**PANAMA CANAL KAYAKING**

The excursion starts in the morning with the transfer to the Panama Canal, passing by Miraflores and Pedro Miguel locks. Arrival at the Gamboa Public Ramp where we will board a motor boat that will take us north along the Panama Canal in a one-hour long trip to the final destination.

After about an hour scouting channels through the tropical forest in search of wildlife, picnic lunch will be served and then some free time to relax before further exploring the area in on the kayaks.

In this area, encountering monkeys is almost guaranteed. Among them: White-faced capuchin, Howler, Spider and Titi monkeys. Sloths are also common. Birds such as kingfisher and Fish eagle too, and if lucky, it might be possible to spot reptiles such as crocodiles, turtles and lizards running over the water, known as Jesus Lizard.

**DURATION:** Approximately 6 hours.

**NOTES:** Visits order may be modified, even during the tour.

**RECOMMENDED OUTFIT:** Comfortable shoes and clothes, hat, sunscreen, repellent, and a raincoat, especially between April and December.