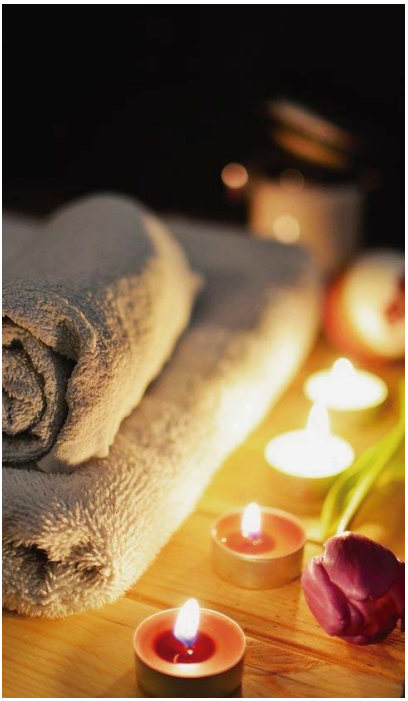
Public Jeep: $6,000 each (round trip). Leaves from Salento 30 minutes before the tour time.
Private Jeep: $39,000 from La Cabaña. Max. 10 (one way)

VISIT SALENTO

Key locations:
Main Square
Calle Real - Main street
Mirador de Salento-Lookout point
Tejo Playing - Bar "Los Amigos"

5 minutes by car or 30 minutes by foot

Public Jeep until 6:30 pm
($1.000 / per person)
Private Jeep until 10:00 p.m
($12,000 / car)



MASSAGE

With hollow bamboo and seed tecniques, handcrafted oils. Depending on the time and weather, it can be in your room or in a special location by the river.

Full Body Massage
1 hour $120,000 pesos

Back Massage
30 minutes $80,000 pesos

MILK A COW

Just a short walk from the hotel, you will find Don Pepe, our milking expert in a little tent with our cows. He can show you all te milking process and can even let you milk a cow on your own. Dont forget to bring a glass

Milking Hours:
2:30 AM a 4:30 AM
12:30 PM a 2:30 PM

OTHER TOWNS

Filandia
Buenavista
Pijao
Calarcá

OTHER ACTIVITIES

La Carbonera
Volcán El Machín
Juego de Tejo, Billar
Jardín Botánico-Calarcá - Café de Carlos
Recuca (Visita a la cultura del café)
Tour Kasaguadua
Plantación de aguacate
Aguas termales (Termales de Santa Rosa, Termales de San Vicente)
Panaca
Parque Nacional del Café

MENÚ

GRANOLA

LOMO AL TRAPO

TAMAL

BANDEJA PAISA

Our kitchen is lead by people born and raised in the coffee region, with recipes that have been passed on for several generations. We let them cook with the same love and flavor as they would for their own families.

Breakfast Buffet
7:30 a.m. to 10:00 a.m.

Restaurant
Open all day.
We receive orders until 8:00 p.m.

**Liquour that is bought outside the hotel must be authorised by the management, if we don't have the one of your preference ask us about corkage fees.*

DRINKS

Mango
Soursop
Lulo
Pineapple
Strawberry
Blackberry
Tropical (Pineapple, Papaya and Melon)
Sour Goaba
Lemonade
Coconut Lemonade

(Have them made in water or in our own produced
milk for a great smoothie)

$4,000 In Water
$5,000 In Milk

$3,000 Coca Cola
$5,000 Cerveza Club Colombia (lager)
$7,000 Cerveza Artesanal (Ale Regional Craft Beer)

SNACKS

$8,000 ***Empanadas –*** Fried corn pastries filled with meat and potatoes. (8 Units)

$6,000 ***Patacones –*** Flat fried plantains with guacamole. (2 Units)

$15,000 ***Granola/Yogurt Bowl –*** Our seasonal fruit with fresh homemade yogurt and granola

COLOMBIAN TRADITIONS

$25,000 **Garlic Trout -** Baked in creamy garlic sauce served with patacones and salad.

$20,000 **Grilled Trout -** Served with patacones and salad

$22,000 **Bandeja Paisa –** A tray with a little bit of everything. Beans, rice, chorizos, ground beef, chicharrones (fried pork belly), patacones, avocado and a fried egg as topping.

$15,000 **Tamal –** From the neighboring region of Tolima, a mixture of corn, vegetables and pork ribs cooked inside a banana leaf.

$12,000 **Chorizos –** 2 chorizos served with some traditional arepa and tomato.

INTERNATIONAL

$18,000 ***Grilled Chicken –*** Served with french fries and salad.

$20,000 ***Fetuccine Carbonara –*** Creamy carbonara with bacon, egg yolks and a tasty and crunchy onion.

$20,000 ***Serrano-Brie Sandwich –*** In a soft craft bread with apple slices to give it a fresh crunch.

SPECIAL (special days / more than 6 people)

$35,000 ***Lomo al trapo –*** Our all time special colombian BBQ. Beef tenderloin and pork loin made in the firepit and served with tomato salad, potatos, guacamole and chimichurri. If you are lucky some live Colombian music for dessert.

VEGETARIAN

$18,000 **Vegetarian Bandeja paisa –** The same little bit of everything Colombian tray has its vegetarian

$12,000 ***Pesto sandwich -*** Pesto, fresh tomatoes and mozzarella cheese.

$18,000 ***Mediterranean Pasta -*** Mushrooms, tomato and basil.

OUR PRODUCTS

We cultivate and produce a wide variety of products in our own farms to guarantee the best quality and freshness.

LA CABAÑA
ECO • HOTEL

Fresh cheese, ricotta cheese, butter, milk, yogurt, desserts.

LA ESPERANZA
AVOCADO • FARM

Hass avocado and honey.

SAN FERNANDO
COFFEE • FARM

Organic eggs, specialty coffee and fresh flowers.

SANTA ISABEL
FRUIT • FARM

Coffee, bananas, avocado, oranges, tangerines and many more tropical fruits.

COFFEE

Produced in our own coffee plantations in the city of Santa Rosa de Cabal, this coffee has an intense fragrance of red berries. It's a sweet coffee with flavors of chocolate, a medium acidity and a balanced creamy body. We have it available whole or ground.

$ 18,000 COP
1 pound - 450g
$ 10,000 COP
1/2 Pount 250g

WATER BOTTLES

We boycott the plastic: we do not benefit from the water bottles

In Colombia, only 26% of plastic bottles are recycled.

We want to help you be a responsible tourist, providing drinking water all the time to refill your bottle and reduce plastic waste.

$ 20,000 COP

LAUNDRY:

We collect rainwater and use biodegradable products to wash your clothes

COP $ 6,000 x kg.

Use the bag in your room designed especially for this and we take care of returning it clean in the shortest time possible.

If there is a special care item, tell us to take care of it as much as you would.

TRANSPORTATION:

SALENTO - FILANDIA

8:40 AM - 9:40 AM - 11:40 AM - 2:10 PM - 4:10 PM - 6:00 PM

FILANDIA - SALENTO

8:30 AM - 9:30 AM - 11:30 AM - 2:00 PM - 4:00 PM - 6:00 PM

$5,500 COP
*Ask us for help to manage your reservation.

SALENTO - MEDELLIN (DIRECT)

8:00 AM
10:00 AM
4:00 PM

$48,000 COP

*You can buy the ticket through www.redbus.co or ask us for help to manage the reservation.

SALENTO - RIOSUCIO - JARDIN

7:50 AM

SALENTO - PEREIRA

7:00 AM, 7:50 AM, 9:00 AM, 10:00 AM, 11:00 AM, 12:00 PM
12:50 PM, 1:50 PM, 2:50 PM, 4:00 PM, 5:00 PM, 5:50 PM, 7:00 PM, 8:00 PM

*Ask us for help to manage your reservation.

SALENTO - ARMENIA

Every 20 minutes
From 6:00 AM to 9:00 PM

$4,500 COP

LA CABAÑA
ECO•HOTEL

Valle de Cocora

2018 CERTIFICADO de EXCELENCIA tripadvisor

cotelco
Asociación Hotelera y Turística de Colombia
CAPÍTULO QUINDÍO

Guest Review Awards 2017
Ecohotel La Cabaña
9,7
Booking.com