



Flora and Fauna



Gastronomy



Adventure tourism



Take Into Account

Meta's national and international ecological icon is Macarena mountain rage. This one has been named the eighth wonder of the modern world. CANO CRISTALES has gorgeous colors that come from a special type of algae; macarenia clavijera, which is one of a kind around the world. Meta's beauty fascinates every sense of the people who visit these plains ground. Estuaries and morichales are distinguished because of the nature splendid colors and species like birds such as paujil, corocora and the heron, among other animals like cachicamo, spectacled bear, Titi monkeys, dantas, ocarros and 120 different species of sweet water fish.

Beef a la llanera, rice toasted or soft bread, hayacas, piscillo and fish are among our most representative samples of Meta's gastronomy. Those have as main producer places to San Martín, Restrepo and Puerto López. Meta has a variety of Gourmet establishments to offer a different and new vision of this traditional and autochthonous dishes of Llanera's culture.



Extreme sports are practiced mainly in villages around the west Andean mountain range that surrounds Villavicencio.

Ecological walks: through the surrounding villages' paths or through the undulating lands with streams, brooks and waterfalls.

Trail biking: there are different routes to practice this extreme discipline, like full adrenaline descents as feeling the nature in the Palmichal and Pente Abadia's village as well as the intake's aqueduct and going out through the La Argentina's village.

Paragliding: it can be made in two ideal places in the city to jump and fly, first there is Buenavista- Samaria where your trip will take you to "Serramonte" using the old route to Bogota. There, it is possible to enjoy flights between 30 to 45 minutes depending on the weather.

Mountain trekking: this activity consists in walks through high slopes paths in the mountains. It is practiced in the Guatiquías Canyon by Puente Abadia.

Children and teenager's commercial exploitation ESNNNA is civil suit originating from criminal activity in the tourism context in Colombia. Sexual, erotic or pornographic activities that have minors of 18 years old is a crime punishable by over 33 years in prison.

To the line **01 8000 112 440** or in the web page www.teprotejo.org in the app of anonymous denounce **"TE PROTEJO"** available in the app store of your phone operative system (Android or iOS).

Remember that Colombia is a country that looks after the children protection and teenagers' rights.



Fairs and Festivities



Thematic parks



Folklore



Touristic Map META DEPARTMENT

Villavicencio is the main place where commerce and cultural activities take place. Likewise, it is the capital city of Meta and it has more than half of the department's population. Villavicencio welcomes visitors from all the Amazonia region, as well as Colombia, Venezuela and other countries around the globe to join its fairs and festivities.

Expomalocas Meta

It is the Agro-industrial, Equine, Bovine, Touristic and Cultural fair of the Media Colombia. In this place agriculture and livestock, agro-industrial, academic, cultural and touristic sectors get together. It has been positioned as one of the most relevant display cases in the region and the country. Over its different versions assets and services commerce has been under the spotlight, as well as the improvement of the social and economic sector through knowledge exchange and technological improvement.

Joropo's international tournament

It is the biggest event in Villavicencio and around Meta. It is celebrated in June-July and it is the main expression of folklore and llanero's culture. Joropo is the main focus on this celebration and in its program the main event is dancing Joropo in "El joropodromo". This celebration starts with a horse riding in the main streets and avenues of the city.

In the urban area of Villavicencio exists several urban and thematic parks which are part of the tourist attraction of the city.

Los Ocarros bio park: It is a fauna and flora sanctuary of the Orinoquia region and it is one of the most visited touristic places in Meta. It is located 3 km leaving Villavicencio. It has 5.7 hectares and 28 exhibitions where different animal species can be appreciated.

Las Malocas park: it is the main cultural space about llaneros customs. It is designed to recreate the life of the local people, also it is where fairs, sports, arts, and tourism take place. At the entrance is the "Un sendero al futuro" monument, which represents the cattle breeder.

La Llanura- Sikuani Park

Sports and ludic scenery of Villavicencio where activities and recreation like swimming pools, water slides, mechanical attractions as the wheel, little train and bumper cars take place. Besides, walking paths, green areas and trees which provides a great shade. It counts with sport stages in excellent conditions, eight tennis courts, basketball courts/ grass synthetic fields, a gym with modern machines, cafeteria and parking spots.

Meta shares the music of the harp, the cuatro and maracas and its traditional dance: joropo, with all the western plains. In this dance, the man guides the woman with steps like "valseo, escobillado and zapateo". The typical outfit for men is rolled up pants, shirt, hat and rough sandals. Women use skirts with flowers or landscapes design, boat neck blouse and rough sandals too.

Between the variety of rhythms related to joropo stand out musical vibes like "golpe recio", "kirpa", "Zumba que Zumba", "periquera", "gabán" and "corrido". Likewise, lyrics where the regional feeling emphasizes the plains verses without leaving behind the counterpoint.