

7 JULY 2021

# WEDNESDAY EXPLORERS

Cerro Punta Quetzale Cabanas – Finding the 3 Waterfalls

*Enhanced Digital Memory (EDM)*

# THE MISSION & THE STORY

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To introduce the group to the 3 Waterfalls in the Quetzale Cabana's Rain Forest in Cerro Punta which we knew about, but had not seen.



On Tuesday (day before the hike), Pete and Paul did an exploratory trip from top - the hairy walk. They then followed the path past the waterfalls and found the other easier path from the road.



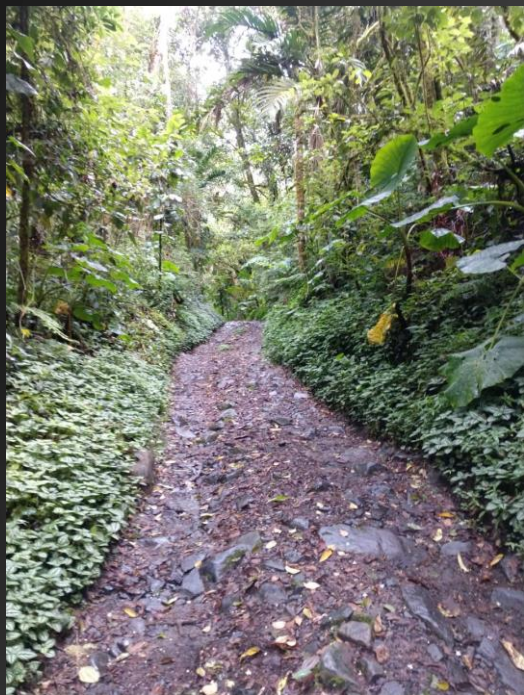
There are 2 paths to these Waterfalls. From the top (a hairy walk up and almost vertically down) and on a path from the road – caveat: the path is not marked. You need to know where it is.



On Wednesday: 2 dry stream crossing (walking the plank), 5 wet stream crossing, a little mud - 14 adventurous souls experienced the beautiful 3 waterfalls.



# THE PATHS





# THE RIVER CROSSINGS



Doesn't always go  
as Planned



# THE WATERFALLS





# THE EXPLORERS



# VITAL STATISTICS

- This adventures intrepid explorers: Liesel, Victoria, Darla, Laurie, Tony, Pete, Diana, Dave, Richard, Jennifer, Rob, Jessica, Pat, Paul
- Total Steps: 8,000+
- Total distance: 5.0 km (3.11 mi)
- Time taken: 3.5 hrs (9.30 am to 12:30 pm)
- Consensus: Worth returning and spending some time at the waterfalls soaking in the natural healing of the forest. In Japanese, this is known as *shinrin-yoku* ('forest bathing').