**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).

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