

## BALBOA / FUERTE AMADOR, PANAMA

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Balboa, Metropolitan National Park

ACTIVITY LEVEL: STRENUOUS

You will be met by your English-speaking guide and driven to the **Metropolitan National Park**, the only tropical rainforest 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 will start usually in the early morning so you can **observe many active mammals**, reptiles and birds. In the Park you will be able to hike for approximately 2 - 3 hours.

Please note: Wear hiking shoes, long pants, a hat, sunscreen, sunglasses, and insect repellent, and bring your camera and water. Wildlife sightings are not guaranteed.

PRICE\$99

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Balboa, Panama City & Miraflores Locks

ACTIVITY LEVEL: EASY

Your English speaking guide will pick you up and take you on a tour of Panama City and the **Miraflores Locks**. You will start the tour with a 30-minute drive to Miraflores to see the huge vessels passing through the Panama Canal. You will be able to see many ships getting lifted or lowered as you enjoy the view from a sheltered terrace and listen to the explanations of your guide. You will visit the **Museum and Visitor Center** at Miraflores which will give you a good lesson 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.

You will continue with your guide to the **Amador Causeway**, a road that connects three Islands in the Pacific Ocean and offers magnificent views of the Canal on one side and of the skyline of Panama City on the other side. The tour will continue to the **Casco Viejo**, Panama City's colonial quarter. At the Casco Viejo you will feel sent 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.

Please note: Wear comfortable shoes, bring your camera, sunscreen, and water

PRICE\$125

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Balboa, Pipeline Road

ACTIVITY LEVEL: MODERATE

You will be met for a morning hike by your English-speaking guide and driven through **Soberania National Park**, observing a variety of **exotic tropical birds** while enjoying the surrounding trees and plants of this area. **Pipeline Road**, where the hike will take place, is a dirt road that goes through the heart of this national park and will afford 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 bird sightings 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.

Please note: Wear hiking shoes, long pants, a hat, sunscreen, sunglasses, and insect repellent, and bring your camera and water. Wildlife sightings are not guaranteed

PRICE\$215

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Balboa, Sunset Walking & Dinner At Casco Antiguo

ACTIVITY LEVEL: MODERATE

In the late afternoon, your guide will take you to the **Casco Antiguo**, Panama City's colonial quarter. At the Casco Antiguo you will feel sent back in time as you admire the lovely colonial houses, the narrow roads and the impressive churches. You will get a good idea of Panama's history by walking through the main attractions of this quarter. Stroll this 337-year-old neighborhood under the warm golden glow of the fading sun and get to see the beautiful **Plaza de Francia**, and the **Metropolitan Cathedral**, among other sites. Casco Antiguo is a UNESCO World Heritage Site as well as a place of non-stop activity with history, culture, nightlife, and restaurants. Dinner will be served at a cozy local restaurant.

Please note: Wear comfortable shoes, bring your camera, sunscreen, and water.

PRICE\$229

