**Cavern Exploration, Coral Cay and Red Frog Beach (light meal is included)**

This vibrating adventure starts early in the morning with the transfer by boat up to Coral Cay, a little island located between Popa and Bastimentos islands, characterized by its crystalline waters and a shallow barrier reef where snorkeling lovers will find a submarine paradise. Forthwith, you will go deep into the dense rainforest in order to lift the veil of its mysteries and discover its abundant flora and fauna. If you are lucky, you will watch monkeys, sloths, guinea pigs, golden poison frogs and several species of bird. Once you enter into the bat cave, you will have regard for strange formations created by stalactites and stalagmites for hundreds of years. At the end of the tour, you will be transferred to one of the most beautiful beaches of the archipelago, Red Frog beach. A vast fringe of gold sand which gives way to the island’s leafy vegetation; it owes its name to the minuscule poisonous red frog that lives there.

DURATION: approximately 7 hours.

TIME: from 09:30 am to 4:30 pm.

GUIDE: Spanish/English speaker guide – collective service.

IT INCLUDES: entrance to the park, snorkeling equipment and light packed meal (chicken wrap, fruit, water and soft drink).

RECOMMENDED OUTFIT: comfortable clothes and shoes, raincoat, swimsuit, towel, hat, sunscreen and sunglasses.

**Dolphin Bay, daylong tour in Coral Cay and Zapatilla Cays** **(light meal is included)**

Discover different shades and tones of the fascinating Bocas del Toro Archipelago with this daylong tour which invites you to appreciate its beautiful beaches hidden within the lush vegetation of some of its islands, to come across groups of mangroves and its characteristic and flashy marine life, and to be amazed by attractive white-sand and crystalline-water atolls surrounded by barrier reefs; a true submarine paradise, ideal for diving and snorkeling. The tour expects to make a stop at Laguna de Bocatoritos where you will be able to watch, if you are lucky, dolphins that dance around boats. Forthwith, you will visit Coral Cay where you will be able to go snorkeling and have regard for countless and varied color fish that hide among coral reefs. Later on, you will have some relaxing time at the attractive beach of Zapatilla Cays, two of the most beautiful islands of the archipelago, located within the boundaries of Isla Bastimentos National Marine Park. This area offers dream beaches, crystalline waters, magnificent sea beds with splendid coral reefs full of fish, including the angel fish, butterflyfish, parrotfish, moray eel and jewfish, in addition to lobsters and crabs.

DURATION: approximately 7 hours.

TIME: from 09:30 am to 4:30 pm.

GUIDE: Spanish/English speaker guide – collective service.

IT INCLUDES: entrance to the park, snorkeling equipment and light packed meal (chicken wrap, fruit, water and soft drink).

**Tour at Green Acres chocolate Farm, botanical garden and Coral Cay (light meal is included)**

This boat tour invites you to have a daylong trip around Bocas del Toro Archipelago and visit Green Acres chocolate Farm which produces a totally biological handmade chocolate, of an optimal quality. During the boat tour, you will be able to watch playful dolphins at Bahía de los Delfines. Upon your arrival to the pier, you will take a walk around the lush tropical forest, plenty of typical trees of the area, medicinal plants that are still used today by local communities, and cocoa plantations. Most of these plantations correspond to the prestigious variety of creole cocoa, one of the oldest, weirdest and most appreciated varieties of cocoa due to its peerless scent. Forthwith, you will visit the chocolate factory so as to discover the secrets of its production and taste a good cup of chocolate. At the end of the visit, you will be transferred to Coral Cay, a little island located between Popa and Bastimentos islands, characterized by its crystalline waters and a shallow barrier reef where snorkeling lovers will find a submarine paradise.

DURATION: approximately 7 hours.

TIME: from 09:30 am to 4:30 pm.

GUIDE: Spanish/English speaker guide – collective service.

IT INCLUDES: entrance to the park and the farm, snorkeling equipment and light packed meal (chicken wrap, fruit, water and soft drink).

**Visit to the native community of Ngäbe-Buglé and Coral Cay (light meal is included)**

This particular tour on turquoise waters of Bocas del Toro Archipelago starts early in the morning with the boat transfer along the coast lined with mangroves, atolls and barrier reefs, and amid islands of lush vegetation, up to the southernmost tip of Bastimentos Island. The island was declared National Marine Park in 1998, for the purpose of protecting mangrove forests and the widest barrier reef of the country. Its lush rainforest is home to howler and capuchin monkeys, among other species of primates; sloths, guinea pigs and golden poison frogs. If you are lucky, during the tour, you will watch man-of-war birds, seagulls, the odd red-billed tropicbird (*Phaethan aethereus*), splendid white birds of extremely long feathers on their tails and playful dolphins that have fun accompanying boats. You will disembark near Quebrada de Sal, from which you will walk through the trail that goes deep into the dense vegetation in search of the secrets of the tropical rainforest, until reaching the lagoon, where you will find alligators and turtles. Forthwith, you will visit the native community of Ngäbe-Buglé. Its inhabitants dedicate themselves to fishing and agriculture; they use simple canoes to move from one place to another and they live in thatch-roofed huts built with wood. Women are very skillful artisans; they make fabulous *chacaras*, purses made out of threaded vegetal fiber, and splendid *naguas*, colorful traditional dresses with delicate embroideries on the back. At the end of the visit, you will be transferred to Coral cay, a little island located between Popa and Bastimentos islands, characterized by its crystalline waters and a shallow barrier reef where snorkeling lovers will find a submarine paradise.

DURATION: approximately 7 hours.

TIME: from 09:30 am to 4:30 pm.

GUIDE: Spanish/English speaker guide – collective service.

IT INCLUDES: entrance to the park, snorkeling equipment and light packed meal (chicken wrap, fruit, water and soft drink).