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**From:** [REDACTED]  
**Sent:** Friday, June 6, 2025 10:14 AM  
**To:** [REDACTED]  
**Subject:** Land Snorkeling: A New Way to Wander Through Travel's Newest Lingo

Hi [REDACTED],

**Land snorkeling** – recently spotlighted as travel's latest buzzword - it's about slowing down and seeing more. What do you notice along the way? Coined by artists Clyde Aspevig and Carol Guzman, it's the art of walking with curiosity, noticing the textures, light, and tiny details most travelers miss.

This mindful movement gets a Caribbean twist, as land snorkeling in Aruba isn't a tour it's a mindset. A slower, more mindful way to wander and wonder.

- **SEE:** Drift through Arikok National Park with no fixed route. Notice shadows on limestone, butterflies on cacti, stories in the stone.
- **SLOW:** In San Nicolas, "street snorkeling" reveals culture through murals, mosaics, and hand-painted signs – an open-air gallery at a walking pace.
- **RESPECT:** The [Aruba Promise](#) invites guests to walk gently, stay on trails, and protect the nature and stories that live on-island.

Please see [HERE](#) for hi-res images and below for more examples of Aruba's best slow-travel spots for mindful explorers. Would this be a fit for any upcoming stories you're working on?

Best,  
Lizzie

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	<p><b>Arikok National Park</b>                  Nearly 20% of Aruba is designated as a National Park, preserving its diverse wildlife, plant life, and natural wonders. This protected area features unique attractions and cultural heritage sites, including spectacular caves, ancient Indian rock drawings, striking land formations of lava, quartz diorite, and limestone, as well as guided nature walks through dry riverbeds leading to secluded bays like Moro, Boca Prins, and Dos Playa.</p>
	<p><b>San Nicolas</b>                  Formerly a hub of international workers at the long-closed oil refinery, today it is emerging as Aruba's cultural capital. This resurgence is propelled by its burgeoning arts movement, which began in 2016 when the mural festival attracted 15 of the best muralists from around the world to redefine the city's character through public art. Today, the city is a canvas featuring over 60 murals.</p>
	<p><b>Fontein and Quadirikiri Cave</b>                  Located in Arikok National Park, the Fontein and Quadirikiri Caves are two of Aruba's most famous limestone caves, showcasing the island's rich geological and cultural history. Fontein Cave is known for its ancient Arawak petroglyphs, while Quadirikiri Cave features stunning chambers illuminated by natural skylights.</p>
	<p><b>Ayo Rock Formation</b>                  Once a sacred site for the island's indigenous Arawak people, the formation features ancient petroglyphs carved into its surfaces. Visitors can explore winding trails that weave through the towering rocks of this massive boulder cluster, which rises dramatically from the otherwise flat landscape.</p>
	<p><b>Conchi (Natural Pool)</b>                  Guests can trek through the rocky ravines on horseback or hike rocky terrain to discover one of Aruba's hidden gems, the Natural Pool. Known in</p>



Papiamento as Conchi, this shell-shaped pool is surrounded by a large barrier of lava rocks that greet crashing waves from the Caribbean Sea.



### Hooiberg

Enjoy panoramic views of the One happy island from the tallest mountain in Aruba. During the 540-foot hike, you may encounter wild goats, parakeets, and colorful lizards.



### The Butterfly Farm

Step into a living sanctuary where hundreds of butterflies drift through a lush, tropical garden, encouraging guests to slow down and simply observe. This serene space invites quiet reflection and mindfulness, creating a sensory-rich escape that nurtures calm, curiosity, and emotional well-being. It's a gentle reminder to move at nature's pace and breathe.

*This material is distributed by Zeno Group, Inc. on behalf of Aruba Tourism Authority. Additional information is available at the Department of Justice, Washington, DC.*

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