



{rokbox title=|Nuquí has long beaches, and it's best to discover them with a guide. /Photo: Natalia Gómez Carvajal.}|images/stories/turistainternacional/Adondeir/nuqui/playas-nuqui.jpg{/rokbox}

Nuquí has long beaches, and it's best to discover them with a guide. /Photo: Natalia Gómez Carvajal.

Nuquí is so isolated from the rest of civilization that it's perfect for rest and relaxation away from the bustle of the cities. The sea is immense, the waves are high and the currents strong: the jungle swarms with life: there are river and long beaches and charming people.

Here are some practical tips to think about before you go there to find a haven of peace on beaches where thousands of little crabs scurry away from visiting human feet.

Yes, this is the place to come into contact with Nature and let your senses wallow in sound and color!

Dress:

- Take rubber boots for walking in the jungle. Also, take beach-shoes or similar to protect you from sharp rocks on the beach.
- Take cotton clothing that covers your arms and legs completely, it's useful to keep warm in the rain and at night, and keeps off insects.
- If taking a surfing lesson for the first time, you may not know how to use a wet suit to avoid grazing your stomach on the surfboard.
- Take a raincoat in case it starts raining during a walk.
- If your clothes are wet with sea water, they will not dry because of the humidity in the air. Just wash them with fresh water...

In Nuquí:

- Take local currency cash. There are no ATMs or Exchange Bureaus in Nuquí.
- **Before traveling**, check and program with the hotel so that it can provide you with water transport when you arrive in Nuquí. Otherwise, you will find information at the Reyes Murillo airport.
- If you have made no arrangements before arrival, there are public-transport launches, leaving at 1 p.m. This cost is not included in package plans.

- It's best to take very little luggage, because the aircraft that land in Nuquí have little space for it, travel in Nuquí is by river, and you may find it a nuisance to carry along the beach.
- Nuquí is a good place to buy first aid and food items that your accommodation may not supply.
- If you want to go far from your accommodation or walk through the jungle, it's essential to go with a qualified guide.
- Some of the indigenous people may be annoyed if you try to take their photographs. We suggest you talk to them and ask their permission before you do so.
- Return to the hotel before the tide comes in (4-5 p.m.). It is dangerous to be on the beach at high tide.
- The electricity supply is limited and available only from 6 to 10 p.m.

What to take:

- Torch
- Batteries
- Sealable bags to protect mobiles, cameras etc from the damp.
- A lighter

Health:

- Take analgesics and a first aid kit
- Take (and always use) sunblocker.
- Take thiamine before traveling and use insect repellent in Nuquí, to avoid bites.

Nature:

- Don't take away flora or fauna in your luggage.
- Don't leave waste or litter on the beaches, in the sea or in the jungle.
- Collect up all refuse and take it to Quibdó or Medellín for disposal.
- Don't touch or stand on corals when snorkeling or diving.
- Don't eat fauna which are out of season or endangered species.