

TOURS DEPARTING FROM BEACH AND CITY HOTELS

DOLPHIN & WHALE WATCHING

The waters off Panamá 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 Panamá 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 Panamá City and Contadora Island, where hundreds of whales gather to mate in the Bay of Panamá. The majestic scenes of mating whales are, without a doubt, one of the star attractions of Panamá.

INCLUDED: Bus and boat transportation, box lunch, soft drinks and snacks on-board, 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.

STARTING POINT: Beach Hotels & City Hotels

SEASON: July through October

BEACH HOTELS

DEPARTURE: 5:00 a.m.

RETURN: 6:30 p.m.

CITY HOTELS

DEPARTURE: 6:15 a.m.

RETURN: 5:00 p.m.

MINIMUM: 5 participants

MAXIMUM: 13 participants

FREQUENCY: Sundays

PANAMÁ 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 Panamá 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, appliances, electronics, accessories, fragrance and cosmetics) and special discounts for visitors.

INCLUDED: Bus transport, English-speaking tour guide, Albrook Mall discount coupons, entrance to Miraflores Locks Visitor Center, snack and beverages.

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

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

DEPARTURE: 8:00 a.m.

RETURN: 6:30 p.m.

MINIMUM: 6 participants

MAXIMUM: 300 participants

CITY HOTELS

DEPARTURE: 10:00 a.m.

RETURN: 4:00 p.m.

MINIMUM: 4 participants

MAXIMUM: 300 participants

FREQUENCY: Daily

CITY TOUR & PANAMÁ CANAL

Panamá 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. 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 Panamá Canal Authority's transit schedule). Appreciate the panorama of the modern city of Panamá 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.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS (*lunch)

DEPARTURE: 8:00 a.m.

RETURN: 6:30 p.m.

MINIMUM: 6 participants

MAXIMUM: 300 participants

CITY HOTELS

SCHEDULE: 8:30 a.m. - 1:00 p.m. or 1:30 p.m. - 6:00 p.m.

MINIMUM: 3 participants

MAXIMUM: 300 participants

FREQUENCY: Daily

EMBERÁ INDIGENOUS COMMUNITY

The Emberá Indians are one of the many ethnic indigenous tribes in Panamá. Visitors are welcome to 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 fibers of the chungá, maquenque and naguala 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 yucca 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), snack 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.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

DEPARTURE: 8:00 am

RETURN: 6:30 p.m.

MINIMUM: 4 participants

MAXIMUM: 80 participants

CITY HOTELS

DEPARTURE: 9:00 am

RETURN: 5:00 pm

MINIMUM: 3 participants

MAXIMUM: 80 participants

FREQUENCY: Daily

TABOGA IN CATAMARAN

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

INCLUDES: Land transport and catamaran, lunch and drinks.

RECOMMENDATIONS: Comfortable clothes, comfortable shoes, insect repellent, sunscreen, bathing suit, sunglasses and beach towel.

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 the activity, due to climatic conditions.
- It is mandatory to carry a passport or a copy with the stamp of entry to the country.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

DEPARTURE: 5:30 a.m.

RETURN: 5:00 p.m.

MINIMUM: 5 participants

MAXIMUM: 80 participants

CITY HOTELS

DEPARTURE: 7:45 a.m.

RETURN: 4:00 p.m.

MINIMUM: 2 participants

MAXIMUM: 80 participants

FREQUENCY: Daily

AERIAL TRAM & GATUN 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 Gatun 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 Gatun 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.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

DEPARTURE: 8:00 a.m.

RETURN: 5:30 p.m.

MINIMUM: 5 participants

MAXIMUM: 100 participants

CITY HOTELS

DEPARTURE: 9:00 a.m.

RETURN: 4:00 p.m.

MINIMUM: 4 participants

MAXIMUM: 100 participants

FREQUENCY: Tuesday, Thursday, Saturday and Sunday

PANAMÁ EXPRESS TRAIN

Colón, Panamá'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 Gatun 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 Panamá City on the Panamá Express Train (a journey of about 1 hour), the world's first inter-oceanic 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, snack, lunch, snack 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 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 Panamá.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

DEPARTURE: 8:00 a.m.

RETURN: 8:30 p.m.

MINIMUM: 6 participants

MAXIMUM: 100 participants

CITY HOTELS

DEPARTURE: 8:30 a.m.

RETURN: 7:00 p.m.

MINIMUM: 5 participants

MAXIMUM: 100 participants

FREQUENCY: Monday through Friday

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.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

DEPARTURE: 7:00 a.m.

RETURN: 5:30 p.m.

MINIMUM: 6 participants

MAXIMUM: 400 participants

CITY HOTELS

DEPARTURE: 9:00 a.m.

RETURN: 3:30 p.m.

MINIMUM: 4 participants

MAXIMUM: 400 participants

FREQUENCY: Only Saturdays

ANTON VALLEY

About 45 minutes from the Beach Resorts and 90 minutes from Panamá City, 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 Nispero Botanical Garden, we discover a wide variety of flora and fauna from this area, including an orchid nursery.

INCLUDED: Bus transport, English-speaking tour guide, entry fees, snack or lunch and beverages

RECOMMENDATIONS: Shorts, sneakers, sunblock, hat and insect repellent.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTEL (*snack)

DEPARTURE: 8:00 a.m.

RETURN: 2:00 p.m.

MINIMUM: 4 participants

MAXIMUM: 300 participants

CITY HOTELS (**lunch)

DEPARTURE: 8:00 a.m.

RETURN: 5:00 p.m.

MINIMUM: 5 participants

MAXIMUM: 300 participants

FREQUENCY: Daily

DEPARTING FROM BEACH HOTELS ONLY

ECOLOGICAL ADVENTURE AT LA INDIA DORMIDA HIKE & HOT SPRINGS

Located in El Valle de Anton, 45 minutes from the Beach Resort, 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.

LEVEL OF DIFFICULTY: IV

INCLUDED: Bus transport, English-speaking tour guide, entry fees, Spanish-speaking local guide, snack, lunch and beverages.

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

MAXIMUM WEIGHT: 200 lb /90 kg

MINIMUM AGE: 12 years and older

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.

MINIMUM: 5 participants

MAXIMUM: 30 participants

FREQUENCY: Daily

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.

LEVEL OF DIFFICULTY: I - II

INCLUDED: Bus transport, English-speaking tour guide, entry fees, snack 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.

MINIMUM: 4 participants

MAXIMUM: 40 participants

FREQUENCY: Daily

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, jewelry 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 Apostol (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 handcrafts 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, Panamá'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, snack and beverages.

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

DEPARTURE: 8:00 a.m.

RETURN: 2:00 p.m.

MINIMUM: 4 participants

MAXIMUM: 120 participants

FREQUENCY: From Tuesday to Friday

INTRO TO BIRD-WATCHING AT CERRO CAMPANA NATIONAL PARK

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 Panamá Canal operations, harbour 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, characterized 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 familiarized with species such as the iris-beaked toucan, the tangara, the white-tailed sparrow hawk and the pava simba.

LEVEL OF DIFFICULTY: I-II

INCLUDED: Bus transport, English-speaking tour guide, entry fees, and binoculars, birds of Panamá ID cards, snack and beverages.

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

DEPARTURE: 6:00 a.m.

RETURN: 12:00 noon

MINIMUM: 4 participants

MAXIMUM: 15 participants

FREQUENCY: Daily

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.

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

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

MINIMUM AGE: 18 year and older

DEPARTURE: 8:00 a.m.

RETURN: 6:30 p.m.

MINIMUM: 7 participants

MAXIMUM: 50 participants

FREQUENCY: from Monday to Friday

SURF – EL PALMAR BEACH

A mere 30 minutes from the Beach Resorts - 80 minutes from Panamá City - we arrive in El Palmar, a small coastal town on Panamá's Pacific coast, where you find Panamá 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.

LEVEL OF DIFFICULTY: II

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. AGE REQUIREMENT: 12 years and older 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.

STARTING POINT: Beach Hotels & City Hotels

BEACH HOTELS

SCHEDULE: 9:00 a.m.-1:00 p.m. OR 2:00 p.m.- 6:00 p.m.

MINIMUM: 3 participants

MAXIMUM: 15 participants

CITY HOTELS

DEPARTURE: 9:00 a.m.

RETURN: 5:00 p.m.

MINIMUM: 4 participants

MAXIMUM: 15 participants

FREQUENCY: Daily

EXCURSIONES SOLO DESDE HOTELES DE CIUDAD

BIOMUSEUM & AMADOR CAUSEWAY

We invite you to know the origins of the Isthmus of Panamá through the BIOMUSEUM. Designed by the internationally acclaimed architect Frank Gehry (who also designed the Guggenheim Museum of Bilbao). The building was designed to tell the story of how the isthmus rise from the sea, uniting the two continents, separating a great ocean into two and changing the ecology of the planet forever. Eight galleries and eight "amazement artifacts" tell the story and its huge impact on the planet's biodiversity. An oasis with diverse experiences. It also includes a scenic drive through the Amador Causeway, and a shopping stop at Amphora Duty Free.

INCLUDED: Bus transport, entry fees, English-speaking tour guide and 1 beverage.

RECOMMENDATIONS: Comfortable clothing, sunglasses.

DURATION: 2 hours

MINIMUM: 3 participants

MAXIMUM: 100 participants

FREQUENCY: Tuesday to Sunday

PANAMÁ CANAL

The Panamá Canal is one of the world's engineering marvels - ever more so considering that the Canal was built over 100 years ago and still functions with all the original parts! This visit takes us to see the Miraflores Locks, where we can admire the operation of the Canal and the passage of ships (subject to the Panamá Canal Authority's transit schedule).

INCLUDED: Bus transport and entrance to Miraflores Locks Visitor Center.

RECOMMENDATIONS: Walking shoes, comfortable clothing, sunblock, sunglasses, and hat.

DURATION: 2 hours

MINIMUM: 2 participants

MAXIMUM: 300 participants

FREQUENCY: Daily

FOLKLORIC SHOW & PANAMÁNIAN DINNER

Panamanian folklore is best described by the phrase “Panamá, crossroads of the world, Heart of the Universe”. From the early beginnings, the Panamanian people has forged their identity using an inscrutably simple heart as a tool and an astonishing array of cultural diversity as the raw material. The result: primitive African drums, the exquisite national dress pollera inspired by Seville in Spain, the tamborito, and the Celtic voices heard in the cumbia. Flavours from five continents find harmony in one traditional dish. Panamanian folklore truly is the product of on-going cultural blending. Meet the true soul of a living people!

INCLUDED: Bus transport, traditional dinner, folkloric show.

RECOMMENDATIONS: Casual dress.

DEPARTURE: 7:00 p.m.

RETURN: 10.00 p.m.

MINIMUM: 4 participants

MAXIMUM: 130 participants

FREQUENCY: Monday to Saturday

INTRO TO BIRDWATCHING ON THE PIPELINE ROAD

The Pipeline Road is located at the heart of the Parque Nacional Soberania, a mere 45 minutes from downtown Panamá City. That makes it one of the most easily accessible tropical forests in the world. Over 17 km /11 miles the stretch of road offers a truly exciting bird watching experience. At the Christmas counts organized by the Panamá Audubon Society, members have registered the highest number of species seen during a 24-hour period: 394. The surrounding tropical forest is as diverse as the birdlife; in the Parque Nacional Soberania there are approximately 1,300 species of trees, 105 species of mammals, 55 species of amphibians and 79 species of reptiles.

DEGREE OF DIFFICULTY: I-II

INCLUDED: Bus transport, English-speaking tour guide, entry fees, and binoculars, birds of Panamá ID cards, snack and beverages.

RECOMMENDATIONS: Sneakers or trekking shoes, rain gear, insect repellent, long pants, hat.

DEPARTURE: 6:00 a.m.

RETURN: 12:00 noon

MINIMUM: 2 participants

MAXIMUM: 15 participants

FREQUENCY: Daily



PANAMÁ CITY SIGHTSEEING

Panamá City is characterized by having “three cities in one” - the original settlement, the colonial city and the modern metropolis. 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. Appreciate the panorama of the modern city of Panamá 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 a shopping stop at Amphora Duty Free.

INCLUDED: Bus transport, English-speaking tour guide and beverages.

RECOMMENDATIONS: Walking shoes, comfortable clothing, sunblock, sunglasses, and hat.

DURATION: 2 hours

MINIMUM: 2 participants

MAXIMUM: 300 participants

FREQUENCY: Daily



PANAMÁ - HISTORY & GOLDSMITHING

This tour take you on a journey through the history of Old Panamá (Panamá La Vieja), the name that is given to the archeological remains of the original settlement in 1519. At that time, this was the first ever European settlement on the American Pacific Coast. Several ruins form this archeological site. Many expeditions left from here and went on to conquer the Inca empire and the city became the hub in one of the most important commercial routes of the American continent, transporting gold and riches looted in the Americas back to Spain. The museum tells of the first, pre-Hispanic inhabitants, then the European settlement and lastly the move of the city to what is now the Casco Viejo and urban expansion. Continuing this historical journey we visit Reprosa, the only craftsmanship company that is authorized to reproduce the original gold and silver pieces of the pre-columbine 'Las Huacas' - treasures amassed and left long ago by the indigenous population, found on the Isthmus of Panamá. Thus, the lives and believes of past cultures are preserved for present-day generations.

INCLUDED: Bus transport, English speaking guide, entry fees and beverages.

RECOMMENDATIONS: Comfortable shoes, sunblock, sunglasses.

DEPARTURES: 9:00 a.m. - 12:00 p.m. or 1:30 p.m. - 4:30 p.m.

MINIMUM: 3 participants

MAXIMUM: 50 participants

FREQUENCY: Tuesday to Friday

UNFORGETTABLE SAN BLAS AND BOCAS DEL TORO

Panamá is known for its sunny beaches, dense jungles, eclectic cultural influence, abundant flora and fauna, historic sites, attractive islands and beautiful coastlines that still remain as virgin as described by the early Spanish conquistadors in search of the treasures of the New World. All of this, and more, is what you find in the San Blas Islands and Bocas Del Toro - paradisiacal destinations that beg for a romantic getaway!

THE TROPICAL PARADISE OF BOCAS DEL TORO

The Bocas Del Toro Archipelago encompasses part of the International Natural Park “La Amistad”, as well as Panamá’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 AfroCaribbean 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.

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. BEVERAGES NOT INCLUDED

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

MAX. LUGGAGE WEIGHT: 12 kg /26 lb per person

STARTING POINT: Beach Hotels & City Hotels

DURATION: 1 day / 1 night

MINIMUM: 2 participants

MAXIMUM: 80 participants

NOTE: Flights are subject to change without prior notice.

FREQUENCY: Daily

HOTELS IN BOCAS DEL TORO

SWAN'S CAY HOTEL

Swan's Cay Hotel located on the Bocas Del Toro Beach, in a garden setting. The hotel features views of the Caribbean Sea, an outdoor pool, a restaurant and free Wi-Fi. The rooms are decorated in a traditional way and have air-conditioning, mini-bar and cable-TV. The Milano Restaurant serves a menu of Italian and Caribbean specialties.

BOCAS DEL TORO HOTEL

Bocas Del Toro Hotel is perched over the crystal waters of the Caribbean Sea. The hotel features elegant rooms with free Wi-Fi and an ocean-view restaurant. Rooms have an elegant, nautical decor and have flat screen cable-TV, air-conditioning and a coffee machine. Some rooms have a balcony or terrace. The restaurant is located on a terrace over the water and offers a menu of seafood and tropical Panamanian cuisine. Buffet breakfast is served daily. The hotel also has a cafeteria with a TV area. The hotel offers an in-room massage service.

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 well-preserved 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.

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. **BEVERAGES NOT INCLUDED**

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.

MAX. LUGGAGE WEIGHT: 12 kg / 26 lb per person

STARTING POINT: Beach Hotels & City Hotels

DURATION: 2 days / 2 nights

MINIMUM: 2 participants

MAXIMUM: 9 participants

NOTE: Flights are subject to change without prior notice.

FREQUENCY: Daily

HOTELS IN SAN BLAS/GUNA YALA

GUAGUINEGA ECO-LODGE DOLPHIN LODGE

Uaguinega Eco-Lodge is located on a private island. The lodge features traditional palm-roofed bungalows, balconies with ocean views and hammocks. All meals are included. The lodge lies just a few minutes from the Guna Yala Community on Achutupu Island. The bungalows are built on raised wooden platforms and rooms have willow chairs, a bathroom and 2 single beds with mosquito screens. Electricity is available 24/7, due to the solar panels on the roof. The place also has a bar and a restaurant with ocean view. After dinner, you can enjoy traditional Guna music shows and dance. The lodge has secured storage for luggage, 24/7 front desk and a tour information counter.

YANDUP ISLAND LODGE

Yandup is a lodge located on a small private island near the Ukupseni Community in Guna Yala. The lodge features 10 cabins built on the sea level and 4 cabins with sea view, all with private bathrooms, double beds, and Individual orthopedic mattresses, as well as mosquito screens, fans, 24/7 electricity with solar panels, cabins surrounded with a balcony, hammocks and an incredible view. The island also has a restaurant on the sea, with a 180° view. The restaurant's specialty is seafood and fresh fish.

AKWADUP THE GUNA LODGE - THE IDYLIC ISLAND

Akwadup the Guna Lodge is a quiet place away from the rest. Cabins are equipped with a private bathroom, wooden floors, compost pit restrooms, fresh water, solar panels, ceiling fans, balcony with hammocks to enjoy the view. There are also 2 bars and restaurants and a grand terrace where you can enjoy a romantic dinner in a magical environment. All the meals are made with the freshest of seafood, fruits and vegetables.