



ONE WEEK

IN

MEDELLIN



APARTMENTMEDELLIN
SELECTED RENTALS

WELCOME

When we decided to create a one-week guide to Medellín, our biggest problem was choosing what not to include. One week had seemed a decent span of time, a nice length for your vacation; but we quickly realized that the “one week” restriction meant only so many spectacular meals, only so much time to explore the city.

Planning out the days was difficult, to say the least. Many of us at First American Realty have lived here in Medellín, our adopted home, for a decade or more; the rest of us were born and raised here. Between us all, we have no shortage of suggestions for visitors, business travelers, retirees, or anyone else who wants to experience one of the greatest cities in the world. Some of our favorite spots and activities came up for debate and, though passionately defended, were necessarily cut from our list. How can you take in a city such as Medellín, a city so rich with opportunities, in the span of only a week?

We know firsthand that this city offers more than

can be contained in a week or described in a book. In our minds, this guide is only your introduction to Medellín. Because we'll share something with you: Most of us who came here did so with plans of staying only a week. But we're still here.

Such is the draw of this amazing city. We can think of no better way to convey Medellín's myriad charms: Those who have traveled the world choose this city as their home. Those who visit this city, they return — often for good.

For adventurers of every age and entrepreneurs of every type, our goal is to help you experience (and fall in love with) this city, just like we did. Whether you're looking for a place to rent, a place to buy, or a list of things to do, we're your number-one resource for all things Medellín.

Welcome to your new favorite city. We look forward to showing you around.



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Address: Calle 10 # 42 - 28 *Global Express Travel & Business Center*

MORNING ACTIVITY

Café Velvet

What better combination than blending Colombian coffee with Belgian chocolate? Café Velvet not only accomplishes this palate-pleasing feat, but also brings a taste of the European café culture to Medellín. In light, airy and peaceful surroundings, Café Velvet is an excellent choice to start off the day.

Of course, you can't start off the day without coffee, and Café Velvet has got coffee down to a fine art. Here you can choose among unique methods of coffee-making — including Chemex, v60 and French press — along with the usual suspects such as cappuccino, latte and espresso. Coffee connoisseurs will be glad to hear that all of the coffee at Café Velvet is locally sourced from Antioquia. Café Velvet is currently in the midst of building its own coffee roasting laboratory, so you can rest assured they take coffee seriously here.

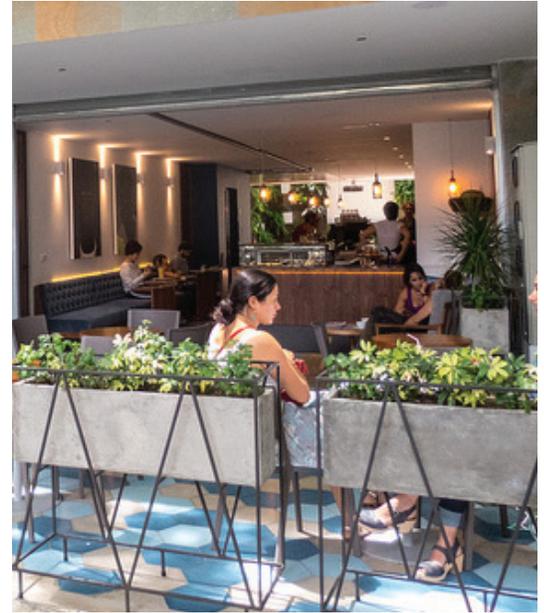
Naturally, being a Belgian business, the hot chocolate comes recommended. But this is no ordinary hot chocolate: This is Belgian chocolate melted into milk to make a sinfully sumptuous drink. One of the hot chocolate creations even includes another delicious Belgian sweet delicacy, speculoos biscuits, for an

even richer and more indulgent hot chocolate.

To refuel for the day ahead, French and Italian expat businesses supply Café Velvet with pastries and bread. If you want to treat yourself, there are a variety of chocolate patisserie creations, which once again use Belgian chocolate as the main ingredient.

Throughout the café, there are nods to its Belgian roots with a canvas of Belgian's most famous character, Tin-Tin, in the entrance. And luckily, if you want to come back later on in the day, you can also get your hands on another of Belgian's famous exports: beer.

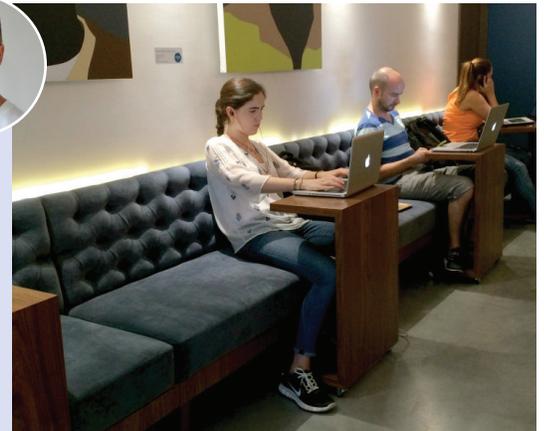
It's exactly what you will need to cool off in the evening.



OUR TEAM EXPERT SAYS:

"If there's one thing I can't live without its coffee, especially right before a hard day's works, and nothing starts the day like a perfectly brewed cappuccino from Velvet Cafe. I love the calm, quiet atmosphere where you can stop, sit and think, answer some emails and enjoy some Belgian baked goodies to kick-start your day. The coffee is excellent and the ambiance is perfect. I setup all my meetings there if possible."

— Andrew Campion
Head of Property Management, Marketing and Information Technology



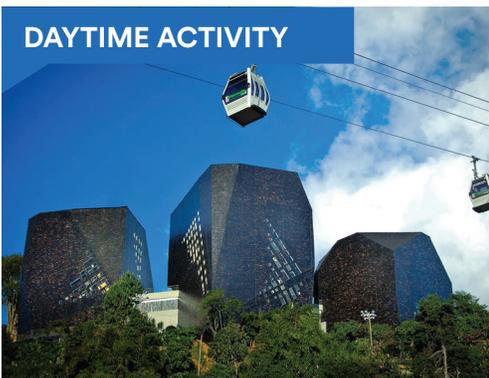
Carrera 37 #8A-46

Opening Hours:

Monday-Saturday: 9am-9pm

Sunday: 12pm-9pm

DAYTIME ACTIVITY



City Walking Tour

Time to acquaint yourself with all of Medellín — starting with a bird's eye view of the entire city. Your afternoon begins with a trip up Medellín's world-famous MetroCable cable car.

To get there, head to your nearest metro station, pay for a standard metro ticket (\$2000 COP), and travel north on the A line to Acevedo station. (Don't feel lost! The booth vendors are happy to direct you.) When you get off at Acevedo, stay inside the station and follow the signs to the cable car line (line J). Once inside your cable car, choose your seat wisely so that you can enjoy the views as you ascend up to Santo Domingo station. Arriving at the last stop, Santo Domingo, go to the viewpoint. There, on a clear day, you can see all of Medellín, and you may be able to see the southern suburbs in the distance. Once you've taken in all of the view and are satisfied with the many photos you will inevitably take, head back to Santo Domingo station to return to the city.

Now you've seen Medellín from above, it's time to discover the bustling city from ground level. The popular Real City Walking Tour will take you

through Medellín's historic Centro. Throughout the four-hour tour, you will be regaled with stories of Medellín's history and culture by one of the knowledgeable and charismatic guides. You will be taken to places such as Medellín's old railway station, Ferrocarril de Antioquia; Plaza Botero, home to Medellín artist Fernando Botero's famous voluptuous sculptures; and Parque de las Luces, a park full of towering lights which illuminate at night. The tour operates on a tips-only basis, but by the end of the tour, your guide will have given you so much in the way of information, conversation, and nonstop entertainment, that you will want to give them something in return. The tour's popularity is such that you need to register your place in advance online (see www.realcitytours.com).

Once you've finished your busy day of sightseeing, it's time to head home and put your feet up — but not for too long, as a well-deserved meal at El Cielo awaits you. No doubt you will have worked up a good appetite for your first dinner in Medellín.

Tour Website: www.realcitytours.com


 EVENING ACTIVITY


El Cielo

For a one-of-a-kind culinary experience, head to Juan Manuel Barrientos' El Cielo in El Poblado. Just a stone's throw away from Parque Lleras, the heart and soul of El Poblado's nightlife, El Cielo is a great place to dine before a night out.

Creativity and originality bring an artistic twist to Colombian cuisine, making dining at El Cielo an unforgettable experience. You won't find á la carte menus here; Mr. Barrientos' award-winning restaurant offers guests the choice between two tasting menus, the 10-course "visit" or the 15-course "experience." Both menus are hand-selected to create a memorable event for both you and your palate. Once you have decided which tasting menu to go for, sit back and prepare yourself for the exquisite sensory experience that awaits you.

El Cielo calls each of its courses "moments" — and as the ten (or fifteen) courses are delivered to you one-by-one by El Cielo friendly waiters, you will see why. Each moment is a complete sensory experience, an event not only for your taste buds but also for your eyes and nose and hands. Some courses feature non-edible elements, such as washing your hands in rose petals, which only enhances and adds to the experience.

Of course, the service is exactly what you would expect from such a high-end establishment — that is, excellent. In addition to being friendly and attentive, many of the wait staff are bilingual as well. From start to finish, from food to service, your expectations will be surpassed and then some.



OUR TEAM EXPERT SAYS:

In my opinion it is a restaurant to go as a couple and you have to go with reservation and get there early because each table takes at least one hour and a half if you choose the media menu "visit" or two hours and if you choose "experience".

It is a unique concept — each of the plates is a surprise. The attention is very good and is a very important point because there is a lot of interaction with the staff.

It is a beautiful, romantic setting for special celebrations.

— Yudy Gil - Booking Agent

 Carrera 40 #10A-22

Opening Hours:

Monday-Saturday 12pm-3pm, 7pm-10pm

MORNING ACTIVITY

Ganso y Castor

Start your day off on the right foot by having a leisurely breakfast or brunch at the French bistrot-inspired Ganso y Castor. Set among light, airy and relaxed surroundings in the chic and laid-back neighborhood of Provenza, Ganso y Castor will make you feel as if you've instantly been transported to France.

The breakfast menu has a range of options from light offerings such as fruit salad and Greek yoghurt with granola, as well as more substantial dishes such as French toast, omelets and their famous eggs Benedict. You can even order freshly squeezed juices such as the frutas rojas (a strawberry, cherry and blackberry combination) or the tropical (a refreshing mix of mango and Sharon fruit). And for caffeine-fiends, you've no need to worry; you can order espressos, macchiatos, americanos and cappuccinos to your heart's content. On weekends, to satisfy your French boulangerie fix, the restaurant offers freshly baked croissants, pain au chocolat and other French pastries..

You can even return to Ganso y Castor for lunch or a light dinner. French classics such

as Quiche Lorraine, Croque Monsieur, Onion Soup and Crème Brûlée feature on the menu. Traditional Colombian dishes are given a French twist — try the Goat Cheese Empanadas — while exciting, innovative dishes such as Tuna Steak with a wasabi purée and asparagus complete the well-rounded menu.

If you have a sweet tooth, beware: The glass display filled with tartes, gateaux and patisseries may make you buy some for later. It would take some serious resilience to resist temptation!

OUR TEAM EXPERT SAYS:

Gonzo y Castor, the French Bistro, is always an enjoyable experience. The chef and owner, Andrea, received her culinary training in Switzerland and Barcelona. Thus she brings some great French accents to Colombian cooking. Her eggs Benedict actually have a real home-made Hollandaise sauce. I really like the menu of the day, which includes a tasty soup, entrée with two sides and a nice French pastry dessert. The ambiance is cool — it is located on the very trendy Parisian-like Cra 36 area, home to multiple outdoor coffee shops and small restaurants. Gonzo Y Castor also uses real lemons (the yellow ones), fresh spices and French recipes. It is a great change of pace from local cooking and cuisine.

— Rich Holman
Director of Institutional Investments and Residential Sales



📍 Cra 36 N° 7- 46 Provenza, El Poblado

Opening Hours:

Monday – Wednesday: 8am-8pm

Thursday – Saturday: 8am – 9pm

Sunday – 8am – 12:30pm

DAYTIME ACTIVITY



Bike Tour



Cycling is big in Colombia. And with Colombian native Nairo Quintana's success finishing second at this year's Tour de France, cycling looks set to become more popular. Medellín, with notable exception to El Poblado, is flat in most parts, which makes biking around the city a popular way to get from A to B. Dashing around the city on a pair of wheels is a brilliant way to see and discover Medellín, which is where the Medellín Bike Tour comes in.

The Medellín Bike Tour is the brainchild of American expat Dan Egger-Belandria. After years of living in Medellín, Dan decided to combine his passion of cycling with showing people around his adopted home city. Now, over the course of four hours, you can zip around Medellín on two wheels as your guide shows you the city's most famous sites. Your stops will include Pueblito Paisa, a replica of a traditional Antioqueño town; Cerro El Volador, Medellín's largest natural park; Jardín Botánico, Medellín's botanical garden; and Parque de los Pies

Descalzos, a park that invites you to wander around barefoot. As well as passing through some of Medellín's most iconic sites, your guide will also tell you about Medellín's history and culture.

For those who are reluctant to climb Medellín's often steep hills, never fear: The tour features just two moderate uphill climbs, while the rest is smooth sailing, with easy riding on the flat. The tour is geared go at your pace, so you don't have to worry about keeping up. You will also have a mid-way break at the botanical gardens, in case you need to rest your legs.

The rush of cycling around Medellín, whilst getting to know more about "the city of eternal spring," will be more than worth any sore muscles the next day. Reserve your spot on the tour now by heading to the Medellín Bike Tour's website.

Tour Website: www.medellinbiketour.com
Tour price : \$50 -**Starting Point:** Calle 32ee 75c-45

EVENING ACTIVITY

Restaurant Lemoncillo

Asian restaurants are slowly but surely popping up in Medellín, and one new addition stands out: Lemoncillo. The area's first (and best) Vietnamese cuisine, this small but authentic restaurant serves up delicious pho and more from its location near Parque Envigado — just a quick cab ride from El Poblado. Lemoncillo's small kitchen is headed by its brilliant Laos-born chef/owner. The menu is quality over quantity, as every dish on the menu has been perfected, with each of them packing a punch. You can expect dishes such as summer rolls and fried tofu for starters, and steaming bowls of pho soup and beef bo bun for mains; and if you want to push the boat out, you can pre-order the chef's recommendation, a caramelized pork belly dish with ginger and lemongrass.

You would be hard-pressed to find such high-quality Asian food, cooked by chefs from the region, anywhere else in Medellín. Luckily, Lemoncillo serves up Vietnamese dishes, that are not only authentic but flavorful too. If you're looking for the real deal, Lemoncillo is the place to go.

 Transv. 33 Sur # 39 – 39, Envigado

Opening Hours:

Monday-Thursday 12pm-3pm and 6pm-9:30pm,
Friday-Saturday 12pm-10pm, Sunday 12pm-3pm

OUR TEAM EXPERT SAYS:

Coming from the Pacific Northwest in the USA, there is a lot of Asian influence in the local cuisine. It is one of those things you just miss from back home while living abroad. Having lived in Medellín for over four years, I had somewhat given up on a good bowl of Vietnamese Pho Ga (soup). Then about a year ago a small restaurant named Lemoncillo opened up a few blocks from my house in Envigado. Turns out the cook is from Vietnam! They have a great, simple menu of some Vietnamese classics — and if you ask, they will bring you some of the spiciest peppers in Colombia. On the weekends, come early as they are starting to get a packed house with a local following.

— Joe Greco
 Director of Project Development



MORNING ACTIVITY

El Cariñito

Just opposite the Museo del Arte Moderno (MAMM), in the Centro Empresarial Ciudad del Rio building, is the charming Cariñito Café. If you're looking for the brunch of your dreams — think pancakes, pastries, mimosas and the like — then you've come to the right place.

In addition to a brunch menu to satisfy all appetites, caffeine fiends will be able to curb any coffee cravings here. Siphon, drip, and Chemex coffee are available, as well as the usual favorites. Your coffee may even come with a little surprise, as baristas here at Cariñito are highly skilled in latte art. If coffee is not your thing, fear not; there is tea, hot chocolate, juices and even beverages with a kick — such as Bellinis and coffee with Baileys.

As if the delicious food and drink were not enough, you will also find that Cariñito offers the ideal café ambiance for meetings, remote work and more. The space is filled with bright, comfy chairs, cute coffee-related designs (all with Paisa flair), and, most importantly, plenty of room between tables to ensure you don't

have to fight to be heard. So if you want a leisurely morning coffee chatting with friends, or some time to catch up on work emails, you will quickly fall in love with Cariñito's laid-back and calm atmosphere.

 **Carrera 37 #8-37**

Opening Hours:
Mondays-Saturdays 8am-9pm

OUR TEAM EXPERT SAYS:

I went to their new outlet in Complex Los Balsos. The place is very well decorated and the vibe is nice and calm. The service was outstanding.

They teach you a little bit about coffee and even gave us some free pastry. Excellent place!!

— Ana Cristina Arenas - Internal Accounting Director



DAYTIME ACTIVITY

Santafé and Oviedo Shopping Centers

If you want to shop to your heart's content, take a trip to two of Medellín's biggest shopping malls. What's even better is that they are conveniently close together, so you can switch between the two to shop until you drop.

Located in the high-end Milla de Oro neighbourhood, Santafé and Oviedo shopping malls have a lot to offer, especially for the die-hard shopaholic. Santafé has over 400 shops while Oviedo is home to another 300. The malls also feature cinema complexes, restaurants, and (in Santafé) a theme park in to occupy the kids and the young at heart.

You can satisfy your shopping cravings at big international brands such as Mac, Desigual, Adidas, Chevignon and Bershka, as well as at premier Colombian chains such as leather brand Vélez and women's clothing brand Studio F. For high-end shopping, Santafé features stores from designers

and brands such as Carolina Herrera, Hugo Boss, Swarovski and more..

Once you've worked up an appetite, you will be able to curb any hunger pangs (and rest your feet) at one of the many restaurants. You can have sushi at Santafé's Sushi Light, Italian cuisine at Parmesano in Oviedo, and traditional Colombian fare in Oviedo's Hato Viejo. You can even indulge your sweet tooth by having waffles, pancakes and ice cream at Crepes and Waffles. It's exactly what you deserve after a long day's shopping.

 **Oviedo: Carrera 43 A #6 Sur 15**
Santafé: Carrera 43 #7

Opening Hours:
Mondays-Saturdays 10am-9pm
Sundays and Public Holidays: 11am-8pm



EVENING ACTIVITY

Jardines Restaurant Zone

Just outside of El Poblado is the up-and-coming suburb of Envigado. Thanks to its ongoing surge in popularity, it's the area has a burgeoning restaurant scene that rivals any in Medellín. Among the newest addition to Envigado's culinary options is Calle Jardín, home to three must-try restaurants: Submarino Amarillo, Classic Diner and Corrientes. Any one of the three offers a vibrant and thriving way to spend your evening in Envigado.

Whilst Submarino Amarillo may have you humming the Beatles classic, this Tex-Mex establishment's name is actually a reference to a Mexican tequila-and-beer cocktail. The menu gives you the option of sharing tapas-style dishes with your fellow diners. If you prefer a dish to yourself, you can order classics such as burritos, nachos and tortillas..

Classic Diner, fashioned in a classic 50s American diner style, has everything you'd expect on the menu. Think burgers, hot dogs, chicken wings, ribs, cheesecakes and milkshakes galore. You will even find the classic blooming onion featured on the menu. All of Classic Diner's bread, meat and sauces have been freshly prepared and made onsite, which gives the food here a

distinct edge over your usual diner fare.

Corrientes is an Argentinian-influenced restaurant, so you can expect the menu to feature dishes such as choripan (Argentinian chorizo sandwich) and steak. If you can find room for starters, there are options such as cheese risotto balls and steak empanadas. Those with a sweet tooth may find it hard to resist trying the alfajor, a traditional Argentinian sweet with two cookies sandwiched between chocolate and milk caramel.

At Calle Jardín, you will be spoilt for choice between three equally enjoyable and exciting restaurants. In fact, deciding where to dine at Calle Jardín may be one of the most difficult decisions you will have to make all week.

 **Carrera 43A #29 Sur-85, Envigado**

Opening Hours:
 Sunday -Tuesday 12pm-10pm
 Wednesday 12pm-12am
 Thursday-Saturday 12pm-12:45am


OUR TEAM EXPERT SAYS:

I would definitely go for Jardines restaurants — really nice zone, nice people, great food with a lot of different options.. If you ask me for a specific place I would recommend La Tres Uno for meat lovers. There a lot of good ones, El Trifasico for local food, Olivia for pizza and their sangria is great, El Barral has great paellas, barbacoa great burgers, I think all of them are good ones. Not a party zone but perfect if you want to have a nice dinner and conversation.

— *Monica Quintero, Business Manager*


EVENING ACTIVITY

Envy Rooftop Bar – Salsa Night

Perched high above the city, the Envy Rooftop Bar in the Charlee Hotel offers one of the best views in Medellín — that is, if you can take your eyes off the bar itself. Featuring an impressive pool as its centerpiece, the inside of Envy boasts an excellent view of its own. To say the least, it's no ordinary water feature. On Wednesdays, however, Envy adds yet another element to its impressive surroundings by hosting a salsa night.

When in Medellín, there's no better way to enjoy those vibrant Latin rhythms than by heading to Envy. Every week, Envy hosts a different salsa band, which will entertain the crowds all night with live music. From the terrace bar you can watch seasoned salsa dancers show off their moves, or if you feel particularly inspired, you can try your hand

at dancing salsa yourself. If you're asked to dance, however, saying you don't know how to dance will not be accepted as a valid excuse. So make sure you come prepared by wearing your best dancing shoes.

Regardless of your dancing ability, you will find it hard not to be moved by the Latin beats and rhythms from the live band. Incredible music in an amazing location overlooking Medellín will make Envy's salsa night an unforgettable night in Medellín.

 **Calle 9A #37-16**

Opening Hours:
 Wednesday-Friday 5pm-2am
 Saturday 12pm-2am
 Sunday 12pm-8pm

MORNING ACTIVITY

D'André Gourmet



If you're a big believer in breakfast being the most important meal of the day, look no further than D'André Gourmet.

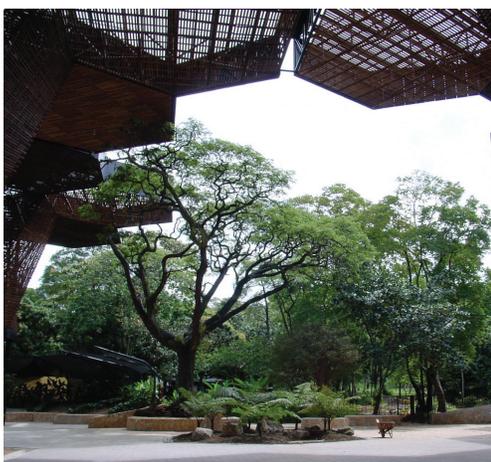
D'André Gourmet has the breakfast menu to end all breakfast menus. There are breakfast classics such as eggs Benedict, huevos rancheros, pancakes with bacon and maple syrup, and omelettes of all kinds. And if you wish to try a typical Colombian breakfast, you have your pick of dishes such as arepas de choclo (sweetcorn grilled patties), scrambled eggs with arepa (grilled maize patty) or a calentado paisa (rice with beef, fried pork rind, chorizo, plantain, avocado and fried egg with an arepa). Those in the mood for a seriously filling meal can go all out by ordering the "big breakfast", comprised of eggs, hash brown, biscuit, sausage, pancake, fruit salad with maple syrup, jam and butter as sides. How's that for fueling for the day ahead!

Carrera 37 #10-15

There's not that many places open in the mornings serving breakfast in Poblado so it can be hard to find a good cup of coffee and particularly a great big breakfast sometimes. When I want to treat myself to more than just a bowl of cereal, I'll take the time to stop on the way to work and chow down some Eggs Benedict or waffles. Prices are pretty reasonable and recently they were giving away free coffee. You can't beat that!

— John Duque - Booking Agent

DAYTIME ACTIVITY



Jardín Botánico

You'll find it hard to believe that you're right in the middle of the city when you arrive at Medellín's botanical garden. With approximately 1,200 trees in the gardens alone, you will be surrounded by flora and fauna, making the Jardín the perfect reprieve from the city without having to leave.

You can explore the desert or palm gardens, go to the tropical forest, marvel at the butterfly house, or admire the architecture at the impressive Orquideorama. You can feed the ducks at the lake or look for some of the botanical garden's many other residents, which include iguanas, sloths and monkeys. If you really feel at one with nature, you can also bring your exercise mat and participate in a yoga class. To rest your feet, there are many green spaces where you can lie back, relax and take in your natural surroundings.

Once you've worked up an appetite, you can treat yourself to a meal at In Situ restaurant, next to the Orquideorama. In pleasant and welcoming surroundings, you can enjoy high quality, masterful food from a menu featuring Colombian and international classics. If you can't tear yourself away from all this beautiful nature, you can order a picnic from In Situ the day before, pick it up on the day of your visit, and enjoy a meal among the surroundings of the botanical garden — just as nature intended.

Calle 73 #51D-14

Opening Hours:
Monday-Sunday 9am-5pm (excluding private functions)
Entrance Fee: Free

EVENING ACTIVITY

Dancefree Salsa

If you've been out in Colombia, you'll know that saying you don't know how to dance is no excuse. Colombians, being the life and soul of the party, will drag you up onto the dance floor, so you had better learn how to move those hips, fast.

Luckily for those without experience, Dancefree has the answer: a free salsa class for beginners every Thursday. The best thing about the class is that everyone is in the same situation. Everyone is a beginner, and there are plenty of professionally trained salsa teachers ready to come to your aid, if you need any help mastering the steps.

The teachers will put you through your paces for an hour and a half, going through the basic salsa steps. Steps are initially

practised individually, but once everyone has the hang of the steps, it moves onto the way salsa is intended — dancing in pairs.

Once class is over, you can carry on the lesson as the live music night starts. That's where the real learning begins! Now you can show off your newly acquired moves long into the night.

 **Calle 10A #40-27**

Opening Hours:
8pm-9:30pm



EVENING ACTIVITY

Calle 9+1

Contrary to everyone calling it Calle 9, Calle 9+1 has moved to pastures new a few blocks away. But regardless of its new location, one thing remains the same — Calle 9+1 is where the hip, young and trendy come to hang out. You may not get that impression from the outside as Calle 9+1's exterior is very unassuming. But don't let the first impression deceive you, you'll realize what the hype is about once you get in.

You won't get your typical Latin Pop anthems blaring out here. Instead, you could be treated to live music, themed nights such as a 80s classics or rock anthems, or internationally renowned live DJ sets. The interior is covered in an eclectic patchwork of art, and it attracts a creative and

fun-loving crowd. You will find yourself rubbing shoulders with people from all walks of life — the young, the professionals, the creatives, and many, many more. The one thing everyone has in common: They come to Calle 9 to have a good time.

Also, if you want to be able to dance without worrying about your less-than-fluid salsa hips or cumbersome bachata steps, Calle 9+1 has the answer. For those who want to let their hair down and start the weekend early, Calle 9+1 is the place to go.

 **Carrera 40 #10-25**

Opening Hours:
Thursday-Saturday 9pm-Late



OUR TEAM EXPERT SAYS:

"This place used to be almost a secret, with an unmarked door and everything. Now through word of mouth it's pretty much the place to be seen at and one of the most popular places for foreigners to hang out as well. The music and vibe are very cool as is the open air atmosphere. This is one of the first places that comes to mind when I'm planning a night out with some friends."

— Evelyn Yepes - Receptionist

MORNING ACTIVITY

Pergamino

Colombia is home to some of the best coffee in the world, but back in 2012, café culture had yet to properly take off in Medellín. Coffee aficionado Pedro Echaverría decided it was high time to bring one of Colombia's best products to the local market, and that's where Pergamino comes in. Since Pergamino opened its doors, it has become one of Medellín's most popular meet up spots for locals, expats and visitors alike.

As soon as you spot Pergamino, you can understand its popularity. An outdoor patio buzzes with groups of friends huddled around tables. Inside, professionals are busy at work on their laptops. The décor and design exude coolness, as do the effortlessly stylish staff. Top it all off with great coffees and food, and you have discovered one cool place to spend the morning.

To fuel for the day ahead, Pergamino's breakfast menu is simple: You can choose between granola yoghurt and fruit, the smoothie of the day, or three different eggs en cocotte

dishes. Of course, no café would be complete with a wide selection of coffee. Here at Pergamino, you can decide between V60, French press, Aeropress, and syphon coffee, as well as espressos, americanos and the like. If you need something to cool you down, you can order a cold brew coffee, iced latte, or one of the many Starbucks-inspired Frappés. If you don't like coffee, there's a wide selection of teas, hot chocolate and juices on the menu too.

If you can't get enough of the coffee, you can even bring some of Pergamino's Antioqueño coffee blends back home. They would make the ideal present for loved ones, or even the perfect present to yourself. For now, make the most of Colombia's coffee and head straight to Pergamino.

 **Carrera 37 8A – 37**

Opening Hours:
Monday-Friday 8am-9pm
Saturday 9am-9pm



DAYTIME ACTIVITY

El Social

Medellín institution El Social has been around since 1969, so it's safe to say it's a local favorite. In the pleasant neighborhood of Provenza, surrounded by modern and sophisticated restaurants and bars El Social may look like an ordinary neighborhood bar. But don't let your first impression deceive you— El Social is more than meets the eye.

With "social" in the title, it will come at no surprise that El Social brings people together. Open every day of the week, people flock here to meet up with friends. El Social is also a mainstay for watching soccer matches— which, as you may already know, is akin to a religion in Colombia. Not only that, El Social also hosts a language exchange every Tuesday evening, if you wish to brush up your Spanish.

At El Social, you can grab a few cold beers to quench your thirst. You may want to try local brand Tres Cordilleras if you enjoy artisanal beer. If you need something to snack on, El Social regulars will recommend a sharing-size plate of picadas — a mountain of meat including chicharrón (fried pork rind) and morcilla (blood sausage).

Apart from the food and drink, El Social is all about sitting out on the outdoor patio and enjoy-

ing a good parche (social gathering) with great company. It's as simple as that at El Social.

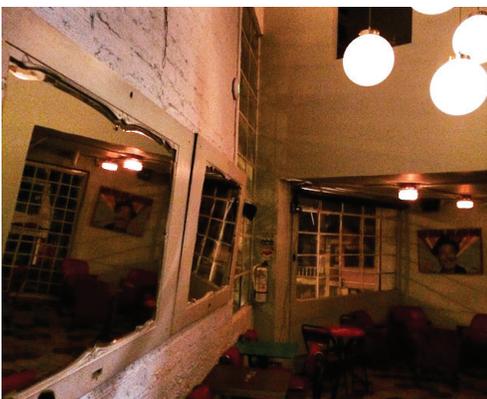
 **Carrera 35 # 8a-8**

Opening Hours:
Monday-Saturday 9am-2am
Sunday 4pm-12am

OUR TEAM EXPERT SAYS:

"This is one of the coolest hangouts in town as it's very unpretentious and you get a view of the whole neighborhood as the night starts to take shape. It's where I would usually start the night with a few drinks after work before deciding where to head to next. Cheap beers, lots of cool people and especially cool when there's a big game of soccer happening as the crowd flows out into the street and the atmosphere is amazing!"

— Henry Emans
Residential Sales Agent



EVENING ACTIVITY

MU Bar Costillería

As the bold and brash tagline says, MU Bar serves up some “f*kn good ribs”. So you had better like ribs with a side of fries, because here at MU Bar Costillería, that’s is the only item on the menu. But these are no ordinary ribs, oh no — these are lip-smacking, juicy ribs which may, just may, better your favorite barbecue joint back home.

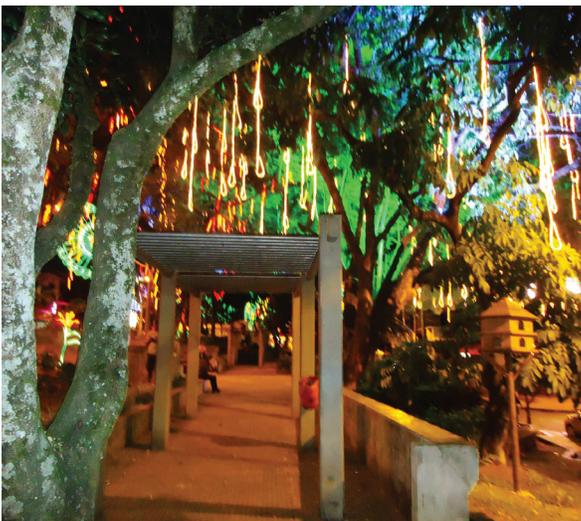
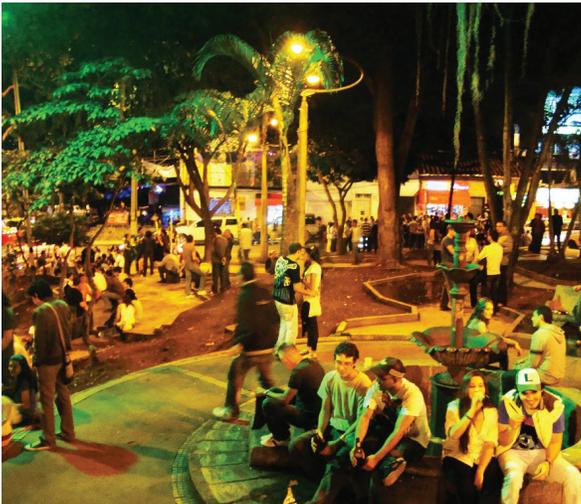
Such is the fame of MU Bar that you may have to wait for a table. But once you’ve grabbed a chair inside the small but cozy restaurant, you will soon find out that the wait was worth it. To dissipate any hunger pangs, a complimentary plate of chips, guacamole and salsa is at hand while you await the main event. If you need something to quench your thirst, the mojitos come particularly recommended.

But make sure you leave plenty of room

for the ribs, because you will need it. When the main course arrives, a mountain of succulent ribs and thick cut fries will be presented in front of you. Even those with big appetites will be slightly intimidated by the amount placed in front of them. You may find it a challenge to eat all of it, no matter how much you love these delicious ribs (and you will). MU Bar’s ribs are certain to leave you satisfied, and to keep you coming back — after you’ve had time to walk off your meal, that is. An evening stroll to Parque Lleras should do the trick.

 Calle 10A #40-27

Opening Hours:
Thursdays, Fridays and Saturdays
6pm-12am



EVENING ACTIVITY

Parque Lleras

It may have already been mentioned once or twice but it’s true — Parque Lleras is the rightful heart and soul of Medellín’s night life. Its nocturnal offerings include something for everyone, which you will soon discover for yourself. You are about to realise why Parque Lleras is the place to be on a Friday or Saturday night.

Start the night off by having a drink in the park itself, as many choose to do, or opt to people watch from one of the bars overlooking the park, such as La Esquina, Patria Mia. If you want to up the ante, take another trip to The Charlee Hotel’s stunning rooftop bar, Envy.

Once you’ve warmed up, it’s time to kick the night off. If you are a big fan of reggaeton beats, Luxury Nightclub caters to any reggaetonero’s cravings. Fancy partying with the locals? La Ruana de Juana ticks all of the boxes, being decorated in a kitsch, colourful style and plays crossover all night long. If you’re not a fan of reggaeton, salsa, bachata and the like, then Blue is right up your alley — and just up the street — with music ranging from Latin pop, reggae and rock classics to current Top 40 tunes. If you want to escape the madness of Parque Lleras, without having to venture to far, Eco-Bar offers a tranquil and relaxed environ-

ment to enjoy a few beers and chat with friends.

While there are several nightlife areas in Medellín, Parque Lleras comes out on top when it comes to variety. The only problem you’ll have to solve is deciding where to go. But wherever you go, you’ll soon find why Medellín’s nightlife is so renowned. Rest assured, you’re in for a good night out.

 Calle 9A #37A

OUR TEAM EXPERT SAYS:

“You can’t really go wrong here, but if I’m honest, I don’t usually head to any particular bar or restaurant, I just head down to the end of the park where the liquor store is, grab some beers and people watch for hours. It’s the best entertainment in the city, and it’s free! – well almost, the beer is cheap :)”

— Katherin Correa Gutierrez
Sales & Investment Coordinator



MORNING ACTIVITY

La Cantine

Just when you thought you had enough of French bistrot brunch options, you discover the delicious food at La Cantine. With a French-inspired brunch menu, in the chic and sophisticated Provenza neighbourhood, you'll be bowled over by La Cantine's Gallic charm.

As is the case with traditional French cuisine, the brunch menu is simple, yet well executed. You can expect to find such favorites as freshly baked croissants and pain au chocolat, eggs Benedict, and eggs en cocotte, and to satisfy any caffeine cravings with espressos, cappuccinos and lattes.

La Cantine boasts not only a scrumptious brunch menu but also a varied lunch and dinner menu, where you can find expertly prepared French classics. Your afternoon and evening choices include homemade pork

paté served with crunchy baguette, chèvre chaud (grilled goat's cheese) salad, steak tartare and crème brûlée.

Morning, noon or night, at La Cantine you'll find Authentic cuisine served with the style and execution you expect of French restaurants, without even having to leave Medellín..

 **Carrera 33 #7-11**

Opening Hours:

Tuesday-Thursday: 12:00 - 2:30 pm

and 6:30 - 10:30pm

Friday: 12:30 - 11:30 pm

Saturdays: 10:00am – 11:30pm

Sundays : 9:30am - 3:00pm



DAYTIME ACTIVITY

Alamanga Picnic

What better way to enjoy the great outdoors than by having a picnic? That's exactly what this concept restaurant, has to offer.

Alamanga's mission is simple: "Comer. Beber. Amar." (Eat. Drink. Love.) The best part about this picnic is that you don't have to do any of the hard work— Alamanga provides the blankets, cutlery and plates, as well as the food and drink.

Alamanga's menu is simple, offering traditional Latin American barbecue dishes such as pork ribs, Argentinian chorizo, morcilla (blood sausage) and chicharrón (fried pork rind), along with accompaniments such as corn on the cob, French fries and arepas (grilled maize patties). You are even provided with all of the necessary ingredients to make your own S'mores and grill them on one of the on-site campfires. Drinks-wise, you can order a refreshing juice with flavours such as red fruits and mango biche (green mango), fruity sangrias and — if the temperatures drop a little at nighttime — warming beverages such as teas and coffees.

Overlooking the Medellín skyline, an Alamanga picnic is your chance to enjoy great food in amazing outdoor surroundings with a view to die for. What more could you want?

 **Vía Las Palmas kilómetro 17, Envigado**

OUR TEAM EXPERT SAYS:

"Bring friends, bring family, bring warm clothes! ..and you'll have a great time. This is a fantastic "local" experience that you won't find in most cities. I recommend you bring your date up here as this will surely impress him/her with your knowledge of the lesser known, but very cool activities in the city."



— Yeraldin Zuluaga - Accounting Assistant



EVENING ACTIVITY

Carmen

Taking on Asian fusion cuisine with flair and creativity, Carmen has what it takes to wow even seasoned foodies. It's not just the food and drink that will wow diners, however; the unique, intimate surroundings make Carmen a perfect nighttime choice for your Saturday.

The first decision you will have to make is where to dine. You have the intimate dining room, the Marquesina, which has prime position in front of the open kitchen. You can be entertained, watching the experts at work, preparing and cooking diners' meals. Alternatively, there's the outdoor patio area, which will transport you to a more natural setting, with water features and tropical ivy greenery. And finally, there's the laid-back and spacious bar area, where you can enjoy the relaxed, quiet ambiance of a bar — perfect for great conversations with great friends.

Start off the evening with a drink from Carmen's extensive cocktail and wine menu. Carmen boasts one of the most extensive wine menus in Medellín, as well as a cocktail menu featuring reinvented classics and original creations.

When it's time to pair your drink with food, you could opt to begin your meal with palate-opening starters such as Korean tacos;

cilantro and maize tortillas topped with grilled steak; spicy kimchi and marinated pears; cerdo y gnocchi; confit pork collar with maize gnocchi; or tiradito de salmón curado, cured salmon with black rice crackers and aged ponzu.

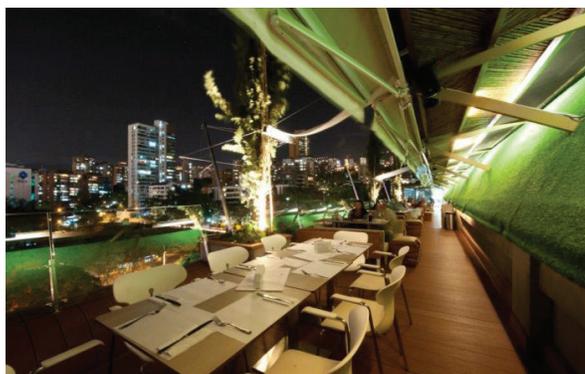
If you only need a light bite, you could transport yourself to Vietnam by ordering the banh mi, which in true Carmen style has its own creative twist — tamarind glazed fried pork rind, a nod to a Colombian favorite, chicharrón.

Then there's the main courses, and once again you are faced with a difficult decision. Rest assured, there are no wrong choices between the arroz con pato confit duck with asparagus, wild berry glaze and fried rice; the langostinos, langoustines with squid ink udon noodles; or the bahia solano, the fish of the day with plantain, coconut rice and grilled lime. If making a decision is something you can't bear to contemplate, you can even opt for Carmen's five-course tasting menu and savor the Carmen experience at its fullest.

 **Calle 10A #40-27**

Opening Hours:

Mon 7pm-10:30pm, Tue-Fri 12pm-3pm and 7pm-10:30pm, Sat 7pm-10:30pm


EVENING ACTIVITY

Rio Sur

With so many hip and happening bars, clubs and restaurants in Rio Sur's shopping mall, it's no surprise that Colombians and foreigners flock there in the evenings. The core of Rio Sur's nightlife is based on the seventh floor, which makes everything close at hand and means you can dip in and out of different clubs and bars as you please.

Kukaramakara is a local favorite, and at night the club fills up with live bands playing Latin classics. Prepare yourself to dance until the dawn here — no party can be truly Colombian without the requisite dancing. If you're looking for a different style of music, check out Kukaramakara's sister bar, Sixttina, where you will find DJs pumping out reggaeton and electronica beats. Sixttina frequently attracts major reggaeton artists, such as Medellín's very own J Balvin. If you fancy sampling both, you can pay \$25,000 COP cover that gives you entry to each club.

Want to trade sounds for sights? The Delaire SkyLounge, being one of the city's only rooftop bars, offers spectacular views of the city. You can enjoy high class dining thanks to

Juan Pablo Valencia's creative and delicious menu. If you choose not to dine here, the views are best enjoyed with one of Delaire's many cocktail offerings.

The bar Mixology ups the cocktail ante by incorporating liquid nitrogen in their drinks. Being one of the only liquid nitrogen bars in Colombia, the bar offers some interesting twists to your usual vodka, rum, and aguardiente. After you've been to Mixology, you won't look at a cosmopolitan in the same way again.

Another fun novelty is the La Bolsa Disco Bar on the ground floor. If you can't separate business from pleasure, La Bolsa is the place for you. Food and drinks are made into stocks, with prices rising and falling depending on when you ask for the bill — which means your tab could become either a great bargain or a costly mistake. Timing is key, but all the same, it is a fun and novel way to start off your evening. Once the "stock market" has closed, La Bolsa becomes a thriving nightclub for partygoers to dance long into the night.

 **Carrera 43A #6 Sur 26**

MORNING ACTIVITY

Ciclovía

Work off Saturday night's sins by taking part in Medellín's Ciclovía. Public roads around the city are closed off so that people can cycle, rollerblade, run, skateboard and walk, without having to worry about any traffic. It's a brilliant way to discover the city, whilst getting a hit of those feel-good endorphins. Ciclovía is a great example of a win-win situation.

You can run along Avenida El Poblado up until the border with neighboring suburb, Envigado, or be inspired by running past the city's sport complex, the Estadio Atanasio Girardot. If you need to cool off, you can even run through the EPM fountains at the Puente de Guayaquil on the Ciclovía del Rio route. Ciclovía is ran throughout the city and its suburbs, so the likelihood is you'll be close to one of the Ciclovía routes.

Ciclovía is a great activity to meet up with friends and spend a relaxing, yet energetic Sunday morning together. When you've made up for yesterday's antics and burnt off enough calories to build up an appetite, you can cool off by indulging in a salpicon (fruit salad with

condensed milk) or a guarapo (sugarcane juice with lime). It's the perfect reward for your productive Sunday morning.

Opening Hours:
Sundays and Public Holidays 7am-12/1pm



OUR TEAM EXPERT SAYS:

As I live just one block from the main Avenida Poblado, I grab my kids and walk the ciclovía every Sunday. It's one of my favorite things to do and I look forward to it all week. Apart from getting outside and enjoying the sunshine, it's a great way to get some exercise and become part of the local community and explore the neighborhood. If you're a runner like I am, you'll love the freedom to clock up some miles without the nuisance of the traffic."

— Andrew Campion
Head of Property Management, Marketing and Information Technology



DAYTIME ACTIVITY

Parque Principal Sabaneta/ Parque Lineal Ciudad del Rio

It's the weekend, so do as the locals do and head to one of the city's many parks for a relaxing afternoon. The city's parks are one of the best places to enjoy the weekend, whilst being able to discover another side of Medellín.

The Parque Principal de Sabaneta is a little further removed from central Medellín, which means you'll gain a taste of traditional Antioquia life. With the towering presence of the Iglesia de Santa Ana and with colorful buildings, typical of Antioquia, bordering the park, you don't have to venture far out of the city for a change of scenery. If you want to taste some typical Colombian snacks, the vendors around the park are particularly renowned for their arepas de choclo (grilled sweetcorn fritters) and buñuelos (savory cheese donuts).

Back in Medellín, in the up-and-coming neighborhood of Ciudad del Rio, you will find the gorgeous, open-spaced Parque Lineal Ciudad del Rio. Conveniently located close to the Museo del Arte Moderno, this Parque is a popular hangout for the effortlessly cool hipster community. The artistic presence is further reinforced with impressive street art lining the streets leading up to the park.

During the weekend, Parque Lineal Ciudad del Rio comes to life, with dog owners flocking to the park, as well as skaters, yogis, and people "slack-lining" (an activity that involves crossing a tightrope between two tree trunks). All this makes Ciudad del Rio's park a fascinating find for those who love the sport of people-watching. If you feel any hunger pangs coming on, there is a line of food trucks serving Venezuelan arepas, American barbecue and more. And if you need an afternoon caffeine fix, the fantastic coffees at Café Cariñito are just a short walk away.

After a busy week exploring Medellín, it's time to take things easy and relax for the afternoon. What place better than the park to stretch out, kick your feet up and take it all in? After all, Medellín's parks come alive on the weekend. So follow our advice: find a comfy spot in Parque Principal de Sabaneta or Parque Lineal Ciudad del Rio, relax, and stay a while.

- 📍 **Parque Principal Sabaneta: Calle 70 Sur #45**
- Parque Lineal Ciudad del Rio: Carrera 45 #17-100**

EVENING ACTIVITY

Déjame que te cuente

Vegetarians, be warned: There isn't a lot on offer at Déjame que te Cuento.

For avid carnivores, however, Déjame que te Cuento will definitely satisfy, with a never-ending grill menu. Déjame que te Cuento's popularity is such that you will see that it is busy from open until close, seven days a week.

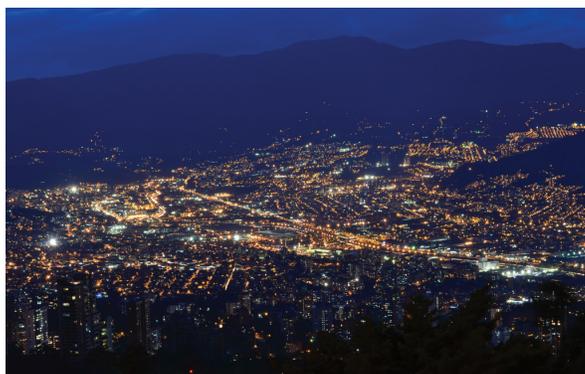
If you cannot wait until the more than substantial main, you can order a classic Colombian starter such as arepas, empanadas or grilled cheese. Just know that the portion sizes at Déjame que te Cuento are generous, so you will want to save room for the main event. The menu features an assortment of pork, beef and chicken cuts, with dishes such as kebabs, steaks, chorizo and chicharrón (fried pork rind). The chuletón (pork chop), baby beef, and pork ribs come particularly recommended. All main dishes come with an arepa, fried cassava, thick cut fries, salad and a delicious homemade chimichurri sauce

(parsley and garlic sauce). Believe us when we say you won't go home hungry!

It's not just the food that makes dining at Déjame que te Cuento a great experience. A well-established local favorite, it's in prime position with the restaurant having an outdoor covered patio, overlooking the 70. A meal at Déjame que te Cuento before enjoying the view of the Medellín skyline is a perfect and fitting way to end your trip here in Medellín.

 Cra. 70 #Cir 69-32

Opening Hours:
Mondays-Sundays 3pm-11pm



EVENING ACTIVITY

Mirador de Las Palmas

Head up to the Mirador de las Palmas to be treated to an amazing view of the Medellín skyline. No doubt, you've already seen it a few times by now, having seen it from above from the Metro's cable cars, or maybe from one of El Poblado's skyscrapers, but there's not many places that can beat the view from the Mirador de las Palmas. It's the perfect spot to reflect on your week.

If you have your own transport, getting to the Mirador is simple. Go up the Corredor de las Palmas, which leads up to Rionegro and the international airport, and you will find the viewpoint there. Otherwise, arrange a taxi to take you and pick you up

from the viewpoint. Whilst it may require a bit of organisation to do so, the view will be worth it.

Vendors are close by, selling ice-cold beers, refreshing micheladas (beer, lime and salt) and soft drinks. If hunger strikes, you'll find vendors with coal fires grilling chorizos, which are best enjoyed with freshly squeezed lime and an arepa. Otherwise, the best way to enjoy the view is simple — grab a seat, sit down and enjoy, preferably with good company. It doesn't need to be more complicated than that. Enjoying the view from Mirador de las Palmas is a fitting way to end your week in Medellín.