

24 JULY 2021

STROLLING SATURDAYS

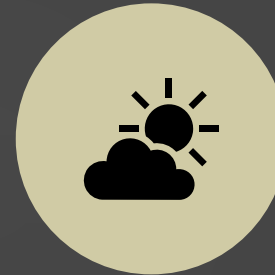
Up to the Quetzal Trailhead and back

Enhanced Digital Memory (EDM)

THE MISSION & THE STORY



In February 2021, we drove up the Bajo Grande to El Respingo rangers cabin. We traversed about a 40m mud patch successfully. In April, we tried doing the same trip. The 40m had gone to 200m and we got stuck. Ended up reversing down the mountain – Fun, fun, fun.



After days of rain, the sun finally came out. Saturday was a perfect day for the walk up the mountain. We had a record turnout of 19 intrepid explorers who arrived with their boots and hiking poles.



The El Respingo rangers cabin is the top of the mountain and the start of the Quetzal Trail from Cerro Punta to Boquete. We always thought that the walk up Bajo Grande to El Respingo would be a nice walk



The road up has been improved a lot – practically no mud. Even though the Quetzal Trail was closed, the ranger allowed us to explore the trail for about 30 mins. It was a great walk that everyone enjoyed.

MAPS

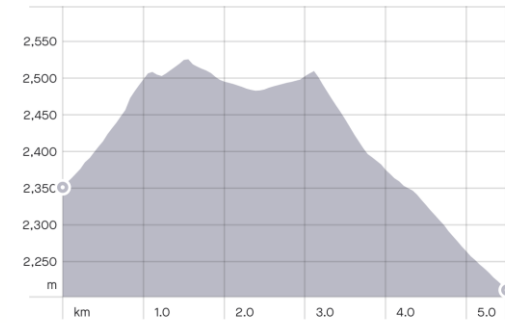
Elev./Time



Elev./Dist.



Elevation



Elevation Gain

221 m

Max Elevation

2,528 m



Morning Walk



Distance

5.58 km

Elevation Gain

221 m

Moving Time

1:47:19

FROM THE PARKING LOT





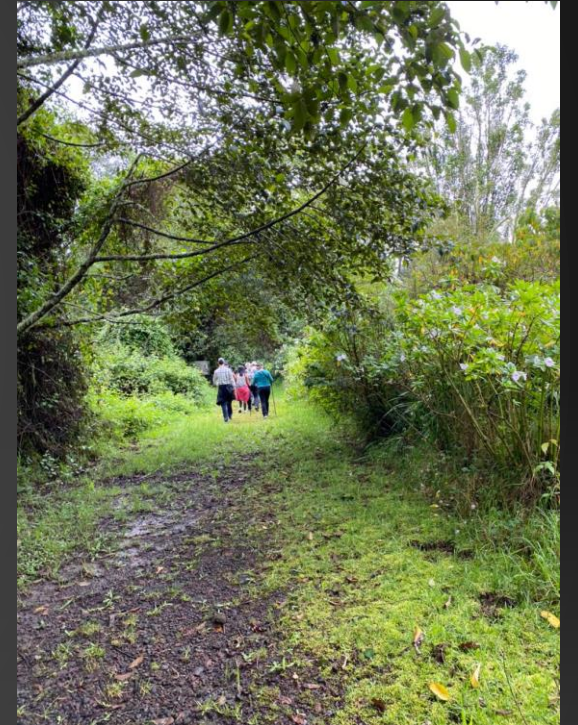
UP THE HILL

THE TOP





THE TRAIL

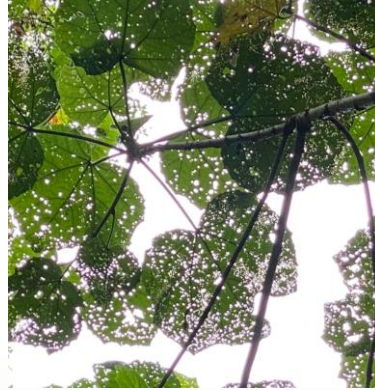


THE EXPLORERS



*Phew. Thanks Mom.
Now I feel better.*





DOWN THE MOUNTAIN

VITAL STATISTICS

- Number of Explorers: 19 + 2
- All Explorers: Laurie, Tony, Cher, Cedric, Diana, Pete, Victoria, Terry, Maria, Dave, Janet, Glen, Diana C, Tyler, Ashley, Spencer, Scott, Pat, Paul
- New Explorers : Maria, Janet, Glen, Diana C, Ashley, Spencer, Scott
- Fury Explorers: Sheba & Bella
- Total Steps: 13,000+
- Total distance: 6 km (3.7 mi)
- Maximum Height: 2528 m (8294 ft)
- Elevation Gain: 221 m (725 ft)
- Time taken: 4.0 hrs (8.30 am to 11:30 pm)
- Time Walking: 1h50
- Overall Difficulty Rating: 3/5 (Steepness)
- Consensus: Great walk. Worth doing again in the future.
- After Action Replenishment & Social: Wandering Sloth