**Daylong Hiking at Barú Volcano**

This tour starts very early in the morning so that the hiking trail may be completed; it will bring you to the top of Barú Volcano, the highest point in Panama, it is 3,475 meters high. Barú National Park, founded in 1976, protects the magnificent biodiversity and thick forest of the mountainsides of the volcano. It is located in the south of the continental division between North America and South America, near Talamanca’s mountain range. From the top, you can have regard for both the Caribbean Sea and the Pacific Ocean in clear days. The park is home to 250 species of birds which include the hummingbird, the yellow-thighed finch (Pselliophorus tibialis), black-cheeked warbler (Basileuterus melanogenys), crested eagle (Morphnus guianensis), bare-throated bellbird (Procnias nudicollis), sulphur-winged parakeet (Pyrrhura hoffmanni), and the mythological quetzal (*Pharomachrus*). During the tour, you will be able to see in detail the lush flora, countless types of orchids, some exotic ones, shiny bromeliads, giant oaks and huge bamboos as well as primary and secondary forests where tree branches are filled with moss. In the first phase of the route, you will have regard for vast valleys that are cultivated and the small city of Boquete; straightaway, you will go deep into the thick forest, sometimes, you will be immersed in its characteristic mist, and when you arrive to the top, you will enjoy a majestic view. You will have time to rest briefly and return to Boquete.

DURATION: approximately 12 hours – 20 kilometers [12.42 miles].

TIME: very early in the morning.

GUIDE: Spanish/English speaker guide.

Difficulty: from medium to high.

IT INCLUDES: shuttle service from/to the hotel, entrance to the park, hot drink at the top of the volcano.

RECOMMENDED OUTFIT: hiking shoes and clothes, sunscreen, hat, sunglasses, repellent, batteries, raincoat, windbreaker and gloves.

NOTE: temperature at the summit may range from 0 to 3 degrees. It is recommended to be bundled up. During rainy season, between April and December, trails may be muddy.