

EXCURSIONS



LAS ISLAS.....

BARÚ - CARTAGENA DE INDIAS



VISIT TO THE NATIONAL AVIARY (AVIARIO NACIONAL)



ROUTE

Hotel Las Islas - Aviary - Hotel Las Islas

COP 650 000

TIME: 3 hours

Tour the 7 environments, 21 exhibitions, and over 1800 birds of 138 different species. In addition, every day at 11:30 a.m. there is a birds-in-flight show.

INCLUDES:

- Private guide
- Bottled water
- Tickets to the Aviary
- Hotel Las Islas - Aviary - Hotel Las Islas transfers by car, road conditions allowing. Otherwise, a speedboat transfer is provided to Punta Iguana, followed by a car transfer.

RECOMMENDATIONS:

- Wear comfortable clothing
- Apply sunscreen
- Take a hat

CONDITIONS:

- Price is for a two-guest tour
- Please reserve with at least 12 hours' notice



SNORKELING TOUR



ROUTE

Hotel Las Islas - Islas del Rosario - Hotel Las Islas

COP 150.000 (per guest)

TIME: 1 hour

The tour departs from the hotel dock, from where guests are transferred to the snorkeling spot within the Corales del Rosario National Park.

INCLUDES:

- Basic snorkeling equipment (snorkel mask, tube, and flippers)
- Speedboat transfer
- Maximum capacity of 10 people

RECOMMENDATIONS:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat

TERMS AND CONDITIONS:

- Departure times: 8:00 a.m. and 10:00 a.m.
- Please reserve with at least 12 hours' notice
- Up to 10 guests per tour



ASTROTOUR



PLACE

Solarium

INCLUDES:

- Observation of celestial bodies
- Assistance from hotel recreation staff

ASTRONOMY

Our observation center has a cutting/edge Celestron CGX-L telescope from which you can observe planets, satellites, nebulae, and galaxies that lie near the Milky Way.

TERMS AND CONDITIONS:

- 7:00 p.m. - 9:00 p.m
- Please reserve this tour with notice
- Subject to weather conditions and availability
- Free of charge: A courtesy for hotel guests

GUIDED ASTROTOUR

2-night program with observations guided by expert staff

PRICE: COP 450.000 per night, per two-guest bungalow



ISLAS DEL ROSARIO OCEANARIUM



ROUTE:

Hotel Las Islas - Oceanarium -
Hotel Las Islas

PRICE: COP 550.000 per bungalow
(Private speedboat COP \$ 750.000)

INCLUDES:

- Guide
- Tickets to the Oceanarium
- Bottled water

The Oceanarium has facilities on San Martin de Pajarales, part of the Rosario Islands archipelago, where visitors can appreciate the flora and fauna of the Caribbean Sea.

Over 1000 animals of 100 species can be seen in their natural habitat, semi-captive in marine environments. Dolphin and nurse shark shows are offered as well. This tour is available every day.

TERMS AND CONDITIONS:

- Departure time: 9:00 a.m.
- Please reserve with at least 12 hours' notice
- Speedboat transfers (up to 10 guests)

RECOMMENDATIONS:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat

TIME:

- 2 hours (approximately)



YOGA CLASSES

“Feel, think, do”



BENEFITS

Detoxifies the body and soul, aligns energies, releases stress, and focuses the mind

Activity subject to instructor availability

Enjoy reconnecting with yourself through the practice of yoga and breathing exercises:

- 1 - Short meditation to align energies and calm the mind
- 2 - Warm-up and getting in touch with our bodies
- 3 - Asanas (yoga poses)
- 4 - Savasana – final meditation

SELF-REFLECTION:

- I will be honest and truthful with myself
- I will accept myself as I am
- I will not compare myself with anyone
- Each of us is unique and experiencing our individual journey; we trust that each experience happens at the right moment in time

RECOMMENDATIONS:

- Wear comfortable clothing
- Bring an open and confident mind

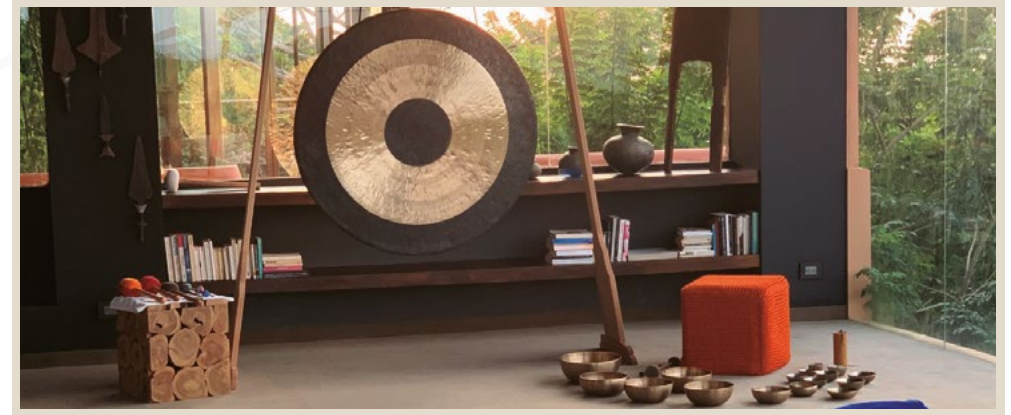
TIME:

- Hatha Yoga and Restorative Yoga: 90 - 120 minutes
- Pranayamas and meditation (60 minutes)



SOUND HEALING WITH THERAPEUTIC SINGING BOWLS AND GONG

“Work body, mind, and soul”



BENEFITS

Restore cells to a state of harmony
Complimentary to hotel guests

The gong is an ancient instrument that is used in sound therapy and meditation to harmonize the body, mind, and soul—delivering a personal, unique, and unforgettable experience.

The power of each gong therapy session lies in its holistic resonance, which allows participants of all ages and physical conditions to experience it, independent of prior meditation experience.

RECOMMENDATIONS:

- Wear comfortable clothing
- Bring an open and confident mind
- Activity not suitable for those with pacemakers and/or those who suffer from epilepsy
- Maximum capacity: 5 people

TERMS AND CONDITIONS:

- 10:30 a.m.
- Previous reservation
- Subject to availability

TIME: 30 minutes



TRANSFER TO ISLETA



ROUTE

Hotel Las Islas - Isleta - Hotel Las Islas

INCLUDES:

The transfer to Isleta is offered as a courtesy for hotel guests and may be booked with Guest Services.

5 minutes away by boat

This private island belongs to Hotel Las Islas. It has a white sand beach from which guests can enjoy snorkeling, kayaking, paddle boarding, among others.

3-person boats or speedboats will be at guests disposal for transfers, prior reservation.

TERMS AND CONDITIONS:

- Hours: 9:00 a.m. to 3:00 p.m.
- Please reserve this tour with notice
- Subject to island availability

RECOMMENDATION:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat



MANGROVE TOUR



ROUTE

Hotel Las Islas – Mangrove zone - Hotel Las Islas

COP 170 000 por boat

TIME: 1 hour

Local guides take you for a tour of the mangroves near the hotel, an ecosystem rich in endemic flora and fauna.

TERMS AND CONDITIONS:

- Hours: 9:00 a.m. to 4:00 p.m.
- Please reserve this tour with notice
- Up to 2 guest per transfer
- Subject to speedboat availability

RECOMMENDATION:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat



NIGHT TIME BIOLUMINESCENCE TOUR



ROUTE:

Hotel Las Islas – Cholón -
Hotel Las Islas

TIME: 1 Hour

RECOMMENDATIONS:

Wear comfortable clothing and a water shoes

Tour of the beaches near Cholón where you can observe the bioluminescent plankton from the shallow waters upon white sand, a short distance from the mangroves.

The plankton observation tour is offered as a courtesy for hotel guests and may be booked with Guest Services.

TERMS AND CONDITIONS:

- Available from 7:30 p.m. to 8:30 p.m.
- Subject to weather conditions
- Please reserve this tour with notice

PRIVATE TOUR:

A private plankton observation tour may be booked with Guest Services with at least 6 hours' notice.

PRICE COP 450.000

- Up to 8 guests per speedboat

- From 7:30 p.m. to 8:30 p.m.
- Includes beverages on board (water and Coca Cola, Zero and regular)



VISIT WITH THE LOCALS GUIDES



ROUTE

Hotel Las Islas – Barú -
Hotel Las Islas

COP 150 000 Walking tour (per bungalow)
COP 170 000 Bicycle tour (per bungalow)

INCLUDES:

Privatel environmental guide

TIME:

2 hours

Excursions to the nearby town of Barú with local nature guides.

TERMS AND CONDITIONS:

- Please reserve with at least 12 hours' notice

RECOMMENDATION:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat



COOKING CLASS



PLACE:

Choco Restaurant

INCLUDES:

- Ingredients
- Cooking utensils

Taught by a local cook from Barú. Learn how to prepare regional dishes such as ceviches, Caribbean cocktails, and fried finger food.

TERMS AND CONDITIONS:

- Classes are held Monday through Friday from 4:00 to 5:00 p.m.
- Bookings are for a minimum of two and a maximum of five guests
- Classes are free of charge for guests
- Please reserve with Guest Services with notice
- Subject to availability

PRIVATE CLASSES:

A 24 hours notice is required to schedule private cooking classes. Please inform Guest Services team

PRICE: COP 450.000
for two, plus taxes

- For children under twelve, the price is COP 75.000, older children will be billed as adults
- Up to 8 people per class
- From 4:00 p.m. to 5:00 p.m.
- Does not apply on weekends, holidays or for groups
- Includes: A welcome drink; the mixing of a cocktail (chef's choice); and preparing a paella, ceviche, and coconut rice



**EXCURSIONS
BY LAND AND SEA**



TOUR OF THE ROSARIO ISLANDS



ROUTE

Barú - Rosario Islands -
Barú

INCLUDES:

- Captain
- Private guide

RATE: COP 1 850 000 per bungalow

The Rosario Islands Archipelago is a group of isles of every size with pristine waters and a fantastic coral reef. With this tour you will enjoy a panoramic introduction to the islands, visiting Isla Arena or Casimba, as well as snorkeling or diving.

TERMS AND CONDITIONS:

- Time of departure: 9:00 a.m.
- Please reserve with at least 12 hours' notice
- Meals, snorkeling, and diving plans at an additional cost
- Transfers by private speedboat (up to 10 guests)

RECOMMENDATIONS:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat

TIME:

3 hours (approximately)



TOUR OF THE SAN BERNARDO ARCHIPELAGO



ROUTE

Barú - San Bernardo
Islands - Barú

INCLUDES:

- Speedboat transfer
- Non-alcoholic beverages (water and soda)

RATE: COP 2 800 000

The San Bernardo Archipelago is a hidden jewel of the Caribbean Sea comprised of ten islands in the Gulf of Morrosquillo: Boquerón, Cabrana, Ceycén, Mangle, Múcura, Palma, Panda, Tintipán, Wonder, and the mostly man-made island of Santa Cruz del Islote. We will visit Santa Cruz del Islote, famously one of the most densely-populated islands in the world. It is home to about 1000 people, 65% of which are underage.

This population shares just six surnames and lives in 97 houses. This floating hectare enjoys solar power from photovoltaic cells donated by the Japanese government. The trip includes a panoramic tour of some of the other islands as well, a paradise of white sand beaches and pristine waters.

TERMS AND CONDITIONS:

- Departure at 8:00 a.m. and return at 1:00 p.m.
- Please reserve with at least 12 hours' notice
- Transfers by private speedboat (up to 12 guests)

RECOMENDATION:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat

TIME: 5 hours (approximately)



TOUR OF CARTAGENA



<p>ROUTE</p> <p>Hotel Las Islas - Cartagena - Hotel Las Islas</p> <p>RATE: COP 1 600.000</p>	<p>INCLUDES:</p> <ul style="list-style-type: none">- Land transportation in Cartagena- Bilingual tour guide- Bottled water- Tickets to the San Felipe Fort, San Pedro Church, and the Historical Museum
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- Visit to the San Felipe Fort, the largest Spanish fortifications in the New World. The walking tour includes a visit to the castle's underground tunnels and galleries
- Visit to the Cuartel de la Bóvedas, between the bastions of Santa Clara and Santa Catalina, which is home to several attractive art galleries and crafts shops
- Visit to the old town, with a panoramic tour of its walls and places of historical and architectural value, such as the San Pedro Claver Church and the Historical Museum

TERMS AND CONDITIONS:

- Recommended departure and return times: 9:00 a.m. and 3:30 p.m.
- Price is for a two-guest tour
- Please reserve with at least 12 hours' notice

RECOMMENDATIONS:

- Wear comfortable clothing
- Wear sunscreen
- Take a hat

TIME: 6 hours (approximately)





Hotel Las Islas is located near the Corales del Rosario and San Bernardo National Park—all the comforts you need in the midst of the arresting natural beauty of the Colombian Caribbean.

LA TIBURONA - PADI DIVING CENTER

Among our amenities is a diving center for beginners and seasoned divers. Here our guests are given the opportunity to discover the marine universe of the Corales del Rosario and San Bernardo National Park, a haven for coral and reef fish.



DIVING PLANS AND COURSES

MINI DIVING COURSE

Ideal experience for those who wish to dive and explore the waters of the Colombian Caribbean for the first time.

The activity is divided in two moments; after confirming your reservation, a pool practice is needed. You will receive the necessary training before diving in the sea: you will learn how to use the diving equipment, develop skills that will allow you to dive safely and learn sign language to communicate yourself properly underwater with your instructor, this class is scheduled at 9:00 a.m. in the Club House pool.



After completing the pool practice, the official dive is about to start! The same day you will visit the waters of one of the most emblematic national parks of the Colombian Caribbean: **Islas del Rosario and San Bernardo**, where you will dive in the water at a depth of no more than 8 meters along with your scuba instructor.

Please note the dive experience can last between 35 or 45 minutes.

\$420,000 per guest

RECOMENDATION

You can dive IF: If you are over 12 years old, if you do not have recent surgeries, if you do not suffer from respiratory diseases, such as asthma and/or cardiovascular diseases. If you have had ear, nose, lung or heart surgery, you need to bring your doctor's permission to dive.



OUTINGS FOR CERTIFIED DIVERS

FIRST DAY:

- Confirmation or reservation at the hotel reception
- Forms filled out and diving equipment fitted at La Tiburona Diving Center

SECOND DAY:

- We meet at the hotel dock at 9:00 a.m. and depart for diving points
- Two open water immersions from boat in the company of a diving professional
- Return to the hotel at 11:30 a.m.

PRICE:

COP 380 000 per person

DESCRIPTION:

Two recreational open water immersions at two different points, selected according to weather conditions: walls, shallow waters, and sunken ships. This activity is offered in the Colombian National Park with the greatest coral reefs, a natural reserve filled with life and color. Reservations can be made before your arrival or at the hotel reception.

BASIC DIVING COURSE

FIRST DAY:

- Confirmation or reservation with the hotel concierge before 2:00 p.m.
- Forms filled out and diving equipment fitted at La Tiburona Diving Center
- Theoretical and practical training in the Club House pool at 2:30 p.m.

SECOND DAY:

- We meet at the hotel dock at 8:00 a.m. and depart for diving points
- Two open water immersions from boat in the company of a diving professional
- Return to the hotel at 12:30 p.m.
- Should it be necessary, further training is offered in the Club House pool at 3:00 p.m.



THIRD DAY:

- We meet at the hotel dock at 8:00 a.m. and depart for diving points
- Two open water immersions from boat in the company of a diving professional
- Return to the hotel at 12:30 p.m.
- A provisional PADI certificate is issued—the original will be mailed directly to your home address by PADI in the United States

PRICE: COP 2 455 000 per person

DESCRIPTION:

Includes theoretical lessons downloadable to your computer, tablet, or phone. Once the theory is learned, in only two days you may complete the practice required for certification in the pool and in open water immersions.

ADVANCED DIVING COURSE

FIRST DAY:

- Confirmation or reservation with the hotel concierge before 2:00 p.m.
- Forms filled out and diving equipment fitted at La Tiburona Diving Center
- Theoretical and refresher training in the Club House pool at 3:00 p.m.

SECOND DAY:

- We meet at the hotel dock at 8:00 a.m. and depart for diving points
- Two open water immersions from boat in the company of a diving professional
- Return to the hotel at 12:30 p.m.
- One night immersion (optional, subject to weather conditions)



THIRD DAY:

- We meet at the hotel dock at 8:00 a.m. and depart for diving points
- Two open water immersions from boat in the company of a diving professional
- Return to the hotel at 12:30 p.m.
- A provisional PADI certificate is issued—the original will be mailed directly to your home address by PADI in the United States

PRICE: COP \$1 900 000 per person

DESCRIPTION:

Includes theoretical lessons downloadable to your computer, tablet, or phone. Once the theory is learned, in only two days you may complete the practice required for certification in the pool and in open water immersions.





General conditions for activities at Hotel Las Islas

Unión Temporal Hotel Las Islas, operated by Grupo Aviatur

These plans cannot be combined with other promotions or discounts. The Unión Temporal Hotel Las Islas, operated by Grupo Aviatur, is subject to the liabilities established by Law No. 300-1996, D.R. 1075/97, Decree No. 1074-2015, and all the standards and regulations that modify, add to, or reform these.

Product quality is subject to the terms and conditions of each provider, and changes to reservations, no shows, cancellations, and other events are subjects to their corresponding terms and penalties.

Prices advertised in any currency other than Colombian pesos are billed at the exchange rate applicable on the date of payment. Taxes are subject to change without prior notice.

The hotel is not responsible for permission to enter or exit a country being denied, visas being denied, illness suffered by travelers, mitigating circumstances, force majeure, legal troubles, among other events and occurrences beyond its purview. The hotel reserves the right to make changes to itineraries, departure dates, excursions, and others as necessary to guarantee the supply of services.

Plans do not include personal expenses or services not described in the plan. For more information, please consult the travel advisor or the web site www.lasislas.com.co. RNT Aviatur: 438; RNT Hotel Las Islas: 52843. The exploitation and sexual abuse of minors are sanctioned administratively and criminally with incarceration, according to Law No. 679-2001 and Law No. 1336-2009.

Prices as advertised do not include the 19% value added tax, applicable to Colombians.



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RESERVATIONS

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