



# THE ISTHMUS OF PANAMA: FROM THE ORIGIN TO PRESENT DAYS

CASCO ANTIGUO, GATUN LAKE, EMBERA TRIBE, CHAGRES RIVER, SAN LORENZO FORT

## 3D/2N

Suggested age: 6 years and up

### The Experience

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Starting in **Panama City** discover the origin of connections in Panama at the **Biomuseum**: the joint into one continent, the separation of two oceans, the cultural integration and wildlife expansion. Stroll the streets of the colorful **Casco Antiguo**. Navigate the artificial Gatun Lake that will led you to the **Embera Tribe**, sail the living conection between two oceans the **Chagres River** and the **San Lorenzo Fort**.





## The Highlights

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### 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.





## Casco Antiguo



Founded in 1519, Panama City became the starting point of important expeditions, like the one, which led to the conquering of the Inca Empire in Peru. Located between the rainforests and the Pacific Ocean, Panama is a vibrant city, which combines the 17<sup>th</sup> largest sky scrapes line in the world with the colorful warm old colonial city.



## Chagres River



The ancient fluvial route of ***Las Cruces Trail***. Since the discovery of Christopher Columbus back in 1501, the Chagres River became a strategic waterway for “Las Cruces Trail”. A silent witness to Spaniard pursuit of gold, a key point of Pirate stories and the easiest way to tranship between South America and Europe. A path rich in wildlife, culture and birdwatching.

The Chagres River is the main source of water of the Gatun Lake which makes possible for the Panama Canal to operate. This river is a silent witness to how Panama played a key role in the colonization of Latin America.





## San Lorenzo Fort



Set on a cliff overlooking the river mouth of Chagres, this fortress was constructed between 1598 and 1601 for the main purpose of protecting the Spanish ships which exited the Chagres River in order to sail back to Europe. In 1670 Pirate Joseph Bradley took the fortress with the help of a plan crafted by famous Pirate Henry Morgan. One year later Morgan entered into the river in order to reach the First City of Panama. San Lorenzo's Fortress is a silent witness to how Panama was key for the colonization of Latin America and the magic stories of battles between Spaniards and Pirates.



## Embera Tribe



A Piragua (native canoe) lead by an Embera will take you to the secluded settlement of the tribe. Accessible only by the Chagres 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.



## Experience Brief Description



### Day 1 Casco Antiguo / Amador's Causeway

- Ground transportation from airport to hotel in Panama City for check in
- Transfer and visit to the Biomuseum
- Transfer to Amador's Causeway and optional e-bike ride or walk along the pier
- Typical lunch
- Guided\* discovery of Casco Antiguo (English/Spanish)
- Transfer to hotel
- Overnight at hotel

### Day 2 Acqua Xplore / Gatun Lake

- Breakfast at hotel
- Ground transportation to Acqua Xplore. Estimated time: 1.5 to 2 hours
- Departure from dock on board Xplore Pontoon
- Scenic navigation in the Gatun Lake
- Guided visit to Embera Tribe
- Typical lunch will be served at site
- Transfer to board the Catamaran Xplore
- Sailing on the Chagres River

### Day 3 San Lorenzo Fort

- Breakfast on board
- Transfer to Fort San Lorenzo for a walk through history (guided)
- Lunch on board
- Transfer to selected hotel in Panama City

## Flexible Optional Activities Included



Flexible optional activities are available in all Xplore Experiences, you can choose the one of your preference eg. Kayak or wildlife observation





## Includes

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- All accommodations included
- Guided\* visits (English/Spanish): Casco Antiguo, Embera Community, San Lorenzo Fort, Chagres River sailing, Bioumuseum
- Noon activity at Casco Antiguo
- All meals included
- All ground/water transportation included
- Snacks on board Catamaran Xplore
- Entrance fee to visits are included
- Night activity at Casco Antiguo will be confirmed prior to reservation
- Soft beverages and beer on board Catamaran Xplore
- Equipment (safety vests, snorkeling gear, kayaks, fishing gear)
- 1 bottle of wine per cabin
- \*Other languages upon request additional charges may apply

## Not Included

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- Not specified services
- Gratuities, laundry or valet services, gifts and additional items
- ITBMS taxes 7%
- Air tickets
- Alcoholic beverages
- Wet suits available for additional fee

## Important Notes

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- Minimum Number of Guests for bookings: 2 adults
- Maximum Number of Guests: 8, including children
- Suggested age for this experience: 6 years old and up
- Itinerary and activities are subject to change without previous notice.

## Additional Services Upon Request

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**Overnight on board Catarmarn Xplore Chagres River. Maximum capacity: 8 guests.**  
Includes breakfast, dinner, 1 bottle of wine per cabin, all soft beverages.