CAMINO DE CRUCES

Leaving the hotel early in the morning, we will go to Sovereignty National Park, 40 minutes away from the city in order to get into the trail of Camino de Cruces which was built in 1527 by the Spanish Crown; it began in Old Panama and went towards the sales port of Cruces in the shore of Chagres River where a great amount of gold coming from Central and South America was transported.

Nowadays, the whole trail covers an area of 10.8 km up to Venta de Cruces and it is the shortest option up to the intersection of Camino de Plantación [Plantation Pathway], having 4.10 km. It takes approximately 5 hours to be completed in a round trip. During the tour, it is possible to see in detail the great variety of flora in this secondary rain forest which serves as a bride to birds that travel to escape from winter and as a shelter for the most diverse fauna living among bushes, from monkeys, snakes, spiders, to anteaters and other species.

Duration: 4 to 5 hours

Guide: Spanish/English speaker guide

Inclusive: Shuttle services and entrance to the Park.

Note: The level of difficulty is moderated. It combines some easy stretches and some others which require a major physical effort. It is mandatory to wear long pants, hiking shoes, to bring hiking poles, repellent for mosquitoes, sunscreen, a lot of water and snacks. Departure will be very early in the morning.