**CENTRAL PANAMA – ROUTES, VISITS AND TOURS**

FROM CHITRÉ

**Half-day Rum Route (lunch is included)**

Visit San Isidro Farm in half a day, where the best rum of Panama is produced, *Ron Abuelo* [Abuelo Rum]. The route starts with the visit to an ancient colonial house belonging to the distillery’s founder, Mr. José Varela; one of the several young immigrants who came from Spain in 1906 and established the first Panamanian sugar mill at the fertile valley of Pesé which is an optimum one to grow sugarcane. In 1936, he began to distill the sugarcane juice in order to produce liquors. Since then, his passion, dedication and experience have been passed down through three generations which have insisted on keeping the tradition, always using the best ingredients and carrying out the aging process while respecting the refining process time of this famous rum. The route continues along the plantations and at the farm mill where you will see the different stages of the production process. Firstly, you will see the juice extraction, then, its fermentation and its distillation. Later on, while going over the farm’s seedy bars, you will see the rum maturing process which is done in little oak casks until it reaches different standards that are commercialized: *Ron Abuelo Añejo* [Abuelo old rum], *Ron Abuelo* 7 Year Old Rum and *Ron Abuelo* 12 Year Old Rum, and *Ron Abuelo Centuria* that is aged up to 30 years. At the end of the route, you will taste some types of rums through which you will sense their scent, aroma and intensity and you will also enjoy a typical Panamanian lunch.

DURATION: approximately 5 hours.

TIME: 9:30 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, rum tasting and lunch with drinks.

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

**Azuero’s Folklore in a Half-day tour**

Discover Panama’s culture and folklore in a half-day visit to Azuero where you will meet its skillful artisans who keep traditions intact; these traditions date back to colonization times. Particularly, you will be able to have regard for the make-up of the so-called polleras, traditional dresses that were worn by women in Spain during the conquest, which are hand-made painstaking dresses consisting of a decorated neck blouse which descends up to the waist and a long skirt with two ruffles and a crinoline. Its making may even take up to two years. You will also be able to have regard for the mastery of its inhabitants when manufacturing the eye-catching masks made up with paper mache which seem like bright-colored demons or animals; they are used in traditional festivities such as Corpus Christi and *Diablicos Sucios*. Through dances, *Diablos Sucios* [Dirty Devils], representing the evil, confront the *Diablo Blanco* [White Devil], Archangel Gabriel who represents the good. These dances were performed by missionaries in order to Christianize native communities. At the end of the tour, you will discover the secrets of drums, the main instrument of the Panamanian traditional music. Manufacturing a drum requires a vast experience regarding the selection of both the wood and the leather. Wood should be cut carefully and it should be moistened, then, it should dry in the shade and last but not least, leather is mounted until a unique and wonderful sound is reached.

DURATION: approximately 4 hours.

TIME: 8:30 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel and visits.

RECOMMENDED OUTFIT: comfortable clothes and shoes for walking, hat, sunscreen and sunglasses.

**Daylong “Badajoz” Historic Tour (lunch is included)**

This tour invites you to discover the history of Azuero Peninsula in a daylong tour. Before the arrival of The Spanish, all the area was inhabited by various tribes commanded by the powerful Indian Chief Parita (Paris for The Spanish). Gonzalo de Badajoz was sent by the Spanish Crown in order to conquer the central part of Panama. He managed to occupy Indian Chief Natá’s lands, but, as soon as he arrived to the territory of Parita, he was defeated and he had to drop out. For a very long time, the Indian Chief and his vicious warriors managed to impede conquerors from settling in the peninsula. However, after his death, conquerors managed to colonize it and part of its inhabitants native to the area hide out in the mountains of Chiriquí. You will visit Museo Herrera [Herrera Museum] to delve into Azuero’s history since prehistoric times. Later on, you will go over El Caño Archaeological Park and Museum, an ancient ritual site consisting of tens of stone columns which exhibit a small collection of pottery, arrowheads and chiseled stones that belonged to the communities for more than 5000 years. The tour continues to Natá de Los Caballeros, founded by The Spanish the 20th day of May in the year 1520, famous due to its beautiful colonial church, and the oldest church in the country. The next stop corresponds to Aguadulce, the city of sugar and salt, famous due to its sugarcane crops and its salt pans where salt is still extracted today in the traditional way. The tour finishes in Parita, a colonial jewel where the time seems to have stopped. Its streets preserve pastel-colored colonial buildings and (non-lethal) bullfights still take place in the main square during the Festivities of Santo Domingo. You will have lunch during the visit.

DURATION: approximately 7 hours.

TIME: 8:00 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits and lunch.

NOTE: it is not offered on Sundays and Mondays.

RECOMMENDED OUTFIT: comfortable clothes and shoes for walking, hat, sunscreen and sunglasses.

**Daylong Historic Tour in the Kingdom of Urracá (lunch is included)**

This tour invites you to discover the territories of the fearsome Urracá, the master of wind, rain and thunders. The powerful Indian Chief of Veraguas resisted countless attacks from The Spanish. He defeated Espinoza and he defeated thereafter the Governor of Pedrarias. With the help of neighboring Indian Chiefs, he managed to keep the independence for 9 years until his death. In order to understand a little bit more the history, you will visit Juan Demóstenes Arosemena Teacher's Training College where wonderful paintings and murals of Roberto Lewis are visible right there: the monument to the Indian Chief Urracá and the Regional Museum of Santiago de Veraguas. The tour continues at San Francisco de la Montaña, a district which is home to the Church of San Francisco, one of the oldest and best preserved examples of the country’s baroque architecture. To finish, you will go on a walk in the forest reserve of San Juan River and La Yeguada Lake. You will have lunch during the tour.

DURATION: approximately 8 hours.

TIME: 8:00 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits and lunch.

RECOMMENDED OUTFIT: comfortable clothes and shoes for walking, hat, sunscreen, sunglasses and repellent.

**Azuero’s Folklore and Rum Route Daylong tour (lunch is included)**

Discover during the entire day the culture and folklore of Panama by visiting Azuero and learn about the production process of Panama’s best rum, Ron Abuelo [*Abuelo* Rum], at San Isidro Farm. In Azuero Peninsula, you will meet its skillful artisans who keep traditions intact; these traditions date back to colonization times. Particularly, you will be able to have regard for the make-up of the so-called polleras, traditional dresses that were worn by women in Spain during the conquest, which are hand-made painstaking dresses consisting of a decorated neck blouse which descends up to the waist and a long skirt with two ruffles and a crinoline. Its making may even take up to two years. You will also be able to have regard for the mastery of its inhabitants when manufacturing the eye-catching masks made up with paper mache which seem like bright-colored demons or animals; they are used in traditional festivities such as Corpus Christi and *Diablicos Sucios*. Through dances, *Diablos Sucios* [Dirty Devils], representing the evil, confront the *Diablo Blanco* [White Devil], Archangel Gabriel who represents the good. These dances were performed by missionaries in order to Christianize native communities. In like manner, you will discover the secrets of drums, the main instrument of the Panamanian traditional music. The tour continues at San Isidro Farm with the visit to an ancient colonial house belonging to the family that established the distillery. Mr. José Varela was one of the several young immigrants who came from Spain in 1906 and established the first Panamanian sugar mill at the fertile valley of Pesé which was an optimum one to grow sugarcane. In 1936, he began to distill the sugarcane juice in order to produce liquors. Since then, his passion, dedication and experience have been passed down through three generations which have insisted on keeping the tradition, always using the best ingredients and carrying out the aging process while respecting the refining process time of this famous rum. The route continues along the plantations and at the farm mill where you will see the different stages of the production process. Firstly, you will see the juice extraction, then, its fermentation and its distillation. Later on, while going over the farm’s seedy bars, you will see the rum maturing process which is done in little oak casks until it reaches different standards that are commercialized: *Ron Abuelo Añejo* [Abuelo old rum], *Ron Abuelo* 7 Year Old Rum and *Ron Abuelo* 12 Year Old Rum, and *Ron Abuelo Centuria* that is aged up to 30 years. At the end of the route, you will taste some types of rums through which you will sense their scent, aroma and intensity. The tour includes a typical Panamanian lunch.

DURATION: approximately 8 hours.

TIME: 8:30 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, rum tasting and lunch with drinks.

RECOMMENDED OUTFIT: comfortable clothes and shoes for walking, hat, sunscreen and sunglasses.

**Daylong Ecologic Tour and snorkeling in Isla Iguana (lunch is included)**

Go over Isla Iguana [Iguana Island] during the entire day. The tour starts with the shuttle service to Playa El Arenal [El Arenal Beach], located in the colorful small town of Pedasí where you will board a powerboat which will take you to Isla Iguana, eight kilometers away from the coast. In 1981, The Isla Iguana Wildlife Refuge was created for the purpose of protecting fifty hectares of sea and land territory. The island is the habitat of a vast colony of man-of-war birds, pelicans, woodcocks, very colorful crabs and green iguanas. Between April and September, five species of sea turtles arrive to the beachside in order to deposit their eggs. The island is a real paradise for sea lovers. It has white-sand beaches, crystalline waters and sixteen hectares of barrier reef protecting seventeen species of corals and more than 350 species of tropical fish. You will go on a walk along the pathway joining the beaches of El Faro and El Cirial where you will have regard for their lush flora and fauna. Immediately afterwards, you will discover the wonderful submarine world by exploring the area in a guided snorkeling tour. You will have a snack (water, a sandwich and biscuits) during the tour and you will have some relaxing time at the beach. Later on, you will go back to Pedasí where you will have lunch and you will finally be transferred to the hotel.

DURATION: approximately 8 hours.

TIME: 8:00 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, snorkeling equipment, snack and lunch.

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

**Whale watching and** **Daylong Ecologic Tour in Isla Iguana (lunch is included)**

The tour invites you to feel the excitement of contemplating closely huge whales that emerge from the sea and surround Isla Iguana. From late July to October, warm waters draw humpback whales and other whale species down; they migrate from cold waters for breeding. You should not miss this authentic adventure which gets you close to the cetaceans. The tour starts with the shuttle service to Playa El Arenal [El Arenal Beach], located in the colorful small town of Pedasí where you will set sail in a powerboat to find those sea giants. The guide and the captain have prepared themselves very well to give you the opportunity to watch whales, especially for those who think that animals’ protection and safety is a priority. In 1981, The Isla Iguana Wildlife Refuge was created for the purpose of protecting fifty hectares of sea and land territory. The island is the habitat of a vast colony of man-of-war birds, pelicans, woodcocks, very colorful crabs and green iguanas. Between April and September, five species of sea turtles arrive to the beachside in order to deposit their eggs. The island is a real paradise for sea lovers. It has white-sand beaches, crystalline waters and sixteen hectares of barrier reef protecting seventeen species of corals and more than 350 species of tropical fish. You will have a snack (water, a sandwich and biscuits) during the tour and you will have some relaxing time at the beach. You will finally be taken back to Chitré.

DURATION: approximately 8 hours.

TIME: 6:45 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, snorkeling equipment, snack and lunch.

NOTE: it is offered from late July to October. Probabilities to watch whales are high; however, they are not for sure.

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

**Turtle watching and night-time Ecologic Tour (dinner is included)**

The tour starts in the afternoon with the shuttle service to the Cañas pier where you will board a powerboat which will take you to Isla Cañas [Cañas Island]. This island is the home to a great quantity of mangroves. It is the habitat of countless sea species, but, above all, it is the most important nesting site in Panama. From July to January, its fourteen kilometers [8.6992 miles] of seashore receive thousands of turtles, predominantly, olive ridley sea turtles that arrive to deposit their eggs. An interesting sustainable tourist project is being undertaken in the island. It arose after turtle’s eggs production and commercialization for human consumption were forbidden; that represented, along with fishing, the sole income source of the local population. From one day to another, numerous families were left with their hands tied, so they got organized in local cooperatives in order to protect turtles and make of them an attraction for promoting tourism in the island. Thus, communities recovered their financial support while respecting turtles and their environment. Upon your arrival to the island, you will have dinner, prepared by the ladies who live there. Afterwards, aboard a cart pulled by horses, you will reach the beach where you will see in detail turtles depositing their eggs or turtles coming out of their shells. You should pay full attention to the guide’s indications to disturb as little as possible turtles, since they are very sensitive animals and when they hear a noise, they go back to the sea. Generally, female turtles arrive to the seashore, they go over the beach until they find the appropriate place to nest, and they dig a hole which is filled again in order to be camouflaged and keep predators away from it once they deposit their eggs. Incubation varies according to the species, but when hatching finally occurs, the little turtles should run over one side of the beach to reach the sea and avoid other series of tough obstacles. At the end of this fabulous and emotional contact with nature, you will be taken back to Chitré.

DURATION: approximately 6 hours.

TIME: 4:30 p.m. (nighttime tour), subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, dinner.

NOTE: it is offered from late July to October only. Probabilities to watch turtles are high; however, they are not for sure.

RECOMMENDED OUTFIT: comfortable clothes and shoes (for a walk on the beach), long pants, repellent and raincoat.

FROM PEDASÍ

**Turtle watching and night-time Ecologic Tour (dinner is included)**

The tour starts at the end of the afternoon with the shuttle service to the Cañas pier where you will board a powerboat which will take you to Isla Cañas [Cañas Island]. This island is the home to a great quantity of mangroves. It is the habitat of countless sea species, but, above all, it is the most important nesting site in Panama. From July to January, its fourteen kilometers [8.6992 miles] of seashore receive thousands of turtles, predominantly, olive ridley sea turtles that arrive to deposit their eggs. An interesting sustainable tourist project is being undertaken in the island. It arose after turtle’s eggs production and commercialization for human consumption were forbidden; that represented, along with fishing, the sole income source of the local population. From one day to another, numerous families were left with their hands tied, so they got organized in local cooperatives in order to protect turtles and make of them an attraction for promoting tourism in the island. Thus, communities recovered their financial support while respecting turtles and their environment. Upon your arrival to the island, you will have dinner, prepared by the ladies who live there. Afterwards, aboard a cart pulled by horses, you will reach the beach where you will see in detail turtles depositing their eggs or turtles coming out of their shells. You should pay full attention to the guide’s indications to disturb as little as possible turtles, since they are very sensitive animals and when they hear a noise, they go back to the sea. Generally, female turtles arrive to the seashore, they go over the beach until they find the appropriate place to nest, and they dig a hole which is filled again in order to be camouflaged and keep predators away from it once they deposit their eggs. Incubation varies according to the species, but when hatching finally occurs, the little turtles should run over one side of the beach to reach the sea and avoid other series of tough obstacles. At the end of this fabulous and emotional contact with nature, you will be taken back to Pedasí.

DURATION: approximately 4 hours.

TIME: 5:30 p.m. (nighttime tour), subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits and dinner.

NOTE: it is offered from late July to October only. Probabilities to watch turtles are high; however, they are not for sure.

RECOMMENDED OUTFIT: comfortable clothes and shoes (for a walk on the beach), long pants, repellent and raincoat.

**Whale watching and** **Half-day Ecologic Tour in Isla Iguana**

The tour invites you to feel the excitement of contemplating closely huge whales that emerge from the sea and surround Isla Iguana in half a day. From late July to October, warm waters draw humpback whales and other whale species down; they migrate from cold waters for breeding. You should not miss this authentic adventure which gets you close to the cetaceans. The tour starts with the shuttle service to Playa El Arenal [El Arenal Beach], located in the colorful small town of Pedasí where you will set sail in a powerboat to find those sea giants. The guide and the captain have prepared themselves very well to give you the opportunity to watch whales, especially for those who think that animals’ protection and safety is a priority. In 1981, The Isla Iguana Wildlife Refuge was created for the purpose of protecting fifty hectares of sea and land territory. The island is the habitat of a vast colony of man-of-war birds, pelicans, woodcocks, very colorful crabs and green iguanas. Between April and September, five species of sea turtles arrive to the beachside in order to deposit their eggs. The island is a real paradise for sea lovers. It has white-sand beaches, crystalline waters and sixteen hectares of barrier reef protecting seventeen species of corals and more than 350 species of tropical fish. You will have a snack (water, a sandwich and biscuits) during the tour and you will have some relaxing time at the beach. You will finally be taken back to Pedasí.

DURATION: between 4 and 5 hours.

TIME: to be agreed.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, snorkeling equipment and snack.

NOTE: it is offered from late July to October. Probabilities to watch whales are high; however, they are not for sure.

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

**Half-day Ecologic Tour and snorkeling in Iguana Island**

Go over Iguana Island in half a day. The tour starts with the shuttle service to Playa El Arenal [El Arenal Beach], located in the colorful small town of Pedasí where you will board a powerboat which will take you to Isla Iguana, eight kilometers away from the coast. In 1981, The Isla Iguana Wildlife Refuge was created for the purpose of protecting fifty hectares of sea and land territory. The island is the habitat of a vast colony of man-of-war birds, pelicans, woodcocks, very colorful crabs and green iguanas. Between April and September, five species of sea turtles arrive to the beachside in order to deposit their eggs. The island is a real paradise for sea lovers. It has white-sand beaches, crystalline waters and sixteen hectares of barrier reef protecting seventeen species of corals and more than 350 species of tropical fish. You will go on a walk along the pathway joining the beaches of El Faro and El Cirial where you will have regard for their lush flora and fauna. Immediately afterwards, you will discover the wonderful submarine world by exploring the area in a guided snorkeling tour. You will have a snack (water, a sandwich and biscuits) during the tour and you will have some relaxing time at the beach. You will finally be taken back to Pedasí.

DURATION: between 4 and 5 hours.

TIME: to be agreed.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, snorkeling equipment and snack.

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

**Azuero’s Folklore and Rum Route Daylong tour (lunch is included)**

Discover during the entire day the culture and folklore of Panama by visiting Azuero and learn about the production process of Panama’s best rum, Ron Abuelo [*Abuelo* Rum], at San Isidro Farm. In Azuero Peninsula, you will meet its skillful artisans who keep traditions intact; these traditions date back to colonization times. Particularly, you will be able to have regard for the make-up of the so-called polleras, traditional dresses that were worn by women in Spain during the conquest, which are hand-made painstaking dresses consisting of a decorated neck blouse which descends up to the waist and a long skirt with two ruffles and a crinoline. Its making may even take up to two years. You will also be able to have regard for the mastery of its inhabitants when manufacturing the eye-catching masks made up with paper mache which seem like bright-colored demons or animals; they are used in traditional festivities such as Corpus Christi and *Diablicos Sucios*. Through dances, *Diablos Sucios* [Dirty Devils], representing the evil, confront the *Diablo Blanco* [White Devil], Archangel Gabriel who represents the good. These dances were performed by missionaries in order to Christianize native communities. The tour continues at San Isidro Farm with the visit to an ancient colonial house belonging to the family that established the distillery. Mr. José Varela was one of the several young immigrants who came from Spain in 1906 and established the first Panamanian sugar mill at the fertile valley of Pesé which was an optimum one to grow sugarcane. In 1936, he began to distill the sugarcane juice in order to produce liquors. Since then, his passion, dedication and experience have been passed down through three generations which have insisted on keeping the tradition, always using the best ingredients and carrying out the aging process while respecting the refining process time of this famous rum. The route continues along the plantations and at the farm mill where you will see the different stages of the production process. Firstly, you will see the juice extraction, then, its fermentation and its distillation. Later on, while going over the farm’s seedy bars, you will see the rum maturing process which is done in little oak casks until it reaches different standards that are commercialized: *Ron Abuelo Añejo* [Abuelo old rum], *Ron Abuelo* 7 Year Old Rum and *Ron Abuelo* 12 Year Old Rum, and *Ron Abuelo Centuria* that is aged up to 30 years. At the end of the route, you will taste some types of rums through which you will sense their scent, aroma and intensity. The tour includes a typical Panamanian lunch.

DURATION: approximately 8 hours.

TIME: 8:00 a.m., subject to confirmation.

GUIDE: Spanish/English speaker guide.

IT INCLUDES: shuttle service from/to the hotel, visits, rum tasting and lunch with drinks.

RECOMMENDED OUTFIT: comfortable clothes and shoes for walking, hat, sunscreen and sunglasses.