



TREKKING

reconnect@chakracr.com
www.chakracr.com



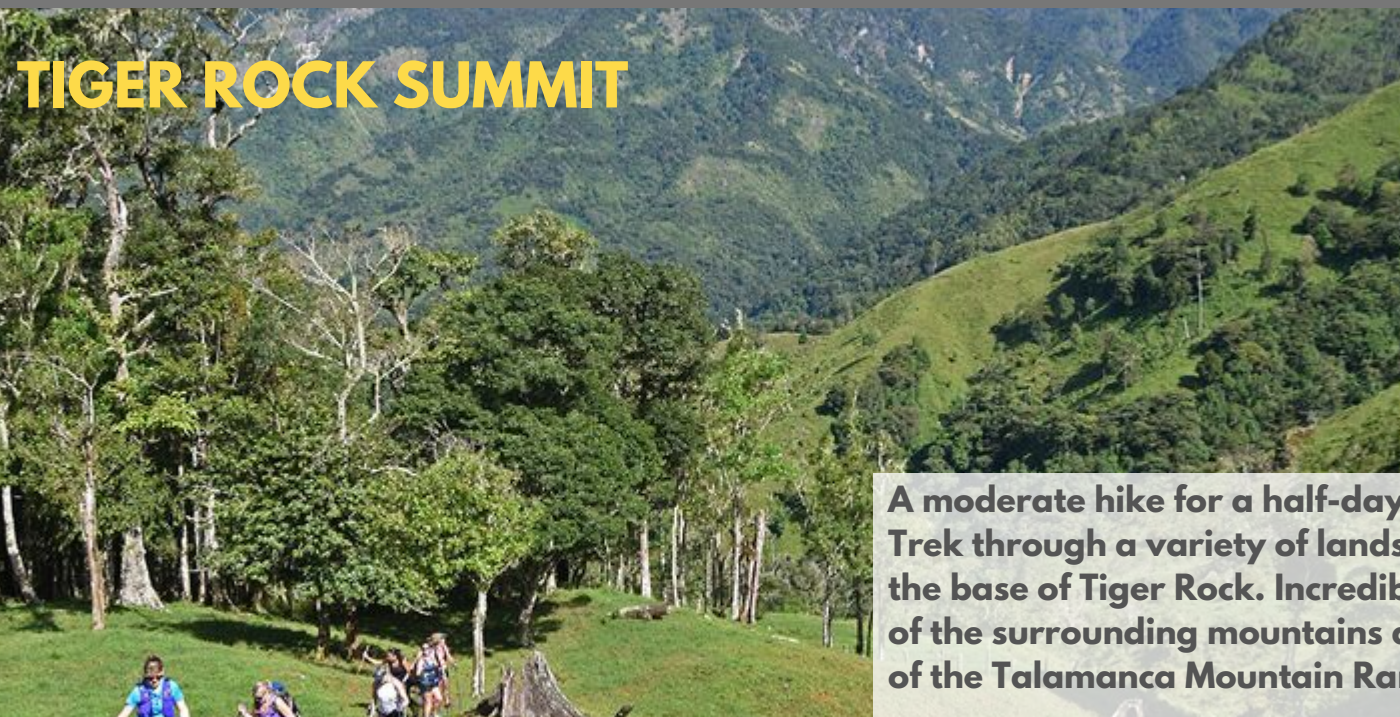
GUIDED NATURE WALK



3K
gains 400m
3 - 4 hrs

Spot and learn about the local wildlife! A well-defined trail through the cloud forest, river crossings over bridges and up rocky climbs to end up at a grassy field surrounded by blackberry bushes.

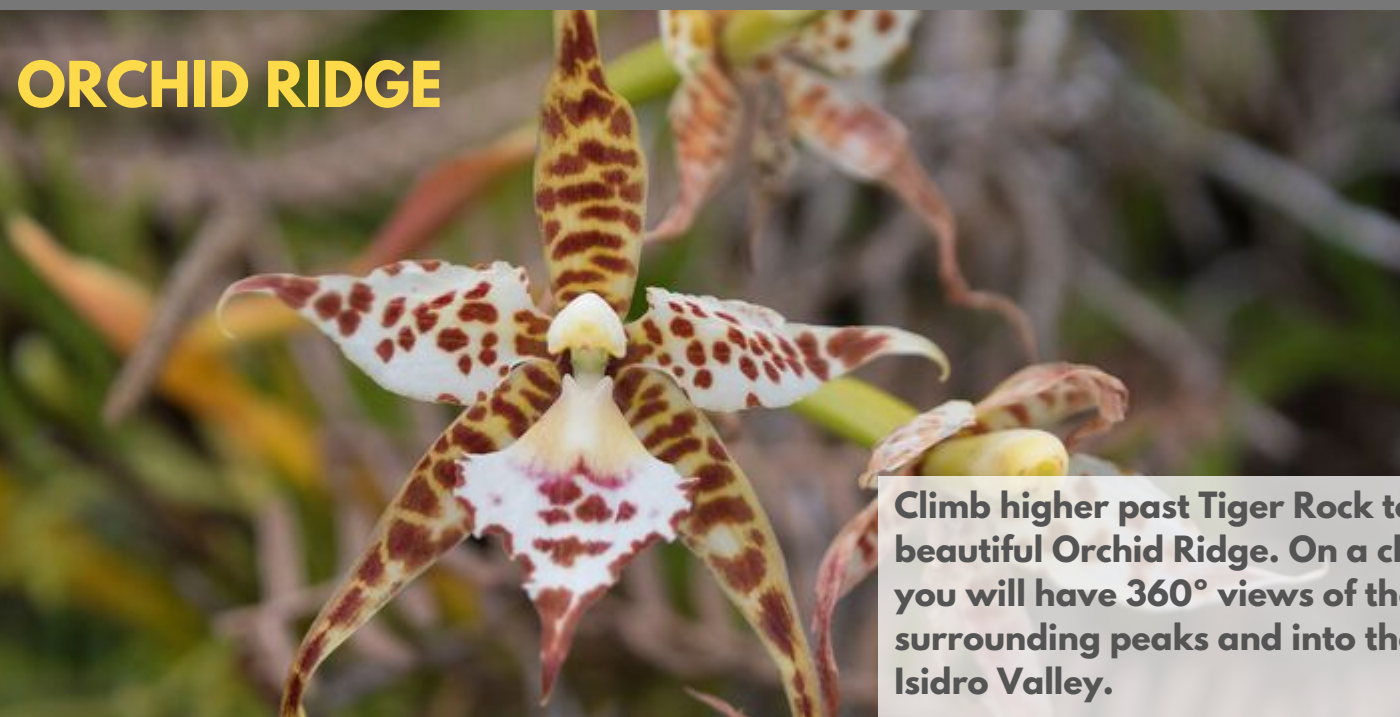
TIGER ROCK SUMMIT



10K
gains 700m
3.5 -6 hrs

A moderate hike for a half-day activity. Trek through a variety of landscapes to the base of Tiger Rock. Incredible views of the surrounding mountains and valleys of the Talamanca Mountain Range!

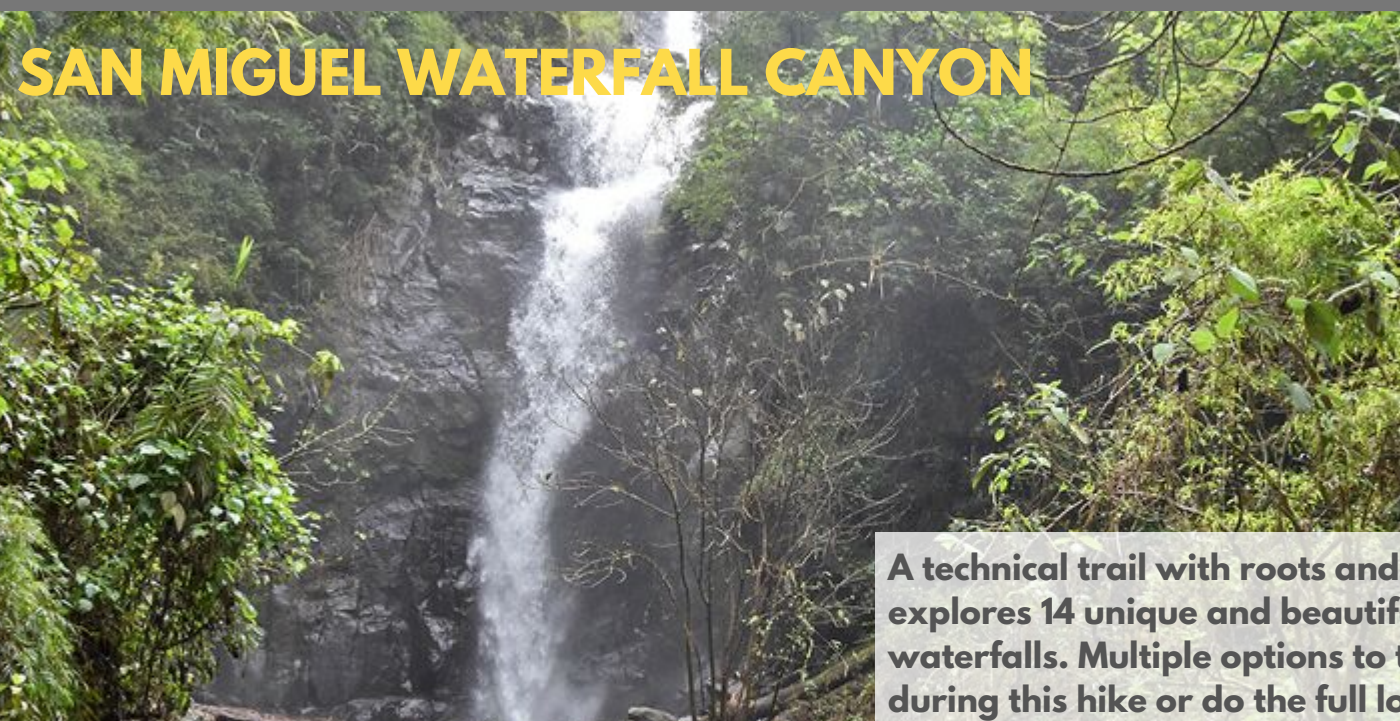
ORCHID RIDGE



18K
gains 1,100m
6 -8 hrs

Climb higher past Tiger Rock to the beautiful Orchid Ridge. On a clear day you will have 360° views of the surrounding peaks and into the San Isidro Valley.

SAN MIGUEL WATERFALL CANYON



10-16K
gains 1,400m
3.5 -6 hrs

A technical trail with roots and rocks that explores 14 unique and beautiful waterfalls. Multiple options to turn back during this hike or do the full loop.

ENA SUMMIT: 3,167M



32K
gains 2,200m
10 -12 hrs
or
overnight

Venture past the cloud forest into the tropical alpine, a stubby, dense, elfin forest adapted to extreme weather conditions. On a clear day, you might see both the Caribbean and Pacific oceans!