

Islands in Time

To the table mountains in the Gran Sabana

22-day cycling tour of Venezuela in cooperation with welt.bike



Travel highlights at a glance

On our three-week cycling tour, we will discover the diversity of one of the most beautiful countries on earth: Venezuela. Wildly romantic Caribbean beaches, impenetrable mountain cloud forests and the endless expanses of the Gran Sabana with its mystical table mountains await us.

A journey that combines diversity.

Get the map



Our destinations at a glance

1. Caracas and Valencia – Modern metropolises steeped in history

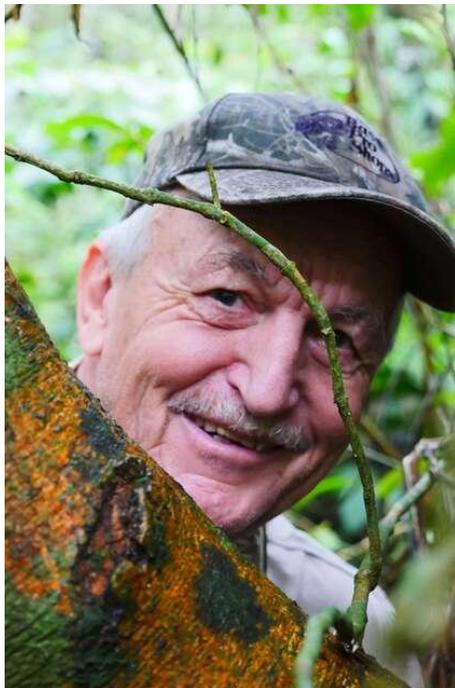
Cultural diversity: Discover colonial and modern Caracas like the locals do.

2. Santa Teresa – Visit one of the best rums in the world

Quality and tradition since 1796: discover the unique Solera process.

3. Coastal Cordillera mountain cloud forest

Ecological showcase project: Visit the Eco-Posada Casa Maria, a sustainable retreat. Cocoa experience: Discover how the bean is transformed into the finest chocolate – a treat for all the senses.



4. Caribbean coast – dream beaches and cocoa culture

Pure relaxation: enjoy palm-fringed beaches in Henri Pittier National Park.
Island life on the mainland: visit Chuao, famous for its high-quality cocoa.

5. Gran Sabana – Land of tepuis and endless expanses

Pure nature experience: Gran Sabana is a magical land full of contrasts: vast savannahs, golden grasslands and the majestic tepuis, ancient table mountains that act as bridges between heaven and earth. A place that touches not only the senses but also the soul.

6. Costa Verde

Unspoilt nature: Wildly romantic beaches where turtles are at home. An insider tip!

Key data

Services included

21 nights' accommodation in a double room; 21 breakfasts, 6 dinners

All transfers within the country and entrance fees as stated in the itinerary; drinking water

Qualified welt.bike tour guide, support vehicle, mechanic and first-aid assistant

Services not included

Single room supplement €690 (single rooms subject to availability)

Bicycle hire €450 for the entire tour, on request

Flights from Germany to Caracas and back. (We are happy to assist with booking flights.)

Other meals/drinks; tips



Travel date

Date from ... to	Price
20.11.2027 – 11.12.2027	€ 4.595,-
single room supplement	€ 690,-
Active days on the bike	15 days
Kilometres travelled by bike	630 km
Rental bicycle	450,- Euro
Local cooperation partners	@biciurbanave

Group size: 6 – 14 persons

Travel itinerary

Saturday, Day 1: Arrival in Caracas and initial exploration

Our plane lands in Maiquetía around noon, and the tour bus takes us to our accommodation in just over thirty minutes. After checking in, we set off on a walk through the historic centre of Caracas: via the Panteón and Plaza Bolívar, we reach Plaza El Venezolano, a popular dance venue for the Caraqueños. We end the evening in a long-established Spanish tasca.

Afternoon: Walking tour of the historic centre of Caracas

Dinner: Posada de Cervantes (Spanish cuisine with a focus on seafood, mid-range prices)

Pick-up at Maiquetía Airport, Caracas; overnight stay at Hotel La Floresta (or similar), Altamira, Caracas; city tour; dinner



Sunday, Day 2: Caracas bella

Every Sunday morning, the Cuta Mil urban motorway is closed to motorised traffic. We take advantage of this opportunity to test our bicycles up here, with a fantastic view of the city. Afterwards, we cycle through the city, mostly on separate cycle paths:

Tour 1: Via the Cuta Mil of Altamira San Bernadino and back (8 hours, first try out of the bikes; various sightseeing stops)

Start and end point: Hotel La Floresta, Caracas; distance: 30 km, mostly flat. Along the route: Ávila entrance 'Sabas Nieves'; San Bernadino; Parque Central; Parque Los Caobos; Plaza Francia

Overnight stay at Hotel La Floresta; breakfast

Monday, Day 3: From Caracas over Mount Ávila to the sea

Today we are going on a full-day trip to the coast: from our accommodation, it is only a short distance to Ávila National Park. This mountain range, which reaches heights of up to 2,500 metres, lies between Caracas and the Caribbean coast. We are completely alone on the old country road, enjoying nature and the views of the city and the Caribbean. Along the way, we pass abandoned settlements and old Spanish forts. Once we arrive at the coast, a warm swim in the Caribbean beckons.

Tour 2: From El Silencio via the old country road to the coast at La Guaira (9 hours)

Starting point: Hotel La Floresta, Altamira, Caracas; End point: Plaza Bolívar, La Guaira; Distance: 35 km, including 7 km of ascent; Return transport by bus

Overnight stay at Hotel La Floresta; breakfast



Tuesday, Day 4: The fertile valley of Aragua

We leave Caracas by bus and after an hour's drive we get on our bikes. Through the fertile Valle de Aragua (Aragua Valley) we reach the Santa Teresa rum factory, where we take part in a cocktail workshop. We continue via La Victoria and pass a former sugar cane factory belonging to the Bolívar family before boarding our bus again in La Encrucijada. After around 2.5 hours, we reach our accommodation for the next few days, the Ecoposada Casa Maria in the mountain cloud forest of Canoabo.

Tour 3: From Las Tejerias via the old country road to La Encrucijada (6 hours)

Starting point: Las Tejerias; End point: La Encrucijada; Distance: 40 km, flat

Overnight stay at Ecoposada Casa Maria, Canoabo, Carabobo; breakfast and dinner included

Wednesday, Day 5: Cocoa and hummingbirds

In the morning, we will take a bike trip to the ecologically managed San Cayetano cocoa plantation. Here, we will walk through the entire process from cocoa bean to finished chocolate bar. In the afternoon, we will visit a hummingbird station.

Tour 4: From Casa Maria to Valle de Canoabo and back (6 hours)

Starting and ending point: Casa Maria; turning point: San Cayetano cocoa plantation; distance: 25 km, slightly downhill

Along the route: San Cayetano cocoa plantation and Chocolate Canoabo chocolate production; guided tour of the village of Canoabo; swimming spots on the river

Afternoon: Excursion to the hummingbird station (by mini jeep)

Overnight stay at the Ecoposada Casa Maria; breakfast and dinner

Thursday, Day 6: Village life and mountain cloud forest

In the morning, we explore the nearby villages of the Valle de Canoabo by bike and learn a lot about the culture and history of this region. In the afternoon, we take a mini-jeep to the mountain cloud forest reserve, a piece of untouched primary cloud forest that is home to pumas and other big cats.

Tour 5: Through the villages of Mocundo, Aguirre and Montalbán (4.5 hours)

Start and end point: Casa Maria; turning point: Montalbán; Distance: 40 km, slightly downhill

Along the route: 250-year-old coffee hacienda; petroglyphs; guided tours of the historic villages of Aguirre and Montalban

Afternoon: Excursion to the Cloud Forest Sanctuary with jungle hike

Overnight stay at the Ecoposada Casa Maria; breakfast and dinner

Friday, Day 7: Vibrant Valencia

The bus takes us to Valencia in an hour and a half. We explore the sights of the country's second largest city by bike and then cycle along a quiet side road to the Las Trincheras thermal spa, where Alexander von Humboldt once recovered from the rigours of his travels.

Tour 6: Along the old country road to the thermal baths of Las Trincheras (7 hours)

Starting point: Posada La Pastora; End point: Las Trincheras; Distance: 40 km, mostly flat; Return transport by bus. Along the route: Plaza de Toros; Parque Fernando Peñalver; Valencia Aquarium; Aguas Termales de Las Trincheras

Evening: La Guairita tango bar

Overnight stay at Posada La Pastora, Valencia, Carabobo; breakfast; admission to the aquarium and thermal baths

Saturday, Day 8: To Henri Pittier National Park

We leave Valencia and take the bus to Henri Pittier National Park. At the park entrance, we mount our bikes and climb to the top of the pass. Then we ride down one of the most spectacular routes in the country through the lush vegetation of the mountain cloud forest to the coast. With a little luck, we may see howler monkeys and other wildlife along the way. We spend the afternoon at the palm-lined Playa Grande.

Bus journey: Valencia -> Henri Pittier park entrance (1.5 hours)

Tour 7: From the park entrance over the mountain down to the sea (4.5 hours)

Starting point: Cerro Choroní (pass height); End point: Puerto Colombia; Distance: 45 km; 13 km climb with 1,000 metres of elevation gain, followed by a descent of 1,600 metres to sea level

Along the route: Plants and animals in the mountain cloud forest of Henri Pittier National Park; Market stalls; Old hydroelectric power station; Swimming spots on the river

Afternoon: Detour to Playa Grande beach

Overnight stay at Posada Nova Colonial, Puerto Colombia, Aragua; breakfast

Sunday, Day 9: To Chuao for the world's best cocoa

Today, we leave our bikes behind and board a lancha, a typical Caribbean fishing boat. Our trip takes us to the cocoa village of Chuao, an island on the mainland. This is where the famous Cacao Criollo, one of the best cocoa varieties in the world, grows. We take a guided tour of the plantation and the cooperative's production facilities. On the way, we stop for a swim at a secluded Caribbean beach, and in the village of Chuao we can refresh ourselves with a dip in the river.

Full-day boat trip to the cocoa village of Chuao

Overnight stay at Posada Nova Colonial; breakfast; boat trip; guided tour of cocoa plantation

Monday, Day 10: The garden city of Maracay

We leave Choroní and climb the pass by bus. Here we get on our bikes and roll leisurely downhill to the garden city of Maracay. At Plaza Bolívar, we get back on our bus and drive back to Caracas.

Bus ride: Puerto Colombia -> Cerro Choroní (1.5 hours)

Tour 8: From the pass down to Maracay (4 hours)

Starting point: Cerro Choroní; End point: Plaza Bolívar, Maracay; Distance: 25 km, descent from 1,600 m to 450 m

Along the route: Plants and animals in the mountain cloud forest of Henri Pittier National Park; Parque Las Cociuzas (bathing spots in the river); Avenida Las Delicias; Circulo Militar; Plaza Bolívar

Bus journey: Maracay -> Caracas (2 hours)

Overnight stay at Hotel La Floresta; breakfast

Tuesday, Day 11: Flight to the Orinoco

A domestic flight takes us to the south of the country, to Puerto Ordáz on the Orinoco River. Depending on the flight schedule, the rest of the day's programme will be without bicycles, as these will be transported to Puerto Ordáz by bus.

Bus journey: Caracas -> Maiquetía Airport (30 minutes); flight to Puerto Ordáz

Overnight stay at Hosteria Waipa, Puerto Ordáz, Bolívar; breakfast

Wednesday, Day 12: Water worlds on the Orinoco

In Puerto Ordáz, the Rio Caroní flows into the Orinoco. We marvel at this natural spectacle in Parque Llovizna and cycle through the plains along South America's second largest river to old Spanish forts, which were once built to protect against pirate attacks. We then return by tour bus.

Tour 9: To Llovizna Park and the forts on the Orinoco (8 hours)

Starting point: Hosteria Waipa; End point: Castillo de San Francisco; Distance: 60 km, flat terrain

Return transport by bus

Overnight stay at Hosteria Waipa; breakfast



Thursday, Day 13: Across the plain and up into the Gran Sabana

At dawn, we set off in the tour bus and drive through the lowlands to the Gran Sabana plateau. On the way, we pass legendary gold mining settlements such as El Dorado and the infamous Kilometro 88. Our destination is the Kamoiran rapids, where we take a refreshing dip.

Bus journey: Puerto Ordaz -> Rapidos de Kamoiran (10 hours)

Overnight stay at Campamiento Kamoiran, Bolívar, breakfast included

Friday, Day 14: Between table mountains and waterfalls

Surrounded by tepuis, the majestic table mountains of the Gran Sabana, we cycle south today. We pass high waterfalls and spectacular gorges and repeatedly find great places to swim amidst this unique landscape. In the late afternoon, we reach Kumarakapay, a settlement of the Pemón Indians.

Tour 10: From Kamoiran to Kumarakapay (9 hours)

Starting point: Kamoiran; End point: Kumarakapay; Distance: 80 km, flat

Along the route: Kawi Merú; Piscina El Tatú; Salto Kama Merú; Quebrada de Pacheco; Arapan Merú; Salto Sorowape

Overnight stay in a posada in Kumarakapay, Bolívar, breakfast included

Saturday, Day 15: Breathtaking landscapes

Further south, we cycle through this magnificent landscape. We stop at Quebrada de Jaspe, a gorge with a riverbed consisting of bright pink jasper. Not far away is Abuela Kueka, a sacred stone of the Pemón Indians, which stood for many years as an 'art installation' in Berlin's Tiergarten park. In the late afternoon, we reach Santa Elena de Uiarén, the border town with Brazil.

Tour 11: From Kumarakapay to the Brazilian border (9 hours)

Starting point: Kumarakapay; End point: Santa Elena de Uiarén; Distance: 70 km, flat

Along the route: Quebrada de Jaspe; Abuela Kueka

Overnight stay at Campamento Yakoo, Santa Elena de Uiarén, Bolívar; breakfast

Sunday, Day 16: Between civilisation and wilderness

Today we take it easy and explore Santa Elena and its immediate surroundings. We start at the Indio Market, where local plants and animals are on sale. In the town centre, we visit the Museo de Cristal, as Santa Elena and its surroundings are known for their rich deposits of precious and semi-precious stones.

Tour 12: Around Santa Elena (7 hours)

Start and end point: Campamento Yakoo; Distance: 30 km, flat

Along the route: Indigenous market; Museo de Cristal; Cathedral and mission station

Overnight stay at Campamento Yakoo; breakfast

Monday, Day 17: Indigenous culture of the Pemón

We turn around and drive back north through the landscape of table mountains. We cover part of the stage by bicycle. We make a detour to a Pemón Indian settlement and learn about village life. In the evening, we reach our accommodation in Tumeremo.

Tour 13: Partial stage from Quebrada de Jaspe to Quebrada Pacheco (4 hours); distance: 40 km, flat; detour to a Warao settlement

Overnight stay at Hotel Gioinesa, Tumeremo, Bolívar, breakfast included

Tuesday, Day 18: Back to the Orinoco

We will take the bus back to Puerto Ordáz on the Orinoco River. After lunch, we offer an excursion to Ciudad Bolívar, formerly known as Angostura.

Bus journey: Tumeremo -> Puerto Ordáz

Overnight stay at Hosperia Waipa, breakfast included

Wednesday, Day 19: Flying to the Caribbean

We take a domestic flight to Maiquetía, Caracas. The rest of the day's programme depends on the flight schedule (without bicycles, as these are transported back by bus at the same time).

Flight to Caracas / Maiquetía

Overnight stay at Posada Buena Vista Inn, Maiquetía, La Guaira; breakfast included

Thursday, Day 20: The enchanting Costa Verde

We take the tour bus east for about an hour to the seaside resort of Camuri Grande. There we get on our bikes and follow the cycle path along the rugged cliffs to the holiday resort of Los Caracas. This is where the Costa Verde (Green Coast) begins, and after an hour and a half by bus we reach our final destination, the beautiful beach resort of Urama.

Bus ride: Maiquetía -> Camuri Grande (1 hour)

Tour 14: Along the coast to Los Caracas (2 hours)

Starting point: Camuri Grande; End point: Los Caracas; Distance: 20 km, flat

Bus ride: Los Caracas -> Urama (1.5 hours)

Afternoon: Swimming at Playa La Cueva, Urama

Overnight stay at Posada Aventurama, Urama, La Guaira, breakfast and dinner included

Friday, Day 21, Palm-lined beaches and refreshing cascades

We cycle through lush coastal vegetation to Chuspa, where we take a lancha across to Playa Caribe. On the way back, we make a detour to a beautiful waterfall with a swimming spot on the river. In the evening, we enjoy the sunset on Urama beach.

Tour 15: From Urama to Chuspa (8 hours)

Start and end point: Urama; turning point Chuspa; distance 50 km, mostly flat

Along the route: Guayabal; Playa Caribe (by boat)

Overnight stay at Posada Aventurama, breakfast and dinner included

Saturday, Day 22, Saying goodbye and flying back home

We set off early in the morning by bus and after a good two hours' drive we reach Maiquetía, from where the plane takes us back to Germany.

Bus journey: Urama -> Maiquetía (2.5 hours); return flight (not included in the tour price)

Organisational matters

Due to local conditions, changes to the itinerary may occur.

If the minimum number of 6 participants is not reached, we reserve the right to cancel the trip up to 28 days before departure. If all interested parties agree, the trip can be carried out with a small group surcharge.



Physical requirements

A journey with easy to moderate cycling stages of no more than 80 km on mostly flat terrain. Unfortunately, this trip is not suitable for people with limited mobility.

Entry and health

To enter Venezuela, you only need a passport that is valid for at least six months. Vaccinations are not mandatory, but we recommend a yellow fever vaccination. Malaria prophylaxis is not necessary for this trip. International health insurance is mandatory. Current information on entry requirements can be found on the website of the Venezuelan Embassy in Berlin at:

<https://alemania.embajada.gob.ve/>

Accommodation

We stay in typical local accommodation of medium class. The number of single rooms may be limited in some locations (see detailed itinerary). If single rooms cannot be provided in individual accommodations, we will refund the single room supplement on a pro rata basis.

Food and drink

Venezuela has a diverse and very tasty cuisine based on European, African and indigenous influences. Typical foods include corn, manioc, plantains and beans. There is a wide selection of fish, seafood and meat (beef, chicken, pork). Fresh fruit and salads enrich the menu. Freshly squeezed juices and the usual soft drinks dominate the beverage selection, while beer, wine and rum are the most common alcoholic beverages. Coffee is usually drunk for breakfast. If you prefer tea, please bring a few tea bags with you.

Note: Please inform us of any allergies or intolerances in good time before the start of your trip.



Transport

Our tour bus can accommodate 30 people, so our small group can spread out comfortably. The bus is air-conditioned (the air conditioning is switched on or off depending on the outside temperature) and has a music system.

Pocket money

Venezuela is not a typical low-cost travel destination. Prices, especially in Caracas, are comparable to those in the United Kingdom. The tour price includes half board. Depending on your preferences, you should budget between five and fifteen pounds for lunch. Alcoholic beverages are not included in the tour price; a small beer costs from one pound upwards, and a glass of wine around five pounds..