

Trail map of the Esquinas Rainforest Lodge and Tropical Research Station La Gamba



Legend

Timetable from the Esquinas Rainforest Lodge:

To Tropenstation La Gamba	8 min.
Riverbed Trail (level)	45 - 60 min.
Bird Trail (level)	45 - 60 min.
La Trocha Trail to Fila	ca. 1 hour
Waterfall Trail	ca. 1,5 hours
Ocelot Trail	1,5 to hours
Fila Trail	ca. 3,5 hours
To Valle Bonito and back	3 hours

Length of trails

Fila Trail	4.950 m
Ocelot Trail	1.300 m
Waterfall Trail	950 m
La Trocha Trail	840 m
Bird Trail	740 m
Riverbed Trail	600 m
To Valle Bonito and back	3.550 m
Other Jungle Trail	



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 Source: Weissenhofer, A., Huber, W.,
 Koukal, T., and Immitzer M. 2008

