

# Hidden Water Falls Trek

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Departs: Daily (Maximum 6 persons)

Length: Aprox. 3 to 4 hrs.

Degree of Difficulty: Moderate to Difficult

Terrain: Dense tropical Rainforest

## Tour Description

The trek will start with a challenge to cross over a fast flowing creek. From there it goes right into the Hammock Bridge organic garden where traditional Garifuna crops are cultivated.

The trail then takes you further into the dense tropical rainforest. With a steep climb you will reach up a mountain and from there a small stream will lead you to the first waterfall. Following the stream deeper into the rainforest it will lead you to the beautiful three-leveled hidden waterfall.

Before reaching the crystal clear water of this hidden waterfall you will be challenged with a steep descent. This descent will be rewarded with a natural shower under the second level of the waterfall and a dip in the natural Jacuzzi like pool. You will be surrounded by granite rocks and over shadowed by richly diverse rainforest plants. This tour is the ideal way of enjoying the rainforest together with its sounds and it will show you the importance of eco-tourism.

