Santa Cruz Trail

**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 cave’s practically impassable muddy bottom becomes exposed.
- **Hiking trail with a guide**: 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 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. Begin and finish from the east trailhead, completing a partial or complete, back and forth hike of the trail.
- **West - east**: Get dropped off by boat during high tide at the west trailhead and hike back to camp.
- **East - west**: Begin and finish from the west trailhead, completing a partial or complete, back and forth hike of the trail.

**Climate Change**
Climate change impacts and observable ecosystem changes. The conservation provided to protected areas guards their ecosystem 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, erosion, conditions caused by decreased precipitation (drought)
- Ecosystem imbalance and biodiversity loss resulting from species migration and habitat loss

**Noteworthy Species**
- **Coiba Island Fruitcrow**
- **Sea mangrove**
- **Red-tailed Amazon**
- **Santa Maria**
- **Great blue heron**
- **Fine-leaf wadara**
- **Garlic tree**
- **Bulb tree**
- **Goodman’s mangrove**
- **Dowitcher**
- **Tea mangrove**
- **Nestor’s mangrove**
- **Grauer’s ebony**
- **Cornelius’s mangrove**
- **Gallinule**
- **Common snail**
- **Lepidopyga coeruleogularis**
- **Bullock’s tanager**
- **Mouthless crab**
- **Mansoa alliacea**
- **Rough-billed snipe**
- **Lettuce trees**
- **Great frigatebird**
- **Classic frigatebird**
- **Lepidopyga coeruleogularis**
- **Chiroxiphia lanceolata**
- **Ontosaurus planirostris**
- **Chiroxiphia lanceolata**
- **West Indian manatee**
- **Staghorn coral**
- **Marsupial manatee**
- **Black tailed snake**
- **Shark**
- **Lepidopyga coeruleogularis**
- **Gulf fowl**
- **Roseate spoonbill**
- **Great egret**
- **Parcel wood**
- **Pumped rum**
- **Stanhopea**
- **Mouthless crab**
- **Gumbo-limbo**
- **Cardisoma crassum**
- **Phillips’ mangrove**
- **Enyalius pacificus**
- **Mouthless crab**
- **Gumbutte**
- **Gumtree**
- **Pelicans**
- **Bedellus plancus**
- **Fleshy mangrove**
- **Bauhinia guianensis**
- **Amazona autumnalis**
- **Great frigatebird**
- **Couratari guianensis**
- **Great frigatebird**
- **Stanhopea**
- **Mouthless crab**
- **Mansoa alliacea**
- **Rough-billed snipe**
- **Lepidopyga coeruleogularis**
- **Chiroxiphia lanceolata**
- **Ontosaurus planirostris**