



DECAMERON EXPLORER
TOURS 2006
FROM RADISSON DECAPOLIS

Panama , a Paradise to Discover . . .

JUNGLE BOAT TOUR - ECOCANAL

The Gatun Explorer is the Gatun Lake's first custom made expedition vessel. You will reach the vessel on fast boats with a maximum capacity of 16 passengers each, where you will find yourself immersed in the magnificent natural surrounding, gliding past lush rainforest to a secluded region of the lake and witnessing first-hand the splendor and excitement of the jungle. Exotic birds, howler and capuccin monkeys, sloths, iguanas and crocodiles are just a few of the animal species you can view in their native habitat. The sights, sounds and aromas that make up this tropical paradise will engulf you. During this voyage of discovery, you will navigate above ancient routes that crossed the isthmus long before the lake's creation. You will be introduced to the rich history and nature of this land. While on board the Gatun Explorer, a spacious 61 foot double decked houseboat, you can enjoy the trip relaxing, admiring the beautiful scenery, although numerous activities are available, such as swimming in the tranquil waters of the Panama Canal, canoeing, wildlife viewing and fishing. Lunch is served on board the Gatun Explorer.

INCLUDED: Ground and boat transport, English-speaking guide, road tolls, taxes, lunch, soft drink, binoculars, use of kayak and fishing gear.

RECOMMENDATIONS: Light and comfortable clothing, wet shoes or sneakers, head gear, sunscreen, bathing suit, beach towel, change of clothes, money for the cash bar and souvenir shopping.

DEPARTURE: 9:00 a.m. **RETURN:** 5:00 p.m.

EMBERA INDIGENOUS COMMUNITY – CHAGRES NATIONAL PARK

The Emberá Indians are one among the many ethnic tribes indigenous to Panama and visitors are welcome to discover their culture at one of three communities, Emberá Purú , Parará Purú or Embera Drua (choice depends on climatic conditions), each located on the banks of one of the most important rivers in the Canal Basin. We are transferred by bus to the banks of the San Juan or Charges River, where we are met by representatives of the Emberá Indians that take us up the river in piraguas. We then arrive to the community, originating from the mountainous region of the Darién province. We will experience the history and culture of the indigenous culture, through narrative, traditional dance and craftsmanship like woven baskets out of the natural fibers of the chungu, maquenque and naguala palm trees, as well as figures carved in cocobolo wood and tagua (better known as vegetable ivory). We then enjoy a typical lunch of fried fish and yucca or plantains, and an explanation on behalf of the chaman (witch doctor) on the medical use of some plants. There is the opportunity to try an ancestral custom in the form of a tattoo with jagua, a vegetable seed extract that the

Indians use to adorn their bodies with geometrical patterns or animal representations for ceremonies and special celebrations. There is also time for a refreshing bath in the river.

INCLUDED: Bus transport, boat transport in an engine-powered piragua, English-speaking guide, donation to the community and park, traditional lunch, soft drink, snack and tattoo (included if desired).

RECOMMENDATIONS: Light and simple clothing, wet shoes or sneakers, bathing suit, towel, change of clothes, sunscreen and insect repellent.

DEPARTURE: 9:00 a.m.

RETURN: 5:30 p.m.

PANAGATOR

Become familiarized with the natural environment of the American tropics at this zoo/farm that stands under the supervision of the ANAM (the Panamanian Environment Protection Agency), where crocodiles are bred in an economically and environmentally sustainable fashion for reasons of preservation and education. A thrilling educational experience for visitors of all ages is guaranteed. The visit includes exhibits and explanations as to different species of crocodiles, their behavior and importance, close-up encounters and feeding of the crocodiles (in a totally safe fashion). In addition, you will be served a delicious country-style home-made lunch of grilled meats including crocodile meat for the intrepid palate! Souvenirs out of crocodile skin are sold on the premises, in accordance with the regulations of CITES (Convention of International Trade in Endangered Species).

INCLUDED: Ground transport, English-speaking guide, road tolls, entry fees, explanations, exhibits, lunch and soft drink.

RECOMMENDATIONS: Sneakers, insect repellent, pants, head gear and cash for souvenir purchases.

DEPARTURE: 10:00 a.m.

RETURN: 3:30 p.m.

BIRDWATCHING ON THE PIPELINE ROAD

The Pipeline Road is located in the heart of the Parque Nacional Soberanía, a mere 45 minutes from downtown Panama City. That makes it one of the most easily accessible tropical forests in the world. Over its 17 Km./11 miles the stretch of road offers a truly exciting bird watching experience. In Christmas Counts organized by the Panama Audubon Society, members have registered the highest number of species seen during a 24-hour period: 394. The surrounding tropical forest is as diverse as the birdlife; in the Parque Nacional Soberanía there are approximately 1,300 species of trees, 105 species of mammals, 55 species of amphibians and 79 species of reptiles. Level of difficulty: I - II.

INCLUDED: Ground transport, English-speaking guide, entry fees, soft drink and snack.

RECOMMENDATIONS: Sneakers or trekking shoes, rain gear, insect repellent, pants, head gear and binoculars.

DEPARTURE: 5:00 a.m.

RETURN: 12:00 p.m.

CARIBBEAN PORTOBELO

Each and everyone of us is familiar with the wonders of the Caribbean Sea: the multicolored fish, oddly-shaped corals and clear waters cast their spell on all avid divers. Portobelo is the preferred place in Panama to practice diving, due to the abundant marine environment. Among the species found here are angelfish, butterfly fish, surgeon fish, blue tang, parrot fish and sergeant majors. We arrive in Portobelo in the afternoon and overnight in the bungalows that are part of the dive center's installations. The two dives are planned for the following morning and afterwards a traditional Panamanian lunch is served in the dive center cafeteria, before the return trip to the Resort. Optional night dive on the arrival day (additional cost).

INCLUDED: Return ground transport to Portobelo, road tolls, taxes, accommodation on the premises, dinner, breakfast and lunch (drinks NOT included), boat transport on vessel with capacity for 10 passengers and with all the necessary safety equipment, professional captain, dive master, 2 tanks and all dive gear.

RECOMMENDATIONS: Sunscreen, dive certificate, logbook, seasickness medication, cash for drinks and other purchases, Cable and Wireless phone card, passport.

FREQUENCY: Monday through Thursday.

DEPARTURE: 4:00 p.m.

RETURN: 2:00 p.m. (the following day)

REMARK: All divers need to show a valid dive certificate upon registering for the excursion. No exceptions!

THE CHAGRES CHALLENGE

The Chagres Challenge starts off with a ride up a Panamanian mountain range in 4x4's, through the picturesque settlement of Cerro Azul until reaching San Cristóbal, where we are served a traditional and filling breakfast to prepare us for the day to come. We then set out on an hour-and-half hike, climbing hillsides and wading through streams, that takes us into the heart of the tropical rain forest. The equipment is carried by horses that walk alongside us. Eventually, we arrive at the Piedras River, where the rafts are prepared and we embark on a five-hour descent, encountering rapids of up to level III and IV, as the Piedras River runs into the Chagres River. At lunch time, we stop for a rest and a picnic-style lunch by one of the many natural pools formed by the meandering of the river. Finally, we are picked up by members of the Emberá tribe, that take us cross the Alajuela Lake in motor-driven piraguas, before returning to Panama City. Level of difficulty: IV.

INCLUDED: Ground and water transport, professional guides Spanish / English (minimum one per raft + one safety guide), complete rafting equipment, first aid kit, breakfast, picnic-style lunch, snack, water and soft drinks.

RECOMMENDATIONS: Comfortable clothes, sneakers or trekking shoes, wet shoes, change of clothes, towel, bathing suit, head gear and sunscreen.

REMARK: You will get wet! Do not bring items that might get ruined by water. Do not bring valuable items, such as rings, watches, chains, glasses, cameras, etc. Please bear in mind this excursion requires to be in good physical condition. The tour leader reserves the right to refuse a guest participation.

DEPARTURE: 5:00 a.m. **RETURN:** 7:00 p.m.

HELITOUR OF THE CITY AND THE CANAL

The most thrilling perspective of the Canal and Panama City! From above one really appreciates the breathtaking panorama of the skyscrapers towering on the edge of the Pacific Ocean, where countless ships lie anchored among the outlying islands, waiting for their turn to transit the Canal. For security reasons, it is not possible to fly directly over the locks, but in spite of that is it possible to get close enough to get a good perspective on the functioning and magnitude of the locks. This is, furthermore, the only perspective from which you can appreciate the way Panama City is literally nestled on the edge of the vast tropical rainforest and the sheer extension of the area that used to be the US military bases and the Canal Zone.

INCLUDED: 20-minute helicopter flight and explanations in Spanish/English.

RECOMMENDATIONS: Comfortable clothing and shoes.

DURATION: 40-60 minutes

THE PANAMA EXPRESS TRAIN

On this trip we first arrive to Colón, Panama's commercial capital and the Western Hemisphere's largest Free Trade Zone. Upon arrival and weather permitting, we visit the San Lorenzo Fort on the banks of the Chagres River, dating from the 16th century and one of the colonial era's most important fortifications. Alternatively, we visit Portobelo, a city whose position led it to become the trading crossroads and wealth deposit of the Spanish Empire during the 16th and 17th centuries. From those days remain the ruined fortifications, where the canons that served to defend the city still are in place. Today, Portobelo is an important pilgrimage site for the devotees of the Cristo Negro or Black Christ. We also visit the Gatún Locks, the Canal's biggest, where we become familiarized with Canal operations. Finally, after a panoramic tour of the city of Colón, we return to Panama City on board the world's first trans-continental railway - the historic Panama Express, whose rails border the Canal stretch at all times, passing by the still immenseness of the Gatún Lake and through the dense tropical forests of the Canal Basin.

INCLUDED: Train and ground transport, English-speaking guide, entry fees, road tolls, soft drink and lunch.

RECOMMENDATIONS: Casual clothing, walking shoes, sunscreen, insect repellent and passport.

NOTE: Please keep in mind that purchases in the Free Zone are strictly controlled by law and take place at the risk of confiscation of the local Customs Authorities.

DEPARTURE: 8:30 a.m. **RETURN:** 7:00 p.m. (Monday through Friday only)

VALLE DE ANTON

At a 90-minute distance from Panama City, in the Antón Valley, lies a picturesque village that harbors a crafts market with a diverse offering of flowers, fruits and vegetables, as well as crafts handmade by the villagers themselves. We visit the El Chorro Macho waterfall, where we will walk through the tropical rain forest. At the zoo and botanical garden El Nispero, we become familiarized with the flora and fauna endemic to this region, the 'golden frog' among other species.

CANOPY ADVENTURE This is an activity for the adventurous tourist looking for a new challenge! Ascend to the treetops and embark on a journey through the airs, all the

while observing the flora and fauna of the tropical rainforest from a unique perspective. The equipment and techniques used are those developed by speleologists and mountain climbers. The Canopy Adventure is developed around the spectacular waterfall at El Chorro Macho in Valle de Antón. Degree of difficulty: I-II.

INCLUDED: Ground transport, English-speaking guide, lunch, instruction*, safety equipment* and soft drink.

RECOMMENDATIONS: Shorts, sneakers, sunscreen and insect repellent.

MAXIMUM WEIGHT: 90 kg./ 200 lbs per person.*

AGE REQUIREMENT: 12 years or older.*

***REMARK:** Applies only to the Canopy option.

DEPARTURE: 8:00 a.m.

RETURN: 5:00 p.m.

CITY TOUR & CANAL

This tour takes us to see the Miraflores Locks, where we can appreciate the operation of the Canal and the passing through of ships (subject to the Panama Canal Authority's transit schedule). We visit the colonial city - or Casco Viejo, designated as a World Heritage Site by UNESCO with attractions such as the Golden Altar, the Plaza de Francia Square, Las Bóvedas . A panoramic visit of the ruins of Panama La Vieja - now a historical monument to a time gone-by and also designated World Heritage Site by UNESCO - the original settlement that was destroyed in 1671 by the infamous pirate Sir Henry Morgan. We will visit Mis Pueblitos where you can see replicas of houses of the three most important cultures of the country: the Spanish, the Indian and the afro – antillan. Appreciate the panorama of the modern city of Panama and the Balboa Boulevard, where the statue of Vasco Núñez de Balboa, the discoverer of the South Sea stands. As a departing impression, we make a panoramic tour on the Amador Causeway to take in the magnificent view

INCLUDED: Ground transport, English-speaking guide, entry fees and soft drink.

RECOMMENDATIONS: Comfortable shoes, hat, sunscreen.

SCHEDULE: 8:30 a.m. To 1:30 p.m. OR 1:00 p.m. To 6:00 p.m.

TESORO DEL CARIBE - CARIBBEAN HIDE-AWAY

Tesoro del Caribe is the ideal place to relax and just “ get away from it all ”. The Caribbean setting has blessed this unforgettable piece of coastline with white sandy beaches and pretty coral reefs and turned it into a paradise of beauty and peace, within a stone’s throw of civilization. We cross the Bay of Portobelo by boat and after more or less 20 minutes we arrive at this secluded property, where you will be able to fully enjoy the treasures Mother Nature has bestowed upon the tropics: the radiant Caribbean sun, the refreshing sea breeze, practically private beaches with clear-blue waters, countless fish and coral close to the shoreline, numerous birds that seek refuge in the fruit trees in the garden and silence, precious silence. Lunch is served in the main building of the Eco-friendly tourist lodge, and on the menu are exquisite homemade meals of fresh fish, vegetables and a lot of fruit. The hammocks hang ready to welcome you for an afternoon relax. For those who wish for some more action, it is possible to organize horseback - riding, SCUBA diving and deep - sea fishing (additional charge).

Included: Ground and boat transport, English - speaking guide, road tolls, taxes, soft drink, snorkeling equipment, sunfish, sailboats, lunch and drinks (wine, beer, soft drink, water).

Recommendations: Beach attire, bathing suit, beach towel and sunscreen.

DEPARTURE: 8:00 a.m.

Return: 6:00 p.m.

PARTIAL CANAL TRANSIT

This is your chance to get to know the eighth wonder of the world from the best perspective imaginable - on board a boat transiting through the locks. We embark at the dredging division at Gamboa in the Gatún Lake, navigating the Corte Culebra or Gaillard's Cut through the continental divide and head towards the Pedro Miguel Locks, on the Pacific side. Here is where we can appreciate canal operations, as the ferry is hydraulically lowered 9 m. (30 feet). We continue to the Miraflores Locks, where the boat is again lowered another 18 m. (60 feet), and pass under the imposing Las Americas Bridge, that marks the entrance to the Canal on the Pacific side, before getting off at the Port of Balboa or Amador. Ground transfer back to the Hotel.

INCLUDED: Ground and boat transport, English-speaking guide, taxes, soft drink and lunch.

RECOMMENDATIONS: Light clothing, comfortable shoes and sunscreen, passport.

DEPARTURE: 9:00 a.m.

RETURN: 5:00 p.m.* (only Saturday)

*REMARK: The duration of the tour depends on transit schedules and variations of up to two hours might occur.

FOLKLORIC SHOW AND TRADITIONAL DINNER

One could say of Panamanian folklore that it is indeed the best illustration of the motto " Panama, crossroads of the world, Heart of the Universe ". From their early beginnings, Panamanian people have been forging their identity using an inscrutably simple heart as a tool and an astonishing array of cultural diversity as the raw material. The result: primitive African drums dress in the exquisite Seville pollera, the national dress, in a tamborito, while Celtic voices may be heard in a cumbia; the flavors of five continents may find harmony in one typical dish all this is the fruit of a process of cultural blending in the making. Meet the true soul of a living people.

INCLUDED: Ground transportation, dinner, folkloric show, tax and tips.

RECOMENDATIONS: casual dress.

DEPARTURE: 7:00 p.m. RETURN: 10.00 p.m.

DAYS AVAILABLE: Tuesday, Thursday, Friday, Saturday

SAN BLAS – The Kuna Indians

In the Caribbean Sea lies this exotically enchanting place: a coastline of 200 miles dotted with islands, coral reefs and white sand beaches. San Blas is in the care of one of the most traditional indigenous civilizations in the Americas: the Kuna Indians, whose

culture is doubtlessly the most well-preserved among all the American indigenous tribes. The Kunas have been given the authority to establish their own self-ruled territory, la Comarca de San Blas, where a tribe parliament rules over the local population.

Take a leisurely walk through a typical village, while interacting with the natives and taking the opportunity to buy some pretty molas, the finest in Kuna craftsmanship. In the morning, you have a boat at your disposition to visit a nearby beach or coral reef for some unforgettable snorkelling.

INCLUDED: Ground transfer Hotel - Albrook Airport - Hotel, round trip airfare, transport in motor-driven canoe to the island, community tax, accommodation, board (breakfast, light lunch, seafood dinner), excursions to the village and beaches. Drinks NOT included.

RECOMMENDATIONS: Casual dress, sneakers, wet shoes, insect repellent, bathing suit, sunscreen, snorkelling equipment, bottled water, passport and cash for purchases, Cable and Wireless phone card.

DEPARTURE: Daily **DURATION:** Overnight

NOTE: Flights are subject to change without prior notice.

DISCOVER SAN BLAS IN ONE DAY (COCO BLANCO ISLAND)

Coco Blanco (White Coconut) Island has a privileged natural position and can be defined as a Natural Paradise: a tropical island with palm trees in the middle, a ring of white sand around and crystalline sea. Coco Blanco is one of the 365 Islands of the SAN BLAS Archipelago, known for its flora and fauna biodiversity, apart from being surrounded by a diversified coral reef barrier that we invite you to discover!

The departure is from Albrook Airport, to take a 30 minute flight in a Twin Otter plane with 20 passenger capacity, to the Islands of the Porvenir area. Once arrived, some motor pirogues of 15 passenger capacity will take us to Coco Blanco Island, base of our day activities: Tour to "Cayo Limón", the "Two Plams" Island and the "One Palm" Island to swim, practice snorkeling, photography, etc.

The buffet style lunch, served at Coco Blanco Island, is prepared with fresh sea food, vegetables and fruits of the season.

INCLUDED: Transfer Hotel – Albrook Airport – Hotel, roundtrip fare, transfer in motor pirogue to the island, English – speaking guide, buffet style seafood lunch, tours to the village and the beaches, community taxes, unlimited soft drinks and alcoholic drinks.

RECOMMENDATIONS: Sport clothes and wet shoes, insect repellent, swimming suit, sunscreen, snorkeling equipments, towel, extra clothes, passport, sunglasses, hat and cash for shopping.

DURATION: 1 day and 1 night

DEPARTURE: 9:00 a.m.

RETURN: 5:00 p.m.

NOTE: Flights are subject to changes without previous notice

BOCAS DEL TORO

Bocas del Toro encompasses part of the Parque Internacional La Amistad and the country's only marine park, Parque Nacional Marítimo Bastimentos - a testimony as good as any to the province's extensive beaches, pristine coral reefs and virgin rain forests. In truth, the biodiversity of the region is remarkable. Of further interest is the

Afro-Caribbean influence in the local culture, as showcased through architecture, cuisine and other forms of folkloric expression. Take this unique opportunity to enjoy a boat tour to the bird sanctuary in the rocky Swan's Cay or visit the coral reefs of Cayos Zapatillas and the small islands of the mangrove swamp. Another option is to walk the Sendero de la Rana Roja (Path of the Red Frog) in search of the *Dendrobates pumilo*, the species of amphibian after which the path is named.

INCLUDED: Ground transport Hotel - Albrook Airport - Hotel, roundtrip airfare, accommodation, welcome at the airport in Bocas and transfer to the hotel, breakfast.

RECOMMENDATIONS: Casual dress, sneakers, insect repellent, beach attire, sunscreen, passport, cash for purchases, tours and restaurants, Cable & Wireless phone card.

DEPARTURE: Daily **DURATION:** Overnight

NOTE: Flights are subject to change without prior notice.

CHIVA PARRANDERA: THE PARTY BUS

The ultimate party! A night time tour of the city aboard a brightly painted "chiva" the folkloric Panamanian means of transportation and to the sounds of a "murga" a Panamanian live band, made up of brass instruments and percussion, playing traditional music. The program for the evening involves a variety of activities, from dancing on board the moving chiva to crazy games, all animated by professional animators that will make you forget the routine of everyday life. The barmen are at your entire disposal and eager to quench the thirst provoked by the warm tropical nights. And, in addition to having a good time and relaxing, you'll also experience the unique beauty of the city and its tourist sites by night.

INCLUDED: Tour through the city, local animators (Spanish / English), open bar (seco herrerano, rum and soft drinks), live music and games.

RECOMMENDATIONS: Casual dress, comfortable shoes and a lot of party spirit.

Duration: 3 Hours

DINNER & NIGHT SAFARI

This is the perfect occasion to visit the Gatun Lake by night and enjoy the thrilling sensation of navigating in the jungle on board panga-style boats with a capacity of 16 persons each, specially designed for this type of excursion. We depart the Resort in the afternoon and after a 90 minute drive by the highlands of Chorrera, we arrive into the public ramp at La Laguna. Here, we will embark and start this nocturnal adventure. We arrive to the Gatun Explorer, the houseboat that will serve as base for all of our activities. We are welcomed with a special house cocktail while we can appreciate the sunset and how the jungle transforms in the darkness. We can hear the howler monkeys announcing the night fall.

After a tropical style dinner we will embark the boats in search of nocturnal activities where caimans, owls, bats and crocodiles will surprise us with their eyes turning red as we light up the way. The coast will be illuminated with potent flash lights that will give us the opportunity to look in the dark. After this boat ride we return to the ramp to board the buses back to the hotel at midnight.

Included: bus and boat transport, English - speaking guide, tropical style dinner, soft drinks, welcome cocktail, taxes.

Recommendations: light clothing, comfortable shoes, insect repellent and cash for bar and souvenir shopping.

DEPARTURE: 4:30 p.m.

RETURN: 12:00 a.m.

DAY TOUR CABAÑAS DE CHOLITA ISLA GRANDE

Placed in front of the "Christ of the Sea", a sculpture built in the reef by the Panamanian artist "Malanga" at Isla Grande. "A diamond inlaid in the Atlantic at the North coast of Colón."

The place is accessible by road and after a short boat trip (10 minutes). Isla Grande, which is very close to Portobelo, is placed in a beautiful and protected bay, three hours away from the city of Panama; it is a picturesque paradise of exuberant vegetation, with palms, white sand beaches and transparent waters surrounded by a beautiful coral reef with a wide population of fish, ideal for diving lovers. The island is almost intact as we can see from the boat while making a tour around the mangrove swamp of the island.

Isla Grande (Big Island) as its name recalls, is the biggest island facing Colon coast, with an extension of 5 Km long and 1½ Km wide. The islands' inhabitants are approximately 900, most of which are mulattos, descendants from colonial times, who normally are dedicated to fishing, commerce and tourism.

INCLUDED: Ground and maritime transfer (from Guaira dock to Isla Grande), English - speaking guide, tour around de mangrove swamp of the island (45 minutes), lunch and tour to Mamey Island to go snorkeling (1 hr)

RECOMMENDATIONS: Sport clothes and shoes, wet shoes, insect repellent, swimming suit, sunscreen, towel, extra clothes and cash for shopping.

DEPARTURE: 8:00 a.m.

RETURN: 6:00 p.m.