

# Pura Vida 2023 Travel-4-Credit



## Day 5: The Adventure Continues

### Today's Itinerary:

1. Mistico Arenal Hanging Bridges
2. La Fortuna Waterfall
3. Dance Lessons
4. Baldi Hot Springs

## Mistico Arenal Hanging Bridges

Today, breakfast was at 6:40 am. Our first excursion for the day was the hanging bridges. The clouds started clearing up and we were able to see the volcano. I am proud of everyone in my group as no one panicked while walking across the bridges, including myself. 😊



**Mistico**  
Arenal Hanging Bridges Park

### Did you know?

Mistico is currently in the works to make their entire tour wheelchair accessible. They have purchased special wheelchairs that are able to drive on the paths and even go across the hanging bridges. It is amazing to see them trying to make this experience accessible to everyone. Inclusivity!

# Mistico Arenal Hanging Bridges

From their website, listed below:

"Mistico Arenal Hanging Bridges Park houses the coming together of several different ecosystems that create a transition vegetation strip with high biodiversity. It is located between the edges of two types of forest, highland and lowland, and integrates both.

Throughout years of evolution, the rainforest lowland flora, representative of Sarapiquí and Tortuguero, migrated upwards and reached a height of 500-600 m, where it encountered and interacted with highland flora. Therefore, Mistico Park treetops provide the perfect environment for a high diversity of epiphytes, birds, mammals, butterflies, and more. Watch all of them closely from the hanging bridges."

They really enjoyed walking across the bridges that were very high. I am proud of the kids for conquering their fear of heights. I look at this as a great life-lesson/experience. There are many things in life that will scare you and if you face and overcome them, you will be stronger for it.

<https://www.misticopark.com/>

Check out these videos of the hanging bridges:

[https://www.youtube.com/watch?v=yN\\_QU6TEBk&t=9s](https://www.youtube.com/watch?v=yN_QU6TEBk&t=9s)

<https://youtu.be/wZE6yBT2TgY>



## La Fortuna Waterfall

Next stop was the La Fortuna Waterfall, 500 steps down and 5000 steps back up (that's what it felt like). The kids have some great shots of themselves with the waterfalls in the background. OMG, I think I need to start working out on a Stairmaster. ☺

Check out the following video:

<https://youtu.be/DOSSINBDIKY>



# Baldi Hot Springs

After dinner at Baldi Hot Springs, we changed into our bathing suits. Here the mineral water heated by the Arenal Volcano flows through the resort. There are 25 shallow pools and waterfalls spread throughout the resort. We stayed here until 9:30 pm.

Check out the following video:

<https://youtu.be/XqIt5ouJAK4>

