Chugchilán to Isinliví – 4 to 6 hours hiking time.
Leave Chugchilán on the road towards Sigchos. After about 30 minutes, you see a road going left to the cheese factory, pass this. After 5 minutes you see another road going left, also to the cheese factory. Then you see a grassy trail going down to the right just after a white house (with a wooden sign). Follow this trail to the first houses of Chinalo. To your right there is a steep and dusty path going down to Itualo. The path descends very steeply and just before you reach the village take the left fork. This takes you into the village, past the church and the school. Follow the road in front of you, out of the village. Follow this road for about 10 minutes until you walk into a curve in the road with a sandy cliff. Continue for another 150 meters, ascending and passing a house on the left. Almost immediately after the house look for a path going right. Take this path down to the river and the suspension bridge. Don’t cross the river here, but continue to the left along the left-hand riverbank. Walk for about 25 minutes, crossing a boggy pasture. You will reach a log bridge, with a cable handrail. Cross the river here (don’t cross on the 3-log-bridge) Walk through a couple of eucalyptus trees and go left. Find a small path, this will take you through a flat meadow. Cross the meadow diagonally and take the small trail into the corner. Keep following this trail until you see a small wooden shack, don’t go up here but go down into the riverbed and follow this on the right side. If the water is too high, try to make your way alongside the river. After about 10 minutes you will see a small trail going out of the riverbed and up. Take this, you will stay close to the river for a while and then the path will take you more to the right and up. Keep following this path, passing some impressive white cliffs. Continue until you reach a bigger trail, here going right and up in between some earthwalls. After the earthwalls go left at the fork. You will cross a small stream and after 200 meters take a small trail to the left on a pasture. Cross the pasture, you will see a farm on your left. Go right here. Follow the path, and go straight on the next crossing, not down. The path will cross the river. After the bridge go left, the path has some rocks. After the rocks you will see a bigger trail. Here go left and up. This path will take you into the village of Isinliví in about half an hour. Hostal Llulu Llama is at top on the left side.

Isinliví to Chugchilán – 4 to 6 hours hiking time
Start on the trail going down past the kitchen window. Follow this trail steeply down to the small river Cumbijn. Ignore trails going left or right. 30 meters or so before you would cross the river you see a concrete bridge down below. Here you turn right on a rocky trial, the beginning is more or less hidden behind a big rock. Follow the river on the right riverbank, cross a smaller log bridge a little downstream and keep following the trail. It follows the river but climbs a bit higher up and then stays level. When you see a small farm in front of you, go left. The trail fades out a bit but keep going straight through the pasture. You leave the pasture at the end on the right side, turn right and follow the trail that stays more or less level. Red bright bromeliads here! At the fork keep left, don’t cross the little stream by going right. Ignore trails coming from left and higher up. You start descending between some earth cliffs. Take the path on your left, electricity cables cross it, it’s just before a curve to the right. You are now walking in the direction of Chugchilán. Follow this path for about 30 minutes, facing some impressive white cliffs and some great views into the canyon. For a while the path stays more or less level, until it finally goes down to the riverbed. Once you reach the stony riverbed, keep following this on the left side until you see the river getting very close to the edge. Here take the small trail going up, keep following this trail to a flat meadow and cross this diagonally. Walk through a group of eucalyptus trees to reach a log bridge. Cross this and go further upstream, to the left. After a while you will see the suspension bridge. After the suspension bridge, 5 minutes or so, look for a trail going right and up, take this and at the fork go left. This trail will take you to a bigger road. When you reach the road, turn left into Itualo. Walk into the village and take the road on the right of the church. Within a few minutes take the right fork, going up steeply. You will arrive in Chinalo. Go left here. This brings you to the road to Chugchilán. When you reach the road turn left. It will take you about 45 minutes to walk to Chugchilán. You can also wait for the local bus, +/- 15.00.

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