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Ecological tours, landscapes, water, and the aroma of coffee make a tour of Eastern Antioquia worthwhile. /Photo. Flickr user [\\*L\\*u\\*z\\*a\\*](#) . /

This tour is a traditional weekend activity for many of Medellín's inhabitants. The tour is rich in water resources thanks to the region's hydroelectric plants, which are responsible for producing over 35% of the energy of Colombia.

The area shows a substantial degree of development because many industries have abandoned Medellín to establish themselves in the area. Additionally, it has an excellent service infrastructure. Notable among the many services are the fondas paisas, the traditional roadside eateries. There is a good variety of hotels, hostels, restaurants, and park for visitors.