



Santa Cruz Trail

Coiba

PARQUE NACIONAL

Description

- Length: **4.5 km = 2.8 mi**
- Approximate time: **2.5 hours (one way)**
- Intermediate difficulty due to length, unstable ground and creek crossings. Difficulty may increase during very humid conditions.

Caution

- Limited access:** Ocean transit to and from the west trailhead is only possible during high tide. As the tide drops the cove's practically impassable muddy bottom becomes exposed.
- Hiking this trail with a guide** is recommended.
- Poisonous snakes:** Mind your path. Rubber boots reduce the risk of snakebite.
- Unstable ground:** You may encounter slippery portions of trail and loose gravel. Approaching the west trailhead, the path crosses through a mangrove forest with humid and muddy ground.
- Begin early enough to ensure **return before nightfall**.
- Recommend to bring: **guide, insect repellent, water, rubber boots.**
- Level of **difficulty increases** during very wet conditions.

Hike options

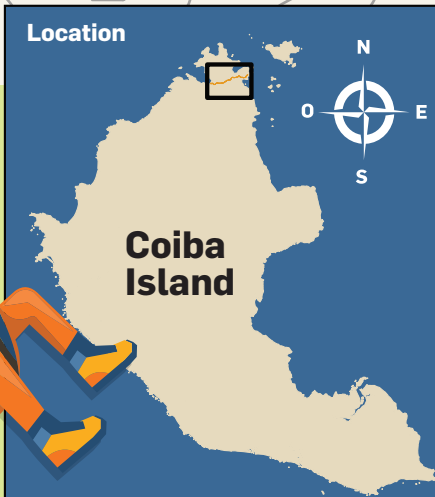
- East - west:** Start hiking from the camp-side east trailhead 2.5-3 hours before high tide and coordinate to get picked up by boat during high tide at the west trailhead.
- West - east:** Get dropped off by boat during high tide at the west trailhead and hike back to camp.
- East - west - east:** Begin and finish from the east trailhead, completing a partial or complete, back and forth hike of the trail.



Climate Change

Climate change impacts and stresses ecosystems. The conservation provided to protected areas guards their ecosystems' services which are indispensable for climate change mitigation and adaptation. Some impacts that can be associated to climate change in Coiba National Park include:

- Coastal erosion resulting from sea level rise
- Water stress conditions caused by decreased precipitation (drought)
- Ecosystem imbalance and biodiversity loss resulting from species migration and habitat loss



This trail guide was developed by youth from Central America and the Caribbean as part of the **World Heritage Youth Project on Marine Biodiversity & Climate Change Panama**, January 25 to 29, 2016, organized by UNESCO World Heritage Centre in cooperation with MarViva

Foundation, with the support of the Ministry of Education, Culture and Science of the Netherlands, in collaboration with the Ministry of Environment of Panamá and the University of Panamá.

Legend

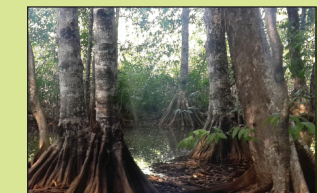
- Trail
- MIAMBIENTE infrastructure
- Intertidal mud
- 20 meter contour line
- Trailhead
- Bridge
- Mangrove forest
- Forest transition
- Grazing land, Penal colony era 1919-2004
- Deforestation, commercial wood harvest 1950's



Noteworthy Species



Coiba Island howler
Alouatta palliata coibensis
© Andrés Hernández CC 2.0
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Tea mangrove
Pelticiera rhizophorae
© Antonio Clemente



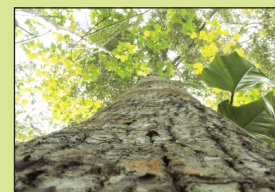
Sapphire-throated hummingbird
Lepidopygia coeruleogularis
© Alejandro Bayer Tamayo CC 2.0



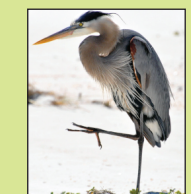
Mangrove fern
Acrostichum aureum
© Wan Hong CC 2.0



Red-lored Amazon
Amazona autumnalis
© Andrés Hernández CC 2.0



Santa Maria
Calophyllum longifolium
© Eduardo Chacón CC 3.0



Great blue heron
Ardea herodias
© David Gavoni CC 2.0



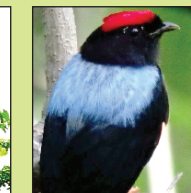
Fine-leaf wadara
Couratari guianensis
© Reinaldo Aguilar CC 2.0



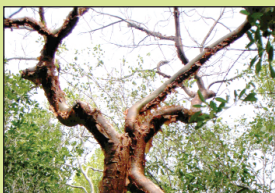
Garlic vine
Mansoa alliacea
© Praveen Grao CC 3.0



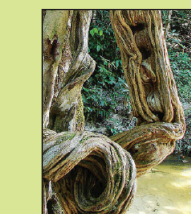
Pumpwoods
Cecropia schreberiana
© Jim Conrad



Lance-tailed manakin
Chiroxiphia lanceolata
© Greg Kanies CC 2.0



Gumbo-limbo
Bursera simaruba
© Louise Wolff CC 3.0



Crown vine
Bauhinia guianensis
© Dick Culbert CC 2.0

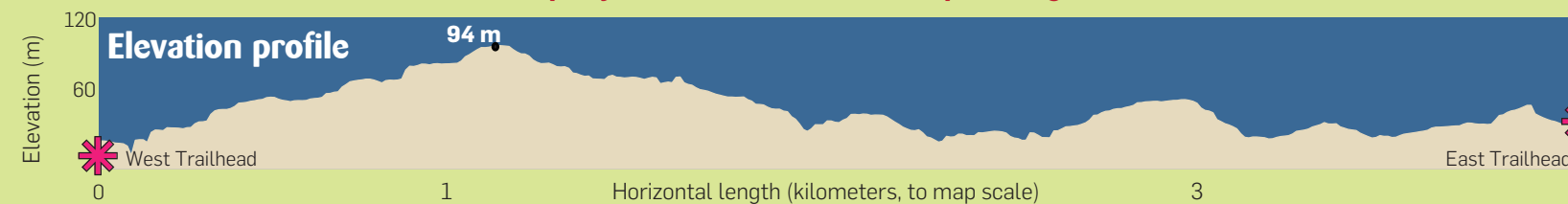


Mouthless crab
Cardisoma crassum
© Gabriele Kothe-Heinrich CC 3.0



Bully tree
Hieronyma alchorneoides
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