

CODE	DESCRIPTION	Retail
PTY101	<p><b>Half Day Panama City Tour &amp; Miraflores Locks</b>            At 08:30 your English speaking guide will pick you up at your hotel and take you on a private tour to Panama City and the Miraflores Locks. You will start the tour with a 30 minutes drive to Miraflores to see the huge vessels passing the Panama Canal. The busiest hours are between 09:00 and 11:00, so you will be able to see many ships getting lifted or lowered 18 meters in two distinct steps. You will enjoy the view on the Locks from a sheltered terrace and listen to the explanations of your guide. To complete the visit of the Canal you will visit the Museum and Visitor Center at Miraflores which gives you a good idea on the construction of the Canal – a masterpiece of engineering. You will also learn about the history of the canal and its significance for Panama and the entire world trade as well as on the current expansion project.</p> <p>After the visit to the Canal you continue with your guide to the Amador Causeway, a road that connects three Islands in the Pacific Ocean and offers magnificent views on the Canal on one side and on the skyline of Panama City on the other side. The tour continues to the Casco Viejo, Panama City's colonial quarter. At the Casco Viejo you feel set back in time as you admire the lovely colonial houses, the narrow roads and the impressive churches. You will get a good idea about Panama's history by driving or walking through the main attractions of this quarter.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation, English speaking driver/guide, entrance fees  <b>Bring:</b> Comfortable shoes, Camera, Sunscreen, Water</p>	Private only: \$52.50
PTY102	<p><b>Full Day Panama City Tour &amp; Miraflores Locks</b>            At 08:30 your English speaking guide will pick you up at your hotel and take you on a private tour to Panama City and the Miraflores Locks. You will start the tour with a 30 minutes drive to Miraflores to see the huge vessels passing the Panama Canal. The busiest hours are between 09:00 and 11:00, so you will be able to see many ships getting lifted or lowered 18 meters in two distinct steps. You will enjoy the view on the Locks from a sheltered terrace and listen to the explanations of your guide. To complete the visit of the Canal you will visit the Museum and Visitor Center at Miraflores which gives you a good idea on the construction of the Canal – a masterpiece of engineering. You will also learn about the history of the canal and its significance for Panama and the entire world trade as well as on the current expansion project.</p> <p>After the visit to the Canal you continue with your guide to the Amador Causeway, a road that connects three Islands in the Pacific Ocean and offers magnificent views on the Canal on one side and on the skyline of Panama City on the other side. Lunch will be served in a Panamanian restaurant on the causeway. After lunch the tour continues to the Casco Viejo, Panama City's colonial quarter. At the Casco Viejo you feel set back in time as you admire the lovely colonial houses, the narrow roads and the impressive churches. You will get a good idea about Panama's history by driving or walking through the main attractions of this quarter. If you want to continue the tour you will be taken to Panama Viejo, the Old Panama. Panama Viejo was the first European settlement on the Pacific coast of the Americas. This first Panama City was looted and destroyed by the notorious English buccaneer Henry Morgan in 1671 and therefore abandoned. Today there are only ruins left. Still, the tower of the ancient cathedral is standing and has become a landmark of the town. After the tour you will be taken back to your hotel.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation, English speaking driver/guide, entrance fees, lunch  <b>Bring:</b> Comfortable shoes, Camera, Sunscreen, Water</p>	Private only: \$95.00

<p>PTY103</p>	<p><b>Partial Panama Canal Transit</b></p> <p>After the transfer from your hotel to Flamenco Resort and Marina, the partial transit starts with a motor coach ride for 45 minutes to the town of Gamboa where the Panama Canal Dredging Division is located. Once in Gamboa, passengers will board the cruise ship to start the water portion of the tour. You will enter the canal at the north end of the Gaillard cut, where the Chagres River flows into the canal. The Gaillard Cut (also known as Culebra Cut because its curves resemble a snake) is one of the main points of interest for visitors because it was carved through the Continental Divide and this section of the Canal is full of history and geological value. Your boat will travel the Cut's 13.7 kilometers on the way to Pedro Miguel Locks. As you transit the Cut you will be able to appreciate the continuous maintenance that this area requires, because it is very susceptible to landslides. In this area you will also be able to observe the work in process for the Panama Canal expansion project.</p> <p>Before reaching the Pedro Miguel Locks at the southern end of the Cut, you will be able to view the new Centennial Bridge which crosses over the Canal. Next, your ship will enter Pedro Miguel Locks, which is one of the two sets of locks on the Pacific side, and here the vessel is lowered 9 meters in one step. You will then enter Miraflores Lake, which is a small artificial body of fresh water that separates Pedro Miguel from Miraflores Locks, the latter being the final set of locks before reaching the Pacific Ocean. At Miraflores Locks the vessel is lowered 18 meters in two distinct steps.</p> <p>Once in the Pacific Ocean the vessel will sail to the beautiful Flamenco Marina where passengers disembark. On the way to Flamenco, you will pass under the Bridge of the Americas, and later, you will be able to admire the Bay of Panama and Panama City's splendorous skyline. Upon arrival at Flamenco you will be transferred back to your city hotel.</p> <p><b>Important Note:</b> This tour does not operate daily. Please check the <a href="#">Canal Transit Schedule</a> to see the availability."</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, lunch, soft drinks and water  <b>Bring:</b> Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses</p>	<p>\$135.00 Private upon request</p>
<p>PTY104</p>	<p><b>Complete Panama Canal Transit</b></p> <p>Early morning transfer from your hotel to the Flamenco Marina. The complete canal crossing departs from the Flamenco Marina at 7:30 a.m., and you will travel from the Pacific Ocean to the Atlantic Ocean on the same day. Once in the Pacific Ocean, you will be able to admire the Bay of Panama and Panama City's splendorous skyline before passing under the Bridge of the Americas.</p> <p>The vessel will then transit through the first set of locks, the Miraflores Locks, where it will be lowered 18 meters in two distinct steps. Next, your ship will enter Miraflores Lake, which is a small artificial body of fresh water that separates Pedro Miguel Locks from Miraflores Locks. The vessel will transit through Pedro Miguel Locks, which is one of the two sets of locks on the Pacific side, and here the vessel is lowered 9 meters in one step.</p> <p>After exiting Pedro Miguel locks, your boat will travel through the Gaillard Cut, where the Chagres River flows into the canal. The Gaillard Cut (also known as Culebra Cut because its curves resemble a snake) is one of the main points of interest for visitors because it was carved through the Continental Divide and this section of the Canal is full of history and geological value. As you transit the Cut you will be able to appreciate the continuous maintenance that this area requires, because it is very susceptible to landslides. In this area you will also be able to observe the work in process for the Panama Canal expansion</p>	<p>\$190.00 Private upon request</p>

	<p>project.</p> <p>You will enjoy a trip through Gatun Lake, which was formed by erecting the Gatun Dam across the Chagres River. During your transit through Gatun Lake you will pass the Smithsonian Research Station at Barro Colorado. You will also experience the Gatun Locks, which are the only set of locks in the Atlantic sector. In Gatun Locks, the vessel will be lowered a total of 26 meters in three distinct chambers. Upon arriving at Colon, you will disembark at Pier 6, where transportation back to Panama City will be provided. Upon arrival at Flamenco you will be transferred back to your city hotel.</p> <p><b>Important Note:</b> This tour does not operate daily. Please check the <a href="#">Canal Transit Schedule</a> to see the availability.</p> <p><b>Duration:</b> 9 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, breakfast, lunch, soft drinks and water  <b>Bring:</b> Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses</p>	
PTY105	<p><b>Visit to the Embera Indians</b></p> <p>In the morning your guide will pick you up at your hotel and take you up north towards Lake Alajuela. There you will step into small boats, which will carry you up the Rio Chagres. A fascinating and dense jungle will accompany you on your boat trip. Upriver, you will step out of the dugout canoes and enjoy a short hike (can be a bit muddy) to a beautiful waterfall in midst of the rain forest. Enjoy this tropical paradise far away from any civilization, take a swim in the refreshing pool just beneath the waterfall and submerge in this true tropical getaway. Now you are ready to visit the village of the Embera Indians, one of seven indigenous tribes in Panama.</p> <p>The people of the Embera tribe will welcome you at the pier and gladly give you an idea on how they still live today. The villages chief will give you a brief explication on the history of the tribe, its traditions, cultures, believes and handicrafts. Then, a traditional lunch of fish and plantains prepared by the Embera women will be served to you. In the afternoon you will experience a traditional Embera dance and have the opportunity to shop for handicrafts. The sale of local products directly benefits the village and helps to pay the school fees for the children. You can also get a temporary Embera tattoo painted on your arm or leg.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, lunch  <b>Bring:</b> Solid shoes, comfortable clothes, bathing suit, towel, sunscreen, sunglasses, hat and camera.</p>	Private only: \$120.00
PTY106	<p><b>Panama Canal Railway, Portobelo &amp; Embera Indian Village</b></p> <p>Undertake a train trip on the historical and original railway course from Panama City to Colon. This 1- hour travel leads you through the jungle and along the Panama Canal. This course was finished in 1855. The French Panama Canal company had acquired the railway line in 1880, as an assistance to build the Canal. In 1904 then bought the Americans the Canal and the railway line and were operating the railway line until 1979. In 1998, Panama privatized the railway line and renewed it completely. Since 2001, the course is again passable and a unique attraction. After the beautiful train trip, one goes from Colon to the port of Portobelo.</p> <p>This port was the gathering point of the Peruvian treasures in the 15th century. These were shipped there towards the metropolis of the empire, and in addition, it was the centre of control and inspection of the goods, which arrived from Spain. The ruin complex is built and set up in the middle of the tropical</p>	Private only: \$190.00

	<p>jungle and covers a set of fortresses, castles and military bases. Then, continue to an Embera Indian Village on Rio Piedra. A fascinating and dense jungle will accompany you on a short boat trip to the village. Upriver, you will step out of the dugout canoes and enter the village of the Embera Indians, one of seven indigenous tribes in Panama.</p> <p>The people of the Embera tribe will welcome you at the pier and gladly give you an idea on how they still live today. The villages chief will give you a brief explication on the history of the tribe, its traditions, cultures, believes and handicrafts. Then, a traditional lunch of fish and plantains prepared by the Embera women will be served to you. In the afternoon you will experience a traditional Embera dance and have the opportunity to shop for handicrafts. The sale of local products directly benefits the village and helps to pay the school fees for the children. You can also get a temporary Embera tattoo painted on your arm or leg.</p> <p><b>Important Note:</b> This tour is only operated from Monday to Friday.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, entrance fees  <b>Bring:</b> Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses, water</p>	
PTY107	<p><b>Soberania National Park &amp; Camino de Cruces</b>  In the early morning you break up to the Soberania National Park. There you will walk a part of the famous track "Camino de Cruces" that connects the Pacific to the Atlantic coast. This historical trail was once used by merchants, slaves, European explorers and gold seekers. In the morning you will enjoy a nice and fresh climate in the forest and have the opportunity to observe many different species of plants and animals. The Soberania National Park is part of a biological corridor that goes all the way from the Pacific to the Atlantic Ocean. Therefore you will observe many birds, mammals and reptiles.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, entrance fees  <b>Bring:</b> Hiking shoes, long pants, camera, hat, sunscreen, sunglasses, insect repellent, water</p>	Private only: \$60.00
PTY108	<p><b>Metropolitan National Park</b>  The Metropolitan National Park is the only tropical rain forest natural park inside a major urban center in Central America. The park is also part of the interoceanic biological corridor formed by several protected areas stretching from the Pacific to the Atlantic. The park is a good spot for bird watching, to see monkeys, raccoons, sloth, squirrels, tall trees and plants. The tour starts usually in the early morning so you can observe many active mammals, reptiles and birds. In the Park you will take a hike for approximately 2 - 3 hours.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, entrance fees  <b>Bring:</b> Hiking shoes, long pants, camera, hat, sunscreen, sunglasses, insect repellent, water</p>	Private only: \$60.00
PTY109	<p><b>Pipeline Road</b>  Join a morning hike through Soberania National Park as you observe a variety of exotic tropical birds while enjoying the surrounding trees and plants of this area. Pipeline Road, where the hike takes place, is a dirt road that goes through the heart of this national park and affords you views of some of the diverse bird life that abounds in the area. Pipeline road has for several years in</p>	Private only: \$100.00

	<p>a row; set world record bird counts in a 24-hour period - up to 367 different species of birds. Some of the more common sights are the Slaty-tailed Trogon, Keel-billed Toucan, Thick-billed Mot-Mot, and several species of ant birds, wrens, tanagers and flycatchers. Of course, just because this tour focuses on observing the bird life, it does not mean that you might not hear or even see Howler monkeys or other mammal life like sloth, anteaters and agoutis.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, entrance fees  <b>Bring:</b> Hiking shoes, long pants, camera, hat, sunscreen, sunglasses, insect repellent, water</p>	
PTY110	<p><b>Barro Colorado</b>  The day visit includes boat transportation, the guided tour and lunch. The trip starts at 7:15 a.m. on week days and at 8:00 a.m. on weekends. The boat departs STRI dock at Gamboa and arrives at BCI 45 min. to an hour later. The guide will give some information about natural history and prepare the group for the walk along the trail. This is a 2-3 hr. hike. The walk ends at the Visitor Center, where you will find an exhibition regarding BCNM. After the Visitors Center you will head to the cafeteria to have lunch. This is a cafeteria-style lunch with a variety of dishes, including a vegetarian section, since some of the scientists that live and work at Barro Colorado are also vegetarian. After lunch, there will be time to ask questions and relax. The boat departs for Gamboa at 3:40 on weekdays (arrives at Gamboa at 4:20 p.m.) and at 2:30 p.m. (arrives at Gamboa at 3:30 p.m.) on weekends.</p> <p><b>Important Note:</b> This tour is only operated Tuesdays, Wednesdays, Fridays, Saturdays and Sundays.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, lunch  <b>Bring:</b> Hiking shoes, long pants, camera, hat, sunscreen, sunglasses, insect repellent, water</p>	\$110
PTY111	<p><b>El Valle Market</b>  El Valle is a small mountain village located in an extinct volcano crater. It is famous for its sunny though cool climate and for its Sunday morning market. Your guide will pick you up at your hotel and take you to El Valle, about 2 hours west from Panama City. On the drive you will cross the famous Bridge of the Americas and ride along the Pacific Coast before turning uphill to the mountain village. On Sundays many local families come from all the valley to El Valle to sell their goods on the colorful market. Feel free to admire and purchase regional products such as fruits, vegetables, flowers, stone soaps, ceramic articles, hand-made wooden baskets, wooden furniture, etc. Prices are negotiable. If there is time left, you can visit some of the other El Valle attractions such as the natural hot springs, the petroglyphs, the zoo "El Nispero" or the stunning waterfall "Chorro Macho" (entrance fees not included).</p> <p><b>Important Note:</b> This tour is only operated on Sundays.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide  <b>Bring:</b> Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses</p>	Private only: \$80.00
PTY112	<p><b>Colon Free Trade Zone Shopping</b>  Your guide will pick you up at your hotel and drive you to Colon, Panamas third city. In Colon you will find the western hemisphere's biggest trade free zone and one of the most important distribution centers in great amounts for imports</p>	Private only: \$75.00

	<p>and re-exports. Whether you need new cloths, electronic goods or jewelery, at the Colon Free Zone you will find all these articles of a high quality and very reasonably priced.</p> <p><b>Important Note:</b> The Colon Free Zone is open from Monday to Friday, from 08:30h. to 16:30 only. Please bear in mind that during the Jewish holidays most shops are closed. After your shopping experience your guide will take you back to Panama City.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide  <b>Bring:</b> Passport, Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses, water</p>	
PTY113	<p><b>Panama City Shopping</b>  Visit the biggest shopping malls of Panama! There is either the commercial center Los Pueblos, one of the biggest malls of Central America and located near International Airport or Albrook Mall, a huge climatized indoor Mall right at the domestic airport. At both places you can enjoy a couple of hours of shopping. You will find a big number of shops and stores of a great variety of merchandise at excellent prices. Also you can find many different restaurants of fast food from national and international places.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide  <b>Bring:</b> Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses, water</p>	Private only: \$35.00
PTY114	<p><b>Gatun Locks &amp; Fuerte San Lorenzo</b>  The San Lorenzo Fort is located at the entrance of the Chagres River close to Colon. It was through this river where the notorious pirate Henry Morgan arrived to the Old Panama, to take out the treasury. To get to San Lorenzo, it is necessary to cross the Gatun Locks and get into Sherman Fort, a former military base, surrounded by a rich jungle with a wide diversity of species. It is a special place for bird watching. The Gatun Locks are a series of three lock chambers where the huge container vessels are lifted or lowered a total of 26 meters. Each lock is 33.5 meters wide and 306 meters long and takes eight to 15 minutes to fill with water.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, entrance fees  <b>Bring:</b> Comfortable clothes and shoes, camera, hat, sunscreen, sunglasses, water</p>	Private only: \$115.00
PTY115	<p><b>Zipline Tour</b>  Originally developed by scientists to study the biodiversity found in the canopy of trees, the method involved rigging large trees with climbing gear, cables, ladders, etc. By means of this gear, biologists were able to swing from one tree to another, over chasms and water, to study larger areas of the forest. They also discovered it was a lot of fun! Nowadays, several canopy tours have been developed around the world, with Canopy Rio Piedras been the only one in the Panamanian Atlantic coast only 50 minutes from Panama City. This program allows anybody to rise to the top of the trees and switch on the adrenaline, as you wish through the air from one gigantic tree to another - and unlike Tarzan - in complete safety. Once at the Canopy site a knowledgeable guide will assist you in donning the harnesses and safety equipment and will give you a thorough explanation of how to behave, what to expect and how to make the most of your experience. Once ready, hook your harness to the cable and fly</p>	\$120.00

	<p>through the dense canopy! The series of platforms are sometimes located over 100 feet high and up to 450 feet apart, enough to wake you up!</p> <p><b>Duration:</b> 5 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide  <b>Bring:</b> Hiking shoes, long pants, sunscreen, sunglasses, camera, water</p>	
PTY116	<p><b>Gamboa Tri-Pack</b>  The aerial tram ride traverses a mile long tract of Humid Forest that lies within the Gamboa Resort's boundaries. You will observe the forest canopy in some areas and are likely to encounter birds and hear Howler monkeys. The tram ascends 280 feet over half a mile and ends atop a hill. On the following boat tour, before reaching Monkey Island, you will pass by the Panama Canal right beside the huge tankers and container ships. The White-Face Capuchin and Howler Monkeys are the main attractions of this tour. Usually the Captain of your boat brings them some fruit so you can watch them coming down from their trees to get it. If you are attentive you will spot a sloth, always so lazy sleeping in their trees. You will see turtles, timid but brave at the same time, along with the proud caiman and crocodiles that live in the lake.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, lunch  <b>Bring:</b> Sneakers or hiking shoes, long pants, hat, sunscreen, sunglasses, camera, binoculars, insect repellent.</p>	\$150.00
PTY117	<p><b>Sport Fishing on Gatun Lake (3h)</b>  Fishermen are always impressed by the plentitude and variety of fish in Gatun lake. This lake is home to species such as peacock bass, tarpon and snook, and many others. Since these fish are so plentiful, there are neither limits nor restrictions. One of the Gamboa fishing guides will take you and your party on a private guided tour of the lake and show you the best spots. Surrounded by the peace and tranquility of lush tropical forests, this is a great tour for friends, families, or individuals to enjoy the bounties of nature that Lake Gatun offers.</p> <p><b>Duration:</b> 5 hours (3 hours of fishing)  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide  <b>Bring:</b> Comfortable clothes, hat, sunscreen, sunglasses, insect repellent</p>	Private only: \$175.00
PTY118	<p><b>Sport Fishing on Gatun Lake (6h)</b>  Fishermen are always impressed by the plentitude and variety of fish in Gatun lake. This lake is home to species such as peacock bass, tarpon and snook, and many others. Since these fish are so plentiful, there are no limits or restrictions. One of the Gamboa fishing guides will take you and your party on a private guided tour of the lake and show you the best spots. Surrounded by the peace and tranquility of lush tropical forests, this is a great tour for friends, families, or individuals to enjoy the bounties of nature that Lake Gatun offers.</p> <p><b>Duration:</b> 8 hours (6 hours of fishing)  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide  <b>Bring:</b> Comfortable clothes, hat, sunscreen, sunglasses, insect repellent</p>	Private only: \$225.00
PTY119	<p><b>Chagres Rubber Tube Rafting, Wet Rappel and Embera Village</b>  his is all a great experience for all those that took the challenge, who can now boast of being very daring. It is the combination of 3 tours in one, two defying the spirit of adventure and the third, a relaxing and pleasurable experience of homely taste. All of this is surrounded by a dense and humid tropical jungle, in which is set the Panama, Chagres National Park, one of the most interesting wild refuges of our country. Everything begins early in the morning when you</p>	\$160.00

	<p>will be picked up at your hotel. From there you will drive towards the Chagres Park where you board piraguas (dugout boats belonging to our friends, the Embera Indians), upon arrival.</p> <p>You are taken to a point upriver where you overcome the rapids of the Alto Chagres. These rapids are midway between soft and hard in difficulty, appropriate to descend in rubber tubes as the first phase of the challenging journey. You begin the descent passing through the rapids as you are escorted by the guides with the piraguas attentive to any unforeseen conditions from the torrential flow to the peaceful puddles and again into white waters until you reach calm waters at the base of the river. At the end of 2 hours of descent you take a brief rest, to then return to the top where your guide will take you to the waterfall of the Quebrada Bonita, the second challenge of today's journey. Here you descend with ropes and mountain climbing equipment.</p> <p>The hike on this part of the journey is about 15 minutes and very impressive, demanding good physical condition. The wet rappel will take 1 to 2 hours depending on the size of the group and their skills. This promises a lot of emotion. Having completed the first 2 phases, the Embera will take you to their dwelling to give you a demonstration of their ancestral culture, history, customs, dances, crafts (to acquire souvenirs), and to savor the "Odia" (food in Embera language), prepared for your enjoyment. You will have time to rest in the dwelling after a long journey and prepare for a comfortable return to Panama City.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 8h  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking Guides, rafting and rappel equipment, entrance fees, lunch  <b>Bring:</b> clothes to swim (shorts, shirt, hat), dry clothes and towel for after the trip, sunscreen, water, comfortable shoes</p>	
PTY120	<p><b>Cave in Bayano Lake</b>  The tour to the Panama, Bayano Lake Caves is an experience that touches the human spirit. Discovering a natural place, of so huge and enormous beauty, is an experience that fills the senses with pleasure and it shows all together, how the passage through this world is ephemeral; making you remember that we must preserve with responsibility our world with all its natural wonders.</p> <p>The Tour leaves at 7:00 a.m. from Panama City, course to Bayano Lake, important natural resource of Panama. After 1:45h of freeway ride, you will arrive at the town of Cañita, where you take a Panamanian style breakfast, board a boat, and cross the Bayano lake during 0:30min., until arriving to the entrance to the caves. At the arrival to the caves, you equip yourselves to initiate this beautiful and impressive route, by a cannon, plenty of passages and enormous caverns, where you will find a variety of small animals that inhabit this ecosystem without sunlight, crystalline water lagoons, enormous limestone rock formation, conformed through the centuries until finishing in a lagoon, where you will be able to take a small crystalline water bath.</p> <p>This route has an extension of approximately 1 kilometer. Finalized the rest, you will return to the border of the lake, to be gathered by the boat and to return to the small port on the bridge at the Bayano lake and then drive back to Cañita to take a delicious lunch, before starting off the return for the city of Panama.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p>	Private only: \$130.00

	<p><b>Duration:</b> 8h  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking Guides, caving equipment, entrance fees  <b>Bring:</b> clothes that can get wet and dirty, dry clothes and towel for after the trip, sunscreen, water, hiking shoes</p>	
PTY121	<p><b>Cave in Alajuela Lake</b>  A great experience, a great challenge for all those who believe are really intrepid. Combining two different tours in one, a relaxing and pleasant experience with a lot of native identity. All this surrounded by the dense and rich Tropical Rain Forest which is part of Panama, Chagres National Park, one of the most interesting wildlife refuges of our country. Everything starts early in the morning when you will be picked up at your hotel. Then you will go to Chagres National Park, a trip of about one hour. Once there, you will board Piraguas (dugout canoe) of the Embera indigenous whom will help you navigate along the Chagres river and cross the Alajuela Lake in an extensive area of trees covered by the waters of this artificial lake of great importance for Panama City and the operation of the Panama Canal. During this journey of 35 to 45 minutes, you will stop at the ancient Las Cruces Trail, where once upon a time traveled the caravans carrying the treasures brought from the Inca cities of Peru. You will continue the tour until reaching the closest point to a group of interesting limestone formation that has created caves.</p> <p>The caves of Chagres National Park are ancient (around the same age of the Isthmus formation) and natural beauty, its conformation is a little humid and has insects, reptiles, and flying mammals. The caves are a place with a short distance in between and it is possible to enjoy quiet well the scenery provided by stalactites and stalagmites of a important size; this have the peculiar characteristic of producing sounds similar to bells with the softest touch, all this with a relative duration. In this caves, it is possible to find vestiges of ancient inhabitants that might use this stone formation like refugee from the weather, the beasts, enemies, or like hiding place for treasures during the Spanish Colony. You will be in the caves in between 1-½ hours to 2 hours.</p> <p>After the visit to the caves, the Embera will take you to their village to give you a demonstration of their ancestral (ancient) culture. History, culture, dances, handcraft to buy like souvenirs and a delicious "Odia"(meal in Embera language) prepared for you In the village, you will rest of the long journey and get ready for a safe way back to Panama City.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 6h  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking Guides, caving equipment, entrance fees  <b>Bring:</b> clothes that can get wet and dirty, dry clothes and towel for after the trip, sunscreen, water, hiking shoes</p>	Private only: \$110.00
PTY122	<p><b>Canopy Tower Birding Tour</b>  Today you will be transferred to the Canopy Tower, an ancient radar tower of the US army and today an excellent place for bird watching. Together with an English speaking ornithologist guide you will walk the trails of Soberania National Park around Canopy Tower to observe a large variety of birds. After the tour, a meal on the third floor of the Tower is included. The tour can be operated in the early morning (incl. breakfast), around noon (incl. lunch) or in the evening (incl. dinner).</p> <p><b>Duration:</b> 5 hours  <b>Includes:</b> Transportation from and to Panama City hotel, English speaking ornithologist guide, meal</p>	\$152.00

	<p><b>Bring:</b> Solid footwear, comfortable clothing, light raincoat, sunscreen, sunglasses, hat, insect repellent, camera and binoculars.</p>	
PTY123	<p><b>Canopy Crane &amp; Metropolitan Natural Park</b>  The Smithsonian Tropical Research Institute rainforest canopy crane at Metropolitan Natural Park is 42m tall with a 51m long arm. The crane lifts nature enthusiasts above the forest in a comfortable gondola and then lowers them at the desired observation sites within the canopy. In this way, the crane allows safe, easy and three-dimensional access to the forest. After approximately one hour of observation in the crane, you will enjoy 3 more hours of nature along the trails of Metropolitan Natural Park.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Panama City Hotel, English speaking guide, entrance fees  <b>Bring:</b> Solid footwear, comfortable clothing, light raincoat, sunscreen, sunglasses, hat, insect repellent, camera and binoculars.</p>	Private only: \$116
PTY124	<p><b>Drake Island Dive (Atlantic)</b>  Today you will dive near the bay of Portobelo, the historic city from where all Peruvian treasures departed for the Spanish mainland. Dive the waters that give final rest to the famous Sir Francis Drake. A second dive is to the wreck of a B-45 airplane in 70' deep water.</p> <p><b>Duration:</b> 5 hours  <b>Includes:</b> Transportation from and to Panama City, boat, dive master, two tanks, weight belt, lunch  <b>Bring:</b> Bathing suit, beach towel</p>	\$130.00
PTY125	<p><b>Two Oceans in One Day Dive (Atlantic &amp; Pacific)</b>  In the early morning you will travel to the Atlantic side of the Isthmus of Panama to perform an early dive near the Bay of Portobelo. Then you will be driven to the Pacific Ocean and go on board of a 25-foot boat for a short drive to a nearby island. Here you will be diving Panama's Pacific Ocean and see lots of mantas, eels, snappers, groupers, amberjacks, roosterfish and many other creatures that inhabit these waters.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City, boat, dive master, two tanks, weight belt, lunch  <b>Bring:</b> Bathing suit, beach towel</p>	\$280.00
PTY126	<p><b>The Sister Islands Dive (Pacific)</b>  Today you will be diving at Taboga and Taboguilla - Panama's sister islands. Sandy bottom with rock formations produce the perfect habitat for territorial fish and visiting pelagic species. At both islands you will encounter myriad of fish, rays and eels on your diving experience.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City, boat, dive master, two tanks, weight belt, lunch  <b>Bring:</b> Bathing suit, beach towel</p>	\$240.00
PTY127	<p><b>Bona &amp; Otoque Dive (Pacific)</b>  This diving excursion will take you to the islands of Bona and Otoque in Panama's Pacific Ocean. At these two islands, approximately 90 minutes west of Panama City, you will find a rocky bottom habitat with large schools of both pelagic and territorial fish plus sting rays and moray eels.</p>	\$285.00

	<p><b>Duration:</b> 8 hours  <b>Includes:</b> Transportation from and to Panama City, boat, dive master, two tanks, weight belt, lunch  <b>Bring:</b> Bathing suit, beach towel</p>	
CODE	DESCRIPTION	RACK RATE
GTN101	<p><b>Monkey Island</b>  Travel on small boats northbound on the canal for 25 minutes where you might come close to some of the big ships that transit the canal daily. Slowly you will motor along the forested banks of Gatun Lake, a protected area. Look for wildlife such as Capuchin Monkeys, 3-toed sloth, Howler Monkeys, various kinds of Toucans and other bird life. This is a place to observe the raw regenerative power of the forest as it struggles to claim what was once wild.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water  <b>Bring:</b> Sneakers or hiking shoes, long pants, hat, sunscreen, sunglasses, camera, binoculars, insect repellent.</p>	<p>\$44.00  Private: \$125</p>
GTN103	<p><b>Aerial Tram</b>  The aerial tram ride traverses a mile long tract of Humid Forest that lies within the Gamboa Resort's boundaries. You will observe the forest canopy in some areas and are likely to encounter birds and hear Howler monkeys. The tram ascends 280 feet over half a mile and ends atop a hill. From here you will walk two minutes to the observation tower (which is optional) and for those with some stamina involves a climb of a 100 feet up a mildly inclined ramp which is also wheelchair accessible. From the observation tower you'll get great views of the Canal, the Chagres River as well as the surrounding forested areas of Soberania National Park and the town of Gamboa. The Tower is slightly less than 500 feet above sea level with most of this elevation attained by tram. On the return portion of the tram you will descend the final half-mile back to the starting point.</p> <p><b>Duration:</b> 3 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water  <b>Bring:</b> Sneakers or hiking shoes, long pants, hat, sunscreen, sunglasses, camera, binoculars, insect repellent.</p>	<p>\$63.00</p>
GTN104	<p><b>Pipeline Road</b>  Join a morning hike through Soberania National Park as you observe a variety of exotic tropical birds while enjoying the surrounding trees and plants of this area. Pipeline Road, where the hike takes place, is a dirt road that goes through the heart of this national park and affords you views of some of the diverse bird life that abounds in the area. Pipeline road has for several years in a row; set world record bird counts in a 24-hour period - up to 367 different species of birds. Some of the more common sights are the Slaty-tailed Trogon, Keel-billed Toucan, Thick-billed Mot-Mot, and several species of ant birds, wrens, tanagers and flycatchers. Of course, just because this tour focuses on observing the bird life, it does not mean that you might not hear or even see Howler monkeys or other mammal life like sloth, anteaters and agoutis.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, entrance fee, drinking water  <b>Bring:</b> Sneakers or hiking shoes, long pants, hat, sunscreen, sunglasses, camera, binoculars, insect repellent.</p>	<p>\$50.00</p>
GTN105	<p><b>Gamboa Tri-Pack</b>  The aerial tram ride traverses a mile long tract of Humid Forest that lies within</p>	<p>\$138.00</p>

	<p>the Gamboa Resort's boundaries. You will observe the forest canopy in some areas and are likely to encounter birds and hear Howler monkeys. The tram ascends 280 feet over half a mile and ends atop a hill.</p> <p>On the following boat tour, before reaching Monkey Island, you will pass by the Panama Canal right beside the huge tankers and container ships.</p> <p>The White-Face Capuchin and Howler Monkeys are the main attractions of this tour. Usually the Captain of your boat brings them some fruit so you can watch them coming down from their trees to get it. If you are attentive you will spot a sloth, always so lazy sleeping in their trees. You will see turtles, timid but brave at the same time, along with the proud caiman and crocodiles that live in the lake.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water, lunch  <b>Bring:</b> Sneakers or hiking shoes, long pants, hat, sunscreen, sunglasses, camera, binoculars, insect repellent.</p>	
GTN106	<p><b>Nocturnal Boat Safari</b>  What are the rainforest animals doing at night? Search for them on a night tour in a Gamboa open air tour bus to find out. It is possible to see tapirs, capybaras, alligators, rare tropical opossums, and two –toed sloths. An extra bonus of this tour is that you will get to know the extent of the resort grounds and learn interesting facts about the area.</p> <p><b>Duration:</b> 2 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water  <b>Bring:</b> Sneakers or hiking shoes, long pants, camera, binoculars, insect repellent.</p>	\$50.00
GTN107	<p><b>Las Cruces Trail</b>  The Camino de Cruces, or Las Cruces Trail, is a road created during Spanish colonial times that runs from Panama City to the River Chagres. The Spanish used this road over 400 years ago to transport riches from Peru, Baja California and Chile, down the river and across the ocean to Spain. On this hike you will see many bird species that make this park their home such as the crested eagle, pheasant cuckoo, the red and green macaw and the slaty-tailed trogon. Animals that can be found here include the Titi monkey, Geoffroy's Tamarin monkey, armadillos, roe deer, white tailed deer, white nosed coati, agouti and the three fingered sloth.</p> <p><b>Duration:</b> 3 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water  <b>Bring:</b> Sneakers or hiking shoes, long pants, hat, sunscreen, sunglasses, camera, binoculars, insect repellent.</p>	\$44.00
GTN108	<p><b>Kayaking on the Panama Canal</b>  The ultimate in tranquility! Join the Kayak Tour on the Panama Canal and embark on a voyage with Mother Nature. Experience a true Tropical Rainforest at a leisure pace that will allow you to quietly go with the current and perchance come upon unique jungle birds, monkeys, sloth's, maritime life surrounded by tropical flora and fauna. At the same time you will get really close to the huge vessels on their way from the Pacific to the Atlantic Ocean.</p> <p><b>Duration:</b> 3 hour  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water</p>	\$63.00

	<b>Bring:</b> Comfortable clothes, hat, sunscreen, sunglasses, insect repellent	
GTN109	<p><b>Sport Fishing on Gatun Lake (3h)</b>  Fishermen are always impressed by the plentitude and variety of fish in Gatun lake. This lake is home to species such as peacock bass, tarpon and snook, and many others. Since these fish are so plentiful, there are neither limits nor restrictions. One of the Gamboa fishing guides will take you and your party on a private guided tour of the lake and show you the best spots. Surrounded by the peace and tranquility of lush tropical forests, this is a great tour for friends, families, or individuals to enjoy the bounties of nature that Lake Gatun offers.</p> <p><b>Duration:</b> 3 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, Boat, Fishing Equipment, Live or artificial bait, Captain, drinking water and sodas  <b>Bring:</b> Comfortable clothes, hat, sunscreen, sunglasses, insect repellent</p>	Private only: \$115.00
GTN110	<p><b>Sport Fishing on Gatun Lake (6h)</b>  Fishermen are always impressed by the plentitude and variety of fish in Gatun lake. This lake is home to species such as peacock bass, tarpon and snook, and many others. Since these fish are so plentiful, there are no limits nor restrictions. One of the Gamboa fishing guides will take you and your party on a private guided tour of the lake and show you the best spots. Surrounded by the peace and tranquility of lush tropical forests, this is a great tour for friends, families, or individuals to enjoy the bounties of nature that Lake Gatun offers.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from and to Gamboa Resort, English- Speaking naturalist tour guide, drinking water  <b>Bring:</b> Comfortable clothes, hat, sunscreen, sunglasses, insect repellent</p>	Private only: \$160.00

CODE	DESCRIPTION	RACK RATE
PRL101	<p><b>Contadora Snorkeling Tour</b>  Tour of South Island with snorkeling: You will depart from Contadora Island at 10:00 am motoring past part of the island recounting its history. After approximately 5 minutes you will arrive at Chapera Island where snorkeling on a reef with an enormous variety of fishes begins. Afterwards you will continue to Mogo Mogo, the island where the Survivor series was filmed, and where there is a natural pool ideal for relaxing. The last island, Bajo Bayarena, is actually a great sand bank in the middle of the ocean where you can observe 15 nearby islands. The tour finishes on the Galeon Beach on Contadora Island.</p> <p><b>Duration:</b> 3 hours  <b>Includes:</b> Snorkeling equipment, English speaking guide, refreshments  <b>Bring:</b> Sunscreen, sunglasses, hat, bathing suit, beach towel, camera</p>	\$45.00
PRL102	<p><b>Discover Scuba Diving</b>  Have you never tried Scuba Diving and are curious about it? This is the perfect opportunity to try how it feels to be under water. An instructor will explain you the diving gear and you can test it in a secure swimming pool. Once you feel comfortable, your instructor will take you to the Ocean where you will enjoy a diving experience in about 4 - 6 meters depth.</p> <p><b>Duration:</b> 3 hours  <b>Includes:</b> Diving equipment, English speaking instructor  <b>Bring:</b> Bathing suit, waterproof camera</p>	\$80.00

PRL103	<p><b>Contadora Diving Tour (for certified divers only)</b> Join an exciting 2-tank diving excursion in the Pacific Ocean. The more than 100 islands of the archipelago have a volcanic origin. Therefore they offer spectacular sites and caves for a large variety of fish. Submerge yourself in this adventure of colorful marine life.</p> <p><b>Duration:</b> 3 hours <b>Includes:</b> Diving equipment, English speaking guide <b>Bring:</b> Bathing suit</p>	\$90.00
PRL104	<p><b>ATV Rental (per hour)</b> Rent an ATV and explore the island in the most exciting way. Narrow dirt trails lead to the different hills overlooking the Pacific Ocean. It is possible to circle the entire island in one hour. Please note that it is not allowed to ride the ATV's at the beaches!</p> <p><b>Duration:</b> 1 hour <b>Includes:</b> ATV rental, fuel <b>Bring:</b> closed shoes, sunscreen, sunglasses, camera</p>	\$33.00

CODE	DESCRIPTION	RACK RATE
BQT101	<p><b>Zipline Tour / Canopy</b> Glide through the treetops of century-old forests, high above the pristine rivers and waterfalls that make up the incredible collection of natural landscapes bordering the National Park La Amistad and the famous Baru volcano. Tarzan, 21st century! Who would have thought that a technology utilized hundreds of years ago by our indigenous people and later perfected by botanists and naturalists to observe and study the behaviors of wild creatures in their natural habitat, would be transformed into one of the most revered extreme sports. A harness, an ultra-resistant steel cable and gravity are the only elements necessary to suspend and propel the fearless rider in this incredible adrenaline rush.</p> <p><b>Duration:</b> 4 hours <b>Includes:</b> Transportation from and to Boquete, English speaking tour guide, canopy equipment <b>Bring:</b> Sneakers or hiking boots, long pants, hat, sunscreen, sunglasses, camera</p>	\$60.00
BQT102	<p><b>White Water Rafting Chiriqui Viejo Class III-IV</b> The Palon Section (literally "big stick") of Rio Chiriqui Viejo river is a class III and IV with nonstop excitement, pristine tropical forest, and more. Considerably narrower than its counterpart and dropping at a faster speed, the Viejo requires quick, tight maneuvering to get through the many rock gardens and enormous boulders and delivers continuous white water that contribute to its class IV ranking. This is a guaranteed ride of a lifetime for rafters seeking a thrill.</p> <p><b>During dry season (Dec.-May):</b> During your decent down the river, you will stop for lunch at beautiful location. Here, you will take a short hike to an incredible picturesque 30 foot waterfall. This is a truly remarkable sight.</p> <p><b>During rainy season: (June-Nov.):</b> With more water, and more speed, this time of the year is ideal for those searching for the biggest thrill. During this excursion, the river guide will lead a descent through the entire Palon section and most of the Sabo section of this river.</p>	\$95.00

	<p><b>Minimum age:</b> 12 years"</p> <p><b>Duration:</b> 10 hours</p> <p><b>Includes:</b> Transportation to and from Boquete, rafting equipment, English speaking guides and lunch</p> <p><b>Bring:</b> clothes to swim (shorts, shirt, hat), dry clothes and towel for after the trip, sunscreen, water, shoes that will not come off your feet, copy of your passport.</p>	
BQT103	<p><b>White Water Rafting Chiriqui Viejo Class II-III</b></p> <p>This section of the Viejo is a fun ride where plenty of high and deep wave trains provide continuous excitement. Ranked as a class II with several class III rapids, the Sabo section is also a great place for bird watching. Kingfishers, Cormorants, and Egrets are common sights down the Sabo section of the Rio Chiriqui Viejo. This less technical section is great for beginners looking for excitement.</p> <p><b>Minimum age:</b> 8 years"</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation to and from Boquete, rafting equipment, English speaking guides and lunch</p> <p><b>Bring:</b> clothes to swim (shorts, shirt, hat), dry clothes and towel for after the trip, sunscreen, water, shoes that will not come off your feet, copy of your passport.</p>	\$95.00
BQT104	<p><b>White Water Rafting Esti River Class II-III</b></p> <p>The Esti River is ideal for a family adventure. The upper section introduces its participants to an unforgettable tropical river adventure full of wildlife such as cormorants, kingfishers and more. Come prepared to sample exciting white water, and swim in the many swimming holes throughout this section.</p> <p>The scenery of the Lower Esti is similar to the beautiful upper section. This section includes more complex and difficult rapids for more excitement, not to mention an extra hour of rafting.</p> <p><b>Minimum age:</b> 8 years"</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation to and from Boquete, rafting equipment, English speaking guides and lunch</p> <p><b>Bring:</b> clothes to swim (shorts, shirt, hat), dry clothes and towel for after the trip, sunscreen, water, shoes that will not come off your feet, copy of your passport.</p>	\$95.00
BQT105	<p><b>Quetzal Trail Trek Cerro Punta - Boquete</b></p> <p>Los Quetzales trail unites the two communities of Boquete and Cerro Punta and is one of Panama's most visited and popular hikes, named for a particular species of bird called the Resplendent Quetzal. Quite elusive, these birds are a magnificent and rare treat to observe and are a favorite among many birding enthusiasts. In addition to the Quetzal, there are more than 220 other bird species native to the area.</p> <p>From Cerro Punta to Boquete, the 10 km trail climbs steadily (roughly 800 meters) as you pass from tropical rain forest to tropical cloud forest and takes approximately 4-6 hours of hiking to complete.</p> <p>The tour starts with a two-hours drive from Boquete to Cerro Punta where your hiking adventure on the Quetzal Trail starts. Please note that there are two options of transportation available: A normal a/c motorcoach taking you to the park entrance or a strong 4x4 vehicle that takes you to the ranger station in the park. Choosing the 4x4 vehicle means about 2 hours less hiking, the most challenging part of the trail (uphill at the beginning and downhill at the end) will be done by car.</p>	<p>Private only: Transportation from/to park entrance: \$95</p> <p>Transportation from/to Ranger Station: \$115</p>

	<p><b>Duration:</b> 10 hours</p> <p><b>Includes:</b> Roundtrip transportation from Boquete, English speaking ornithologist guide, picnic lunch</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	
BQT106	<p><b>Horseback Riding &amp; Hot Springs</b></p> <p>Travel the countryside on ancient Indian trails. Saddle up and head out from the Caldera Spring for a casual ride through the lush mountainside. Your horse knows the way, so you can enjoy the sun in your face, the wind in your hair, and maybe a Toucan overhead. The Caldera Hot Springs are natural hot springs produced by the emergence of geo-thermally-heated groundwater from the earth's crust. There are 3 hot baths, of varying temperatures, at the Caldera Hot Springs. Ample time is provided to lounge in the hot spring, lavish your body with volcanic mud, bake in the sun, and rinse off in the cool waters of the Caldera River. Iguanas, Jesus Christ Lizards (named as they can run across water), Toucans, and an occasional boa can sometimes be spotted.</p> <p><b>Duration:</b> 5 hours</p> <p><b>Includes:</b> Transportation, English speaking guide, entrance fee, snacks</p> <p><b>Bring:</b> Hiking shoes or sneakers, long pants, bathing suit, sunscreen, sunglasses, hat, camera, water.</p>	\$51.00 Private upon request
BQT107	<p><b>Coffee Tour</b></p> <p>Did you know that Panama produces some of the most flavorful coffee in the world? A relatively new player on the gourmet-coffee market, the country produces traditional shade-grown-coffee varieties that are generally considered to be more complex and distinctive than those produced by its more famous neighbor, Costa Rica. Most coffee plantations in Panama are concentrated around Boquete because of the high altitude required for prime coffee growing, and because of the region's fertile volcanic soil.</p> <p>On this tour you will learn about the cultivation and process of the coffee bean and you will never look at your morning cup of joy the same once you have taken a coffee tour. Even coffee snobs will glean insight not only into the meticulous growing process but into the economics of the local Ngöbe-Bugle indigenous labor and culture, the "shade-grown" theory to protect the environment and to grow a better bean, the effect coffee has on the world, and what coffee producers really think about Starbucks. Tours are capped off with a "cupping," which, much like a wine-tasting, gives you a chance to sample different flavors, strengths, and roasts.</p> <p>"</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation from and to Boquete, English speaking driver/guide, entrance fees</p> <p><b>Bring:</b> Comfortable shoes and cloths, hat, sunscreen, sunglasses, camera, water</p>	Private only: \$45.00
BQT108	<p><b>Full Day Wildlife Expedition</b></p> <p>Exclusive wildlife exploration to private, remote estates and wildlife sanctuaries. A 4x4 Land Cruisers will pick you up at your hotel and drive you to locations, off the beaten path, where few others, have dared to explore. All explorations have been custom designed by local guides. They have chosen the best locations to see the Resplendent Quetzal, Howler Monkey, Agouti, White Nosed Coati, and Pygmy Squirrel. Abundance of animals and birds is seasonally dependent.</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation, English speaking naturalist guide, entrance fees, water, picnic snacks</p>	\$80.00 Private upon request

	<p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	
BQT109	<p><b>Baru Volcano Hike</b></p> <p>For the Baru Volcano Hike you will be picked up at 6 a.m. at your hotel. You will enjoy a lovely drive uphill to the Volcan Baru National Park Ranger Station. From there you will start the challenging hike to the highest point of Panama. Depending on your level of fitness you will reach the top between 4 and 6 hours. If the weather conditions are good, you will be able to see both oceans from the top of the volcano. On the summit you will enjoy a picnic lunch. In the afternoon you will hike back down, this takes between 3 and 5 hours. After the tour you will be dropped off at your hotel.</p> <p>While hiking up the volcano you will encounter 6 different climate zones: humid mountain forest, low humid mountain forest, low humid mountain rainforest, mountain rainforest, very humid mountain rainforest and pre-mountain rainforest. The average annual temperatures vary between 20°C at the Park Ranger Station to under 10°C on the top of the volcano.</p> <p><b>Duration:</b> 13 hours</p> <p><b>Includes:</b> Transportation, English speaking guide, entrance fees, breakfast, lunch, water, juice, snacks</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	<p>\$95.00 Private upon request</p>
BQT110	<p><b>Jungle Safari</b></p> <p>Travel from Boquete to Chorcha (about a 2 hour drive) for a full day expedition to explore the habitat of the endangered Howler Monkey. Hike through old growth rainforests as your guide tracks down white faced monkeys, Amazon Parrots, Coral snakes, night monkeys, and more. Have a sumptuous lunch under the canopy, while you listen to the jungle come alive. Please note that Chorcha has a tropical, humid climate, please dress jungle—light with appropriate shoes.</p> <p><b>Duration:</b> 6 hours</p> <p><b>Includes:</b> Transportation, English speaking guide, entrance fees, lunch</p> <p><b>Bring:</b> Hiking shoes, long pants, sunscreen, sunglasses, insect repellent, binoculars, camera, water.</p>	<p>\$80.00 Private upon request</p>
BQT111	<p><b>White Water Kayaking</b></p> <p>This is an awesome introduction to the sport of whitewater kayaking. You will learn about paddling gear and boats, basic paddling technique and river safety. The first half of the day is spent on flat water learning technique. The second half is spent on a class II section of river where you will get up close and personal with some whitewater!</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation to and from Boquete, boats, gear, guides and lunch</p> <p><b>Bring:</b> clothes to swim (shorts, shirt, hat), dry clothes and towel for after the trip, sunscreen, water, shoes that won't come off easily, copy of your passport</p>	<p>\$75.00 Private upon request</p>
BQT112	<p><b>Sea Kayaking</b></p> <p>This day trip is perfect for beginner paddlers and those who want to spend an active day in the remote island paradise of Panama's Pacific coast. You will paddle from Boca Chica to one of the nearby islands for a day of snorkeling, exploring and relaxing. Participants should be in good physical condition. This trip includes about 4 hours of moderate paddling.</p> <p><b>Minimum age:</b> 10 years</p>	<p>\$95.00 Private upon request</p>

	<p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation to and from Boquete, boats, gear, guides and lunch</p> <p><b>Bring:</b> clothes to swim (shorts, shirt, hat), dry clothes and towel for after the trip, sunscreen, water, shoes to explore the island, copy of your passport</p>	
BQT113	<p><b>Falling Waters National Reserve</b></p> <p>This amazing hike begins in Falling Waters Nature Reserve and retraces the steps of pre-Columbian Indians into re-mote virgin cloud forest surrounding the perimeter of Volcan Baru National Park. The trail parallels Quebrada La Mina, a gorgeous creek that meanders through the ridges and valleys above Boquete, falling over wall after spectacular wall of water and finally spilling into Rio Caldera. With more than 220 bird species native to the area, including the elusive Resplendent Quetzal, birding opportunities abound. Not only does this hike offer the chance to see beautiful waterfalls and rare birds, it also provides unique opportunities to observe mysterious pools where los indios pre-columbian indigenous tribes panned gold, as well as caves where they extracted clay to make artisanal vessels depicting flora and fauna of the period.</p> <p>Explore and underground tavern, enjoy a picnic at the base of one of the most exquisite waterfalls in Boquete and rejuvenate yourself with an invigorating shower.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Roundtrip transportation from Boquete, English speaking guide, entrance fees, picnic lunch</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	\$53.00 Private upon request
BQT114	<p><b>La Amistad International Park</b></p> <p>The International International Park La Amistad extends into Costa Rica. It covers approximately 2000 square kilometers of mountainous terrain in the Cordillera de Talamanca mountain range. The park is famous for its cloud forests, where the trees form a canopy that creates a cool, misty atmosphere on the forest floor. On your tour through this park you will enjoy more than 80 different bird species such as Reinita, the Zorzal, Ruiseñor, Jilguero, Tapaculo among others. Spend the whole day with an experienced guide from the area looking for the many species of birds and other animals.</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation from and to Boquete, English speaking driver/guide, entrance fees, picnic lunch</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	Private only: \$100
BQT115	<p><b>Bird Watching in Boquete</b></p> <p>Your guide knows the very best spots in and around Boquete to see many different species of birds. Among them the Resplendent Quetzal, the Collared Trogon, Orange-bellied Trogon, Bellbirds, Dark Pewee, Silvery-throated Tanager, Sulphur-winged Parakeet, Black Guan, Violet Saberwing, Stripe-tailed Hummingbird, White-tailed Emerald and many more.</p> <p><b>Duration:</b> 5 hours</p> <p><b>Includes:</b> Transportation, English speaking ornithologist guide, entrance fees</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	Private only: \$98.00
BQT116	<p><b>Mountain Biking</b></p>	\$30.00 Private upon

	<p>Enjoy an amazing mountain bike tour in Boquete. A short transfer will bring you to Alto Quiel, the starting point for your tour. There you will receive your bike along with some instructions and start your stunning downhill ride. You will ride a total of 25 kilometers downhill with lots of sights along the road. Upon arrival at the Wilson Bridge you will be transported back to Boquete.</p> <p><b>Duration:</b> 3 hours Includes: Transportation from and to Boquete, English speaking guide, mountain bike <b>Bring:</b> Comfortable clothes and shoes, sunscreen, sunglasses, camera, water</p>	request
BQT117	<p><b>Coffee Tour at Finca Lerida</b> Established by Tollef B. Mönniche in 1922, purchased by Alfred Collins in 1957, and developed and currently operated by members of the Collins family, Finca Lerida is one of Boquete's oldest and most traditional Coffee Estates.</p> <p>Located in the Highlands of Boquete, at an altitude of 5,500 feet, on the foothills of the Baru Volcano, with its deep rich volcanic soil, this beautiful and traditional coffee estate offers optimum conditions for growing premium mountain coffee. The ample rainfall and sunny, dry harvesting season promotes ideal production of this Arabica.</p> <p>Mr. Mönniche designed and constructed the first "beneficio", processing plant, functioning with water and by gravity, and designed and patented a coffee siphon which would be used in "beneficios" throughout Central America and other countries in the world. Lerida's owner guided coffee tour takes you from the plantation through the process, roasting and brewing finishing with a cupping session.</p> <p><b>Important Note:</b> This tour is only operated on Tuesdays, Thursdays and Saturdays.</p> <p><b>Duration:</b> 2 hours <b>Includes:</b> Transportation from and to Finca Lerida, English speaking guide, coffee tasting <b>Bring:</b> Comfortable clothes and shoes, hat, sunscreen, sunglasses, water</p>	\$27.00
BQT118	<p><b>Nature Walk at Finca Lerida</b> Enjoy hiking at Finca Lerida's natural reserve, a unique place to study and experience the cloud forest environment and to discover the flora and fauna hidden within. Many of the birds found in Panama can be seen in Finca Lerida's Estate, as well as many species of plants and trees. Hike through the forest to a hidden waterfall leaving civilization behind and relax listening to the sound of birds. The trails vary in degree of difficulty and one is handicap accessible.</p> <p><b>Duration:</b> 5 hours <b>Includes:</b> Transportation from and to Finca Lerida, English speaking guide, lunch <b>Bring:</b> Hiking shoes, long pants, hat, sunscreen, sunglasses, water</p>	\$70.00
BQT119	<p><b>Bird Watching at Finca Lerida</b> Panama is one of the favorite destinations for birding, but birding in Panama is not complete unless you visit the Boquete highlands. As suggested in Robert S. Ridgley's "A Guide to The Birds of Panama", Finca Lerida is a place to go "searching for quetzals and other specialties".</p> <p>A unique collection of over 1600 bird specimens collected in the vicinity of Lerida by its previous owner Mr. Tollef B. Monniche was donated to the Birds Department of Zoology in the Field Museum in Chicago.</p> <p>Finca Lerida has a network of professionally built trails which have been visited by</p>	\$70.00

	<p>birdwatchers looking to see the Resplendent Quetzal, and by those interested in the magnificent flora and fauna within the estate grounds. Finca Lerida is home to over 300 species of birds. Cesar Caballero, our guide, easily identifies their calls and songs.</p> <p><b>Duration:</b> 5 hours  <b>Includes:</b> Transportation from and to Finca Lerida, English speaking ornithologist guide, lunch  <b>Bring:</b> Hiking shoes, long pants, hat, sunscreen, sunglasses, wate.</p>	
BQT120	<p><b>Private Fishing Charter</b>  Come aboard of a custom-built 27' fishing panga and try your luck at reeling in record catches of amazing varieties of saltwater fish. Full day charter to Islas Secas includes licensed boat captain, fishing guide, hearty lunch, refreshments, tackle and gear. Maximum number of anglers is 4.</p> <p><b>Duration:</b> 10 hours  <b>Includes:</b> Roundtrip transportation from Boquete, boat, captain, fishing guide, all fishing tackle and gear, soft drinks and lunch  <b>Bring:</b> Comfortable clothes and shoes, hat, sunscreen, sunglasses, water, copy of your passport</p>	Private only: \$635 per boat up to 4 anglers

CODE	DESCRIPTION	RACK RATE
VLC101	<p><b>La Amistad International Park</b>  The International International Park La Amistad extends into Costa Rica. It covers approximately 2000 square kilometers of mountainous terrain in the Cordillera de Talamanca mountain range. The park is famous for its cloud forests, where the trees form a canopy that creates a cool, misty atmosphere on the forest floor. On your tour through this park you will enjoy more than 80 different bird species such as Reinita, the Zorzal, Ruiseñor, Jilguero, Tapaculo among others. Spend the whole day with an experienced guide from the area looking for the many species of birds and other animals.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation from Volcan or Cerro Punta, English speaking driver/guide, entrance fees, picnic lunch  <b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	Private only: \$100.00
VLC102	<p><b>Quetzal Trail Cerro Punta - Boquete</b>  Los Quetzales trail unites the two communities of Boquete and Cerro Punta and is one of Panama's most visited and popular hikes, named for a particular species of bird called the Resplendent Quetzal. Quite elusive, these birds are a magnificent and rare treat to observe and are a favorite among many birding enthusiasts. In addition to the Quetzal, there are more than 220 other bird species native to the area.</p> <p>From Cerro Punta to Boquete, the 10 km trail climbs steadily (roughly 800 meters) as you pass from tropical rain forest to tropical cloud forest and takes approximately 4-6 hours of hiking to complete.</p> <p>The tour starts with a short drive from to Cerro Punta where your hiking adventure on the Quetzal Trail starts. Please note that there are two options of transportation available: A normal a/c motorcoach taking you to the park entrance or a strong 4x4</p>	<p>Private only:  Transportation from/to park entrance: \$95</p> <p>Transportation from/to Ranger Station: \$115</p>

	<p>vehicle that takes you to the ranger station in the park. Choosing the 4x4 vehicle means about 2 hours less hiking, the most challenging part of the trail (uphill at the beginning and downhill at the end) will be done by car. Upon arrival in Boquete you will be transferred back to Volcan.</p> <p><b>Duration:</b> 10 hours</p> <p><b>Includes:</b> Roundtrip transportation from Volcan, English speaking ornithologist guide, lunch</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	
VLC103	<p><b>Bird Watching around Volcan</b></p> <p>Your guide knows the very best spots in and around Volcan and Cerro Punta to see many different highland species of birds. Among them the Resplendent Quetzal, the Collared Trogon, Orange-bellied Trogon, Bellbirds, Dark Pewee, Silvery-throated Tanager, Sulphur-winged Parakeet, Black Guan, Violet Saberwing, Stripe-tailed Hummingbird, White-tailed Emerald and many more.</p> <p><b>Duration:</b> 6 hours</p> <p><b>Includes:</b> Transportation from Volcan or Cerro Punta, English speaking driver/guide, entrance fees, lunch</p> <p><b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	Private only: \$100.00
VLC104	<p><b>Coffee Tour &amp; Orchid Farm</b></p> <p>Finca Dracula is an orchid farm, located at only 5 minutes of the suburb of Guadalupe, Cerro Punta. After the gate, the path through the finca moves along a zone of woodlands. The finca's name is all to do with the Dracula Orchid - there are 124 species of Draculas growing in the finca's greenhouses. They only wake up in the night lifting up a blossom with a ghoulishly vampiric face. Different faces, different colors, but none raise their heads during daylight hours.</p> <p>Started as a hobby in 1969 by owner Andrew Maduro, the finca covers 22 acres. Formerly a cattle pastures with a main house built in the 1920s by Swiss-German immigrants, it now produces over 2,200 types of orchids from all over the world. It is both, a safe haven for endangered varieties as well as a business. And not just within Panama - over 25% of the plants get exported overseas. Some rarities can fetch more than \$5,000 apiece. If you are fascinated by orchids, the best time to go is between March and April, when the majority are in bloom.</p> <p>The tour continues to the Jansen Coffee Plantation where your guide will explain you how they process, roast and package the coffee beans. Of course you will have a coffee cupping session at the end of the tour to try this Panama gourmet coffee.</p> <p><b>Duration:</b> 6 hours</p> <p><b>Includes:</b> Transportation from Volcan or Cerro Punta, English speaking driver/guide, entrance fees, lunch</p> <p><b>Bring:</b> Comfortable clothes and shoes, sunscreen, sunglasses, camera, water.</p>	Private only: \$104.00

CODE	DESCRIPTION	RACK RATE
LVL101	<p><b>El Valle Package</b></p> <p>This combination tour shows you the very best of El Valle: The stunning waterfall Chorro Macho, the ancient Petroglyphs, Thermal Water Wells, the famous</p>	Private only: \$48.00

	<p>handicrafts and fruit market and the Zoo “El Nispero”.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation, English speaking driver/guide, entrance fees  <b>Bring:</b> Comfortable clothes and shoes, sunscreen, sunglasses, camera, water.</p>	
LVL102	<p><b>Horseback Riding</b>  You will be taken on a short horseback ride in the El Valle region. Enjoy the spring like climate and the lush vegetation.</p> <p><b>Duration:</b> 1 hour  <b>Includes:</b> Transportation, English speaking guide  <b>Bring:</b> Hiking shoes or sneakers, long pants, sunscreen, sunglasses, camera, water.</p>	Private only: \$20.00
LVL103	<p><b>Canopy Adventure</b>  The Canopy Adventure is an incredible experience as you slide from one platform to the next flying through the canopy attached to a zip line only. After a 30 minutes hike through the dense rainforest you start sliding down the cables end enjoy the speed and the adrenaline.</p> <p><b>Duration:</b> 3 hours  <b>Includes:</b> Transportation, English speaking guide, canopy gear  <b>Bring:</b> Hiking shoes, long pants, sunscreen, sunglasses, camera, water.</p>	\$72.00
LVL104	<p><b>India Dormida Trekking</b>  This trek takes you to the India Dormida (Sleeping Indian Girl), a centuries old impressive mountain, which when viewed from a distance, reflects an accurate silhouette configuration resembling of a sleeping girl. The trek is moderate and offers stunning views of El Valle and on the Pacific Ocean. On the downhill you will pass several waterfalls and end your hike at the Petroglyphs.</p> <p><b>Duration:</b> 4hours  <b>Includes:</b> Transportation, English speaking driver/guide, entrance fees  <b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	Private only: \$38.00
LVL105	<p><b>El Valle Hiking</b>  El Valle de Anton offers numerous hiking trails - many of them used by the local farmers that live in the surrounding mountains. Depending on your fitness level there are easier and more difficult trails to chose from. There is for example a trail climbing Mount Gaital, the highest point of the area or the Berrales Trail that takes you to the village's spring water and to La Mesa, another community living in the area.</p> <p><b>Duration:</b> 5 hours  <b>Includes:</b> Transportation, English speaking driver/guide, entrance fees, lunch  <b>Bring:</b> Hiking shoes, long pants, rainjacket, sunscreen, sunglasses, binoculars, camera, water.</p>	Private only: \$48.00

CODE	DESCRIPTION	RACK RATE
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BCS101	<p><b>Dolphin Bay, Coral Keys &amp; Red Frog Beach</b>  The tour starts at the Bocas del Toro pier with a short boat ride to Laguna Bocatorito. In this bay, also called dolphin bay, the probability to spot dolphins is about 95%. You will spend some time watching them jump and play around your boat. You then continue to the Coral Keys to practice some snorkeling and to enjoy the colorful Bocas del Toro underwater world. At the Coral Keys there is a restaurant where you can have lunch if you want to (not included in the tour!). You will then continue to Red Frog Beach. It received its name thanks to the abundance of tiny red frogs that can be found at that beach. Enjoy the afternoon looking for the red frogs or relaxing at this clean white beach. In the late afternoon you will be taken back to Bocas del Toro.</p> <p><b>Duration:</b> 7 hours  <b>Includes:</b> Transportation from and to Bocas del Toro pier, English speaking guide, entrance fees  <b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	\$30 Private: \$110
BCS102	<p><b>Starfish Beach, Boca del Drago &amp; Bird Island</b>  The tour starts at the Bocas del Toro pier with a short boat ride to Playa de las Estrellas, the sea star beach. You will practice some snorkeling at that beach and admire the numerous sea stars in the clean Caribbean waters. You will continue to Boca del Drago where you will have time to relax on a white sand beach and a calm turquoise sea. At Boca del Drago you will also find a restaurant where you can have lunch (not included in the tour!). In the afternoon you will continue to Isla de los Pajaros, the Bird's Island. The island offers spectacular scenery and a large number of sea birds nesting here. After the Bird's Island you will be taken back to Bocas del Toro</p> <p><b>Duration:</b> 7 hours  <b>Includes:</b> Transportation from and to Bocas del Toro pier, English speaking guide, entrance fees  <b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	\$30 Private: \$110
BCS103	<p><b>Dolphin Bay, Coral Keys &amp; Zapatilla Keys</b>  The tour starts at the Bocas del Toro pier with a short boat ride to Laguna Bocatorito. In this bay, also called dolphin bay, the probability to spot dolphins is about 95%. You will spend some time watching them jump and play around your boat. You then continue to the Coral Keys to practice some snorkeling and to enjoy the colorful Bocas del Toro underwater world. At the Coral Keys there is a restaurant where you can have lunch if you want to (not included in the tour!). In the afternoon you will continue the tour to the Zapatilla Keys, some of the most stunning islands of the Bocas del Toro archipelago. Both islands are inhabited and you will find pristine beaches and perfect privacy.</p> <p><b>Duration:</b> 7 hours  <b>Includes:</b> Transportation, English speaking driver/guide, entrance fees  <b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	\$50 Private: \$150
BCS104	<p><b>Catamaran Sailing Tour</b>  The Catamaran Sailing Tour will first go to Laguna Bocatorito where you will be able to watch bottlenose dolphins play in the water. Then you will continue to a nearby coral reef and mangroves. At the colorful reef you will spot barracudas, snappers, sardines and with a bit of luck even a nurse shark. After this first snorkeling experience, a picnic lunch will be served on board. Then you will</p>	\$45.00

	<p>continue to a second reef at Coral Cay. This magnificent reef is full of large brain and horn coral and of course many different species of fish. In the late afternoon, when the wind picks up, you will sail back to Bocas del Toro.</p> <p><b>Duration:</b> 8 hours  <b>Includes:</b> Snorkeling gear, English speaking guide, picnic lunch  <b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	
BCS105	<p><b>Botanical Garden</b>  Finca Los Monos (Monkey Farm) is a privately owned botanical garden on Colon Island, close to the village of Bocas del Toro. The owners have discovered and collected hundreds of different plants over the years and created a magnificent garden with large numbers of heliconias, gingers, palms, flowering trees, fruit trees, spices and ornamentals. By taxi you will get to this oasis of pure nature and enjoy a tour by the owners themselves. This is one great tour for any nature enthusiast.</p> <p><b>Duration:</b> 2 hours  <b>Includes:</b> Transportation from and to Bocas del Toro, English speaking guide, visit to the gardens, refreshment  <b>Bring:</b> Comfortable clothes and shoes, sunscreen, sunglasses, hat, insect repellent, camera</p>	\$18.00
BCS106	<p><b>Zapatilla Cays 2-tank dive</b>  A great dive is expecting you at the Zapatilla Cays. A little further away compared to other dive spots, but well worth the journey to the most beautiful island in the archipelago. Between the two dives you will have some time to relax at the stunning beaches of the island.</p> <p><b>Maximum depth:</b> 12 meters</p> <p><b>Important Note:</b> This tour requires a minimum of 3 participants.</p> <p><b>Duration:</b> 6 hours  <b>Includes:</b> Transportation, dive master, equipment  <b>Bring:</b> Bathing suit, beach towel</p>	\$90.00
BCS107	<p><b>Pastores Island 2-tank dive</b>  The reef here is very healthy with beautiful coral heads and it is a good place to see sea horses.  Maximum depth: 18 meters</p> <p><b>Important Note:</b> This tour requires a minimum of 3 participants.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation, dive master, equipment  <b>Bring:</b> Bathing suit, beach towel</p>	\$80.00
BCS108	<p><b>Tiger Rock 2-tank dive</b>  For sure best dive in the area. 40 km from Bocas del Toro is this beautiful group of pinnacles where sealife is abundant. Here you can see large schools of fish, sharks and huge parrot fish among others. This trip can only be done if sea conditions are calm. The tour departs at 09:00h and returns around 17:00h. On the way back you will stop at the Zapatilla Cays for a late lunch and to spend</p>	\$115.00

	<p>some time relaxing at the beautiful beaches.</p> <p><b>Maximum depth:</b> 35 meters</p> <p><b>Important Note:</b> This tour requires a minimum of 3 participants.</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation, dive master, equipment, lunch</p> <p><b>Bring:</b> Bathing suit, beach towel</p>	
BCS109	<p><b>Naso Indian Adventure</b></p> <p>Would you like to experience a day in the life of a Naso Indian? This one-day expedition is designed to give you a rich introduction to the Naso way of life while highlighting some of the spectacular wildlife of the area. You will take a water taxi from Bocas del Toro to the mainland, from where you will be taken to the Naso Village. Spend the day with a guided hike and cultural activities. Get away from the beach for one day and experience the rainforest and its inhabitants.</p> <p><b>Duration:</b> 8 hours</p> <p><b>Includes:</b> Transportation from and to Bocas del Toro, English speaking guide, cultural activities, traditional lunch</p> <p><b>Bring:</b> Comfortable clothes and shoes, sunscreen, sunglasses, hat, insect repellent, camera</p>	\$105.00
BCS110	<p><b>Private Surf Lessons</b></p> <p>A half day lesson is the perfect opportunity to try out surfing for the first time. You'll gain knowledge of the ocean and how it moves as well as general beach safety. You'll also learn how to paddle and catch waves and have a chance to see if surfing is the sport for you!</p> <p><b>Duration:</b> Half Day</p> <p><b>Includes:</b> English speaking surf instructor, learner suitable boards</p> <p><b>Bring:</b> bathing suit, t-shirt that can get wet, towel, sunscreen and drinking water</p>	Private only: \$80

CODE	DESCRIPTION	RACK RATE
AZR101	<p><b>Iguana Island Scuba Diving (2 tank dive)</b></p> <p>After a 20 minute boat ride to Iguana Island you will dive the area around the protected park area. Enjoy lots of tropical fish, Morey Eels, Rays and turtles while exploring the interesting reef. Between the two dives you will have a surface interval on the island to snorkel, explore or just relax.</p> <p><b>Duration:</b> 6 hours</p> <p><b>Includes:</b> Transportation from and to Pedasi, English speaking Dive Master, complete diving equipment including 2 tanks, park entry fees</p> <p><b>Bring:</b> omfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	\$100 Private upon request
AZR102	<p><b>Frailes Island Scuba Diving (2 tank dive)</b></p> <p>From Pedasi you will have a 45 minutes boat ride to Frailes Island just off Panama's Pacific coast. Enjoy two marvelous dives around the island and observe an</p>	\$115 Private upon request

	<p>enormous quantity of pelagics, walls, groupers, snappers and many more species of fish. Between the two dives you will enjoy a surface interval on the boat.</p> <p><b>Duration:</b> 6 hours</p> <p><b>Includes:</b> Transportation from and to Pedasi, English speaking Dive Master, complete diving equipment including 2 tanks, snacks and soft drinks</p> <p><b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	
AZR103	<p><b>Iguana Island Snorkeling Trip</b></p> <p>After a 20 minute boat ride to Iguana Island you will have the opportunity to snorkel the shallow reefs at the protected Isla Iguana Bay. You will see lots of colorful tropical fish, Morey Eels, Rays and even turtles swimming in the warm Pacific waters. Between your snorkeling trips, feel free to explore the island on different paths to find many bird nesting areas and small coves. On land you will spot crabs and iguanas.</p> <p><b>Duration:</b> 5 hours</p> <p><b>Includes:</b> Transportation, English speaking guide, snorkel equipment, park entry fees</p> <p><b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water and snacks as there are no facilities on the island</p>	\$60 Private upon request
AZR104	<p><b>Lagoon Kayak Tour</b></p> <p>Kayak the miles of protected waterways within the Cana's Estuary. On your tranquil journey through the fascinating nature you will spot many birds, turtles, iguanas as well as different plants. The kayaks are double sit-on-top Hobie kayaks with lots of storage.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation to Cana Lagoon, English speaking guide, kayak equipment, snacks and soft drinks</p> <p><b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	\$65 Private upon request
AZR105	<p><b>River Kayak Tour</b></p> <p>Kayak for a few miles on the lovely Orio River, starting at the village of Orio Abajo. On your way you will be accompanied by Howler monkeys, Iguanas, many birds and even Caymans. During the dryer season some portages may be required. The kayaks used for this tour are double sit-on-top Hobie kayaks with lots of storage.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation to the river, English speaking guide, kayak equipment, snacks and soft drinks</p> <p><b>Bring:</b> Comfortable clothes and shoes, bathing suit, hat, sunscreen, sunglasses, camera, water</p>	\$65 Private upon request
AZR106	<p><b>Turtle Watching Tour</b></p> <p>Witness the amazing ritual of Ridley Turtles returning to the same beaches where they were born to lay dozens of eggs. The eggs hopefully will hatch and survive to replenish the various baby turtle who did not make it for various reasons. Cañas Island is one of several protected hatching areas in Panama.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation, English speaking guide, head lamps</p>	\$65 Private upon request

	<b>Bring:</b> Comfortable clothes and shoes, camera, water	
AZR107	<p><b>Orio Valley Horseback Riding</b>  Enjoy the flora and fauna close up and on a sure footed cow pony in the pristine Orio Valley. The Valley and the Orio River are surrounded by beautiful mountains. On this tour you will see plenty of monkeys, iguanas, birds and other animal species. Your guide is a local vaquero (cowboy) who has lived in the area for many years, so he has a lot to tell.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation, English speaking guide, horses and tack, snacks and soft drinks  <b>Bring:</b> Long pants (to prevent chaffing), comfortable shoes, hat, sunscreen, sunglasses, camera, water</p>	\$65 Private upon request

CODE	DESCRIPTION	RACK RATE
PRT101	<p><b>Rainforest Hiking &amp; Birdwatching</b>  Follow a professional bird watching guide through one of Panama's most famous National Parks. Enjoy the spectacular natural beauty and peaceful atmosphere that attract many visitors to Portobelo annually. This guided walk takes you into a world populated by numerous species of tropical butterflies, birds, monkeys, snakes, and lush tropical flora and of course a large number of birds. Come and see all the wonders to be discovered in this marvelous world that awaits you. Bird watching in Portobelo can be a very rewarding experience for all bird watching enthusiasts.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Portobelo, English speaking guide, entrance fees  <b>Bring:</b> Sunscreen, hat, sunglasses, hiking shoes and repellent.</p>	\$65.00
PRT102	<p><b>Mangrove Boat Safari</b>  Join a covered boat tour through the complex and beautiful estuary system of Portobelo. The boats are eco-friendly and designed for your security and comfort. Once aboard a naturalist interpreter will describe a variety of biological relationships between many organisms in this delicate habitat, such as white faced monkeys, herons, snakes, crocodiles, iguanas, just to name a few!</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 4 hours  <b>Includes:</b> Transportation from and to Portobelo, English speaking guide, entrance fees  <b>Bring:</b> Sunscreen, sunglasses, hat and camera</p>	\$65.00
PRT103	<p><b>Mangrove Snorkel &amp; Kayak Tour</b>  Join a challenging open ocean paddle with a guide along one of Panama's most beautiful coastlines. Nearby islands are nesting sites for boobies and frigate birds. Explore the secluded beaches in your kayak and snorkel around the stunning coral reefs to discover the underwater world.</p>	\$65.00

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PRT104	<p><b>Eco River Mangrove Kayak</b></p> <p>Explore the wonderful world of mangroves- Discover a variety of amazing wildlife within the mangrove forests. Accompanied by a guide you will float in your kayak under a lush canopy of rainforest, silently watching a spectacular variety of birds, snakes, crocodiles, ant eaters, and many groups of white face monkeys.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation from and to Portobelo, English speaking guide, entrance fees</p> <p><b>Bring:</b> Sunscreen, sunglasses, hat and camera</p>	\$65.00
PRT105	<p><b>Beach &amp; Snorkel Tour</b></p> <p>Travel within a fast and comfortable boat to a beautiful palm-studded white sand beach at Portobelo. Enjoy swimming and snorkeling in the crystalline waters. Observe the fascinating and abundant marine life to be found in the underwater universe.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation from and to Portobelo, English speaking guide, entrance fees</p> <p><b>Bring:</b> Sunscreen, hat, sunglasses, bathing suit, beach towel and a waterproof camera</p>	\$65.00
PRT106	<p><b>Horseback Riding</b></p> <p>Saddle up and ride through the lush jungles and rain forests of the area. You will see abundant varieties of flora &amp; fauna. Then enjoy a swim in one of the many area streams or waterfalls.</p> <p><b>Important Note:</b> This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.</p> <p><b>Duration:</b> 4 hours</p> <p><b>Includes:</b> Transportation from and to Portobelo, English speaking guide, horses</p> <p><b>Bring:</b> Long pants, sunscreen, sunglasses, hat, camera</p>	\$65.00
PRT107	<p><b>Portobelo Sailing</b></p> <p>Sail the same waters as the famous explorers and pirates Francis Drake and Henry Morgan. Enjoy the spectacular views of this pristine coastline. Be on the lookout for Dolphins, Manta Rays, and Sea Turtles as well as a variety of offshore and coastal</p>	\$65.00

birds. Also enjoy a relaxing swim and snorkel adventure in one of many protected bays in the area.

**Important Note:** This tour requires a minimum of 4 participants. For less people the price for 4 will be charged.

**Duration:** 4 hours

**Includes:** Transportation from and to Portobelo, English speaking guide, snacks and soft-drinks

**Bring:** Sunscreen, sunglasses, hat, bathing suit, beach towel and camera