



**PHYSICIAN CERTIFICATION**

\_\_\_\_\_ [print full name of program participant / patient] has advised me that s/he wishes to participate in international travel with Elevate Destinations. I understand that s/he will be traveling to Colombia for a La Ciudad Perdida Trek with Smile Train for the following dates of travel: April 9 – 16, 2023.

I have been advised that while Elevate Destinations seeks to include all participants, regardless of physical ability or medical condition, Elevate Destinations is limited by the infrastructure and services available in the communities they visit and that medical services and treatment in the country of travel may not be of the same quality as is available in the United States. This is an active trip, and we recommend that travelers have a **high level of fitness and agility**. Please review the full itinerary attached which includes the daily trekking distance and elevation gain / loss.

Travelers on this trip should be able to:

- Walk at least six to eight miles without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb sets of stairs without assistance
- Keep pace with an active group of travelers
- Ride comfortably in a vehicle on bumpy roads for extended periods of time

In my professional opinion, \_\_\_\_\_ [print full name of program participant / patient]: (check one)

- Is medically fit to fully and safely participate in this international travel.
- IS NOT medically fit to fully and safely participate in this international travel.
- IS medically fit to fully and safely participate in this international travel, subject only to the following special requirements or accommodations (please list of applicable):

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Physician Name

Physician Signature

Physician Phone Number

Physician Address

Physician City, State, Zip

**Smile Train La Ciudad Perdida Charity Challenge Trek - Itinerary**  
*April 9 – 16, 2023*

**Day 1: Sunday, April 9, 2023** – International Arrivals

**Day 2: Monday, April 10, 2023** – Site Visits in Baranquilla

**Day 3: Tuesday, April 11, 2023**

**Trekking Day 1:** Start to Cabaña Adan camp

- **Trekking Distance:** 7.6 km (4.7 miles)
- **Trekking Time:** 3 – 4 hours
- **Elevation Gain:** 460 meters (1,509 feet)
- **Max Altitude:** 613 meters (2,011 feet)

**Day 4: Wednesday, April 12, 2023**

**Trekking Day 2:** Cabaña Adan camp to Cabaña Mumake camp

- **Trekking Distance:** 14 km (8.7 miles)
- **Trekking Time:** 10 hours
- **Elevation Gain:** 435 meters (1,427 feet)
- **Max Altitude:** 895 meters (2936 feet)

**Day 5: Thursday, April 13, 2023**

**Trekking Day 3:** Cabaña Mumake camp to Paraiso Teyuna camp

- **Trekking Distance:** 10 km (6.2 miles)
- **Trekking Time:** 9 hours
- **Elevation Gain:** 301 meters (987 feet)
- **Max Altitude:** 1,100 meters (3,608 feet)

**Day 6: Friday, April 14, 2023**

**Trekking Day 4:** Paraiso Teyuna camp to Maloka Barlovento hotel

- **Trekking Distance:** 15 km (9.3 miles)
- **Trekking Time:** 7 hours
- **Elevation Gain:** 301 meters (987 feet)
- **Max Altitude:** 613 meters (2,011 feet)

**Day 7: Saturday, April 15, 2023** - Rest Day

**Day 8: Sunday, April 16, 2023** – International Departures