



LOCAL ACTIVITIES, TOURS & SIGHTSEEING.

EXCURSIONS

- ANTON VALLEY
- BOCAS DEL TORO
- CITY TOUR & PANAMA CANAL
- ECO CANAL (MONKEY ISLAND & SUMMIT MUNICIPAL PARK)
- DIVING AT CARIBBEAN SEA – PORTOBELO
- DIVING AT DRAKE ISLAND
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- EMBERA INDIGENOUS COMMUNITY
- FISHING TOUR – ARCHIPIELAGO LAS PERLAS
- FOLKLORIC SHOW & TYPICAL DINNER
- GAMBOA AERIAL TRAM
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- INTRO TO BIRDWATCHING
- NATURE TRAIL – PIPELINE ROAD
- PANAMA CANAL EXPEDITION
- PANAMA EXPRESS TRAIN
- PARTIAL CANAL TRANSIT
- PIRATE PARTY
- SAN BLAS ISLANDS
- SURF – EL PALMAR BEACH
- THE PARTY BUS – CHIVA PARRANDERA



ANTON VALLEY.



At a 90-minute distance from Panama City, in the Antón Valley, lies a picturesque village in the crater of an extinct volcano. At its crafts market you'll find a multiple offer of tropical flowers, fruits and vegetables, as well as crafts handmade by the villagers themselves. We visit the El Chorro Macho waterfall, where we will walk through the tropical rain forest. A visit to the local animal shelter which serves as a place of recuperation for wild animals that have

been hurt and need assistance is also included as well as the botanical garden El Níspero, where we will visit the center for amphibians, the endemic golden frog and a wide variety of flora and fauna typical of this area including an orchid nursery.

CANOPY ADVENTURE 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 Valle de Antón.

Degree of difficulty: I-II.

INCLUDED: Ground transport, English-speaking tour guide, lunch, instruction*, safety equipment* and soft drinks.

RECOMMENDATIONS: Shorts, sneakers, sunblock and insect repellent.

MAXIMUM WEIGHT: 90 kg./ 200 lbs per person.*

AGE REQUIREMENT: 12 years or older.*

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

***REMARK:** Applies only to the Canopy option.

DEPARTURE: 8:00 a.m.

RETURN: 5:00 p.m.



BOCAS DEL TORO.



Bocas del Toro encompasses part of the Parque Internacional La Amistad and the country'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. In truth, the biodiversity of the region is remarkable. Of further interest is the Afro-Caribbean influence in the local culture, as showcased through architecture, cuisine and other forms of folkloric

expression. Take this unique opportunity to enjoy a boat tour to the bird sanctuary in the rocky Swan's Cay or visit the coral reefs of Cayos Zapatillas and the small islands of the mangrove swamp. Another option is to walk the Sendero de la Rana Roja (Path of the Red Frog) in search of the *Dendrobatespumilo*, the species of amphibian after which the path is named.

INCLUDED: Ground transport Hotel - Albrook Airport - Hotel, roundtrip airfare, accommodation In standard air conditioned rooms, welcome at the airport in Bocas and transfer to the hotel, breakfast.

RECOMMENDATIONS: comfortable and light clothing, sneakers, insect repellent, beach attire, sunblock, beach towel, passport, cash for purchases, tours and restaurants, Cable & Wireless phone card.

DEPARTURE: Daily

DURATION: Overnight

NOTE: Flights are subject to change without prior notice. Maximum luggage weight: 12 kls per person.



CITY TOUR & PANAMA CANAL.



This tour takes us to see the Miraflores Locks, where we can appreciate the operation of the Canal and the passing through of ships (subject to the Panama Canal Authority's transit schedule). We visit the colonial city - or Casco Viejo, designated as a World Heritage Site by UNESCO with attractions such as the Golden Altar, the Plaza de Francia Square, Las Bóvedas. A panoramic visit of the ruins of

Panama La Vieja - now a historical monument to a time gone-by and also designated World Heritage Site by UNESCO - the original settlement that was destroyed in 1671 by the infamous pirate Sir Henry Morgan. We will visit 'Mi Pueblito' where you can see replicas of houses of the three most important ancient cultures in the country: the Spanish, the Indian and the Afro-Antillan. Appreciate the panorama of the modern city of Panama and the Balboa Boulevard, where the statue of Vasco Núñez de Balboa, the discoverer of the South Sea stands. As a departing impression, we make a panoramic tour on the Amador Causeway to take in the magnificent view.

INCLUDED: Ground transport, English-speaking tour guide, entry fees and soft drink.

RECOMMENDATIONS: Comfortable shoes, hat, sunblock.

SCHEDULE: 9:00 a.m. to 1:30 p.m. Or 1:30 p.m. to 6:00 p.m.

ECO CANAL (Monkey Island & Summit Municipal Park)



This great adventure will lead you to learn about the exuberant vegetation around Gatun Lake in the Panama Canal area, touring several islands and channels where you will find exotic flora and fauna, White-Faced and Howler monkeys, as well as different bird species. Undoubtedly, there is always something enchanting to see, whether it be the sloth, always relaxing, hugging their trees; or the turtles, shy but

courageous at the same time, alligators and crocodiles showing off proudly on the fresh water of the lake. The boat tour lasts approximately 60 minutes. This excursion is ideal for nature lovers where they will watch wildlife, enjoying magnificent surroundings of tropical plants, endemic trees, and foreign species introduced to the canal during its construction. Upon returning, we will visit Summit Municipal Park: "A gem within the Soberanía [Sovereignty] National Park", which has a small zoo and a large variety of native and foreign species. The most representative specie in the park is the Harpy Eagle, Panama's national bird.

INCLUDES: ground and river transportation on boat from Gamboa to Monkey Island, at Summit Park's entrance, and a visit to Harpy Eagle Educational Center, tour guide, and refreshments.

RECOMMENDATIONS: light clothing, sneakers, hat, sun block lotion, and sun glasses.

NOTE: Please abstain from carrying and showing visible objects to monkeys during the visit to the island.

DEPARTURE: 9:00 a.m. **RETURN:** 1:30 p.m.



DIVING AT CARIBBEAN SEA- PORTOBELO.



Each and every one of us is familiar with the wonders of the Caribbean Sea: the multicolored 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. We arrive in Portobelo in the afternoon and overnight in the bungalows that are part of the dive center's installations. The two dives are planned for the following morning and afterwards, a traditional Panamanian lunch is served in the dive center cafeteria, before the return trip to the Resort. Optional night dive on the arrival day (additional cost).

INCLUDED: Return ground transport to Portobelo, accommodation on the premises in comfortable simple rooms, dinner, breakfast and lunch (drinks NOT included), transport on standard boat with a capacity of 10 passengers and with all the necessary safety equipment, Spanish speaking professional captain, English speaking dive master, 2 tanks and all dive gear.

RECOMMENDATIONS: Sunblock, dive certificate, logbook, seasickness medication, cash for drinks and other purchases, Cable and Wireless phone card, passport, light and simple clothing, wet shoes, beach towel.

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

FREQUENCY: Monday through Thursday.

DEPARTURE: 7:30 a.m. **RETURN:** 4:00 p.m. (the following day)

REMARK: All divers need to show a valid dive certificate upon registering for the excursion.

No exceptions!

DIVING AT DRAKE ISLAND.



You will be diving near the Bay of Portobelo, famous city in which the wealth coming from South America was in transit on its way to Spain; very attractive site for pirates and buccaneers. Dive near the place where it is believed that the remains of Sir Francis Drake are resting.

INCLUDED: ground and boat transport, English speaking captain, English speaking Dive master, two tanks, weight belt, lunch.

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 7:00 a.m. **RETURN:** 5:00 p.m.



DIVING AT TABOGA OR TABOQUILLA ISLAND.

We will take you for two dives in two of the sites of interest surrounding the island of Taboga/Taboguilla/Uraba/ and the neighbor islands. You will be able to observe a sunken sailboat, a steam boat almost at water level ideal for pictures of fish, the famous "Taboo reef" starting almost at the water surface and dropping to a depth of 70 to 90 feet.

Note: On that tour , we do not accept pregnant woman , clients under the influence of alcohol or any other form of intoxication.

INCLUDED: ground and boat transport, English speaking captain, English speaking Dive master, two tanks, weight belt, refreshments.

DEPARTURE: 7:00 a.m.

RETURN: 1:00 p.m.

EMBERA INDIGENOUS COMMUNITY.



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 Embera Drua (choice depends on climatic conditions), each located on the banks of one of the most important rivers in the Canal Basin. After 2 1/2 hour of 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 for 35 minutes. We then arrive to the community originating from the mountainous region of the Darién province. We will experience the history and culture of the indigenous culture, through narrative, traditional dance and craftsmanship like baskets woven from the natural fibers of the chungu, maquenque and naguala palm trees, as well as figures carved in cocobolo wood and tagua (better known as vegetable ivory) available for sale. We will enjoy a typical lunch of fried fish and yucca or plantains, and listen to an explanation on behalf of the Botanist on the medical use of some plants. This is the opportunity to try an ancestral custom in the form of a tattoo with jagua, an extract from vegetable seeds which the Indians 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 river.

INCLUDED: ground transport, boat transport in an engine-powered piragua, English-speaking tour guide, donation to the community and park, traditional lunch, soft drinks, snack, fruits and tattoo (included if desired).

RECOMMENDATIONS: Light and simple clothing, wet shoes or sneakers, bathing suit, towel, change of clothes, sunblock and insect repellent.

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 9:00 a.m.

RETURN: 5:30 p.m.



FISHING TOUR – ARCHIPIELAGO LAS PERLAS.



An excellent cruise to the archipelago Las Perlas, the second archipelago that exists on the Pacific coast of the American continent after the Galapagos Islands close to Ecuador. The archipelago is a group of 90 islands of different sizes located on the Pacific coast, 40 to 70 miles (64 to 113 km) southeast of Panama City, which includes some wonderful sites, as its natural beauty, crystalline waters, rich vegetation and abundance of fish, for which it is the preferred place for

fishing lovers. The boat is a 2005 Ocean Pro of 31 feet longitude with a Volvo Penta Turbo Diesel Duo Prop motor that takes up to 12 passengers at a speed of 50 mph (80 km/h).

INCLUDED: ground and boat transport, professional English speaking captain and crew, boat with safety equipment, fishing gear, bait, refreshments (soda, beer, water)

RECOMMENDATIONS: sun block, sun glasses, swim suit, beach towel, hat and a set of changing clothes

Note : On that tour , we do not accept pregnant woman , clients under the influence of alcohol or any other form of intoxication.

DURATION: 4 hours

FOLKLORIC SHOW & TRADITIONAL DINNER



One could say of Panamanian folklore that it is indeed the best illustration of the motto “Panama, crossroads of the world, Heart of the Universe “. From their early beginnings, Panamanian people have been forging 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, dresses in the exquisite Seville

pollera, (national dress of Panama), a tamborito, while Celtic voices may be heard in a cumbia. The flavors of five continents may find harmony in one typical dish. All this is the final product of a process of cultural blending in the making. Meet the true soul of a living people!

INCLUDED: Ground transport, dinner, folkloric show, taxes, tips, English speaking tour guide (for groups of 20 persons more)

RECOMMENDATIONS: casual dress.

DEPARTURE: 7:00 p.m. **RETURN:** 10.00 p.m.

DAYS AVAILABLE: Monday through Saturday only



GAMBOA & AERIAL TRAM.



Visit the vast botanical garden and discover the lush vegetation and wildlife. From the aerial tram at a height of 36 mts/118 ft, the panoramic view will give you the opportunity to admire the diversity of trees, birds, hummingbirds, the butterflies, the monkeys in their natural habitat in addition to having a stunning view of Lake Gatun. A visit to the orchid nursery, the aquarium, the serpentarium, the butterfly exhibit in our tropical forest will conclude your day.

INCLUDED: Ground transport, English speaking tour guide, aerial tram, exhibits entrance, lunch and drinks.

RECOMMENDATIONS: light clothing, walking shoes, hat, sunblock, insect repellent.

DEPARTURE: 8:00 a.m. **RETURN:** 3:30 p.m.

Note: schedule of aerial tram ride will vary according to time of arrival.

HIKING & WET RAPPELING



Our journey starts an hour from Panama City, in one of the most primitive and spectacular rain forests, situated in the Chagres National Park. We travel along the tops of the waterfalls known as the **Quebrada Iguana** in the river Chagres. After a 45 minutes boat trip in a Piragua, we arrive at the entrance of a path where we'll start our experience. Here we get on our way; our guide, a trekking specialist, will give you details about the flora and fauna in this environment of lush vegetation. When we have arrived, we'll have our first descent on a rope after having been secured with all safety equipment, which was thoroughly inspected by our specialist guide. This way we'll have our first jump. For complete safety a second guide will be located at the bottom to assist us on our first descent. During a slippery rappelling we'll be face to face with a 15 meter (50 ft) rock, and when we have reached the bottom we disengage from our safety equipment and swim in a beautiful fresh natural pool through the water that falls from the cascade. We continue walking the downriver direction for a 40 (130 ft) meters ascent until we reach the final waterfall. After a 3 meter (10 ft) descent we finally return to the river Chagres, where our canoes await us to take us back to the starting point where we can change our clothes, warm up and relax.

Degree of Difficulty IV

INCLUDED: ground transport, English speaking guide instructor, entry fees, professional rappelling and hiking equipment, safety equipment, refreshment, picnic style lunch.

RECOMMENDATIONS: shorts, sports or wet shoes, swimsuit, insect repellent, beach towel, change of clothes

MAXIMUM WEIGHT: 90 kg/200 lbs

MINIMUM AGE: 12 years

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 8:00 a.m.

RETURN: 3:00 p.m.



INTRO TO BIRDWATCHING ON THE PIPELINE ROAD



The Pipeline Road is located in the heart of the Parque Nacional Soberanía, a mere 45 minutes from downtown Panama City. That makes it one of the most easily accessible tropical forests in the world. Over its 17 Km./11 miles the stretch of road offers a truly exciting bird watching experience. In Christmas, counts organized by the Panama 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 Soberanía 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: ground transport, English-speaking tour guide, entry fees, soft drink, snack, binoculars, birds of Panama ID cards.

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

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 5:00 a.m.

RETURN: 12:00 noon

NATURE TRAIL AT THE PANAMA RAINFOREST DISCOVERY CENTER ON PIPELINE ROAD .



The 24km Pipeline Road was built during the 2nd World War for transportation of fuel between the two oceans but was never used, the Panama Canal never having been threatened. Pipeline Road later came to a new fame for the rich ecosystem revealed by the many scientific studies of its fauna and flora. The Panama Rainforest Discovery Center has the mission of protecting the rainforest through sustainable tourism. There is a 1km walking

trail leading to a 32m observation tower with resting platforms accessible by a spiral staircase. Once on the top deck, you will enjoy a 360° panoramic view of the canopy. It is a prime bird watching location and many species such as Toucans, Hummingbirds, and Blue Cotinga are regular sightings on Pipeline Road Further, we reach a small wooden deck on the edge of Lake Calamito for the observation of water wildlife such as Jacanas, Grebes, Herons, Snail Kite, crocodiles, sloth, Coati, butterflies, proliferating in the Canal watershed.

INCLUDES: transportation, entrance fees, on site guide, snack and refreshments.

RECOMMENDATIONS: light clothing (avoid bright colors), long pants, walking shoes, repellent, sunglasses, hat. Smoking is prohibited. No children under 12 yr. allowed at the observation tower

Note: for security reasons, pregnant women will not be accepted and intoxicated guests will be denied participation on the tour

DEPARTURE: 7:30 am

RETURN: 11:30 am



PANAMA CANAL EXPEDITION!



This is a fascinating adventure, ideal for nature lovers. From the shores of the world's most famous man-made lake, the Gatún Lake, you will be transported on fast motor boats where you will find yourself immersed in the magnificent jungle vegetation while touring by small islands and channels in the lake. This lake was created to supply and control the water resources available for the Panamá Canal operation. Along the route you will

experience firsthand the splendor and excitement of the tropical rainforest, navigating by ancient secret routes used by the military, while passing closely by large PANAMAX vessels (maximum size for ships transiting the Panamá Canal) traveling from one ocean to another through the middle of the continent. You will also have a chance to observe the process of the canal expansion and dredging to make the 4th set of locks. A visit to an island which hosted one of the most important American Radio Stations which served as a control and monitor center during World War II, processing all information in this inter oceanic route. A walk to the ruins of this abandoned Radio Station will take you back in history. (Subject to change due to the Canal dredging operations). As an alternative, we will visit Summit Municipal Park: "A gem within the Soberania [Sovereignty] National Park", which has a small zoo and a large variety of native and foreign species. The most representative specie in the park is the Harpy Eagle, Panama's national bird. You will be engulfed by the exuberant vegetation and its fauna in this natural habitat: exotic birds (toucans, snail kite, jacanas, and falcons), howler and capuchin monkeys, sloths, iguanas, and crocodiles are just a few of the animals that you will see. Enjoy a picnic style lunch on the Sound of Silence Island while observing the transit of ships. Tour participants will be able to enjoy this trip while partaking in additional activities such as kayaks and fishing. A visit to the YMCA crafts market is also included.

INCLUDED: ground and boat transport (20 passengers each), English speaking tour guide, picnic style lunch (sandwiches, fruit, soft drinks, snack). Kayaks, fishing gear.

RECOMMENDATIONS: long sleeve shirt, pants, running shoes or hiking boots, sun block, hat, sunglasses, insect repellent, additional set of clothes.

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 9:00 a.m.

RETURN: 16:30 p.m.



PANAMA EXPRESS TRAIN



After a 90 minutes ride, we arrive to the city of Colón, Panama's commercial capital and the Western Hemisphere's largest Free Trade Zone. We also visit the Gatún Locks, the Canal's biggest, where we get an introduction to the Canal operations (subject to the Panamá Canal Authority's transit schedule). We visit Portobelo, a city which position made it *the* trading crossroads. In the ruins of the 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. Enjoy a typical lunch (fried fish, plantains) at Playa Langosta local restaurant located on the beach. Take a swim in the crystal waters of the Caribbean Sea. We take a panoramic tour of the city of Colón, before returning to Panama City on the Panama Canal Railway, the world's first inter-oceanic railway (one hour train ride). The rails border the Canal stretch at all times, passing by the still immense Gatún Lake and through the dense, virginal tropical forests of the Canal Basin.

NOTE: *The tour is subject to modifications related to the weather and the visit of Portobello followed by lunch on the beach may be replaced by a visit to the Fortress of San Lorenzo followed by a panoramic tour of the city of Colon*

INCLUDED: ground and train transport, English-speaking tour guide, entry fees, snack, soft drink and lunch.

RECOMMENDATIONS: casual clothing, walking shoes, passport, sun-block, insect repellent, swimsuit, beach towel, change of clothes, hat, sunglasses.

DEPARTURE: 8:30 a.m.

RETURN: 7:00 p.m. (Monday through Friday only)

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 at Gamboa in the Gatún Lake, navigating the Corte Culebra or Gaillard's Cut through the continental divide and head towards the Pedro Miguel Locks, on the Pacific side. Here is where we can appreciate canal operations, as the ferry 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, that marks the entrance to the Canal on the Pacific side, before getting off at the Port of Balboa or Amador. Ground transfer back to the Hotel.

INCLUDED: Ground and boat transport, English - speaking tour guide, snack, soft drinks and lunch.

RECOMMENDATIONS: Light clothing, comfortable shoes, sunblock, passport.

DEPARTURE: 9:00 a.m.

RETURN: 3:30 p.m.* (only Saturday)

***REMARK:** The duration of the tour depends on transit schedules and variations of up to two hours might occur

Note: The vessel used may be different than the one on the picture)



PIRATE PARTY IN THE BAY OF PANAMA



Come and enjoy the best Pirate Party that exists in the Bay of Panama. Party where you will be able to enjoy, dance and have fun on board of a boat with excellent service and the most spectacular view of the Américas Bridge which you will not be able to forget.

INCLUDED: ground and boat transport, open bar (rum, “Seco” and vodka with its respective mixers) disco music, local English speaking guide.

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 9:30p.m.

RETURN: 1:00a.m

SAN BLAS ISLANDS .



In the Caribbean Sea lies this exotically enchanting place: a coastline of 200 miles dotted with islands, coral reefs and white sand beaches. San Blas is in the care of one of the most traditional indigenous civilizations in the Americas: the Kuna Indians, whose culture is doubtlessly the most well-preserved among all the American indigenous tribes. The Kunas have been given the authority to establish their own self-ruled territory, “la

Comarca de San Blas”, where a tribe parliament rules over the local population. Take a leisurely walk through a typical village, while interacting with the natives and taking the opportunity to buy some pretty molas, the finest in Kuna craftsmanship. In the morning, you have a boat at your disposition to visit a nearby beach or coral reef for some unforgettable snorkeling.

INCLUDED: Ground transfer Hotel - Albrook Airport - Hotel, round trip airfare, transport in motor-driven canoe to the island, community tax, accommodation in basic Kuna lodging, board (breakfast, light lunch, seafood dinner), excursions to the village and beaches. Drinks NOT included.

RECOMMENDATIONS: comfortable and simple clothing, sneakers, wet shoes, insect repellent, bathing suit, sunblock, beach towel, snorkeling equipment, bottled water, passport , cash for purchases, Cable and Wireless phone card.

Note: On that tour, we do not accept pregnant woman, clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: Daily

DURATION: Overnight

NOTE: Flights are subject to change without prior notice. Maximum luggage weight: 12 kls per person.



SURF EL PALMAR DAY TOUR.



A mere 80 minutes from the city we will find El Palmar, a small coastal town on Panama's Pacific Coast where you will find Panamá Surf School, located in a privileged area of the Pacific Gulf, offering the possibility to surf in 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. It is the ideal place to have fun and learn one of the most exciting water sports in the world. Professional surfers teach the classes

and you will learn the basic aspects of this sports activity so that you can have a fun and safe experience. There is one instructor per two students. No prior experience is required, only a desire to have fun learning one of the most exciting aquatic sports and to embark in an adventure of riding the waves! Additionally, you may enjoy some beach time. We also rent surfboards to experienced surfers.

INCLUDED: ground transportation, 2 hours of introductory training per person (theory, practice on sand and on water) bilingual instructor (Spanish – English), surfboard, snack, and refreshments.

RECOMMENDATIONS: Must know how to swim, change of clothes, beach towel, swimsuit, sun block, hat, sunglasses, rash guard or normal t-shirt to use during class.

Minimum Age: 12 years

Physical Conditions: Must be in good physical conditions and have no blood pressure or heart problems.

NOTE: Due to climatic conditions changes may be made prior to or during planned activities and schedules may change according to the tide.

On that tour , we do not accept pregnant woman , clients under the influence of alcohol or any other form of intoxication.

DEPARTURE: 9:00 A.M

RETURN: 5:00 P.M.

THE PARTY BUS – CHIVA RUMBERA.



The ultimate party! A night time tour of the city aboard a brightly painted “chiva” the folkloric Panamanian means of transportation and to the sounds of a “ murga” a Panamanian live band, made up of brass instruments and percussion, playing traditional music. The program for the evening involves a variety of activities, from dancing on board the moving chiva to crazy games, all animated by professional animators that will make you

forget the routine of everyday life. The barmen are at your entire disposal and eager to quench the thirst provoked by the warm tropical nights. And, in addition to having a good time and relaxing, you'll also experience the unique beauty of the city and its tourist sites by night.

INCLUDED: Tour through the city, local animators (Spanish / English), open bar (seco herrerano, rum and soft drinks), live music and games.

RECOMMENDATIONS: Casual dress, comfortable shoes and a lot of party spirit.

Note: On that tour , we do not accept pregnant woman , clients under the influence of alcohol or any other form of intoxication.

DURATION: 3 Hours



PANAMA EXCURSIONS RETAIL RATES

EXCURSIONS	Adult	Child
Anton Valley	70.00	65.00
Optional Canopy Adventure (additional charge per person)	65.00 Canopy	N/A
Bocas del Toro (overnight)	410.00	359.00
Additional Supplement for Single Room	70.00	N/A
Canal + Shopping	45.00	41.00
Panama Canal	33.00	26.00
Panama City	30.00	26.00
City Tour & Panama Canal (full day)	70.00	60.00
City Tour & Panama Canal (½ day)	48.00	41.00
Eco Canal (Monkey Island & Summit Municipal Park)	100.00	85.00
Diving at Caribbean Sea - Portobelo	480.00	N / A
Diving at Taboga & Taboguilla Island	325.00	N/A
Diving –Drake Island (one day)	180.00	N/A
Embera Indigenous Community	85.00	80.00
Fishing Tour - Archipiélago de Las Perlas (min. 3 participants)	425.00	N/A
(min. 5 participants)	255.00	N/A
Fishing ½ Day - Taboga, Otoque or Bona Island (min. 3 participants)	300.00	N/A
(min. 3 participants)	185.00	N/A
Folkloric Show & Traditional Dinner	55.00	50.00
Gamboa & Aerial Tram	135.00	125.00
Hiking & Wet Rappel	160.00	N/A
Intro to Bird Watching	120.00	N/A
Nature Trail at the Panama Rainforest Discovery Center on Pipeline Road	55.00	N/A
Panama Canal Expedition	90.00	77.00
Partial Canal Transit	120.00	100.00
Panama Express Train	125.00	100.00
Pirate Party by the Bay	65.00	N/A
San Blas Islands (one night)	380.00	355.00
Additional Supplement for Single Room	69.00	N/A
Surf – El Palmar Beach (min. 12 yrs)	100.00	N/A
The Party Bus – Chiva Parrandera	25.00	N/A

- Rates in US Dollars
- Children 0 – 2 years old FREE
- Rates Valid Dec. 26th, 2011 to Dec. 25th, 2012
- Rates subject to change with previous notice



CONTACTS

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