**Half-day mountain hiking and waterfalls**

The trail is located near Barú National Park, in Las Cataratas Nature Reserve. It offers you the opportunity to go deep into the magic forest and have regard for some of its 250 bird species, including the resplendent quetzal which stands out. The colors of its plumage are simply fascinating: shaded green with blue and black, and metallic highlights. The male has even more flashy colors, its breast is intense red, its tail that may measure up to seventy centimeters long is white and green, its bill is yellow and its crest is green with black shades. The Mayans and Aztecs venerated it because, for them, it represented the god of the heaven. The quetzal feeds mainly on aguacatillo trees and nests in the holes of the trees. During the tour, you will visit clay pits and the mysterious swimming pools used by native tribes. At the end, you will enjoy a refreshing bath in the crystalline waters of the waterfall’s lakes.

DURATION: Between 5 and 6 hours - approximately 6 kilometers [3.72 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.