



# EXCURSION GUIDE

P A N A M A 2 0 2 4

# PANAMA CANAL

## PARTIAL TRANSIT



### 📅 Dates Offered

**April  
24-25**

### 🕒 Time

**TBD -  
7 Hours**

### 📊 Difficulty level

**Easy**

### 📷 What to Bring



Camera



Sunscreen



Sunglasses



Hat

### Overview

Experience the wonders of the Panama Canal through this unforgettable partial transit! Witness the engineering marvels of Miraflores Locks and Pedro Miguel Locks, while elevating your boat above sea level. Cruise through Miraflores Lake, admire the Centennial Bridge, and navigate the historic Gailard Cut, a canal section rich in history and geological wonders.

### Advisories

Departure time will not be communicated until evening prior as tour ships have to coordinate with the arrival of other cargo ships passing through the canal.

### Includes

Transportation, English speaking guide, soft drinks, lunch, all taxes, fees & gratuities.

### What to wear

Comfortable Clothing

# CANAL HISTORY & MIRAFLORES LOCKS

## Overview

Your visit wouldn't be complete without experiencing the 8th Wonder of the World, the Panama Canal! This 50-mile channel links the Caribbean Sea to the Pacific Ocean. You'll visit the Miraflores Observatory Center, where you'll witness the Locks in action and learn about its mechanics and history. You'll get VIP access to the locks and top in front of the Administration building where the guide will explain more about its history.

## What to wear

- Comfortable Clothing
- Closed-toe Shoes  
(required for Locks Platform)

## Includes

Transportation, English speaking guide, all taxes, fees & gratuities.

### Dates Offered

**April  
23-26**

### Time

**7:30AM - 11:00AM  
1:30PM - 5:00PM**

*Morning tour not available on April 24.*

### Difficulty level

**Easy**

### What to Bring



Camera



Cash



Sunglasses

# OLD AND NEW CANAL LOCKS



 Dates Offered

**April  
23, 25, 26**

 Time

**7:30AM -  
2:30PM**

 Difficulty level

**Easy**

 What to Bring



Camera



Cash



Sunglasses



Sunscreen

## Overview

If you love history and engineering, this tour is for you! Explore both the new and old locks of the canal! Begin at the Miraflores Locks on the Pacific side, marveling at the state-of-the-art technology inaugurated in 2016, showcasing the capacity for vessels carrying up to 13,000 containers! Continue by bus to the Atlantic side to witness the world-renowned Agua Clara Locks, where massive vessels navigate the canal, highlighting over a century of impressive lock mechanics. Expert guides will walk you through Panama Canal's history and significance.

## Includes

Transportation, English speaking guide, boxed lunch, snacks, water, all taxes, fees & gratuities.

## What to wear

- Comfortable Clothing
- Comfortable Shoes

# PANAMA RAINFOREST

E X P E R I E N C E

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## 📅 Dates Offered

**April 24-26**

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## 🕒 Time

**8AM- 4PM**

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## 📊 Difficulty level

**Moderate**

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## 📷 What to Bring



Camera



Insect Repellent



Hat



Sunscreen



Sunglasses



Cash

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## Overview

Get ready for a day of adventure in the Panamanian rainforest! A 45-minute bus ride leads you to the enchanting Gamboa Rainforest Resort in Soberania National Park. Take a boat tour through secret waterways of the Panama Canal, where you may spot white-faced Capuchin and Howler monkeys in the treetops. Ascend 280 feet in the Aerial Tram to the sun-drenched canopy. Your adventure wouldn't be complete without a visit to the Observation Tower for uninterrupted views of the vast rainforest and the vessels navigating the narrowest part of the Panama Canal, Galliard Cut.

## Advisories

Not suitable for children under 6, pregnant women, individuals with limited mobility or with back, neck, or heart problems, or serious medical conditions.

## Includes

Transportation, English speaking guide, lunch, snacks, water, admission to the sloth sanctuary, all taxes, fees & gratuities.

## What to wear

- Athletic Clothing
- Closed-toe Shoes

# FISHING ON GATUN LAKE



## 📅 Dates Offered

**April  
23, 26**

## 🕒 Time

**6:00AM-  
11:00AM**

## 📊 Difficulty level

**Moderate**

## 📷 What to Bring



Sunscreen



Camera



Sunglasses



Hat

## Overview

Fish for Peacock Bass, Snook, and Tarpon on Gatun Lake, a man-made lake created for the Panama Canal! The Westin will prepare your fresh catch for \$10 plus tax per person.

## Advisories

Not suitable for children under 6, pregnant women, individuals with mobility issues or with back, neck, or heart problems, or serious medical conditions.

## Includes

Fishing gear, bait, and tackle. Transportation, English speaking guide, boxed breakfast, soft drinks, beer, and all taxes, fees & gratuities.

## What to wear

- Comfortable Clothing
- Comfortable Shoes.



# ZIPLINING + GATUN LAKE

## EXPEDITION

### 📅 Dates Offered

**April  
24-26**

### 🕒 Time

**8AM-  
3PM**

### 📊 Difficulty level

**Moderate**

### 📷 What to Bring



Camera



Insect Repellent



Sunglasses



Hat

## Overview

Get ready for a day of excitement and exploration with this action-packed day at Gamboa Rainforest! Cruise through the iconic Gatun Lake with a scenic boat ride, immersing yourself in the natural habitat of diverse wildlife. Experience the thrill of ziplining a 10 line circuit under the guidance of expert safety guides. Cap off your adventure by meeting the adorable sloths at the sanctuary and enjoying lunch amidst the natural beauty of Gamboa.

## Advisories

Not suitable for children under 6, pregnant women, individuals with limited mobility or with back, neck, or heart problems, or serious medical conditions. Due to zipline harness sizes and the way that some bodies carry more weight around the hips, this tour is best suited for guests under 175lbs. For those who carry their weight above the hips, you may weigh up to 250lbs. Unfortunately, no refunds will be given to guests who do not fit in the zipline harnesses.

## Includes

Transportation, an English speaking guide, lunch, snacks, water, all taxes, fees & gratuities.

## What to wear

- Athletic Clothing
- Closed-toe Shoes

# ECO HIKING AND BIRD WATCHING

AT SOBERANIA NATIONAL PARK

## 📅 Dates Offered

**April  
23, 25**

## 🕒 Time

**6:00AM-  
11:30AM**

## ☰ Difficulty level

**Hard**

## ⬇️ What to Bring



Camera



Sunscreen



Insect Repellent



Binoculars

## Overview

Get an early start in the Panama Rainforest to discover plants, butterflies, amphibians, birds, and monkeys! You'll take a two hour hike on Pipeline Road with one of our friends and experienced birders, Jose or Alex! If you thought you'd never be a bird watcher, think again! Pipeline road has been globally celebrated for its diverse bird population. Take an optional hike up to the Discovery Tower to take in the view of the lush rainforest. End your tour with a visit to the Sloth Sanctuary.

## Includes

Transportation, English speaking guide, snacks, water, and all taxes, fees & gratuities.

## Advisories

Not suitable for individuals with limited mobility. Must be able to walk on dirt roads for 2 hours.

## What to wear

- Athletic Clothing
- Comfortable Walking Shoes or Hiking Boots

# GAMBOA RAINFOREST SUNSET

E X P E R I E N C E

## 📅 Dates Offered

**April  
21, 24, 25**

## ☰ Difficulty level

**Moderate**

## 🕒 Time

**3PM-  
10PM**

## ⬇️ What to Bring



Camera



Insect Repellent



Cash



Hat



Sunglasses



Sunscreen

## Overview

Experience the magic of the Panama Rainforest during sunset and after dark. You'll begin with a boat ride along the Chagres River to the Embera Wounaan indigenous village. Immerse yourself in their rich cultural traditions and enjoy local dinner. From there, you'll take the Gamboa Aerial Tram to panoramic views of the lush terrain and diverse nocturnal wildlife while enjoying a cocktail at sunset. The adventure concludes with a 30 minute night hike led by experienced guides.

## Advisories

Not suitable for children under 6, pregnant women, individuals with mobility issues or with back, neck, or heart problems, or serious medical conditions.

## Includes

Transportation, dinner, soft drinks, cocktail, English speaking guide, all taxes, fees & gratuities.

## What to wear

- Athletic Clothing
- Closed-toe Shoes
- Layers

# SAN BLAS ISLANDS

BY PLANE

## ☰ Dates Offered

**April**  
**21, 23, 24, 25,**  
**26, 27, 28**

## ☰ Difficulty level

**Easy**

## Time

**5:30AM - 2:00PM**  
**6:45AM - 3:30PM**  
**8:15AM - 5:00PM**

## ⬇️ What to Bring



Camera



Passport



Cash



Sunscreen



Sunglasses



Hat

## Overview

During this 8.5 hour excursion, you'll take a prop plane to the San Blas Islands. Marvel at the stunning collection of islands and coral reefs from the air. Upon arrival, take a 25 minute speed boat to one of the San Blas Islands where you will have the opportunity to swim, snorkel, and enjoy a local lunch.

## Advisories

Not suitable for guests under 12 years old or guests who experience sea sickness. You may see several flags with a counterclockwise swastika (or suawastika) on this tour. The suawastika on the Guna Yala islands represents peace, prosperity, and good fortune.

## Includes

Transportation, water, soft drinks, beer, lunch, English speaking guide, and all taxes, fees & gratuities.

## What to wear

- Swimwear and/or Beachwear
- Comfortable Shoes



# BEACH DAY AT SONNY ISLAND

## 📅 Dates Offered

**April  
25**

## 🕒 Time

**6:30AM-  
5:30PM**

## 📊 Difficulty level

**Easy**

## 📋 What to Bring



**Camera**



**Insect  
Repellent**



**Sunglasses**



**Hat**



**Sunscreen**



**Photo of  
passport**

## Overview

Relax on the Pearl Islands, home to three seasons of the famous CBS show “Survivor.” Take a 1 hour and 35 minutes water ferry to Sonny Island, a paradise on the Pacific coast. Immerse yourself in turquoise waters and white sandy beaches. Precoa has privatized the island for our guests only! Enjoy free lunch and an open bar!

## Includes

Transportation, soft drinks, open bar, catered lunch, all taxes, fees & gratuities.

## Advisories

Not suitable for individuals with limited mobility.

## What to wear

- Swimwear and/or Beachwear
- Comfortable Shoes





# PINEAPPLE FARM

## 📅 Dates Offered

**April  
23, 26**

## 📋 What to Bring



## 📊 Difficulty level

**Easy**



## 🕒 Time

**8:00AM-  
2:00PM**



## Overview

Visit a vibrant Pineapple & Tropical Fruit Farm located 35 miles from Panama City. When you arrive, hop on a tractor-driven cart to explore the farm's diverse array of exotic fruits, from pineapple to pitaya, jackfruit, and more. Learn about the art of planting and cultivating while getting to plant your very own fruit plant. Your visit will conclude with a delicious homemade lunch.

## Advisories

Not suitable for individuals with mobility issues or with back, neck, or heart problems, or serious medical conditions.

## Includes

Transportation, English speaking guide, lunch, soft drinks, snacks, all taxes, fees & gratuities.

## What to wear

- Comfortable Clothing
- Comfortable Walking Shoes

# PRECOA GIVES BACK

## EMBERA INDIGENOUS E X P E R I E N C E



### 📅 Dates Offered

**April  
24**

### 📊 Difficulty level

**Moderate**

### 🕒 Time

**8:30AM-  
2:30PM**

### 📋 What to Bring



Sunscreen



Camera



Insect  
Repellent



Cash



Donation  
Supplies



Sunglasses



Hat

### Overview

For this special Precoa Gives Back Tour, you'll get to meet the wonderful people of the Embera Village. Your adventure unfolds with a scenic river voyage aboard the traditional hand-carved boats of the Embera community. Learn their dances and listen to their music, both preserved for over a century. Explore the land, get to know the people, and participate in the cultural practice of body painting using Jagua ink. Before you return to the city, you'll have a traditional meal of fresh fish and fruits. Precoa asks each attendee on this tour to bring school and home supplies for the Embera Community including: notebooks, pencils, markers, toothbrushes, toothpaste, shampoo, soap, toilet paper, deodorant.

### Advisories

Not suitable for children under 5, individuals with limited mobility or with back, neck, or heart problems, or serious medical conditions.

### Includes

Transportation, English speaking guide, lunch, snacks, water, all taxes, fees & gratuities. Precoa will provide each tour guest with \$20 spending cash to support the Embera Community through purchase of their handcrafted souvenirs.

### What to wear

- Comfortable Clothing
- Comfortable Walking Shoes.

# OLD TOWN FOOD TOUR

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## 📅 Dates Offered

April  
23-25

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## 📊 Difficulty level

Moderate

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## 🕒 Time

9:00AM - 2:30PM or  
12:30PM - 6:00PM

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## 📷 What to Bring



Camera



Sunscreen



Sunglasses



Hat

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## Overview

Get ready for a delectable journey through Panama's Old Town on this walking food tour! Explore the local Fruit and Veggie Community Market before trying some ceviche at the Local Fish Market. Then head to Casco Viejo to indulge in authentic Panama flavors at two local restaurants. Cap off the experience with a visit to an Artisanal Chocolate Lab, NOME, where you'll discover the intricate process of making chocolate and even craft your own chocolate bar.

## Includes

Transportation, English speaking guide, tastings at two restaurants and one market, chocolate, water, all taxes, fees & gratuities.

## Advisories

Not suitable for individuals with limited mobility.

## What to wear

- Comfortable Clothing
- Comfortable Walking Shoes



# MANDINGA

## RUM TASTING AND MOJITO

M A S T E R C L A S S



### 📅 Dates Offered

**April  
24, 25**

### 🕒 Time

**12:30PM-  
4:00PM**

### 📊 Difficulty level

**Easy**

### 📋 What to Bring



Cash



Sunscreen



Sunglasses

### Overview

Delve into the intricate process of crafting artisanal rum, unveiling the secrets behind its exceptional flavors—from the finest ingredients to production techniques at Mandinga's tasting room! You'll get to enjoy a tasting experience and cocktail lesson. Conclude your adventure with time to explore the shops of Old Town, Casco Viejo!

### Advisories

Not suitable for persons under 21, pregnant women, individuals with limited mobility.

### Includes

Transportation, English speaking guide, soft drinks, rum tasting, all taxes, fees & gratuities.

### What to wear

- Comfortable Clothing
- Comfortable Walking Shoes

# SUNSET FLIGHT OVER PANAMA CITY

## 📅 Dates Offered

**April  
21, 24**

## 🕒 Time

**4:30PM-  
10:00PM**

## 📊 Difficulty level

**Moderate**

## ⬇️ What to Bring



Cash



Camera



Passport

## Overview

Soar above Panama City in this five passenger plane. Take in sunset views of the bridge of the Americas, Miraflores Locks, Borinquen, Cocolí Locks, Pedro Miguel Locks, and the Centennial Bridge. End the evening with a transfer to Panama's Old Town, Casco Viejo where you have the opportunity to shop or eat dinner on your own!

## Advisories

Not suitable for children under the age of 12 or guests over 275lbs. After booking, a member of our team will reach out to make optional dinner reservations. Dinner cost is not included.

## What to wear

Casual to Business Casual depending on your evening plans.

## Includes

Transportation, English speaking guide, and all taxes, fees & gratuities.





# DANCE LESSON AND DINNER I N O L D T O W N

## ☰ Dates Offered

**April  
23-26**

## 🕒 Time

**4:45PM-  
9:45PM**

## ☰ Difficulty level

**Moderate**

## ⬇️ What to Bring



**Cash**

## Overview

Explore the vibrant and flavorful world of Panama's cultural heritage! This immersive experience takes you on a journey through the heart of Panama City's historic Old Town, where centuries of history come to life through delicious cuisine and rhythmic dance. During this tour you will have the opportunity to learn and practice Latino moves with a lively dancing class followed by a three course dinner. Professional dance instructors will introduce you to the rhythms of Latin music, including salsa and merengue. Learn the basic steps and let the music guide your movements as you embrace the joyous spirit of Latin dance.

## Includes

This tour includes transportation, English speaking guide, soft drinks, two alcoholic beverages, 3 course set dinner, dance lesson, and all taxes, fees & gratuities.

## Advisories

Not suitable for individuals with limited mobility.

## What to wear

- Dancing Attire Encouraged
- Comfortable Shoes



E X P E R I E N C E

EXTRA O



S O M E T H I N G  
O R D I N A R Y

