Mountain Biking in Medellín — Arví Park Trail Tour

Santa Elena, Medellín, Valle de Aburrá, Antioquia, RAP del Agua y la Montaña, 050017, Colombia

Let's ride mountain bikes in the Arví Park, the biggest protected forest in Medellín, with abundant vegetation and beautiful views.
Arví is a 1,700-hectare public reserve sitting between 2,400 and 2,600 metres above sea level, reachable from the city valley by Metrocable Line L. It protects 160 species of birds and more than 540 species of plants, including orchids and bromeliads. It's also laced with a network of singletrack trails, linked by quiet gravel roads, that most visitors to Medellín never get to experience.

What the riding is actually like

Join us on a cross-country ride that includes singletrack trails as well as gravel roads connecting one trail to the next. Our route starts on the less technical trail, and based on your preferences we can adjust the trail-to-road balance, the distance covered and the technicality of the trails ridden.
Distance is yours to choose. A short day is around 6 km; a full one runs to 30 km. A typical 25 km ride climbs about 800 metres. Instead of riding non-stop, we usually take breaks along the way to enjoy the views, strike up a conversation, hydrate or have a snack. If these numbers sound exhausting, they become easier on our E-MTB Trail Ride.

Who rides with you

People often contact us about simply renting the bikes, but Arví lacks proper maps and signs on the trails, so navigating them yourself is a recipe for getting lost. Join a guided tour instead. Every one of our guides is a local mountain biker who has ridden this trail network for years and knows the best snack stops on it.
Groups are capped at three riders because that's how many bikes we own. **Riding with a larger group? Contact us in advance and we'll arrange it.**

Tour Facts

Group Size:
3
Language:
English, Spanish
Duration:
5
Tour Type:
continuous

Tour Itinerary

9:30 : Meet at our Arví headquarters

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Duration
15 Minutes

9:45 : Bike fitting and safety briefing

We size you on a Giant hardtail, fit your helmet and gloves, set your saddle height, and talk through the day's route and hand signals.

Duration
30 Minutes

10:15 : Ride out into the reserve

We roll from headquarters onto the first gravel connector and drop into the day's opening trail — an easy one, so we can see how you ride before choosing what comes next.

Duration
105 Minutes

12:00 : Snack stop

A drink and a snack, included. This is where we decide the rest of the day: push on for the longer loop, or take the scenic way home.

Duration
30 Minutes

14:30 : Ride back to headquarters

Hand back the bike, wash up, and swap trail stories.

Duration
2 Hours

15:00 : Optional local meal

Add a shared meal to your booking and we finish the day the way rides should finish — around a table with local food. Riders skipping the meal head back to the city from here.

Duration
1 Hour