



# You've just arrived!

*Now what to do?*

## Your Arrived in the MORNING!

<b>Breakfast</b>	San Fernando Restaurant	Eggs
<b>Breakfast</b>	Delicias Paisa	Calentado
<b>Juices and others</b>	Jugos la Jarra	Juice & Empanadas
<b>Juices</b>	Parque Bolivar	Fruit Juice Stand
<b>Groceries</b>	SuperInter	Supermarket
<b>Groceries</b>	Supermercado Olimpica	Supermarket
<b>Fruits</b>	Street Fruit Stands	-
<b>Shopping</b>	Parque Bolivar Surrounding blocks	Little Shops
<b>Fitness</b>	Gym Body Building	Next to Park (has a pool)
<b>Fitness</b>	Favorite Volunteers Gym	Gym Mauro
<b>Tour Guiddes</b>	Parque Bolivar	City Tourism Stand

## You Arrived Mid-DAY!

<b>Lunch</b>	Delicias del Caribe	Fish & Shrimp
<b>Lunch</b>	Delicias Paisa	Colombian food
<b>Lunch</b>	Arroz Paisa	(Personal size enough for a party of 2 or 3, Vegan Rice)
<b>Lunch</b>	Asaderos Lllamarada	Roasted Chicken (Street Behind Minga House)
<b>Lunch</b>	Chiffers	Pizza, sandwich, burgers, lasagna



**You Arrived in the EVENING!**

<b>Dinner</b>	Chiffers	Delivery Service
<b>Dinner</b>	Park Vendors	Pizza, Arepas, Burguers, Chuzos, Chicken, Corn Cob
<b>Dinner</b>	InterSuper	Stuffed Arepas, Roasted Chicken
<b>Drinks &amp; Coffee</b>	Tarima Cultural Café	Beer, cocktails, coffee, live music
<b>Drinks &amp; Coffee</b>	Café Vintage	Best Hot Chocolate in town, coffee, beer.

**WANT SNACKS?**

<b>Coffee, Pastries &amp; Souvenirs</b>	Tierra del Café	Best Lemon Cream beverage. (crema de limón)
<b>Coffee &amp; Pastries</b>	Matices	Sugar-Free Cakes, Coffee
<b>Coffee</b>	Stand in front of Minga House	Coffee beverages, Coffee Cake.
<b>Donuts</b>	Bakeries	Churros are donuts
<b>Ice Cream and Desserts</b>	Venecia	Cakes, pastries, Ice cream.
<b>Ice Cream</b>	Melaos	Ice cream, fruit salads with ice cream & cheese

**WHY NOT**

<b>Need a massage?</b>	\$ 20 USD/ one hour
<b>Need Manicure or Pedicure?</b>	\$ 5 USD