

24 APR 2021

# STROLLING SATURDAY

Up the Paso Ancho Mountain – Meeting the Locals

*Enhanced Digital Memory (EDM)*

# THE MISSION & THE STORY

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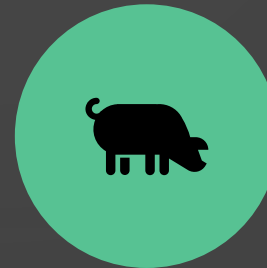
Previously, we had walked up a path on the mountain and turned back (it was a casual stroll). This time we decided to see where the path led.



At the top we met some of the local farmers who had been farming there for 60 yrs.

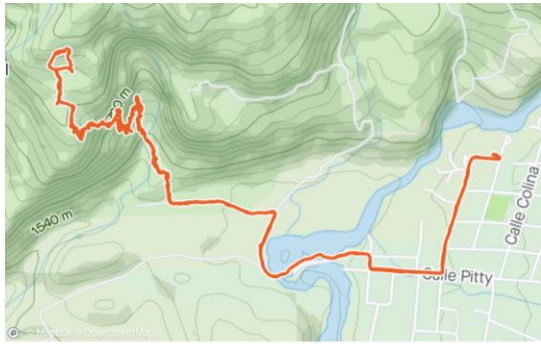
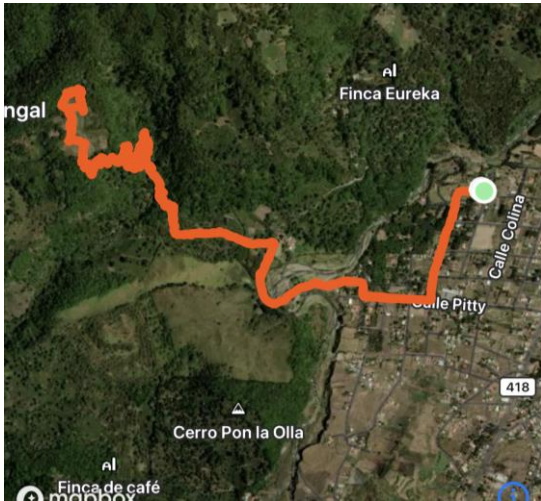


The path became really steep but it led all the way to the top of the mountain.



Alex (farmer) took us on a tour of all the fields and even the pigs

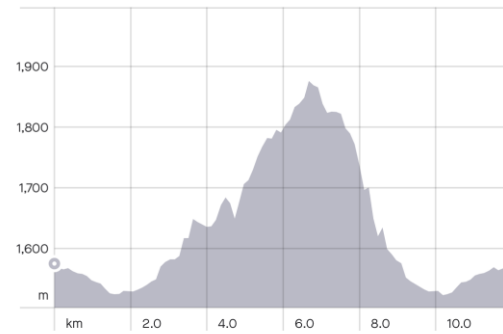




Distance  
**12.07 km**

Elevation Gain  
**641 m**

Moving Time  
**3:03:13**



Elevation Gain **641 m**

Max Elevation **1,879 m**

# THE ROUTE

**BACK DOWN THE  
SAME ROAD**





# UP THE PATH

- Got really steep and a bit slippery
- The 3 amigos forged on up and up





# THE MAP





# THE FARM



- Thank heavens for Tyler's fluent Spanish
- The farmer told us he had been farming here for 60 years !!
- Alex (farmer) took us on a 45 min tour to show us his crops.
- The market for the lettuce was so bad (\$15/ton), it was not economical to remove them from the ground. They just leave them to rot and plow them back into the soil.
- After the tour Mom (Innes) gave us a local refreshing drink and we met Ronaldo (Alex's brother).
- Innes also offered to cook us a Panamanian meal sometime in the future – Always friendly Panamanians



## THE VIEWS FROM THE TOP OF THE MOUNTAIN

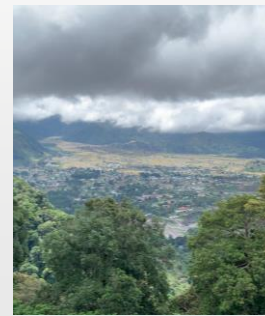
- Little meditation bench's on top of the hill
- Views down into Paso Ancho, Volcan, Nuevo California.





## MORE VIEWS

- Looking down to Paso Ancho
- See how the river is washing out the valley



# VITAL STATISTICS

- This adventures intrepid explorers: Tyler, Pete, Diana, Pat, Paul
- Total Steps: 17,000+
- Total distance: 12 km (7.45 mi)
- Maximum Elevation: 1879 m (6165 ft)
- Elevation down and up: 641 m (2103 ft)
- Time taken: 3 hrs (9.00 am to 12:00 pm)
- Consensus: Worth another visit.