

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://youtu.be/wZE6yBT2TgY>

