

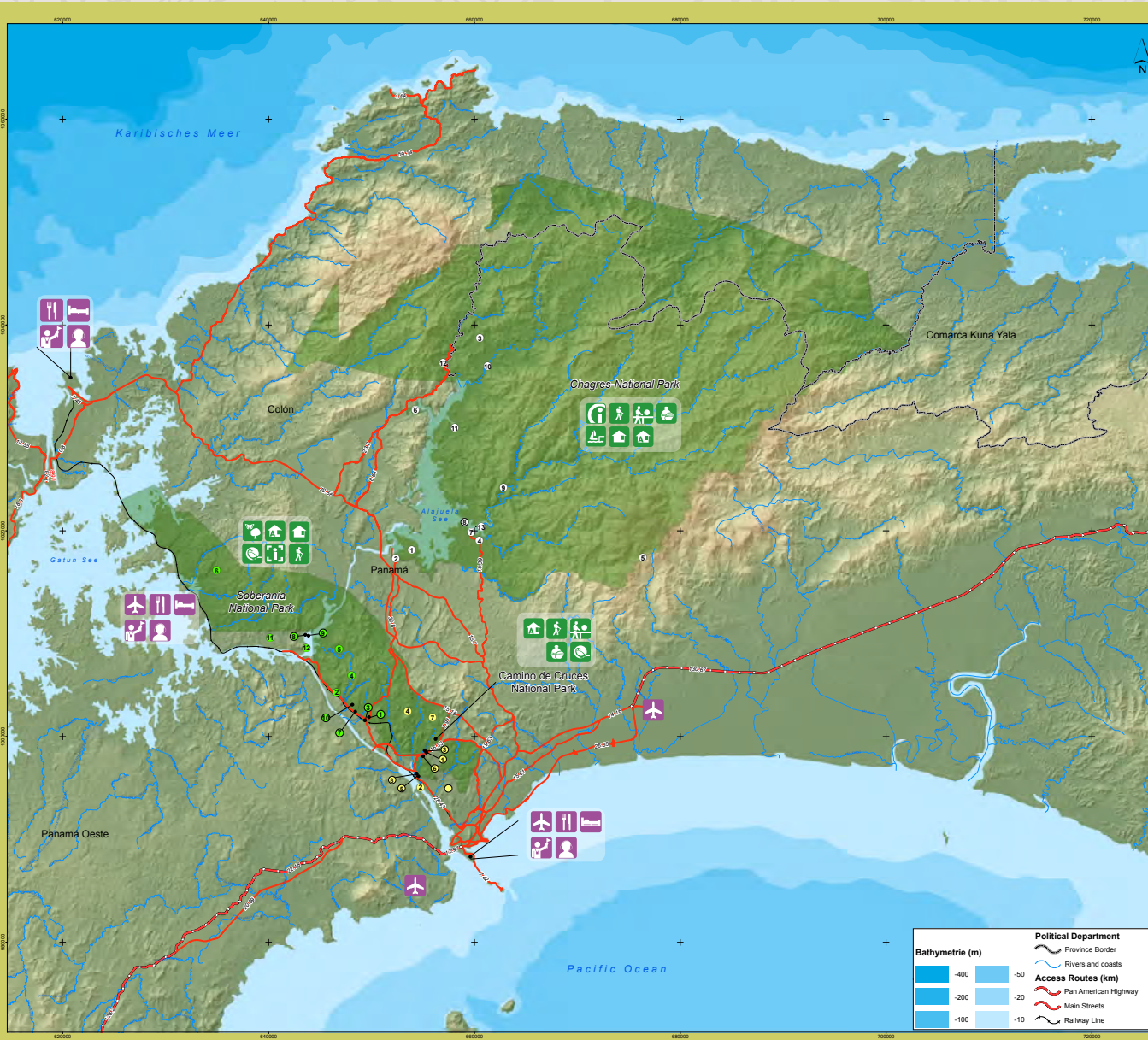


CHAGRES NATIONAL PARK
SOBERANÍA NATIONAL PARK
CAMINO DE CRUCES NATIONAL PARK

Destination of Green Tourism
Canal Area



Resources Identified in the Circuit 1: Destination Channel Areas



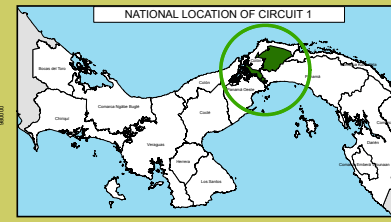
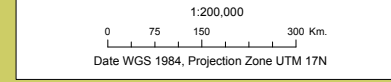
Camino de Cruces National Park		Coordinates	
		X	Y
1	Administrative office P.N.C.C.	655309.78	998512.26
2	Viewpoint Mirador del Canal	654770.48	995045.42
Ways			
3	Shrimp	655236.32	998597.81
4	Callejón Cerro Piasso	653544.11	100244.77
5	Park Rangers	654510.69	996229.34
6	El Mirador	655058.90	998091.48
7	Camino de Cruces	655938.84	1001808.61
8	Der Fischer	654408.17	996411.29

Chagres-National Park		Coordinates	
		X	Y
1	Verwaltungsstelle P.N.Ch.	653934.83	1018082.53
2	Entrance to Chagres Field Park	652383.43	1017264.43
Ways			
3	Camino Real	660541.57	1038716.06
4	Honig (UCLA)	660508.64	1019026.16
5	Del Indio (Waldläuferhaus)	676383.67	1017344.15
6	Puerto Revolución	654280.34	1031698.58

Soberanía National Park		Coordinates	
		X	Y
1	Administrative office P.N.S.	646821.78	1001943.69
Ways			
2	El Charco	646633.30	1004263.91
3	Geist des Waldes	640401.73	1001596.78
4	Plantage	648094.25	1005879.85
5	Camino de Cruces	646875.02	1008478.47
6	Pipeline	634964.08	1016093.75
7	Summit Urban Park	648351.81	1002417.22
Community			
8	San Antonio	643635.60	1009924.67
9	Elta Purú	643769.88	1009850.87

Accommodation		Coordinates	
		X	Y
10	Hotel Canopy Tower	648116.66	1003152.49
11	Rainforest Discovery Center	640168.43	1009677.56
12	Hotel Gamboa Rainforest	643681.64	1008552.00

Unterkünfte	Leitfaden
Panama-Stadt: 269 Objekte (112 Hotels, 8 Aparthotels, 29 Villen, 29 Pensionen, 4 Hütten, 1 Bungalow, 1 Motel, 75 Familien-Hotels/Hotels und 57) Panama-West: 33 Unterkünfte (10 Hotels, 11 Wohnhotels, 4 Pensionen, 3 Bungalows, 16 Familienhotels, 2 Hotels und 1 Campingplatz) Restaurants: Panama City und Panama Oeste: 265 und 35 Reise Agenten: Panama City: 56	4 Leitfäden in Panama-Stadt (International Tourism Unit und Marco A. Galabert bei Panama Pacific) Certified Tourist Guides Panama-Stadt: 134 Panama City: 134 Guides (General Guidelines, 105 Special Guides 14, Certified Guides, 10 and Site Guides 1) Panama West: 32 guides (29 general, 4 specialized, 3 specialized and 1 site guide)



Bathymetrie (m)		Political Department	
Blue	-400	Black line	Province Border
Light Blue	-50	Blue line	Rivers and coasts
Light Blue	-200	Red line	Pan American Highway
Light Blue	-20	Red line	Main Streets
Light Blue	-100	Black line	Railway Line



Destination of Green Tourism

Canal Area

Presentation

Green Tourism represents an opportunity to promote the appreciation and the value of our protected areas and to generate economic benefits to the communities, in collaboration with the private sector. It also increases revenues in protected areas so that they can be reinvested in their conservation and management, as well as in the prevention and mitigation of negative impacts that may be generated. In addition, it can be a dynamic element in the rural communities of the country, particularly benefiting young people and women. Whose mission is low impact sustainable development, that supports the conservation efforts and optimizes the socio-economic benefits to the population, assuring the tourist competitiveness under a shared and effective leadership.

Likewise, it has the vision to 2026, that Panama is a regional leader in responsible green tourism and a catalyst for the private sector and the communities surrounding the protected areas. These communities are inserted in four Green Tourism Destinations, if we omit the destination that is addressed in this catalog the other three would be: Highlands, Central Caribbean and Archipelagos.

The Destination of Green Tourism Canal Area, has exuberant routes that connect nature with rural life where the past is discovered, the present is lived and the hope for a better future is built. Includes the Protected Areas: Chagres National Park, Soberania National Park and Camino de Cruces National Park. These three PAs are interconnected by a water network that in turn links them to the Panama Canal.

Only, the Chagres National Park provides around 52 million gallons of fresh water (about 196.84 million liters), not recoverable, for the



proper functioning of the Panama Canal, in addition to providing potable water, along with other water sources that make up the Panama Canal Watershed, 95% of the Provinces of Colón, Panama and in Western Panama to the District of La Chorrera, and produce electricity for the provinces of Panama and Colon.

These protected areas consist of ecosystems with lowland forests, cloud forests and lotic ecosystems. They also have more than 900 registered plant species, keeping 12% of the endemic plants of Panama, as well as an estimated 114 species of mammals, also registering some 650 species of the 1,002 species of birds registered in the country (65%), about 95 species of reptiles and 79 of amphibians.

The Canal Area is immersed among part of Panama City, with a rural population composed of ethnic groups such as the Emberá Drua and Wounaan and peasants who live mostly in the Soberania National Park and the Chagres National Park.

Its habitants are warm, pleasant, helpful, simple, cheerful and very hospitable.

Its gastronomy is very varied, finding typical dishes such as: Sancocho de gallina, arroz con pollo, ensaladas de papas y legumbres, plátano en tentación, platos elaborados a base de maíz: tamales, tortillas, almojábanas, empanadas, bollo de maíz nuevo y maíz viejo, tasajo, puerco frito, hojaldres, carimañolas, arroz con coco y guandu, arroz con coco, arroz con guandú, porotos, frijol de palo, miel, mermeladas de frutas, queso blanco, chichas naturales, leche agria, chicheme, cocadas, pescado frito (tilapia, sargento, sábalo), escabeche de tilapia, patacones y purés de verduras.

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Protected Areas that make up the Canal Zone

(General Description)

Camino de Cruces National Park

- Created in 1992, to protect the ecosystems and species of tropical forests near Panama City, within the Canal watershed. Located only 15 km north of Panama City. The suggested carrying capacity for the trails in the Protected Areas varies from 10 to 15 people; however, certified guides handle groups of up to 9 people per recommendation. Group flows should be considered every 30 minutes to 1 hour, consulting with him or the Park Ranger, depending on the path.
- It has an area of 4,000 hectares, bordering the wooded areas between the Metropolitan Park and the Soberania National Park, it has a corridor that preserves stretches of the old road of the Spanish domination period (1,530), Camino de Cruces. This being together with the Camino Real, two of the historical background motivating the construction of the Panama Canal.
- Its climate is tropical rainy, with Caribbean winds, and the vegetation, therefore is abundant.
- Its flora is very varied highlighting species commonly known as epiphytes, shrubs, tree ferns and reeds, as well as examples of sweet cedar, cypress, jaul, white oak, oak and tirra
- Its fauna is also varied and includes reptiles such as green iguana, warty snake, liana, snakes and alligators, birds such as the macaw, parrot, guichiche, sparrowhawk and columbarium (*Colibri thalassinus*) or insects, especially butterflies and monkeys, such as marmoset.
- With an average annual temperature of 27°C and a precipitation of 2,000 millimeters per year.
- Only 16 kilometers away from Panama City.

Access

How to get there? / Transfer Times vs. Distance

Panama City: Take the North Corridor - Cross Bethania to the right, then take the left towards Centenario, and go down to the right at 13.9 kilometers from Panama City or 22 minutes of transfer.

Soberania National Park

- Created in 1980, to protect the ecosystems and the species of the humid tropical forests inserted in its 19,525 hectares.
- Located just 20 minutes from Panama City and 40 minutes from the City of Colon. This Protected Area is home to some 300 species of plants and 525 species of birds. As well as 105 species of mammals, 79 species of reptiles and 55 of amphibians among others have been identified.
- This park is part of the biological corridor of protected areas in the eastern part of the Panama Canal that also includes the Metropolitan Natural Park, the Camino de Cruces National Park and the Chagres National Park.
- The Soberanía National Park is located along the eastern bank of the Panama Canal and forms part of its watershed. It occupies the provinces of Panama and Colon and is one of the protected areas of the country with the easiest access, located only 25 kilometers from Panama City.
- During 19 consecutive years, it reached world records that culminated in the year 1996, when in a single day 525 species of birds were counted. Among them is the presence of the threatened crested eagle (*Morphnus guianensis*), the spectacular red-backed parrots (*Amazona autumnalis*) and different species of colorful trogons such as the violet trogon (*Trogon violaceus*).

- With an annual average temperature of 27°C and a precipitation of 2,000 millimeters per year.

Access

How to get there? / Transfer Times vs. Distance

Panama City: Take Omar Torrijos Herrera Avenue / Gaillard Avenue, 24 kilometers from Panama City or 32 minutes transfer.

Chagres National Park

- Created in 1985, to protect its surface of 129,000 hectares, located in the eastern sector of the Panama Canal.
- It is formed by tropical forests and a series of rivers that supply enough water for the Chagres River and Gatun Lake, which regulate the normal functioning of the Panama Canal and provide drinking water, along with the other water sources that make up the Cuenca del Panama Canal, to 95% of the Provinces of Colón, Panama and in Western Panama to the District of La Chorrera, besides producing electricity for the provinces of Panama and Colon.
- Located between the Provinces of Panama and Colon, in the East sector of the Panama Canal. Its main headquarters are after the town of Chilibre, in the direction of the Lake Alajuela dam.
- The presence of 114 species of mammals, 396 of birds, 95 of reptiles and 79 amphibians are recorded. There are 143 endemic plant species out of a total of 486 species, maintaining 12% of the endemic plants for Panama.
- With an annual average temperature of 25°C and a precipitation of 4,000 millimeters per year.
- Only 52 kilometers from the Panama city.

Access

Panama City: Take Omar Torrijos Herrera Avenue in the direction of Chilibre / Puerto Corotú, 52 kilometers from Panama City or 2 hours transfer.

General Regulation of Behavior in Protected Areas

General recommendations

- The schedule for visitors will be from 08:00 to 16:00 hours (Bell from 06:00 to 18:00).
- The visitor must comply with the instructions they receive from the guides.
- Visitors should use biodegradable sunblocks to carry out activities.
- Any action that violates the natural condition of the site is prohibited.
- It will not be possible to collect or extract natural resources
- It is prohibited to light fires.
- It is forbidden to use radios or generate noise that could disturb the environment and scare away wildlife.
- It is prohibited to touch, manipulate or feed the wildlife.
- Littering is prohibited.
- The entry and consumption of alcoholic beverages and drugs is prohibited.



Trail in Pipeline Road, PNS.



Trail in Gamboa, PNS.



Waterfall in Emberá community, PNCH.



Chagres National Park.

Establishments with sustainability certification

The Certification Program in Tourism Sustainability of Panama, is a voluntary process in terms of participation that evaluates and ensures that a company implements or achieves the established standard. In addition, a certification program typically highlights these achievements with a distinction, logo or seal that is recognized and promoted.

Accommodations

The concept of Sustainable Tourism cites that they are “those tourist activities that respect the natural, cultural and social environment, and with the values of a community, which allows to enjoy a positive exchange of experiences between residents and visitors, where the relationship between tourists and the community is fair and the benefits of the activity are shared equally, and where visitors have a truly participatory attitude in their travel experience.”



The imposing Chagres River, PNS.



Products / Ecotourism Experiences in Protected Areas



Destination of Green Tourism
Canal Area

ECOTOURISM	ADVENTURE	CULTURE
Ecotourism general	Trekking / Routes Thematic	Heritage Cultural
Walking trails		
Birds	Adventure general	Contact with Culture Local



Contact with local cultures, PNCH.



Cruces Trail, PNCC.

Panama City: 269 accommodations (112 hotels, 8 apart hotels, 29 residential, 29 pensions, 4 cabins, 1 bungalow, 1 motel, 78 family hostels and 7 hostels).

Panama West: 53 accommodations (10 hotels, 11 residential, 4 pensions, 5 bungalows, 16 family hostels, 2 hostels and 1 camping site)

Restaurants

Panama City and Western Panama: 265 and 35 restaurants.

Tour Operators

Panama city: 56.

Air transport

3 Airports in Panama namely A. Tocumen International, Marcos A. Gelabert International A. and Panama Pacifico International A.

Certified Tourist Guides

Panama City: 134 guides (General guidelines 105, Specialized guides 18, Coordinating guides 10 and Site guide 1).

Panama West: 30 guides (20 general, 6 coordinators, 3 specialized and 1 site guide).

Social Economy Organizations

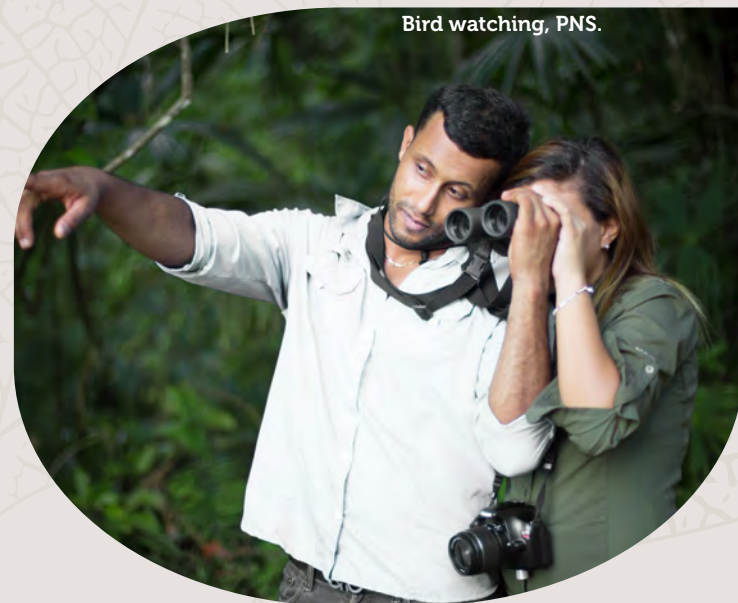
There is no record of the existence of neighboring communities organized to serve visitors in the Camino de Cruces National Park,

In the Soberania National Park there are two Emberá communities that receive groups of tourists, namely: Community of San Antonio and Community of Ella Puru.

In the Chagres National Park, there are at least five community



Harpy Eagle, PNCH.



Bird watching, PNS.

organizations that are: Emberá Drua Community, which has an Indigenous Cooperative (Tranchichi), located above Chagres River, Parara Puru Community, Tusipono Community, Unión Campesina del Lago Alajuela (UCLA), Community of Quebrada Ancha and Community of Boquerón Abajo.

Tourist Activities

Trails



Camino de Cruces National Park

Los Guarda Parques Trail (Circuit-3.10 Km): It is a trail that has a circuit composed of three trails: Mirador del Canal (0.8 Km), El Callejón (1.30 Km) and El Pescador (2.60 km), which they unite with each other and require a medium physical effort.

El Callejón Trail: With 1.3 kilometers away, this trail requires a medium level of physical effort and is one of the old alleys built at the time the canal was administered by the United States.

El Pescador Trail: Path, which runs along the edge of Lake Brazo de Camarón, 2.60 km away. This journey requires a level of average physical effort. As its name indicates it is very used by fishermen who move on weekends to this place to fish.

Mirador del Canal trail: It is a hidden viewpoint, which runs 80 meters of trail, requires a medium physical effort and has a privileged view of the Panama Canal towards the Pedro Miguel locks, in the middle of an environment forested, suitable for bird watching.

Camarón Trail: An attractive 800-meter family trail, which runs through primary and secondary forests immersed in a well-marked humid tropical forest. Its route requires a low level of physical effort, conducive to environmental education and bird watching.

Empedrado Trail Camino de Cruces: Historical trail from which you can observe and walk on the stretch of the paved Camino de Cruces, transporting visitors to have contact with the history of interoceanic trade in the country, with 4.1 km to the road



Neque, PNS



Tourists in the lake Alajuela, PNCH.

of plantation with a duration of two and a half hours only one way, requiring a medium level of physical effort. It can also be partially covered.

Soberania National Park

Pipeline Path: The best-known trail in the Park, with an extension of 17 km, in this place the Audubon Society of Panama, annually performs an annual bird count, which reached a world record in 1996, because in a single day, 525 different species were counted. Whose route can be completed in 6.5 hours, requiring a high level of physical effort.

Chagres National Park

Camino Real Trail: It involves a 3-day and 2-night tour from one side to the other, either entering through the Portobelo National Park, using the Cascajal River or through the Chagres National Park through the Nueva Librada Community, its Total travel is 32.23 km and requires a very high level of physical effort. It is possible to make a physical effort tour starting from Santa Librada and traveling two kilometers of the trail.

La Miel Trail (UCLA): Trail of 500 meters, labeled, low level of physical effort, ideal for the family and self-guided.

Visit to Historical and Archaeological Sites

Segment of the Camino Real near Quebrada San Bernardino: This is a tour visited by the locals in the sector next to the San Bernardino Gully, in the surroundings of the Community of Tranquilla, it has only about 100 m, which in Dry season is very difficult to access because the lake dries up. This is a resource especially used by the Community of Quebrada Ancha. The level of physical effort required is low.

Contact with the Local Culture

In two of the three cases it is possible to get in touch with local cultures being these in: Soberanía National Park: Community of San Antonio and Community of Ella Puru and Chagres National Park: Communities of Boquerón Abajo, Community of Quebrada Ancha, Community of Tusipono, Community of Parara Puru and Community of Emberá Drua.



Emberá boat, PNCH.

Tours, Circuits / Routes, Itineraries ²

Name of the Circuit (Tour 1)	Know the Trails and Local Cultural of the Park National Chagres	
Specifications	Detail	Hours
Duration (days)	1 day	12.5 hours
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Central Caribbean, Destination Highlands and Destination Archipelagos)	
Itinerary	Transfer Panama - Mirador del Canal Trail	5:30 - 6:00:00 a.m.
	Arrival to the Park Ranger Trail Circuit	6:00 am.
	Visit to the Mirador del Canal Trail	6:00 - 7:00 a.m.
	Transfer from Mirador del Canal and transfer to PNCH (1.5 hours)	7:00 -7: 30 a.m.
	(B) at UCLA. Typical Food Breakfast.	7:30 - 8:00 a.m.
	Transfer Pto Corotú - Emberá Drua Waterfall.	8:00 - 9:00 a.m.
	Tour / Visit of the La Cascada Trail. In its journey you will appreciate the fauna and flora of the place.	9:00 - 10:30 a.m.
	Transfer, visit and lunch (L) in the Community of Emberá Drua. Where we will have contact, with the Local Culture of the Emberá group, its typical food, its traditions and crafts.	10:30 -1: 00 p.m.
	Transfer from Emberá Community to Parara Purú	1:00 - 1:30 p.m.
	Visit to Parara Purú. Where we will have contact, with the Local Culture of the Emberá group.	1:30 -2: 30 p.m.
	Transfer and Visit Tusípono.	2:30 - 2:45 p.m.
	Stay in Tusípono. Where we will have contact with the Local Culture of the Emberá group.	2:45 p.m. - 3:30 pm.
	Visit to the Visitor Center. Site of environmental and socio-cultural interpretation.	3:30 - 4:00 p.m.
Transfer Visitor Center Panama	4:00 - 6:00 p.m.	
Identification of the Park National and attributes	Chagres National Park (Hiking), Contact with Local Culture (Communities of Emberá Drua, Parara Purú and Tusípono). Partial tour of the Chagres River.	
Number of people (including guide)	10	
It includes	Guide, Breakfast (1), Lunch (1), Income to Parks, Other income and Land Transportation.	

Nota: B = Breakfast y L = Lunch.

Remember to consult with your Tour Operator or Guide the visit restrictions of each Protected Area and recommendations of what should or should not lead to each activity.

Name of the Circuit (Tour 2)	Know the Trails, Local Culture, Park Municipal Summit in Soberania National Park	
Specifications	Detail	Hours
Duration (days)	1 day	12 hours
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 9 of 1 day, departing from Panama) - Destination Central Caribbean, Destination Highlands and Destination Archipelagos	
Itinerary	Transfer Panama - Path of the Pipeline (1 hour)	5:00 - 6:00:00 a.m.
	Arrival to the Pipeline Path	6:00 am.
	Partial tour for Birdwatching / Birdwatching, flora and fauna (2 hours)	6:00 - 8:00 a.m.
	Departure from the Pipeline Road and Visit to Communities of Ella Purá and San Antonio to have contact with the Emberá Local Culture, its traditions and crafts.	8:00 - 8:30 a.m.
	Arrival and visit to Communities of Ella Purrú and San Antonio, to have contact with the Emberá Local Culture, its traditions and crafts	8:00 - 8:30 a.m.
Identification of the Park National and attributes	(L) Lunch in Community, Emberá gastronomy.	12:00 - 12:45 p.m.
	Tour Isla de Los Monos, know the fauna and flora of the canal basin.	12:45 - 1:30 p.m.
	Transfer and visit the Summit Municipal Park, where you can see wildlife species in a small zoo, camping area and abundant vegetation.	1:30 - 3:00 p.m.
	Transfer and Visit to El Mirador del Canal Trail, in Trails Circuit: The Park Guarda. The Pedro Miguel locks on the Panama Canal can be seen.	3:00 - 4:00 p.m.
	Return to Panama City	4:00 - 5:00 p.m.
Amount of people (Including guide)	10	
It includes	Guide, B (1), L (1), Income to Parks, Other income and Land Transport.	

Nota: B = Breakfast y L = Lunch.

Remember to consult with your Tour Operator or Guide the visit restrictions of each Protected Area and recommendations of what should or should not lead to each activity.

Name of the Circuit (Tour 3)	Travel the Trails and Know the Local Cultures present in Chagres National Park	
Specifications	Detail	Hours
Duration (days)	1 day	
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Central Caribbean, Destination Highlands and Destination Archipelagos)	
Itinerary	Transfer Panama - Visitor Center / Puerto de Corotú	6:00 - 8:00 a.m.
	(B) Typical Food Breakfast at UCLA.	8:00 - 8:30 a.m.
	Transfer Puerto Corotú to Camino Real Segment near San Bernardino Creek.	8:30 - 9:00 a.m.
	Visit to Camino Real Segment near San Bernardino Creek. You will have the opportunity to tour the past, on the part of the historical route that was used by locals and merchants in the colonial era, which connected Portobelo with Old Panama.	9:30 - 10:00 a.m.
	Transfer to Community of Quebrada Ancha	10:00 - 10:30 a.m.
	(L) Visit to the community of Quebrada Ancha (Lunch 12:00 - 1:00 p.m.). There will be contact with the Local Culture, sale of handicrafts, sale of agricultural products, honey, sandwiches and typical gastronomy of the area.	10:30 - 3:00 p.m.
	Transfer to Puerto Vigía	3:00 - 4:00 p.m.
	Transfer and arrival to Panama City	4:00 - 6:00 p.m.
Identification of the Park National and attributes	Chagres National Park (Hiking), Contact with Local Culture (Community of Quebrada Ancha), Tour of Lake Alajuela.	
Amount of people (Including guide)	10	
It includes	Includes Guide, B (1), L (1), Entrance to Parks and Land Transportation. Level of Low Physical Effort.	

Nota: B = Breakfast y L = Lunch.

Remember to consult with your Tour Operator or Guide the visit restrictions of each Protected Area and recommendations of what should or should not lead to each activity.

Name of the Circuit (Tour 4)	Know the Trails, Local Culture, Municipal Park Summit of the Chagres National Park, National Park Sovereignty and National Park Camino de Cruces	
Specifications	Detail	Hours
Duration (days)	1 day	12.5 hours
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Central Caribbean, Destination Highlands and Destination Archipelagos)	
Itinerary	Transfer from Panama - Community of Santa Librada	6:00 - 8:00 a.m.
	(B) Typical Panamanian Breakfast, in the Community of Santa Librada.	8:00 - 8:30 a.m.
	Visit to the Community of Sta Librada. There will be contact with the Local Culture, sale of handicrafts, sale of agricultural products, honey, sandwiches and typical gastronomy of the area.	8:30 - 9:00 a.m.
	2 km route of the Camino Real, adjacent to the Community of Santa Librada. You will have the opportunity to explore the past, part of the historical route used by merchants in the colonial era.	9:00 - 11:00 a.m.
	Transfer to Río Boquerón.	11:00 am. - 12:00 pm.
	(L) Visit and Bath in Boquerón River (Lunch)	12:00 - 1:00 p.m.
	Transfer Boquerón - Summit Municipal Park.	1:00 - 2:00 p.m.
	Visit to Summit Municipal Park. To appreciate species of fauna in a small zoo, camping area and abundant vegetation.	2:00 p.m. - 3:00 pm.
	Transfer from Municipal Park Summit to Circuit of Sendero del Guarda Park (Camino de Cruces National Park)	3:00 - 3:30 p.m.
	Visit to the Park Ranger Trail. The Pedro Miguel locks are seen in the Panama Canal	3:30 - 4:30 p.m.
Transfer Circuits of Paths of the Guardian Parks - Panama	4:30 - 6:00 p.m.	
Identification of the Park National and attributes	Chagres National Park (Hiking), Contact with Local Culture (Communities of Santa Librada and Boquerón Abajo). Tour of the Summit Municipal Park and Path of the Camino de Cruces National Park Viewpoint of the Panama Canal.	
Amount of people (Including guide)	10	
It includes	Guide, B (1), L (1), Income to Parks, Other income and Land Transport. Level of Physical Effort Low - Medium.	

Nota: B = Breakfast y L = Lunch.

Remember to consult with your Tour Operator or Guide the visit restrictions of each Protected Area and recommendations of what should or should not lead to each activity.

² Reference prices	
Reference cost per person (9 pax. + 1 guide)	\$ 73
Reference cost per person (9 pax. + 1 guide)	\$ 68
Reference cost per person (9 pax. + 1 guide)	\$ 86
Reference cost per person (9 pax. + 1 guide)	\$ 86

Price without cost of tour operator, may be subject to change per season. (Double or triple room)

How to prepare your backpack to do ecotourism

General recommendations

- Clothing - Comfortable and light that is fresh cotton, with colors of easy (2 or 1 day as appropriate), camouflage, not to scare the animals and do not wear denim.
- Shoes - With which you feel comfortable with anti slip sole and good traction, with support to the ankle.
- Bag type camel bag for water - it is the most comfortable and recommended for walks.
- Binoculars (optional) - Every good observer of nature must have it as an essential tool to enjoy the experience.
- Sandals, hat and sunglasses.
- Sunscreen and repellent.
- Camera or video and cell phone.
- Sheltered to cover the cold air conditioners.
- Poncho or raincoat.
- Backpack.
- Focus - preferably of those that are put on the head.
- Medicines for personal use.
- Clothes to change.

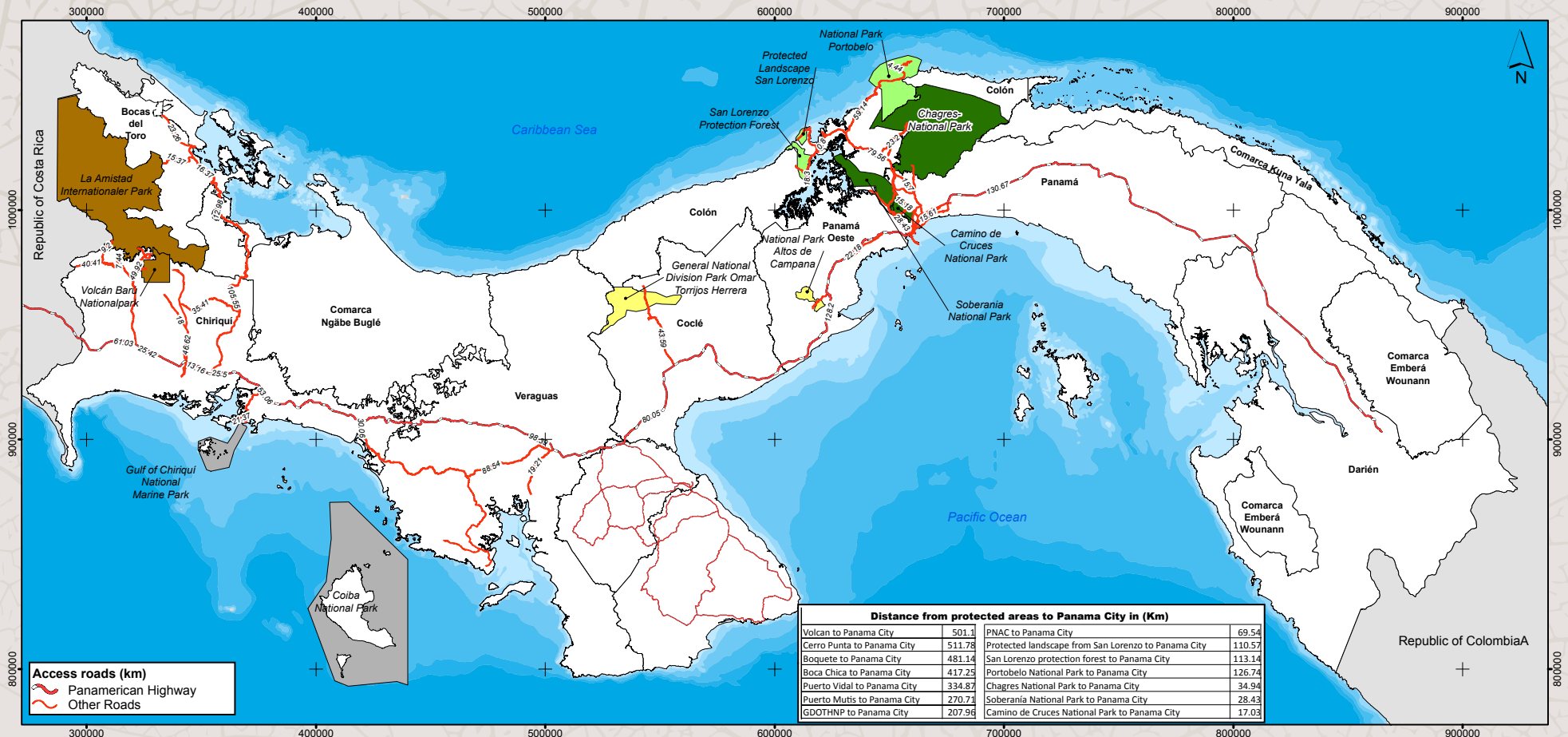


Observation tower of the forest canopy, PNS.

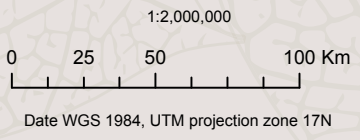


Chagres River, PNS.

Access and Mobility of Priority Protected Areas



Canal Area Catalog		
Emergency Phones		
Police West Panama	+507 253-3333	Red Cross
Panama Police	+507 500-8074	Social Security
Ambulance	911	MiAmbiente Chiriqui
Fire Department	103	MiAmbiente Panamá
Sinaproc	*335 o 316-3200	MiAmbiente Regional West Panama La Chorrera
Panama Oeste, Address: La Chorrera, West Panama-Barrio Colon, Interamerican Way, Panama, Panama. Main building 804, PO box Ancon-Rep. of Panam. Broberg Street. Panama, C-0843-00793, Panama.		



Protected areas in the four (4) green tourism destinations

- Circuit 1: destination Panama Canal**
 - Chagres National Park
 - National Park Soberania
 - National Park Camino de Cruces
- Circuit 2: target archipelagoes**
 - Coiba National Park
 - Marine National Park of the Gulf of Chiriqui
- Circuit 3: Destination of the central Caribbean coast**
 - Protected forest and protected Landscape of San Lorenzo
 - National Park Portobelo
- Circuit 4: Eastern Highlands**
 - Altos de Campana National Park and Biological reserve
 - General National Park of the Division Omar Torrijos Herrera
- Circuit 5: Destination Highland West**
 - Amistad International Park
 - Volcán Barú National Park



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