

# Quetzal Trail

## **Boquete greenest trail through a magical cloud forest.**

“El Sendero de Los Quetzales” is one of Panama most beautiful trails. You can hike the 6 km route (one way) between Boquete and Cerro Punta from either direction, easiest from west to east: the town of Cerro Punta is almost 1000 m higher than Boquete, so hiking east offers more downhill.

As the name implies, this trail near Boquete, in the Chiriquí highlands, is one of the best places in Panama to see the famous Quetzal bird. Being located in the Volcán Barú National Park it allows the hiker great views of Volcán Barú as well as the ability to see several unique plant and animal species.

There are different options to hike this trail with a guide:

1. Start in Boquete and hike half of the trail and return to Boquete
2. Start in Boquete, hike the whole trail to the end and return back to Boquete
3. Start in Boquete or Cerro Punta and hike the whole trail to the end on the other side

