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# The New York Times

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“To delve even deeper into Puerto Rico’s green heart, take a full-day trip with Ecoquest ([ecoquestpr.com](http://ecoquestpr.com)) into the San Salvador Rainforest, a quiet corner in the mountains of Caguas, just 40 minutes away from the San Juan metro area. Not for the armchair traveler, the tour takes you hiking and climbing through cascading falls, careening down three zip-lines spanning canyons and rivers, and rappelling into an amazing 80-foot-high waterfall.”