

Water-walks along rivers and beside the sea: Look at high and low tides, river currents, go around on foot or in a chingo (local canoe). Mangroves: Observe different types of mangrove and diversity of flora and fauna. Trekking: A walk to identify flora and fauna. Going fishing: Go up the River Jovi in a chingo (local canoe) observe and catch the sabaleta using a mask and harpoon like the local people do: the river water is clear and calm enough for that. Water-walk at Pichindé: Discover the tunnels of Pinchindé, ending with a refreshing dip in the warm waters of the Cascada del Amor.



### A humpback whale in the Colombian Pacific

Waterfall walk: Follow a jungle path to observe flora and fauna, until you reach the majestic waterfall with its three naturally-formed branches: and below it a deep pool for a bathe as you look at Nature all around you. Hot springs: A natural limestone pool to enjoy the pleasantly-warm water and its medicinal benefits. Walk to a waterfall, La Roñosa: The waterfall is over 100ft high, deep in the jungle near the Pacific coast. Walk to the environment station at Amargal: The station receives students from Colombia and abroad for research and observation of endemic species such as frogs, snakes and birds. Whale-spotting: Very close to Bahía Solano, at the end of October you will be able to see these whales, the largest animals on Earth. Surfing: Nuquí offers Colombia's best waves for the surfer. The best spots are Playa Terquito, Terco, Rio Termales, Pico de Loro, Pela Pela, El Chorro, Playa Brava and Juan Tornillo. Kayak: All the rivers around Nuquí are good for this sport. The Joví and the Coquí are the best known of them. You can also take a locally-made wooden champa or a chingo, large enough for one or two people. Diving: There are strong currents in the Pacific, and PADI certification is a must. Torrentism: Any of the waterfalls in the area are good for this. Interpretation walks: Local people explain animals and plants along the paths and how they use them in the community. Photography: Local lore and customs.