



Quindío · Eje Cafetero · Colombia

Salento

Traveler's guide

The Cocora valley and its 60-metre wax palms, coffee farms, trekking to Los Nevados and colourful villages in the heart of the Coffee Triangle.

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Nature

Salento, at 1,900 m in Quindío, is the gateway to the Cocora valley, where wax palms, Colombia's national tree, reach 60 m in the mist. Behind it, Los Nevados National Park climbs to the Nevado del Tolima (5,215 m) through frailejón páramos; around it, coffee hills, cloud forests with toucans and hummingbirds, and villages with colourful balconies like Filandia.



Activities

- Cocora valley loop (5 hours) to the Acaime hummingbird reserve and the palm groves
- 3 to 5-day trek to Los Nevados: Cocora valley, Paramillo del Quindío and Nevado del Tolima
- Coffee farms: tour, harvest and tasting at Ocaso, El Recuerdo or the family farms around town
- Horseback rides through the valley and farms, cycling to Filandia and the viewpoint
- Birdwatching in the Quindío forests, tejo in the village bars, trout in Cocora

When to go

All year, with possible afternoon rain. December to February and July to August are drier and clearer for seeing the snow peaks. Reach Cocora early in the morning before the mist rises.

How to get there

Armenia (AXM, 45 minutes) and Pereira (PEI, 1 h 15) airports, with flights from Bogotá and Medellín. Buses from Armenia every 30 minutes; from Bogotá or Medellín, 7 to 8 hours. Willys jeeps to the Cocora valley leave from Salento's main square (30 minutes). Los Nevados treks leave from Salento with a guide.

Activities in this destination

Trekking · Volcano · Rafting & hydrospeed · Kayak, sailing & fishing · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Mapuche culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family & inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling

Experiences

No experiences published in Salento yet Are you a guide here? Create your free profile and be the first to appear.

Guides

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Photo gallery



Calle 5, Salento 03 · Bernard Gagnon · CC BY-SA 4.0 · Wikimedia Commons

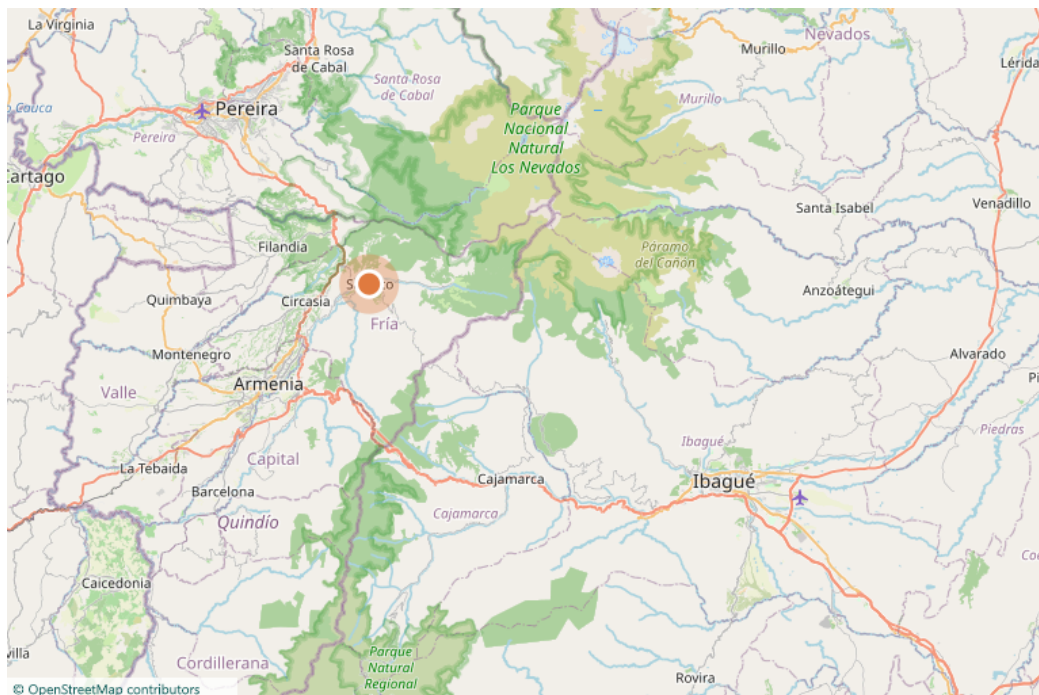


Calle 7, Filandia 01 · Bernard Gagnon · CC BY-SA 4.0 · Wikimedia Commons



Panel Parque Los Nevados · Xemenendura · CC BY-SA 4.0 · Wikimedia Commons

Map · Salento



4.6372, -75.5706 · Directions in Google Maps

How to book with a local guide

Choose your experience → Request your date → Experience Salento

Send your request and the guide contacts you directly with availability and price.

<https://www.trekonda.com/en/experiencias/salento>

Contact platform: each guide provides the service.