

# FOREST BATHING HIKE

## Condor viewpoint and centennial forest trail

<b>Difficulty</b>	Moderate.
<b>Hiker's level</b>	Moderate, good physical condition.
<b>Duration</b>	Approximately 5 hours, depending on walking speed.
<b>Route</b>	Approximately 13 kilometers with altitudes ranging from 59 to 533 meters.
<b>Season</b>	From November to March.
<b>Price</b>	USD 13 / per person.
<b>Description</b>	Forest bathing is a unique experience of connecting with nature. As you delve into the lush forest, you breathe in pure, fresh air, infused with the aroma of trees and moist earth. Sunlight filters through the treetops, creating a dance of shadows and golden rays that caress the surroundings. The gentle whispers of the wind through the branches, and the passing of clouds, fill the environment with tranquility. Each step on the carpet of dry leaves awakens the senses, while the majestic trees embrace us with their serenity. A forest bathing among lenga trees, a rejuvenating experience for the body and spirit.
<b>Signage</b>	The trail is fully marked with signs and markers to ensure clear and safe navigation. In addition, a GPX file is provided for import into GPS applications, making it easier to track the route and provide an additional reference during the trek. This ensures that hikers can stay on the right path and enjoy the experience without worries about navigation.
<b>What to wear</b>	It is suggested to wear suitable footwear for walking on varied terrains, comfortable and weather-appropriate clothing, sun protection (hat, sunglasses, sunscreen), water, and snacks to stay hydrated and energized during the journey. Additionally, a lightweight backpack and hiking pole can be helpful.
<b>Transfers</b>	Service available upon request, not included in the entrance fee.
<b>Additional Information</b>	Hiking trail is self-guided.

