

Explore Vilcabamba Valley and Its Unique Birds



Madre de Dios, Peru Mar 2, 2023 ([Issuewire.com](https://www.issuewire.com)) - [Birds of Peru Tours](#) is based in South America and provides bird watching and bird photography activities with top bird guides, customized itineraries, and logistics for your visit to the Pacific coast, Andes, and the Amazon in Peru, as well as other top birding destinations in South America.

Info: Ecuador is a charming country on South America's west coast. It has a rich and diverse landscape surrounded by the Amazon jungle, wildlife-rich Galapagos Islands, and Andean highlands. It is best known for birds and lush greens and peaks.

Bird Watching in Ecuador: Vilcabamba Valley is situated in Loja, Ecuador's southernmost southern county on the Peruvian border. The words "vilca" and "bamba" translate to "holy" and "valley," respectively, in Quechua, the old Mediaeval tongue that is still extensively spoken today; Sacred Valley. The valley, at 1500 metres, is located in a region of hills where the highest peaks rarely exceed 3500 metres.

The region offers rich flora, a gentle, warm environment, as well as a highly diverse animal diversity, in lieu of snow-capped peaks. This highland ecosystem has similar views, sounds, and smells to the

bustling jungle, but without the humidity.

Vilcabamba Valley: The Environmental and Geographically Beautiful Location

In addition to its unspoiled beautiful nature, the Vilcabamba Valley is well-known for its abundance of indigenous people who have survived well past the century mark, and as a result, it has attracted the attention of numerous experts over the years. These studies have examined a variety of environmental and socioeconomic factors, including geography, climate, water, and soil, in the hopes of unlocking the secret behind the people's long life expectancies and lack of disease.

Several credible investigations have determined that this phenomena are partially caused by the mineral balance and high mineral content of the water. The consistent weather, the clear, pure air, the air's naturally high concentration of negative ions, and other essential variables all play a role in people living longer in Vilcabamba.

Towering Mountains and Lush Vegetation

Vilcabamba is a fascinating and stunning area, despite some disagreements regarding the lifespan of its population, particularly as a result of the paucity of precise birth records. One's well-being will be aided by the tranquillity of this region, the unwavering blue sky, the fresh, clean air, the verdant vegetation, and the majestic mountains.

One of the area's highlights is the Podocarpus National Park, which is regarded as a mega biodiversity region with a high concentration of indigenous species. Together with its cascades and more than 100 glacial lagoons, the park is well known for its fascinating variety of flora and animals. The Vilcabamba Valley's picturesque hikes, horseback riding, and animal and bird watching are other delights.

Conclusion

Vilcabamba holidays are intended for the ethical and responsible traveler. We want this place to remain special because it is. If you are interested in more details on tours to Vilcabamba and [Bird Watching Trips in Ecuador](#), please get in touch with us.

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