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 springsA 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:Nuqui 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 walksLocal people explain animals and plants along the paths and how they use them in the community. Photography Local lore and customs