

DECAMERON EXPLORER PANAMA BEACH | *Crisol of The Americas*

DECAMERON EXPLORER

Decameron Explorer stands out as a Destination Management Company with a successful history in the tourism industry in South and Central America with over 20 years of experience. Decameron Explorer is your local on site partner to operate and supervise the successful outcome for services rendered to individuals, incentive groups, tour-operator services, conventions, V.I.P. services, charter flights, tailor-made programs, transportation services. Decameron Explorer is the direct link to the best chain of All-Inclusive Hotels and Resorts of Central and South America, Decameron Hotels. Decameron Explorer offers the best programs in each destination including excellent options in transport and tour guide services in the most convenient category and budget for each client.

At the airport in each destination, Decameron Explorer has its own-operated offices where dedicated personnel welcome the arriving passengers with special permits to enter the international dock, immigration and customs areas. Thanks to this infrastructure, Decameron Explorer, with the support of professional tour guides, can organize group baggage identification to speed up the process of distribution to hotel rooms and manage pre-registrations in order to expedite the check-in process at the hotels.

Currently Decameron Explorer has offices in Panamá, El Salvador, Ecuador, Colombia, Haití and Peru. Among the personnel who work for Decameron Explorer there are professionals experienced in groups, incentives and conventions management, who are always available starting at the quote through to its execution.

SERVICES

Among the services, Decameron Explorer (DMC) offers:

- Commercial airline reservations and sale.
- Charter flight management and logistics.
- Transfers of individuals and private groups
- Eco-touristic, cultural, historical, adventure, fishing and scuba diving excursions.
- Roundtrip programs in Panamá (in combination with San Blas, Bocas del

Toro, Darién jungle and Chiriquí highlands), El Salvador (encompassing the Mayan World including Guatemala and Honduras), Ecuador (the breathtaking Galápagos islands, historical and colonial Cuenca, Guayaquil, Quito), Peru (in combination with Lima, Punta Sal, enchanting Cusco, magical Machu Picchu, Trujillo, Chiclayo and Chachapoyas) and Colombia (with the Caribbean in destinations such as San Andrés and Providence Islands, the unequaled and historic Cartagena, the Panaca Theme Hotel and the exotic Amazon).

- Specialty programs for groups, incentives and conventions (personalized for each client) with options for lodging, meals, transfers, entertainment, water sports, etc.
- Educational Programs Decameron Es-Cool.
- Give Back community programs.
- Personalized service at each Sales and Hospitality counter 7 days a week.

TRANSPORT INFRASTRUCTURE

A complete fleet of vehicles, boats and planes assure excellent service in all our excursions, eco-tours and transfers.

HUMAN RESOURCES

We offer a team of organizers, coordinators and professional guides with more than 10 years of experience in handling cruises and charters, who can direct tours to the most interesting places in each country, with fluency in several languages (Spanish, English, German, Italian, Portuguese, French, Russian).

HACCP HEALTH & SAFETY PROGRAM

Decameron Explorer actively participates in Health & Safety programs. A team of Health & Safety Coordinators, trained to achieve the standards and regulations on Food Safety are INCLUDED in Decameron Explorer's staff. HACCP is a food handling and operating approach that promotes food safety by identifying food hazards and applying and monitoring appropriate control measures at points, critical to safety, reducing the risk of food associated illness in guests, and thereby reducing the number of claims. This team audits all tours and restaurants included in Decameron Explorer's portfolio, providing basic health & safety procedures training to our food & beverages suppliers.

PANAMÁ PLAYA



Panama is a country in Central America bordered by water on both sides - the Northern coastline borders the Caribbean Sea and the Southern coastline with the Pacific Ocean. The country's strategic position has been decisive in many of the aspects of this nation - the isthmus that constitutes Panama, connects two giant continents and forms a bridge for the diversity of flora and fauna of South and North America. In addition, the geographical fact that Panama is located only 9 degrees North of the equatorial latitude ensures a pleasant, warm and consistent climate during all months of the year.

In sum, one small tropical country with two long coasts makes for a big playground. In a world where the wilderness and native cultures are inexorably disappearing, Panama – against all odds – continues with its essence intact. Panama is an explosion of wildlife, cultures, history and ethnicities.

BOCAS DEL TORO

The Bocas del Toro Archipelago encompasses part of the Internacional Natural Park "La Amistad", as well as Panama's only marine park, "Parque Nacional Marítimo Bastimentos" - a testimony as good as any to the province's extensive beaches, pristine coral reefs and virgin rain forests. The biodiversity of the region is truly remarkable.

Of further interest is the Afro-Caribbean influence in the local culture, as showcased through architecture, cuisine and other forms of folkloric expression. Optional tours: Take this unique opportunity to enjoy a boat tour to the bird sanctuary on the rocky island of Swan's Cay or visit the coral reefs of Cayos Zapatillas and the small islands of the mangroves or walk the Rana Roja Trail, in search of the Oophaga Pumilio or Strawberry Poison-Dart Frog, the species of amphibian after which the path is named. A boat ride to Dolphin Bay is also recommended.

Duration: 1 night / 1 day

Max. Luggage Weight: 12 kg/26 lbs per person.

Note: Flights are subject to change without prior notice.

Included: Bus transportation Hotel-Albrook Airport-Hotel, roundtrip air fare, greeting at Bocas Airport and transfer to the Hotel, accommodation in standard air-conditioned room, breakfast and taxes.

No Included: Beverages

Recommendations: Comfortable clothes, wet shoes or sport shoes, insect repellent, bathing suit, sunblock, sunglasses, snorkeling gear, beach towel, passport, cash for purchases.



PANAMA CANAL & SHOPPING



The perfect combination! Admire the impressive engineering work of the early 1900's and the extraordinary short time required for the huge cargo ships to transit the Miraflores Locks (subject to the Panama Canal Authority's transit schedule). We also visit one of Central America's largest shopping malls with over 300 stores offering a wide variety of merchandise (e.g. footwear, sports articles, souvenirs, clothes for the whole family, appliances, electronics, accessories, fragrance & cosmetics) and special discounts for visitors.

Included: Entrance to Miraflores Locks Visitor Center, Bus transport, Englishspeaking tour guide, Albrook Mall discount coupons and beverages.

Recommendations: Light clothing, comfortable shoes, sunblock, hat, sunglasses.

DEPARTURE: 8:00 A.M. · RETURN: 6:30 P.M.

CITY TOUR & PANAMA CANAL

Panama City is known to harbour "three cities in one" and on this tour we discover two of them: The Casco Antiguo and the modern city. We visit the Colonial City - or Casco Antiguo - designated as a World Heritage Site by UNESCO with attractions such as the Golden Altar, the Plaza de Francia, Las Bóvedas. The tour takes us to see the Miraflores Locks, where we can admire the operation of the Canal and the passage of ships (subject to the Panama Canal Authority's transit schedule). Appreciate the panorama of the Modern City of Panama and the waterfront coastal strip (Cinta Costera) where we find the monument to Vasco Núñez de Balboa, discoverer of the South Sea. Panoramic tour on the Amador Causeway, from where you have a magnificent view of the city and where there is a stop for shopping at Amphora Duty Free.

Included: Bus transport, English-speaking tour guide, entrance to Miraflores Locks Visitor Center, lunch and beverages.

Recommendations: Comfortable shoes, hat, sunblock and sunglasses.

DEPARTURE: 8:00 A.M. · RETURN: 6:30 P.M.



COMUNIDAD INDÍGENA EMBERÁ



The Emberá Indians are one of the many ethnic indigenous tribes in Panama. Visitors are welcome to discover their culture in one of their communities, Emberá Purú, Parará Purú or Emberá Drua (choice depends on the climate), each located on the banks of one of the most important rivers in the Canal Basin. After a scenic bus ride to the banks of the San Juan or Charges River, we are met by representatives of the Emberá Indians who take us up the river in piraguas (wood canoes). We then arrive at a community of Emberá Indians, originating from the mountainous region of the Darién province.

We experience the history and culture of the indigenous culture, through narrative, traditional dance and craftsmanship like baskets woven from the natural fibres of the chungu, maquenque and náguala palm trees, as well as figures carved in cocobolo wood and tagua (better known as vegetable ivory). We will enjoy a traditional lunch of fried fish and yuca or plantains served in a plantain leaf cone. This is the opportunity to try an ancestral custom in the form of a tattoo with jagua, an extract from vegetable seeds, which the Emberá use to adorn their bodies with geometrical patterns or animal sketches for ceremonies and special celebrations. There is also time for a refreshing bath in the waterfall.

Degree of Difficulty: I-II

Included: Bus and river transport in an engine-powered piragua, English-speaking tour guide, donation to the community and park, traditional lunch, fruits, tattoo (voluntary) and beverages.

Recommendations: Light and simple clothing, wet shoes or sneakers, swimsuit, beach towel, cash for souvenir shopping and for bringing dry goods to the community, change of clothes, sunblock and insect repellent

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.

Weather conditions may cause the visit to the waterfall to be cancelled. In that case, the visit will be limited to the community.

DEPARTURE: 8:00 A.M. · RETURN: 6:30 P.M.



SNORKELING IN THE CARIBBEAN SEA PORTOBELLO BAY

Portobello, 3 hours from the Beach Resorts, has the most spectacular bay to enjoy the enchantment of the Panamanian Caribbean, known for its tropical fish species, colourful coral and pristine waters.

Portobello is also a historically prominent town, since this was the port of origin for all the riches that were transported from the Americas to Spain, making it a very attractive crucible for looting pirates and corsairs. In fact, you will practice snorkeling near where it is believed that the remains of the legendary Sir Francis Drake are resting, on the bottom of the sea.



Included: Bus and maritime transport, 10-passenger capacity boat with all the necessary safety equipment, English-speaking tour guide, snorkeling gear, beverages and lunch.

Recommendations: Sunblock, hat, insect repellent, seasickness medication, beach towel, wet shoes, bathing suit, change of clothes.

Note: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity. Tour may be cancelled at the last minute due to sea conditions.

DEPARTURE: 7:30 A.M. · RETURN: 6:30 P.M.

SURF EL PALMAR BEACH

A mere 30 minutes from the Beach Resorts we arrive in El Palmar, a small coastal town on Panama's Pacific coast, where you find Panama Surf School, located along an ideal stretch of the Pacific Gulf, offering the possibility to surf one of the country's most recognized beaches.

The Surf School has a beachfront location with excellent waves that are ideal for beginners, as well as for experienced surfers. Professional surfers will teach you the basics of the sport, in order for you to have a fun and safe experience. There is one instructor for each couple of students. No prior experience is required, only a desire to have fun learning one of the most exciting aquatic sports there is and to embark on an adventure, riding the waves. Rental of surfboards to experienced surfers available.

Degree of Difficulty: II

Age Requirement: 12 years and older

Included: Bus transport, 2 hours of introductory training per person (theory, practice on sand and in the water) bilingual instructor (Spanish/English), surfboard, snack and beverages.

Recommendations: Must know how to swim, change of clothes, bathing suit, beach towel, sunblock, hat, sunglasses, rash guard or a t-shirt for use during class.

Notes: Only individuals in reasonable physical health, with no blood pressure or heart conditions, can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.

Changes may be made prior to or during planned activities, due to climatic conditions and the schedule may change according to the tide.

Duration: 4 hours





AERIAL TRAM & GATÚN EXPEDITION

Enjoy a wonderful ecological adventure, combining two attractions in one day! This tour features a ride on the Aerial Tram up to the observation tower, from where you can admire the expanse of the tropical rainforest, the local flora and fauna and the vastness of The Gatún Lake. Visit to the Orchid Plant Nursery, the Butterfly Nursery, and the Poison Frog Vivarium. Follows a boat ride on the aquatic pathways of the Panama Canal, meandering between the islands formed when the Gatún Lake was created as part of the Canal works.

This area, with its exuberant vegetation, is a natural sanctuary for many native species, such as three-toed sloths, Capuchin monkeys, toucans, crocodiles and turtles. Enjoy a buffet lunch at the 'Los Lagartos' restaurant, on the shores of the Chagres River, from where the view of the surrounding river and rain forest is amazing.



Degree of Difficulty: I

Included: Bus and boat transport (20 passengers each), English-speaking tour guide, aerial tram ride & visit, exhibitions, lunch and beverages.

Recommendations: Comfortable clothing, walking shoes, hat, sunscreen, insect repellent and sunglasses.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity. Schedule may vary, subject to the aerial tram itinerary.

DEPARTURE: 8:00 A.M. · RETURN: 5:30 P.M.

PANAMA EXPRESS TRAIN

Colón, Panama's commercial capital and the Western Hemisphere's largest Free Trade Zone. Weather permitting, a visit to Portobelo, the most important city on the Colonial trading route between Spain and the Americas. In the ruins of its fortifications, the canons that served to defend the city are still in place. Today, Portobelo is an important pilgrimage site for the devotees of the Cristo Negro or Black Christ.

We visit the Aguas Claras Observation Center - a new viewpoint of the Canal expansion with a panoramic view. From this vantage point, we take in the majestic Gatún Lake, the ships transiting the Canal and the recent engineering feat of the Canal expansion. Lunch will be served in a restaurant in the City of Colón, followed by a panoramic tour of Colón, before returning to Panama City on the Panama Express Train (a journey of about 1 hour), the world's first interoceanic railway. The rails border the Canal stretch at all times, passing by the still and immense Gatún Lake and through the dense, virgin tropical forest of the Canal Watershed.

Included: Bus and train transport, English-speaking tour guide, entry fees, lunch and beverages.

Recommendations: Casual clothing, walking shoes, sunblock, insect repellent, hat, sunglasses.

Note: The tour is subject to modifications related to the weather and the visit of the of the fortress of Portobelo may be replaced by San Lorenzo Fortress on the banks of the Chagres River. It was from here that the infamous pirate Henry Morgan set off to loot the City of Panama.

DEPARTURE: 8:00 A.M. · RETURN: 8:30 P.M.





PARTIAL CANAL TRANSIT

This is your chance to get to know the eighth wonder of the world from the best perspective imaginable - on board a boat transiting through the locks. We embark at the dredging division in Gamboa on the Gatún Lake, navigate the Corte Culebra or Gaillard's Cut through the continental divide and head towards the Pedro Miguel Locks, on the Pacific side. Here we can witness the Canal operation, as our ship is hydraulically lowered 9 m. (30 feet).

We continue to the Miraflores Locks, where the boat is again lowered another 18 m. (60 feet), and pass under the imposing Las Americas Bridge, which marks the entrance to the Canal on the Pacific side, before getting off at the Port of Balboa or Amador. Finally, we drive back to the Hotel.



Included: Bus and boat transport, English-speaking tour guide, lunch and beverages.

Recommendations: Light clothing, comfortable shoes, sunblock, sunglasses and hat.

Notes: The duration of the tour depends on transit schedules, and variations of up to two hours may occur.

The vessel used may be different from the one shown in the picture. The point of departure for the Canal transit may vary.

DEPARTURE: 7:00 A.M. · RETURN: 5:30 P.M.

**SCHEDULE SUBJECT TO THE ITINERARY OF THE
ADMINISTRATION PANAMA CANAL**

VALLE DE ANTÓN



About 45 minutes from the Beach Resorts lies Antón Valley with its picturesque village, niched in the crater of an extinct volcano. At the crafts market, there are all kinds of local produce, such as tropical flowers, fruits and vegetables, as well as crafts handmade by the villagers themselves. A visit to the Chorro El Macho Waterfall, takes us on a walk through the tropical forest. A visit to the local animal shelter is also on the program.

The shelter serves as a place of recovery for wild animals that have been hurt and need help. At the El Níspero Botanical Garden, we discover species of golden frog, endemic to the valley, and a wide variety of flora and fauna from this area, including an orchid nursery.

Included: Bus transport, English-speaking tour guide, entry fees and beverages
Recommendations: Shorts, sneakers, sunblock, hat and insect repellent.

DEPARTURE: 8:00 A.M. · RETURN: 2:00 P.M.

TOBOGA IN CATAMARAN

Isla Taboga is an island that is located in the Gulf of Panama with a very colorful history due to the passage of many cultures through its lands, just 1 hour by catamaran from Panama City. Live the best day of beach, relaxation and adventure.

Included: Land and sea transportation by catamaran, drinks and lunch.

No Included: Guided walk around the island, umbrella and chair rental. They have an additional cost.

Recommendations: Light clothing, sports shoes, repellent, bathing suit, sunscreen, beach towel.

Note: Only people who are in good health can participate in this activity. Pregnant women or people under the influence of alcohol or illegal substances will not be accepted on this excursion. Due to weather conditions, changes may occur before or during the activity. It is mandatory that they carry a passport or a copy with the stamp of entry to the country.

DEPARTURE: 5:30 A.M. - RETURN: 5:00 P.M.





ECOLOGICAL ADVENTURE AT LA INDIA DORMIDA HIKE & HOT SPRINGS

Located in Antón Valley, 45 minutes from the Beach Hotels, we invite you to discover the fabled history that brings to life this majestic mountain, baptized 'La India Dormida' (i.e. The Sleeping Indian Girl). Evoking the shape of a sleeping woman, this mountain has inspired poets and writers who immortalized it in a popular legend from the colonial period. The tour begins with a visit to the famous 'Piedra Pintada', the Painted Stone, engraved with petroglyphs carved by native ancestors, narrating the great ancient history of the Anton Valley. While hiking up the trail to la India Dormida, we cross a beautiful forest of mixed vegetation, reaching the top of the mountain in approximately two hours.

Once at the summit, one can enjoy the cool breeze and the spectacular view, at an altitude of more than 700 meters above sea level. Back down at the village, enjoy a delicious and well-deserved lunch, followed by an afternoon session at the hot spring baths, where you can jump in to treat your ailments - such as skin allergies and arthritis - with the healing powers of mineral therapy. A visit to the handicrafts market, where you can find all kinds of local crafts, is also included.

Degree of Difficulty: IV

Age Requirement: 12 years and older.

Peso Máximo: 90 kg./ 200 lbs per person.

Included: Bus transport, English-speaking tour guide, entry fees, Spanishspeaking local guide, lunch and beverages.

Recommendations: Long pants, hiking boots or sneakers, bathing suit, sunglasses, beachtowel, hat, change of clothes, sunblock and insect repellent.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.

DEPARTURE: 8:00 A.M · RETURN: 4:30 P.M.

CANOPY ADVENTURE ZIP LINE

This is an activity for the adventurous tourist looking for a new challenge! Ascend to the treetops and embark on a journey through the airs, all the while observing the flora and fauna of the tropical rainforest from a unique perspective. The equipment and techniques used are those developed by speleologists and mountain climbers.

The Canopy Adventure is developed around the spectacular waterfall at El Chorro Macho in Antón Valley. A stop will also be made at the local crafts market.

Degree of Difficulty: I-II

Peso Máximo: 90 kg./200 lbs por persona

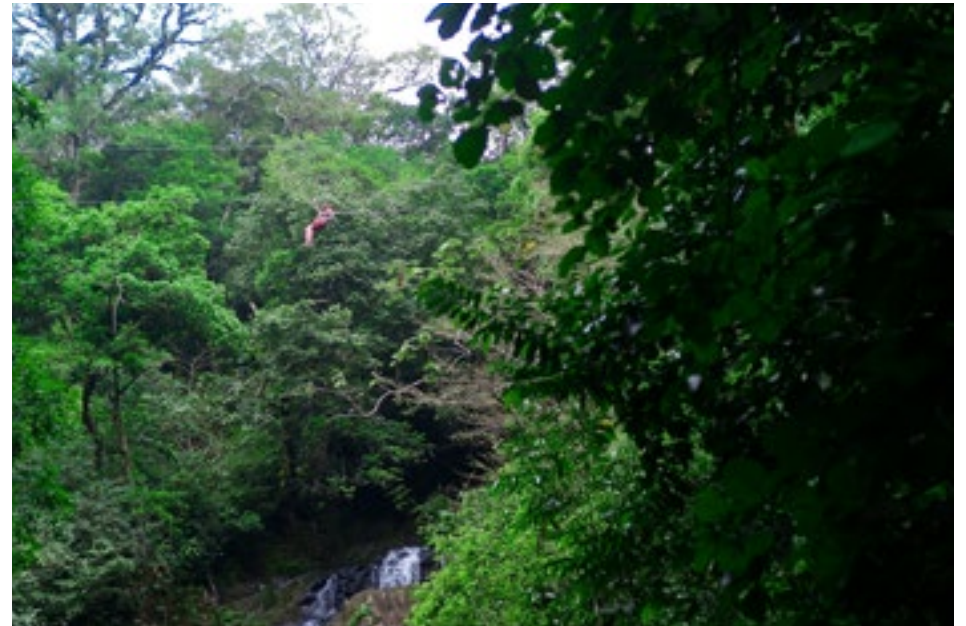
Age Requirement: 12 years and older

Included: Bus transport, English-speaking tour guide, instruction, safety equipment and beverages.

Recommendations: Shorts, sneakers or wet shoes and insect repellent, hat and sunglasses.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.

DEPARTURE: 8:00 A.M · RETURN: 2:00 P.M.





LAS YAYAS WATERFALL

The Las Yayas Waterfall is located at the entrance of the Omar Torrijos Herrera National Park in El Copé, approximately one hour from the Resort. At this place, the water slides down huge volcanic rocks to finally divide itself into three falls. It is Mother Nature's treasure, inviting you to learn about its history. Here, you can observe a variety of exuberant ferns, moss, orchids, bromelias, heliconias and an endless number of endemic plants.

Towards the end of the tour, we come upon a small look-point with an inviting view of nature's great scenery. The hour-and-a-half long walk allows the visitor to take in all of nature's marvels in an ecological adventure. At the end of the walk, you will enjoy a refreshing dip into the natural pool formed by the Las Yayas Falls.

Degree of Difficulty: I-II

Included: Bus transport, English-speaking tour guide, entry fees and beverages.

Recommendations: Light clothing, shorts, sneakers, wet shoes, insect repellent, sunblock, sunglasses, hat, beach towel, and a change of clothing.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.

DEPARTURE: 8:00 A.M. - RETURN: 2:00 P.M.

CULTURE & CRAFTS

A prominent characteristic of the Coclé province is the artistic vocation of its inhabitants. This is showcased by the large diversity of handmade products and the variety of natural materials used to elaborate them: Hats, wicker baskets, wood carving and painting, jewellery manufacturing, embroidery and carvings in "soap stone". We visit on to the town of Natá de Los Caballeros, the oldest settlement on the Pacific coast and second settlement to be found on the mainland. Here, we visit the Lesser Basilica of Santiago Apóstol (Saint James the Apostle) and the El Caño Archaeological Museum, where the remains of an ancient, mysterious pre-columbine culture are exhibited.

We then visit a handicrafts store in the village of La Pintada where the famous "Sombreros Pintados" are manufactured by hand. The visit also includes a stop at a Cuban-style cigar factory. Panoramic visit of the Central Park in Penonomé, Panama's geographic midpoint, and the Barrio San Antonio part of town. There will be opportunities for shopping at the La Central, in Penonomé.

Degree of Difficulty: I

Included: Bus transport, English-speaking tour guide, entry fees and beverages.

Recommendations: Comfortable shoes, hat, sunblock, insect repellent, sunglasses and cash for purchases.

DEPARTURE: 8:00 A.M. - RETURN: 2:00 P.M.



LA GAROTA



Enjoy a 3-hour tour aboard the 'La Garota' along the beautifully landscaped coastline. A stop is made at Farallón Island for a swim. Underway, take advantage of the comfortable boat to relax and sunbathe on the aft deck. You can also do some fishing, enjoy the music, enjoy the sunset and you may even catch a glimpse of local marine life, such as dolphins. The on-board staff is always up to organizing games and fun.

Included: Boat transport, entertainment, mixed drinks (beer, soda, water, rum, vodka).

Recommendations: Beach clothing, beach towel, bathing suit, sunblock, hat, sunglasses and wet shoes.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity. The vessel used may be different than the one on the picture.

Minimum Age: 18 years and older

DEPARTURE: 2:00 P.M. - RETURN: 5:00 P.M.

ATV DUST & SAND

A beach & mountain adventure! We drive through the village of Farallón until we reach the mouth of the river, stop at the ruins of the former General Noriega's beach residence and speed alongside the landing strip of new Scarlett Martinez Airport.

Degree of Difficulty: II

Age Requirement: 14 years and older accompanied by an adult.

Required: Driver's license

Duration: 2 hours

Included: Spanish-speaking guide/instructor, ATV, helmet and protective eyewear.

Recommendations: Long pants, sneakers, insect repellent, sunblock, bathing suit and beach towel.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.



ATV MACANO TRAIL



This tour will take us from the warm palm-clad lowlands, at sea level, to a fascinating mountainous region. It's a day of riding through fun muddy terrain, crossing streams among reforestation areas and passing through picturesque rural settlements until reaching a natural dam for a well-deserved rest and a bath.

Degree of Difficulty: III · **Duration:** 3 hours
Age Requirement: 14 years and accompanied by an adult.
Included: Spanish-speaking guiding instructor, ATV, helmet and protective eyewear.
Recommendations: Long pants, sneakers, insect repellent, sunblock, bathing suit, beach towel and a change of clothes
Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.
Required: Driver's license

ATV BEACH RIDE

This is a nice and easy way to enjoy the beach. Driving along the beach on ATVs, enjoying the sun, the waves and the sea breeze, while admiring the many beach homes, including the former General Noriega's beach residence, and passing through a picturesque fishing-village, where we may get to observe the local fishermen harvesting their daily catch.

Degree of Difficulty: I · **Duration:** 1 hours
Age Requirement: 14 years and older accompanied by an adult.
Included: Spanish-speaking guide/instructor, ATV, helmet.
Recommendations: Shorts, sunblock, insect repellent, sneakers and sunglasses.
Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.
Required: Driver's license





OBSERVACIÓN DE AVES - PARQUE NACIONAL CERRO CAMPANA

Cerro Campana, located a mere 50 km from the Resort, covers an area of 4,816 hectares (11,900 acres) and became the country's first national park in 1967. The park, embraced by the Rio Chagres, which is part of the complex water reserve system to provide the Panama Canal operations, harbours a great biodiversity of flora and fauna. According to studies carried out by the National Panamanian University and the Smithsonian Tropical Research Institute, the geography of the region, characterised by mountains of basaltic rock at altitude, has contributed to the park's rich diversity of species.

This is the perfect place for bird-watching, even for beginners. You will become familiarised with species such as the iris-beaked toucan, the tangara, the white-tailed sparrow hawk and the pava simba.

Degree of Difficulty: I-II

Included: Bus transport, English-speaking tour guide, entry fees, binoculars, birds of Panama ID cards and beverages.

Recommendations: Sneakers or trekking shoes, insect repellent, long pants, hat and sunblock.

DEPARTURE: 6:00 A.M. - **RETURN:** 12:00 M.

SCUBA

IMPORTANT INFORMATION

Any person who wishes to dive is obliged to show a valid diving certification when registering. Without exceptions!

Only individuals in reasonable physical health can participate in this activity.

Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.



DIVING IN THE CARIBBEAN SEA AT PORTOBELO



The wonders of the Caribbean Sea are renowned around the world: Multicoloured fish, oddly-shaped corals and clear waters cast their spell on all avid divers. Portobelo is the preferred place in Panama to practice diving, due to the abundant marine environment. Among the species found here are angelfish, butterfly fish, surgeon fish, blue tang, parrot fish and sergeant majors. The dives will take place in Portobelo Bay, once an important port through which the riches taken from South America were shipped to Spain - you will be diving close to where it is believed Sir Francis Drake found his last resting place! Two dives with Dive master. Enjoy a traditional home-cooked Panamanian lunch.

Included: Ground transport to Portobelo lunch (**drinks NOT included**), transport on standard boat with a capacity for 10 passengers and with all the necessary safety equipment, professional captain, English-speaking Dive Master, 2 tanks and all dive gear.

Recommendations: Sunblock, dive certificate, logbook, seasickness medication, cash for drinks and purchases, passport, light and simple clothing, wet shoes, beach towel.

DEPARTURE: 6:00 A.M. - RETURN: 6:00 P.M.

RAFTING ON THE RIO GRANDE

Rafting down the Río Grande, which is born in the central mountain range of the Coclé Province and runs into the Pacific Ocean, is a truly unique experience.

During the (approx.) two-hour ride we come upon class II and III rapids, picturesque farms and forests. Each and every participant will have the opportunity to actively participate during the trajectory down the watery path, in a scenic surrounding characteristic of this region. Each group is accompanied by a professional instructor, specialized in safety procedures.

Degree of Difficulty: II

Age Requirement: 12 years and older

Peso Máximo: 90 kg / 200 lbs por persona

Included: Bus transport, guiding instructor, English-speaking guide, zodiacs (or kayaks, depending on the water level), life-jackets, helmets, oars, snack, soft drink and picnic style lunch.

Recommendations: Shorts, wet shoes, bathing suit, sunblock, insect repellent, towel and a change of clothes.

Notes: Only individuals in reasonable physical health can participate in this activity. Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity. Passport copy is needed at security check-point on the way. The duration of the tour may vary depending on river water level.

Duration: 6 a 8 hours.





SHOPPING & CITY TOUR

Panama City is known to harbour “three cities in one” and on this tour we discover two of them: the Casco Antiguo and the modern city. We visit the colonial city - or Casco Antiguo - designated as a World Heritage Site by UNESCO with attractions such as the Golden Altar, the Plaza de Francia, and Las Bóvedas. We also visit one of Central America’s largest shopping malls - Albrook Mall, with over 300 stores offering a wide variety of merchandise (e.g. footwear, sports articles, souvenirs, clothes, appliances, electronics, accessories, fragrance and cosmetics) and special discounts for visitors.



Included: Bus transport, English-speaking tour guide, Albrook Mall discount coupons and beverages.

Recommendations: Light clothing, comfortable shoes, sunblock, hat, sunglasses.

DEPARTURE: 8:00 A.M. · RETURN: 6:30 P.M.

DOLPHIN & WHALE WATCHING

The waters off Panama is the only place in the world blessed enough to host the Humpback Whale migrations from both the Southern and Northern hemispheres every season. During the Southern hemisphere Humpback Whale season, there is a 95% chance of spending time with the whales. The Pacific Ocean off Panama is home to more than 30 species of cetaceans (dolphins & whales).

In the Pearl Islands, (where 2 seasons of the Survivor TV-series was filmed), as well as at Taboga and Taboguilla, the water is crystal clear turquoise and there are many islands, some deserted, around which you can observe these extraordinary creatures - whales are a familiar scene during the migration season in the warm waters of the Pacific Ocean, especially between Panama City and Contadora Island, where hundreds of whales gather to mate in the Bay of Panama. The majestic scenes of mating whales are, without a doubt, one of the star attractions of Panama.

Included: Bus and boat transportation, box lunch, soft drinks and snacks onboard, English-speaking tour guide.

Recommendations: Light clothing, wet shoes or sneakers, sunblock, sunglasses, hat, bathing suit, beach towel.

Note: Pregnant women and clients under the influence of alcohol or any other intoxicants are not allowed to partake in this activity.

Season: July through October

DEPARTURE: 5:00 A.M. · RETURN: 6:30 P.M.





SAN BLAS-GUNA YALA INDIGENOUS COMMUNITY

Established in 1938 as an autonomous indigenous territory, Guna Yala, with its simple beauty, generous people and exceptional forests, offers a wonderful holiday experience away from mass tourism. The archipelago is surrounded by the mountain range of San Blas: Lonely guardians hovering over the deserted islands, a mountainous backdrop covered with old-growth forest! The exotically enchanting San Blas/Guna Yala Archipelago has a coastline of 200 miles dotted with islands, coral reefs and white sandy beaches. Guna Yala is in the care of one of the most traditional indigenous civilizations in the Americas: The Guna Indians, whose culture is doubtlessly the most wellpreserved among all the American indigenous tribes.

The Gunas have been given the authority to establish their own self-ruled territory, "La Comarca de Guna Yala", where a tribal parliament rules over the local population. Take a leisurely walk through a traditional village, while interacting with the natives and taking the opportunity to buy some pretty molas, the finest in Guna craftsmanship. In the morning, you have a boat at your disposal to visit a nearby beach or coral reef for some unforgettable snorkeling.

Max. Luggage Weight: 12 kg./26 lbs per person.

Duration: 2 days / 2 nights.

Included: Bus transportation Hotel-Albrook Airport-Hotel, air fare, greeting upon arrival and transfer by boat to the island, community taxes, lodging in simple Guna style rooms, meals (seafood based), community tour, beach tour.

Not Included: Beverages.

Recommendations: Comfortable clothes, wet shoes or sneakers, insect repellent, bathing suit, sunblock, sunglasses, snorkeling gear, bottled water, beach towel, passport, cash for purchases, Cable & Wireless phone card, change of clothes.

Note: Flights are subject to change without prior notice.

PANAMÁ RUM ROUTE

Two and a half hours away from the Beach Resort we find the picturesque town of Pesé in the Herrera Province. Here, we visit Hacienda San Isidro, the birthplace of Panamá's rum, where the famous Ron Abuelo and Seco Herrerano are produced. We begin the tour of Pesé learning about the history of the town. We visit the colonial home of the Hacienda's founder Don Jose Varela Blanco and his family.

At the colonial home we see an exhibit of restored photos of the family, the old distillery, the sugar cane mill and of the people of the area. We pay a brief visit to the San Jose Church, an iconic structure in Pesé. We continue on to Hacienda San Isidro where we tour the distillery and learn about the steps in the production process, starting from harvesting the sugar cane, to the fermentation, the distillation, and the ageing, when rum is aged in a cellar in barrels made from white oak trees.

We enjoy tasting the various Abuelo rums - 7 year vintage, 12 year vintage and the Ron Abuelo Centuria, the cognac of rums. The rum-tasting session is done following the instructions of a rum master and exposes you to a sensorial experience using sight, smell, and taste, discovering the organoleptic characteristics and the components of Premium rums. We enjoy a traditional Panamánian lunch with open bar of alcoholic and/or non-alcoholic drinks accompanied by ambient music.

Included: Bus transport, English-speaking tour guide, entry fees, beverages, and lunch with open bar of alcoholic and/or non-alcoholic drinks.

Recommendations: Sneakers, hat, sunblock, insect repellent, sun glasses, cash for souvenirs shopping.

DEPARTURE: 8:00 A.M. · RETURN: 6:30 P.M.





MANTARRAYA GOLF CLUB DECAMERON GOLF MANTARRAYA GOLF CLUB

Surrounded by a natural beauty with extensive lakes and lush and immaculate landscape, overlooking distant mountains and within the facilities of the majestic Decameron Golf, Beach Resort & Villas, we find the Mantarraya Golf Club, a paradise for golf lovers and a retreat for nature lovers. This golf course is one of the youngest and most modern in Panama.

Designed by the renowned architect Randall Thompson of the American Golf Design company, who is recognized by the golf courses designed in South and Central America. Completed in February 2005, the Mantarraya Golf Club is in excellent conditions for the game with wide greens, undulating and fast, green fairways and very dense and very wide tees. You can host any event right now, not only for amateurs, but also for professionals.

The course has 18 holes - Par 72 - 7,098 yards, the grass of the greens is Tifton Dwarf, the grass of the tees and fairways is Tifton 419. The course is considered one of the best options for this sport in Panama and has a Pro Shop, cafeteria, showers, lockers and many other facilities and services for the comfort of all players. Being located in one of the driest and sunniest areas of the isthmus, we have an excellent climate to enjoy this sport throughout the year.

Golf balls, tees and accessories for sale in the Pro Shop.

Notes: Tee Times: Monday to Sunday from 7:00 a.m. at 6:00 p.m. Minimum of 4 players per group reservation. Bag golf clubs are rented. Ball basket is rented Service of drinks & snacks available at a kiosk on the golf course. The distance from the hotels of the City to Mantarraya Golf Club is 90 minutes.

Dress code: Polo shirts, shorts or shorts, sports shoes or golf shoes with rubber spikes. No players allowed in bathing suit or denim pants

COMMERCIAL CONDITIONS AND **OPERATIONS** PANAMA PLAYA

- Rates in American dollars.
- Rates per person (unless otherwise indicated).
- Children from 0 to 2 years old free.
- Children over 3 years old pay adult rate.
- All taxes included.
- Rates are subject to change with prior notice.
- Client must present their service voucher.
- Client confirmed for the tour and does not show up at the agreed time, there will be no right to refund.
- All the tours need to get a minimum of people.
- The excursions are directly coordinated at the Decameron Explorer counter located at Royal Decameron Hotel.
- Excursions that depend of the weather or maritime conditions can be canceled at the last moment.

CANCELLATIONS AND NO SHOW

- In the event of a cancellation, these must be reported 24 hours before the service.
- For cancellations more than 24 hours prior to the departure of the tour, a penalty of 20% of the total paid will be applied.
- It will apply 100% of the refund in cases of: Illness with justification / Cancellations due to natural factors: Weather, navigation, force majeure, public order, among others / Not to meet the minimum number of passengers to carry out the activity.

US
CONTACTS
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TOURS & TRANSFERS

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