



# Los Establos Boutique Resort

## ALL-INCLUSIVE ADVENTURE PACKAGES

### Welcome to Boquete and Los Establos Boutique Resort

We are pleased to welcome you to our "Little Paradise," and we have some suggestions to enhance your stay with us.

Below is a list of tours and excursions that are **INCLUDED** in your stay with us! Please allow us to make reservations for you upon arrival to ensure availability.

*\*Tour times and itineraries are subject to change without notice*



### Panoramic Tour

Difficulty: ●○○○○

Join us for a driving tour through Boquete and experience our expansive history and culture. Stop for a picture at the Valley of Flowers, shop local boutiques and enjoy the natural beauty of Panama. *\*Pro Tip: Bring your camera*

|           |                  |
|-----------|------------------|
| MORNING   | 9:00am - 12:00pm |
| AFTERNOON | 2:00pm - 5:00pm  |



### Rainforest Coffee Tour

Difficulty: ●○○○○

Visit one of the oldest coffee plantations and processing mills in Boquete and discover the secret behind our specialty coffees and roasting techniques. You can even bring a bit of the flavour home! *\*Pro Tip: Wear sneakers*

|           |                  |
|-----------|------------------|
| MORNING   | 8:30am - 12:00pm |
| AFTERNOON | 1:30pm - 4:00pm  |



### Bird Watching

Difficulty: ●●○○○

Encounter exotic birds and plant species on this leisurely hike through the Cloud Forest. Keep an eye out for the famous Quetzal – one of the most beautiful birds in the world. *\*Pro Tip: Bring binoculars, wear sneakers*

|           |                  |
|-----------|------------------|
| MORNING   | 7:30am - 12:00pm |
| AFTERNOON | -                |



### Lost Waterfalls Hike

Difficulty: ●●●●●

Explore Panama's natural beauty as you make your way through steep, mountainous terrain to find the 3 lost waterfalls of Panama – also known as Las Tres Cascadas. *\*Pro Tip: Wear hiking boots, bring water*

|           |                  |
|-----------|------------------|
| MORNING   | 8:00am - 12:00pm |
| AFTERNOON | 1:00pm - 5:00pm  |



### Pipeline Hike

Difficulty: ●●○○○

Discover a thousand-year-old trail and some unique wildlife as you walk alongside a river through the Cloud Forest. The path is flat with a low incline, suitable for all ages and hiking abilities. *\*Pro Tip: Wear sneakers*

|           |                  |
|-----------|------------------|
| MORNING   | 9:00am - 12:00pm |
| AFTERNOON | 2:00pm - 5:00pm  |



### Caldera Hot Springs

Difficulty: ●●○○○

Experience the healing properties of 3 all-natural thermal pools (up to 115° F). Then, cool off in the nearby Chiriquí River. The walking path to the hot springs is flat (approx. 10-15 min.) *\*Pro Tip: Wear sneakers, bring water shoes*

|           |                  |
|-----------|------------------|
| MORNING   | 9:00am - 12:00pm |
| AFTERNOON | 2:00pm - 5:30pm  |

For any cancellations, please contact us no later than 24 hours before your scheduled departure.



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### Cangilones River Canyon Difficulty: ●●●●●

Muster the courage to jump from this 40-meter canyon into the Cangilones River, or swim in the shallow pool at your leisure. Enjoy a fun afternoon with friends and drinks. (drink responsibly) *\*Pro Tip: Wear water shoes*

|           |                  |
|-----------|------------------|
| MORNING   | 9:00am - 12:00pm |
| AFTERNOON | 2:00pm - 5:30pm  |



### Canopy Zip-Lining Difficulty: ●●●●●

Glide through the Cloud Forest on an exhilarating zipline adventure where you will discover an incredible collection of natural landscapes, rivers, waterfalls and more. *\*Pro Tip: Wear sneakers, long comfortable shorts/pants*

|           |                                     |
|-----------|-------------------------------------|
| MORNING   | 7:30am - 12:00pm<br>9:30am - 2:00pm |
| AFTERNOON | 12:30pm - 4:30pm                    |



### La Solera Rum Tasting Difficulty: ●●●●●

Educate your palate and enjoy this multisensory experience as you evaluate the distinct properties of Panama's unique rums. Carta Vieja's signature Geisha Coffee Rum is a must-try! *\*Pro tip: Makes a great souvenir*

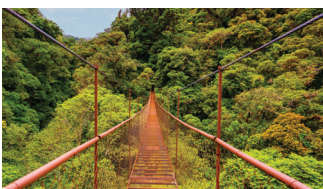
|           |                  |
|-----------|------------------|
| MORNING   | -                |
| AFTERNOON | 12:30pm - 4:30pm |



### Katowa Tea Tour Difficulty: ●●●●●

Delve into the vast world of this ancient drink and discover its origin, anatomy, growth, harvest and production processes. You will get to taste 4 classic teas: White, Green, Oolong (red) and Black. *\*Pro tip: Wear sneakers*

|           |                  |
|-----------|------------------|
| MORNING   | -                |
| AFTERNOON | 12:30pm - 4:30pm |



### Hanging Bridges Difficulty: ●●●●●

Hike 5,500 feet above sea level to reach the canopy of the Talamanca mountains. 3 miles of suspension bridges tower above amazing views of rivers, waterfalls and our protected Cloud Forest. *\*Pro Tip: Wear hiking boots*

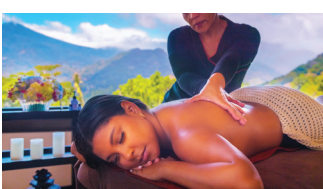
|           |                                     |
|-----------|-------------------------------------|
| MORNING   | 7:30am - 12:00pm<br>9:30am - 2:00pm |
| AFTERNOON | 12:30pm - 4:30pm                    |



### White-Water Rafting Difficulty: ●●●●●

Get your adrenaline pumping with Class IV rapids as you paddle, steer and experience the thrill of white-water along the Chiriquí Viejo River. (2 hr. drive. Lunch provided.) *\*Pro Tip: Wear water shoes, bug spray*

|           |                              |
|-----------|------------------------------|
| MORNING   | 9:00am<br>(All Day Activity) |
| AFTERNOON | -                            |



### Tranquility Massage - 30 Minutes

Need a break from the adventure? Enjoy a 30-minute massage in lieu of an excursion and let our certified massage therapists help you relax, rejuvenate and refresh. *\*Contact the front desk for reservations*

**Make Your Appointment  
At The Front Desk**

\*Please note, activities are not included on arrival and departure days. Late check out is dependent upon availability (please inquire at the front desk at least 1 day prior to departure.) For special requests, please try to give us ample notice - due to our limited staff and resources. We will always do our best to accommodate you: "Our Valued Guest." **Tour times and itineraries are subject to change without notice.**