



Up-close Experience with Culture & Nature

HIGHLIGHTS

GATUN LAKE, EMBERA VILLAGE, THE PANAMA SCHOOL OF THE AMERICAS,
The Dictator's School, ACQUA XPLORE



Find adventure and take part in lively traditions of the **Embera Village** while experiencing this combined journey of culture and nature. The sounds of the **rainforest** will be the music during the **Gatun Lake** navigation and an e-bike ride will take you to a sensorial ride. Step into history as we explore the **Panama School of the Americas**, a controversial education academy known as the “school for dictators”.



For more information please contact:

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Experience Map



Experience Overview

- Pick up from Panama City**
AM pick up from hotel, time will be confirmed 24-hour prior departure
- Visit to the Panama's School of the Americas known as the "Dictator's School"**
Guided historic visit. It reviews the history and background of the School, its missions and several controversies about graduates who have been implicated in human right violations and the adequacy of human rights training at the School
- El Espinar Bunkers**
An E-bike or bus discovery along El Espinar, the old US military neighborhood, settled during the Panama Canal administration. Here we will find some hidden treasures such as the bunkers constructed as a strategy for protecting the Panama Canal.
- Journey to Acqua Xplore, Gatun Lake and River**
The next stop is at Acqua Xplore located at the Gatun lake, an originally wooded valley flooded more than 100 years ago to create the artificial Gatun Lake which forms the major part of the Panama Canal. Navigate on board the Pontoon Xplore along the Gatun Lake and River to discover its marvelous biodiversity.
- Embera Village**
We will arrive to the Embera Village on board the Piragua, a typical local canoe captained by an Embera this is where the experience to live the culture of this local Village begins.
- Ground transportation to Panama City**
The journey will end at Panama City with a ground transportation to your hotel.

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Experience Brief Description

1. Pick up from Panama City

The experience begins with a guided pick up from your hotel in Panama City



2. Visit to the Panama's School of the Americas known as the "Dictator's School"

This was a controversial educational training center. Critics have labeled the School of the Americas as the "school for dictators", some of them argued that the soldiers who were chosen to attend were not properly screened, since some students and instructors were implicated in human rights violations. The ten Latin American heads of state who attended the School of the Americas include General Antonio Noriega of Panama, convicted for drug trafficking charges and for the murder of the Panamenian military opposition leader.



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General Omar Torrijos is another Panamenian who attended the school, the facto political leader in 1968. The Ecuadorian President Jose Maria Velasco Ibarra and Major General Juan Velasco Alvarado who overthrew Peruvian President Fernando Belaunde, these two people initiated an intensive direct military rule in Ecuador and Peru. Another six military rulers attended to this School where the human rights and military trainings are subject of a controversial US Congressional Concerns.

3. E-Bikes or bus ride along the Espinar Bunkers

The Panama Canal was an unincorporated territory of the United States from 1903 to 1979 and during it's construction the workforce was settled in different neighborhoods, such as El Espinar. Everyone worked for the company or the government in one form or another. Residents did not own their homes; instead they rented houses and applied for them in utility companies who also brought and sold at stores.



After the Pearl Harbor invasion occurred during World War II, the military force of the Panama Canal decided to build bunkers in order to protect the Canal if an invasion would occur.



4. Journey to Acqua Xplore, Gatun Lake



Our host will guide you along the neighborhood and the tropical rainforest to discover this bunkers When we arrive to Acqua Xplore, you will have the opportunity to marvel with the exotic landscape that sorround the Gatun Lake (the artificial lake that unites two oceans and allows the Panama Canal to operate).



While you enjoy the beauty of nature you can relax at Acqua Xplore, discovering new places is more than just sightseeing. Flexible activities are built in to each experience so you can take advantage of wildlife sightings, colorful landscapes so you can discover wild places close up from kayaks, the dock e-bikes or just in a short walk around Acqua Xplore.



5. Navigation on board the Pontoon Xplora

Our host will guide you along the neighborhood and the tropical rainforest to discover this bunkers When we arrive to Acqua Xplora, you will have the opportunity to marvel with the exotic landscape that sorround the Gatun Lake (the artificial lake that unites two oceans and allows the Panama Canal to operate).



While you enjoy the beauty of nature you can relax at Acqua Xplora, discovering new places is more than just sightseeing. Flexible activities are built in to each experience so you can take advantage of wildlife sightings, colorful landscapes so you can discover wild places close up from kayaks, the dock e-bikes or just in a short walk around Acqua Xplora.



Peer at with howler monkeys, a wide diversity of birds, sloths, crocodiles while you navigate. You can experience fishing or just enjoy the majestic scenery.

6. **Embera Village**

We will arrive to the Embera Village on board a Piragua (typical local canoe) captained by an Embera. Live an experience to embrace this culture.



Immerse into ritual dances, local music, Shaman knowledge, handcrafts, medicinal plants. This will be some of the new discoveries that the Embera's will share with you. Stroll around the village to experience first-hand their way of living. Learn how they cook the typical Embera lunch that you will enjoy.

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7. **Transfer back to Panama City.** From *Acqua Xplore* our bus will pick you up to return to Panama City.

What's included in this experience

Includes:

- All ground/water transportation
- Guided, English or Spanish
- Equipment safety vests, fishing gear
- Snacks, soft beverages and beer on board the Xplore Pontoon
- Lunch at the Embera Community
- Optional Activities: E-Bikes, kayaks
- Experiential activities at Embera Community

Not Included:

- Not specified services
- Gratuities, laundry or valet services gifts and additional items
- ITBMS taxes 7%
- Alcoholic beverages

Important Note: Itinerary and activities are subject to change without previous notice.

What to Bring

The Essentials:

- Passport
- Travel Insurance
- Health insurance information
- Credit/debit cards
- Cash (US Dollars)
- Personal medication

The Wearables:

- Sneakers or lightweight shoes, comfortable for walking short distances
- Short-sleeve and/or T-Shirts
- Light raincoat
- Sunglasses (optional: neck strap)
- White-brimmed hat or cap
- Extra clothes

The Portables:

- Binoculars
- Sun block & lip balm (waterproof + SPF50 or higher)
- Insect Repellent
- Small backpack/Daypack (preferably waterproof)
- Camera / video camera
- Extra memory cards and batteries

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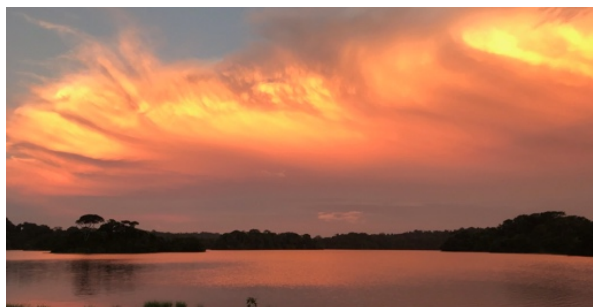
- Appliance chargers & adaptors if necessary (plugs in Panama are US-style A&B, 2 flat pins, 110V)
- Journal

Suggested Additional Services Upon Request

Railway transportation onboard the Panama Canal Railway

About Experience Highlights

The Gatun Lake



Surrounded by the exuberant rain forest, the Gatun Lake was at some point the largest artificial lake of the world. Fed by the Chagres River this 415 sq. kilometer lake, makes possible the Panama Canal operation. While navigating the lake, the upper part of chopped and petrified trees can still be seen in the water. The scenery is amazing...the contrast between the water, the rainforest, and the fauna: tropical birds, monkeys, crocodiles, and a vast number of exotic animals. The jungle sounds will be your orchestra while traversing the Gatun Lake.

Embera Village



A Piragua (native canoe) lead by an Embera will take you to the secluded settlement of the tribe. Accessible only by the Gatun River the Embera Community keeps it's ancestral knowledge, traditions and culture. You will have the opportunity to indulge into their wisdom, stories, music and traditions.

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School of the Americas, "The Dictator's School"



The controversial School known as "The Dictator's School" used to teach a variety of courses relating to U.S. Army doctrine, from basic patrolling techniques with the mission of developing and conducting instruction for the armed forces of Latin America, using the most doctrinally sound, relevant, and cost-effective programs possible.

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