



# ALL-INCLUSIVE ADVENTURE PACKAGES

Below is a list of tours included in your stay! If you prefer, you can enjoy a 30-minute massage in lieu of an excursion. Please make reservations upon arrival to ensure availability.

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



## Superman Tour

Difficulty: ●●●●

Soar "Superman-style" above Panama's Cloud Forest, reaching speeds up to 72 mph. The tour features a 3-wire circuit, with zip-lines ranging from 950 to 1,450 meters in length. \*Pro Tip: Wear sneakers, comfortable shorts/pants

MORNING	7:30am & 9:30am
AFTERNOON	12:30pm



## Bee Tour

Difficulty: ●●●●

Explore the history, habitat, care, and breeding of various bee species. Our expert guides will open one of the hives to show you the inner workings of their natural habitat. \*Pro Tip: Wear closed-toed shoes, long sleeve shirts/pants

MORNING	7:30am & 9:30am
AFTERNOON	12:30pm



## Ja Wakta Waterfall Hike & Swim

Difficulty: ●●●●

Hike the JaWakta waterfalls & surrounding cloud forest, cliff jump into natural pools and swim in its crystal-clear waters. \*Pro Tip: Wear swimsuit under comfortable clothing/hiking boots. Bring towel.

MORNING	8:30am
AFTERNOON	-



## 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

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



## 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



## 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 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



## Kotowa 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	9:30am
AFTERNOON	12:30pm



## 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 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 (All Day Activity)
AFTERNOON	-

\*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.**