CITY TOUR & CANAL (half day)

It is a ride that allows our visitors to take a tour of the highlights of Panama City.

Panoramic tour along the Coastal Beltway, overlooking the Pacific Bay, and we are able to see most part of the skyscrapers of this modern city.

Old Quarter, built in 1673, we will take a tour on the cobblestone streets and squares framed by the Spanish architectural design of the time as we reach the Golden Altar in the Cathedral of San Jose, France Square, then we will walk through General Esteban Huertas passageway to get into the Vaults, and the Obelisk in honor of France, which was the first country to collaborate with the construction of the Canal.

Then, we visit the Miraflores Locks to observe the Canal operations and ship transit (subject to Canal Administration itinerary). To conclude, we will drive through Causeway Islands, an “artificial terrain” built to connect 3 islands with the mainland, visit the craft market there and the Duty Free.

If time is pressing, we can offer you shorter tours such as Miraflores Locks, Panama Canal or just the city tour.

INCLUDED: Ground transportation, guide, entry tickets and bottled water.

RECOMMENDATIONS: Comfortable walking shoes, sunscreen, sunglasses and hat.

HOURS: 8:30 a.m. to 1:00 p.m. or 1:30 p.m. or 6:00 p.m.

CITY TOUR & CANAL (full day)

On this full-day tour, we will know a little history of Panama and the Panama Canal. Visit the Miraflores Locks where we can observe the transit of ships through the Panama Canal gates. These facilities have a ship simulator in which you can experience a virtual journey through the Panama Canal. Finally, there is museum in the fourth level on the Panama Canal expansion and a lookout to observe ship traffic.

After visiting the Canal, we will head to the Causeway Islands where we will visit the Duty Free Shop which is tax-free for tourists and foreigners. In addition, we will go to the craft market and enjoy a delicious lunch.

We will visit Panamá La Vieja which was the first city founded in the isthmus in 1519, and it was attacked by the pirate Henry Morgan in 1670, where we will observe the tower of the Cathedral.
At the Old Quarter (Casco Viejo) of Panama City, we will be able to see the old and typical buildings of the time of the foundation of Panama, cobblestone streets that still remain, the presidency of the Republic and San Jose Church where we can see the Golden Altar and churches like San Felipe de Neri Church.

INCLUDED: Transportation, entry tickets to Miraflores Locks and Panamá La Vieja, lunch (3 courses with 1 soft drinks or juice), bottled water during the tour.

HOURS: 9:00 a.m. – 5:00 p.m.

RECOMMENDATIONS: Comfortable walking shoes, sunscreen, sunglasses and hat.

CITY TOUR – A TRIP THROUGH PANAMA CITY

At the Old Quarter (Casco Viejo), we will remember the past through its colonial architecture, cobblestone streets where we will visit La Merced Church that nowadays has a religious museum, walk through the vaults, General Esteban Huertas passage, where the defense of the colonial city was located, the royal household, the supreme court and the prisons were found on the upper part, from where we can appreciate the view of the modern city with its skyscrapers and the Coastal Beltway.

After walking a bit more, we will visit the Square of France where its walls tell the story of warriors, heroes and builders of the French Canal, the Interoceanic Canal Museum that has artifacts and information for the planning, construction and topicality of the Panama Canal operations. The Metropolitan Cathedral, the towers with spires of mother of pearl, and the old bells brought from the Old Panama (Panama La Vieja), first city founded in the isthmus in 1519.

Legend says that Spaniards thought of an escape system that is located under the Churches.

This visit to the Old City has a charm that will certainly make you want to return.

INCLUDED: Ground transportation, bottled water.

RECOMMENDATIONS: Comfortable shoes, sunglasses and hat.

DURATION: 2 hours.
PANAMA CANAL – VISIT TO THE MIRAFLORES LOCKS VISITOR CENTER

From Panama City, we will head to Miraflores Visitor Center, located on the east side of the Miraflores Locks. This is an ideal place to observe the Canal operations and a magnificent engineering work of the early 20th century. We can observe the opening and closing of the locks as the ships begin or end their transit through the Canal. (Subject to schedule of the Canal Administration).

INCLUDED: Ground transportation, guide and entry tickets to Miraflores Visit Center.

RECOMMENDATIONS: Comfortable clothes, sunglasses and hat.

DURATION: 2 hours.

HELICOPTER CITY TOUR

The air tour will begin either at Marcos A. Gelabert International Airport or at the Hard Rock Hotel Megapolis Panama helipad. Immediately after take-off, we’ll see the most beautiful and breathtaking views of the Panama City Bay.

It is amazing what you can see from this height and the distance you can travel without congested streets and traffic lights.

Experience Panama City from a totally different perspective. Soar into the air and look down through the majestic skyscrapers of this gorgeous city.

Also, we will fly over the Panama Canal area including the Miraflores Locks, Gatun Lake and Chagres River.

Just relax and enjoy the flight!

INCLUDED: Ground transportation, if taking off or landing at Marcos A. Gelabert Airport (Albrook).

RECOMMENDATIONS: Comfortable footwear.

MAXIMUM: Due to the capacity of the aircraft, the maximum for this tour is 6 people per flight.

DURATION: 1 hours, (flight 20 minutes).
CANAL TRANSIT (Partial Transit)

We invite you to discover the Eighth Wonder of the World from the best perspective: aboard a boat!

This excursion begins with ground transportation to the area of Gamboa, where the facilities of the Dredging Division of the Panama Canal Authority (ACP) are found, on Gatun Lake. Once there, we will take a boat to begin the tour of the Canal, through the Culebra Cut, known so because its curves resemble a snake.

That is where the Chagres River flows into the Canal, and this is one of the most interesting parts since the Cut was built across the Continental Divide, and it has great historical and geological value; at this point, the operation of the Canal begins, navigating to Pedro Miguel Locks.

In this area, the works of the Panama Canal expansion project can be observed. In the Pedro Miguel Locks, the ship is lowered 9m to the Miraflores Lake, which we will pass through to reach the Miraflores Locks, where the ship is lowered 18m in total, on two stages. At the end of the descent, we will reach the Pacific Ocean. From there, the ship navigates to the Flamenco Marina where we disembark.

The tour may take the reverse order, leaving Miraflores to Gamboa, following the recommendations of the Panama Canal Authority.

INCLUDED: Ground and sea transportation, guide, lunch (3 courses with 1 soft drinks or juice), bottled water.

RECOMMENDATIONS: Light clothes, comfortable shoes, sunscreen, hat and sunglasses.

NOTES:
- Schedule depends on the duration of the transit through the locks, and there can be a variation of up to two hours.
- The type of vessel can be different from the picture.
- The starting point for this tour can vary.

FREQUENCY: Saturdays.

HOURS: 9:00 a.m. to 3:30 p.m.

PANAMA LA VIEJA – HISTORY & CRAFTSMANSHIP

Panama La Vieja or Panama Viejo (Old Panama) is the name given to the archaeological site where the city was located in Panama since it’s founding in 1519; considered the first European settlement on the Pacific coast of the Americas. This city was located in an area originally occupied by an indigenous community, why the appearance of archaeological evidence of pre-Columbian cultures explains.

The city was hit by at least three devastating fires and earthquakes; it was also besieged several times by pirates: the worst of these sieges was commanded by
the English pirate Henry Morgan. The city was finally destroyed when the crossfire between Spaniards and pirates ended up by blowing up the explosives depots that were there.

From this set, the ruins belonging too many of the buildings in the old town, with a varying degree of conservation can be observed, among them we will find the ruins of the cathedral, with its tower of 30 meters high that has been intervened architecturally to serve as a lookout point for visitors. Panama La Vieja was declared a historical monument by UNESCO in 1976 and a few years later as a World Heritage Site.

The area has a Visitor Center where we will enjoy the passage of history, watching from the pre-Columbian findings, to a scale model of how city of Panama looked before the attack of the pirate Morgan.

Continuing on the historical tour, we will visit Reprosa: the only craft company that can reproduce original pieces of "Las Huacas": treasures that were used by pre-Columbian aboriginals, found in the Isthmus of Panama, and who escaped the greed of the conquerors because of the belief of the Indians in a life beyond death. The reproductions are hand-made out of gold and silver, using the lost wax method.

INCLUDED: Ground transportation, entry tickets and bottled water.

RECOMMENDATIONS: Comfortable walking shoes, sunscreen and sunglasses.

HOURS: 9:00 a.m. to 12:00 p.m. / 1:30 p.m. to 4:30 p.m.

BIODIVERSITY MUSEUM (BIOMUSEO) & CAUSEWAY ISLANDS

We invite you to visit this museum that tells an extraordinary story: how the isthmus arose from the sea, linking two continents, separating a big ocean in two and changing the biodiversity of the planet forever.

It is a building designed by world-renowned architect Frank Gehry, of notorious vitality, color and brightness, which resembles the work of a contemporary sculptor. The Biomuseo is a powerful combination of science, art and design.

The basic idea is to make us more aware of our role in the world, from a continuous reflection on biodiversity; To achieve this, there has been a new approach to the traditional concept of exhibition, through assemblies that produce a sensory impact, motivating learning and discovery; combining technology, art and design.

The Biomuseo is a symbol of global concern for the environment and conservation, to spread to the world the extraordinary natural and cultural heritage of Panama.

It is the only building of Frank Gehry built in Latin America; it is a purely Panamanian building that adopts and reinterprets our climate, architecture and culture.
It is located at the beginning of the Amador Causeway and at the entrance of the Canal, which seems to float along with the other boats, like a ship full of color.

The visit includes a sightseeing tour of the Causeway, a road connecting mainland Panama City with four Pacific islands.

INCLUDED: Ground transportation, guide and entry tickets to Biodiversity Museum.

RECOMMENDATIONS: Light clothes, comfortable footwear and sunglasses.

DURATION: 2 hours.

ECO CANAL & SUMMIT MUNICIPAL PARK (Monkey Island)

This beautiful adventure consists of a scenic tour through the historic Panama Canal; accompanied by a naturalist guide, we will enjoy and learn about the wildlife of Lake Gatun.

This tour will take us to explore some of the islands after the creation of which was once the world's largest artificial lake formed. The boat trip takes about 60 minutes, in which we will observe an exuberant flora and fauna within which a number of native birds, sloth, and perhaps even alligators and crocodiles stand out. This tour is ideal for nature lovers as we can observe wildlife in a magnificent setting of tropical plants, trees and endemic alien species introduced into the canal during its construction.

On the way back, we will visit the Summit Municipal Park, "a jewel within the Sovereignty National Park": created in 1923 by the former Panama Canal Company, as an experimental farm to test the adaptation of species and plants from around the world to the tropical climate of Panama.

In the zoo, we will see a great variety of native and foreign species; the most representative within the park is the harpy eagle, the national bird of Panama.

INCLUDED: Ground transportation from the hotel to Gamboa, water transportation (boat with capacity for 15-20 people each) from Gamboa to Monkey Island, entrance to Summit Park and visit to the educational center of Harpy Eagle, guide and bottled water.

RECOMMENDATIONS: Light clothes, sneakers, hat, sunscreen and sunglasses.

NOTES:
- Please refrain from carrying objects that can be seen by the monkeys during the boat tour and visit to the island.
- Pregnant women or people under the influence of alcohol or illegal substances will not be accepted on this tour.

HOURS: 9:00 a.m. to 1:30 p.m.
AERIAL TRAM & GATU EXPEDITION

This will be an unforgettable experience! Located at the heart of the jungle and along the Panama Canal, you will find the Gamboa village, unique in the world that offers its visitors a perfect combination of tropical forest landscapes, allowing for a personal encounter with nature, in comfortable and luxurious facilities.

The tour begins with a ride on the aerial tram reaching the observation tower, from where we will admire the tropical rainforest of the area, its flora, fauna and the vastness of Gatun Lake. We will visit the orchidaria, where we will see a number of orchids and butterflies, such as the Monarch butterflies, and Morfa.

The visit to the aquarium and serpentarium will leave us astonished; we will continue with a boat ride through the waters of the Panama Canal, to cross the water paths between the islands that were formed when Gatun Lake was created. This area is a natural sanctuary where can see some native species: sloths, swallows, toucans, crocodiles and turtles, as well as the lush vegetation of the area.

Enjoy a buffet style lunch in the restaurant called "The Lizards", on the banks of the Chagres River, where wonderful views of the river and the surrounding area can be are observed.

INCLUDED: Ground transporation, guide, visit to the aerial tram, visit to the serpentarium, orchidaria and butterfly house, boat ride on Gatun Lake, buffet lunch (3 courses with 1 soft drink or juice).

RECOMMENDATIONS: Comfortable and light clothes, sneakers, hat, sunscreen, repellent and sunglasses.

NOTE: Pregnant women or people under the influence of alcohol or illegal substances will not be accepted on this tour.

DAYS AVAILABLE: Tuesdays to Sundays.

HOURS: 8:00 a.m to 4:00 p.m.

BIRDWATCHING

We will leave early to the Sovereign National Park, and we will visit the Pipeline Road: its name is because at the time of the World War, this site was to be used to exchange oil from ocean to ocean. Being a narrow road, the Camino de Cruces forest is always changing due to the growth of trees and exotic plants.

Upon entering the park, we will walk 2.5 km during which we will enjoy and admire the natural beauty; we will observe a variety of birds that inhabit this area and lush vegetation, accompanied by various mammals such as howler monkeys that are popular in the area for emitting sounds
that resemble the Jaguars. We also find the rainbow toucans that emit a similar sound of frogs. Depending on weather conditions, we will be able to see birds of prey and sometimes some reptiles are also present.

This accumulation of sounds emitted by the animals and the chirping of birds, bring a magical touch to this privileged natural setting.

**INCLUDED:** Ground transportation, guide, entry tickets, bottled water, binoculars and bird identification card.

**RECOMMENDATIONS:** Sneakers (or boots), raincoat, repellent, long pants and hat.

**HOURS:** 6:00 a.m to 12:00 noon

**PANAMA EXPRESS TRAIN**

We arrived by bus to the city of Colon, Panama's commercial capital, and if time permits, we will visit the San Lorenzo Fort (declared a World Heritage Site by UNESCO) on the banks of the Chagres River, where pirates, led by the famous Henry Morgan, began their attack on the city of Panama.

We also visit the Gatun Locks where we will receive an introduction to the operations of the Panama Canal. This is subject to the transit schedule of the Panama Canal.

Lunch will be served in a city restaurant before taking a scenic tour of Colon. Return to Panama City aboard the Panama Canal Railway, first interoceanic railroad in the world.

The Panama Canal Railway is one of the main railway journeys of the world. In addition to its rich history, the railroad follows a picturesque path across the Isthmus of Panama.

**INCLUDED:** Ground and train transportation, guide, entry tickets, bottled water and lunch.

**RECOMMENDATIONS:** Light clothes, comfortable walking shoes, sunscreen, repellent, and sunglasses.

**FREQUENCY:** From Monday to Friday only.

**HOURS:** 8:30 a.m to 6:00 p.m.
EMBERA INDIGENOUS COMMUNITY

The Indigenous Embera-Wounan Community is a natural reserve located between the Darien National Park and the Chagres National Park, on the banks of major tributary rivers of the Canal watershed. The diversity of vegetation and wildlife makes it a tropical paradise where we will visit one of the indigenous communities living in Panama: Parará Purú.

We invite you to start your trip with ground transportation to the dock on the shoreline of San Juan River, and then board a pirogue (canoe) and cross the river to the indigenous community. They will give us a speech that will be about their history, culture and customs; we enjoy a taste of their folk dances, and a crafts exhibition: baskets made of natural fibers, as well as figures carved in cocobolo wood or tagua nut (better known as vegetable ivory).

We will taste a typical lunch prepared by the Indians themselves, served on banana leaves, with fish, cassava or plantain (fried plantains). The head of the community will explain the medicinal use of some plants. We can experience the ancient custom of tattooing with jagua (vegetable seed) which Indians used to paint their bodies with geometric or animal shapes in ceremonies; to finish the day, we can expect a stunning waterfall that adorns this beautiful landscape, where we take a refreshing dip in a natural pool.

For climatic reasons, the visit to the waterfall.

INCLUDED: Ground transportation, river-crossing in a motorized pirogue, donation to the community and the park, typical lunch, fruit, soft drinks (soda), snacks and eligible for a traditional tattoo.

RECOMMENDATIONS: Comfortable clothes, sport shoes or wet shoes, sunscreen, sunglasses, swimsuit, beach towel, additional change of clothes and repellent.

HOURS: 9 a.m to 4:00 p.m.
ANTON VALLEY

Anton Valley is at a 90-minute distance from the city; the healing energy from the wind, water and green mountains surrounding the valley are felt over the place. All in a permanent spring atmosphere where all species of plants and animals thrive; there are countless species of flowers and trees, hundreds of species of mammals, reptiles, and more than 350 species of birds living in the Anton Valley.

This is a unique community because it is the only inhabited volcano in the world; we will visit the picturesque village of Anton Valley, where we will find a craft market with a wide choice of crafts made by residents of the community, flowers, fruits and vegetables. Natural attractions to visit include the El Macho waterfall, where we will walk in the middle of a tropical rainforest, a group of small thermal pools, a recovery center wildlife requiring assistance and a zoo called "El Nispero" including a collection of amphibians and frogs, where you can observe the golden frogs, flora and fauna of the region.

INCLUDED: Ground transportation, guide, lunch (3 courses with 1 soft drink or juice), entry tickets and bottled water.

RECOMMENDATIONS: Short pants, sneakers, repellent, sunscreen, hat and sunglasses.

NOTES: Pregnant women or people under the influence of alcohol or illegal substances will not be accepted on this tour.

HOURS: 8:00 a.m to 5:00 p.m.

ANTON VALLEY & CANOPY ADVENTURE

To the magical experience of Anton Valley, we will incorporate the adrelin of the Canopy adventure: an alternative for tourists with adventurous spirit.

Canopy allows us to ascend to the canopy and through an air path, which will allow us to observe the flora and fauna of the tropical rainforest. The techniques used are those used by cave explorers and mountaineers.

The Canopy Adventure is located around the spectacular waterfall Chorro El Macho.

GRADE OF DIFFICULTY: I - II
INCLUDED: Ground transportation, guide, lunch (3 courses with 1 soft drink or juice), entry tickets, instructors, safety equipment and bottled water.

RECOMMENDATIONS: Short pants, sneakers, repellent, sunscreen, hat and sunglasses.

MINIMUM AGE: 12 years.

MAXIMUM WEIGHT: 90 kg./200 lbs. per person.

HOURS: 8:00 a.m to 5:00 p.m

SABOGA ISLAND (day pass)

Saboga is the first island located to the north of Pearl Islands on the Pacific Ocean. It is one of the few inhabited islands of the archipelago.

Saboga Island like the rest of the Pearl Islands is known for its rich biodiversity. The main economic activity of the island is fishing, though efforts have been made recently to boost tourism in this location.

We can enjoy a walk through the island to the village, walking along dirt roads that reveal astonishing vegetation, we will arrive to the south of the island in Tortuga Beach; up north, to the west of island, we will find Playa El Encanto and Playa Blanca. Those are different beaches, but all with the same fine white sands, tropical vegetation, pipe and coconut, flowers and shells: a charm to enjoy an unforgettable beach day.

Beach services, restaurant, sport fishing, diving (with or without oxygen tank), ecological walk, kayaking, snorkeling, boat rides to other islands, etc. are offered in the island.

From relaxing moments to adrenaline-filled activities, Isla Saboga will leave you spoilt for choice when it comes to leisure and fun.

Ferry transfer both ways, leaving from the Balboa Yacht Club in Panama City.

INCLUDED: Ground transportation and ferry, lunch (3 courses with 1 soft drink or juice), chair and beach umbrella.

RECOMMENDATIONS: Comfortable clothes, comfortable footwear, repellent, sunscreen, swimsuit, sunglasses and beach towel.

HOURS: 6:30 a.m to 5:30 p.m
CONTADORA ISLAND (day pass)

Contadora Island is one of the islands making up the Las Perlas archipelago; it offers a beautiful natural landscape, with sunshine throughout the year, where the best of nature with architecture blends: we will observe houses of wealthy personalities that have been captivated by the beauty of the island.

The Pearl Islands was the refuge of pirates and merchants exploiting the riches of the new world, they took the island as the place to have the pearls counted and sent to Europe; hence the name.

The island has 11 beaches, 5 of which are the most popular and easy to explore. They all have unique characteristics that differentiate them, while maintaining their fine white sands and crystalline waters of the Pacific Ocean; they invite us to discover their particularities.

Recently, Contadora was selected as the venue for three seasons of the television series Survivor.

The island can be explored by foot, golf cart, or boat; all are highly recommended, and reveal a different side of Contadora.

Beach services, restaurants, pool, fishing, diving, snorkeling, kayaking, banana boat and boat rides to other islands, as well as rentals of bicycles, quadracycles, golf carts, etc. are offered to you in the island.

INCLUDED: Ground transportation and ferry, lunch (3 courses with one soft drinks or juice), chair and beach umbrella.

RECOMMENDATIONS: Comfortable clothes, comfortable footwear, repellent, sunscreen, swimsuit, sunglasses and beach towel.

HOURS: 8:00 a.m to 5:30 p.m

Optional:
There is a commercial flight from Marcos Gelabert Airport to Contadora Island on Fridays and Sundays.
SAN BLAS ISLANDS (day pass)

The San Blas Islands of Panama are an archipelago comprising approximately 365 islands and cays, of which only a small percentage is inhabited. They lie off the north coast of the Isthmus of Panama, east of the Panama Canal. A part of the Guna Yala region (also spelled Kuna Yala) along the Caribbean coast of Panama, they are home to the Kuna Indians. The area is popular for sailing, as it is known for its beauty and stable weather conditions.

The Kuna’s protect their lands against massive tourism and keep them healthy and beautiful. This makes the San Blas Islands of Panama unique if you are searching for untouched nature and culture. You will sleep in eco-friendly accommodations made by the Guna’s Indians from natural materials which they found on the Islands and in the jungle.

Our tour will begin at the reservation visiting a traditional Kuna house, the school and the Council; then, we make a 30 minute boat ride that will take us to Isla Aguja, our destination to enjoy an extraordinary day at the beach, sea bathing and if you like, you can snorkel in clear waters with a variety of fish and other marine life.

INCLUDED: Ground transportation to San Blas Islands via Chepo, breakfast at Crab Island, boat ride to Needle Island, enjoy the beach with an open bar and snacks, lunch, snorkeling equipment, accident insurance and taxes.

RECOMMENDATIONS: Comfortable clothes, comfortable footwear, repellent, sunscreen, swimsuit, sunglasses and beach towel.

FREQUENCY: Wednesdays, Fridays and Sundays.

HOURS: 6:00 a.m to 7:00 p.m.

EL PALMAR SURF (day pass)

Do you love the beach? Have you tried surfing? Here is your chance to enjoy the beach while learning surf and making new friends!

We will visit El Palmar beach which is found about 80-minute drive away from Panama City, and it is a small town in the Panama Pacific Coast, in which Panama Surf School is located. Since it has a prime location in Pacific Gulf, it offers the possibility of surfing in one of the most renowned beaches in the country.

The surf school is in front of the beach and it has an excellent wave set ideal for beginners and experienced surfers.
It is the ideal place to have fun and learn one of the most exciting water sports of the world. The classes are run by professional surfers, who will teach the basics of the sport to enjoy a fun and safe experience. It has one instructor for every 2 students.

No experience is required, just willingness to have fun and dash into the adventure of the waves, learning one of the most exciting water sports! Additionally, you can enjoy some beach time.

**INCLUDED:** Ground transportation, 2 hour induction on the sand and water and surf table while staying on the beach, traditional lunch and bottled water.

**RECOMMENDATIONS:** Comfortable clothes, comfortable footwear, repellent, sunscreen, swimsuit, sunglasses and beach towel.

**HOURS:** 9:00 a.m to 5:00 p.m.

**MAMONI RIVER RAFTING**

One of the benefits of the geography of Panama, is its thick forests, where the most beautiful, hidden rivers invite one to enjoy an unforgettable experience, as it is the practice of this exciting sport on Mamoni River, located in the town of Chepo approximately at 1 hour and 40 minutes from Panama City. The river journey will take approximately 3 hours in which we will find class III and IV rapids; walking would be required in some places due to difficulties found such as the beautiful Charare Waterfall.

Entre las principales actividades del área están la ganadería y actividades relacionadas con la madera pero todavía persiste la agricultura de subsistencia y búsqueda artesanal de oro. Cada excursionista tendrá la oportunidad de participar activamente en este sistema de senderos acuáticos en un área de fauna y flora típica de la región, acompañado de instructores certificados en medidas de seguridad internacionales.

**SCALE OF DIFFICULTY:** III y IV

**INCLUDED:** Ground transportation, specialized guides, rafts (or kayaks, depending on the flow of the river), life jackets, safety equipment, lunch, fruits, snacks, soft drinks and tour guide.

**RECOMMENDATIONS:** Short pants, swimsuit, sunscreen, repellent, towel, additional change of clothes.

**MAXIMUM WEIGHT:** 200 lbs. per person.

**MINIMUM AGE:** 12 years

**HOURS:** 7:00 a.m to 5:00 p.m. (The tour duration depends on the flow of the river)