

3 FEB 2021

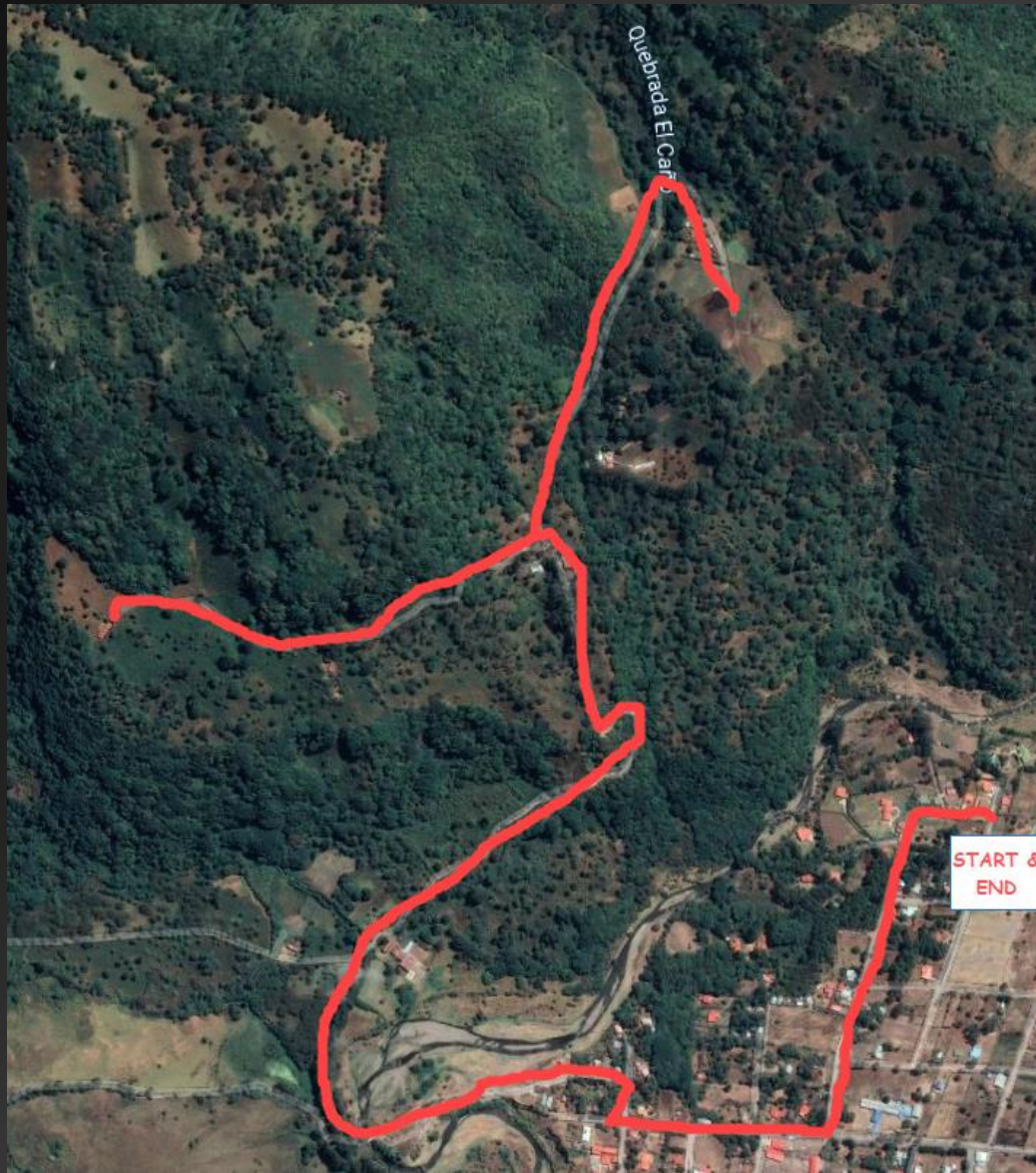
EXPLORING WEDNESDAYS

The best one so far
Exploring Rainbow mountain

IDEA

- Get together and have fun with friends every week or so
- Discover some of the gems in Tierras Altas and get some exercise at the same time
- Have some shared adventures

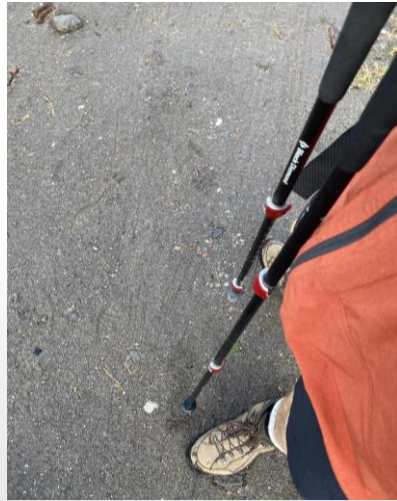




PLANNED & ACTUAL ROUTE

THE PLAN WAS TO DO ABOUT A 2 TO 2.5 HOUR STROLL up the mountain (up the right fork), explore the Quebrada El Cãno, and stroll back down!!

The overcast drizzly weather made is refreshingly cool.



FROM THE HOUSE AND UP THE TREED LANE.

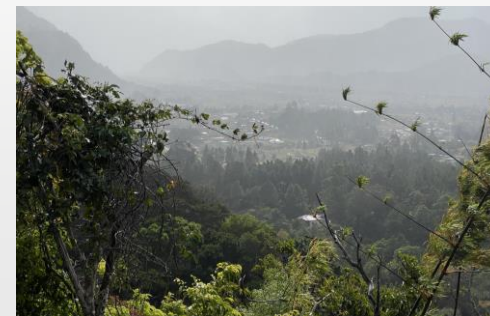


PAST THE HOUSES



UP THE STEEP HILL ON THE DIRT ROAD

VIEWS BACK INTO
PASO ANCHO





OVER THE TOP & INTO THE VALLEY

PANAMA'S PPP PLAN
(PREMIER PANAMA
PLUMBING)





**RAINBOW
EUCALYPTUS TREES
AND THE RIVER**

BACK DOWN
TO EARTH





HOMEWARD BOUND

VITAL STATISTICS

- The adventures intrepid explorers: Pat & Paul
- Total Steps: 15,000+
- Total distance: 10 km (6.2 mi)
- Time taken: 2.5 hrs (9 am to 11:30 pm)
- Consensus: This was the best one so far. The light drizzle made it pleasant and cool. We will be back to explore further.