**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.