**Half-day hiking in Los Quetzales trail**

Los Quetzales trail is the most famous one and the most beautiful trail in the area. This tour invites you to go deep into Volcán Barú National Park. It starts in the station of Anam de Alto Chiquero to Boquete and continues along the trails of the rainforest; following the course of Caldera River which will be crossed later on in order to go deep into the forest and have regard for its charming landscapes. Rainforests in the area are home to 250 bird species and they are ideal for bird watching, specially, because of the peculiar species, among which the resplendent quetzal stands out. The Mayans and Aztecs venerated it because, for them, it represented the god of the heaven.

DURATION: 4 hours - approximately 4 kilometers [2.48 miles].

TIME: to be agreed.

GUIDE: Spanish/English speaker guide.

Difficulty: medium.

IT INCLUDES: shuttle service from/to the hotel, entrance to the park, hot drink in the middle of the pathway and snack.

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

NOTE: It is not recommended during rainy season, between April and December, since trails may be muddy.