

Downhill Mountain Biking in Medellín – Santa Bárbara’s Epic Trails

📍 Santa Bárbara, Suroeste, Antioquia, RAP del Agua y la Montaña, Colombia



Downhill mountain biking in Medellín doesn't actually happen in Medellín. It happens 50 km south, in **Santa Bárbara**, and we pick you up at your hotel to get you there. The trails we ride are steep, long, narrow and technical. If on top of that you also want to ride gap jumps and drops, our [double-black downhill](#) tour might also interest you.

Santa Bárbara is an agricultural municipality an hour and a half from the city. A network of old muleteer trails drops from the town toward the **Buey River**, which divides Santa Bárbara from Abejorral. Riders here call the area **Cairo Bike Park**, though there's no gondola and no lift. Just our shuttle, and 1,000 metres of vertical on every run.

Trails with a race record

These trails aren't a tourist invention. They've hosted the third round of the **Copa Nacional de Enduro Colombia** (August 2019), a round of the [Copa Colombia de Enduro](#) (2022), and an avalanche race in 2024. This is where Colombian enduro and downhill riders come to ride.

There are three: **Carpintería**, **Trapiche** and **Las Eses**. We ride each at least once, then you choose which ones to lap. We've done days as short as two runs and as long as seven.

What you're riding

Long, steep, narrow, technical. Endless switchbacks; this is a cornering education. No jumps, no drops, no bike-park berms. Old-school singletrack that descends through mango, avocado, cacao and sugarcane plantations, and in harvest season we stop and eat what's hanging.

It doesn't demand much pedalling. It demands upper-body strength, braking control, and body language. It's hot and humid down there, so drink constantly.

The riding is only half of it. We've built real relationships with the farming community of El Cairo over eight years, which is why we're welcome on their land. On one trail, a farmer usually meets us with fresh juice squeezed from her own garden. And the day ends in the river.

New to descending? Start with our [Arví Park trail tour](#) and come back for this.

Tour Facts

Group Size: 7	Language: English, Spanish
Duration: 8	Tour Type: continuous

Tour Itinerary

7:00 AM : Pickup at your hotel



We collect you anywhere in Medellín's metropolitan area and load the bikes. Staying out toward Rionegro or the airport? Add COP 100,000 for transport. Then it's about 90 minutes south.

Duration
90 Minutes

8:30 AM : Colombian breakfast at a truck stop



The real thing, at a roadside restaurant on the way. Eat properly, you'll need it.

Duration
60 Minutes

9:30 AM : Gear up and drop in



We fit your bike, set your suspension, and get you into a full-face helmet, gloves and knee pads. Then we ride the first trail.

Duration
45 Minutes

10:15 AM : Lap. Repeat.



Roughly 30 minutes shuttling up, 15 minutes descending, 1,000 vertical metres each time. We ride all three trails once, then you pick which to lap. Most riders do three or four. Some do seven.

Duration
195 Minutes

1:30 PM : Buey River



Bikes down, into the water. Cold, clear and exactly what your forearms need.

Duration
45 Minutes

2:30 PM : Colombian lunch



Back to the truck stop for a proper meal, and the part of the day where everyone share riding memories.

Duration
1 Hour

3:30 PM : Drive back to Medellín



Drop-off at your accommodation.

Duration
90 Minutes