

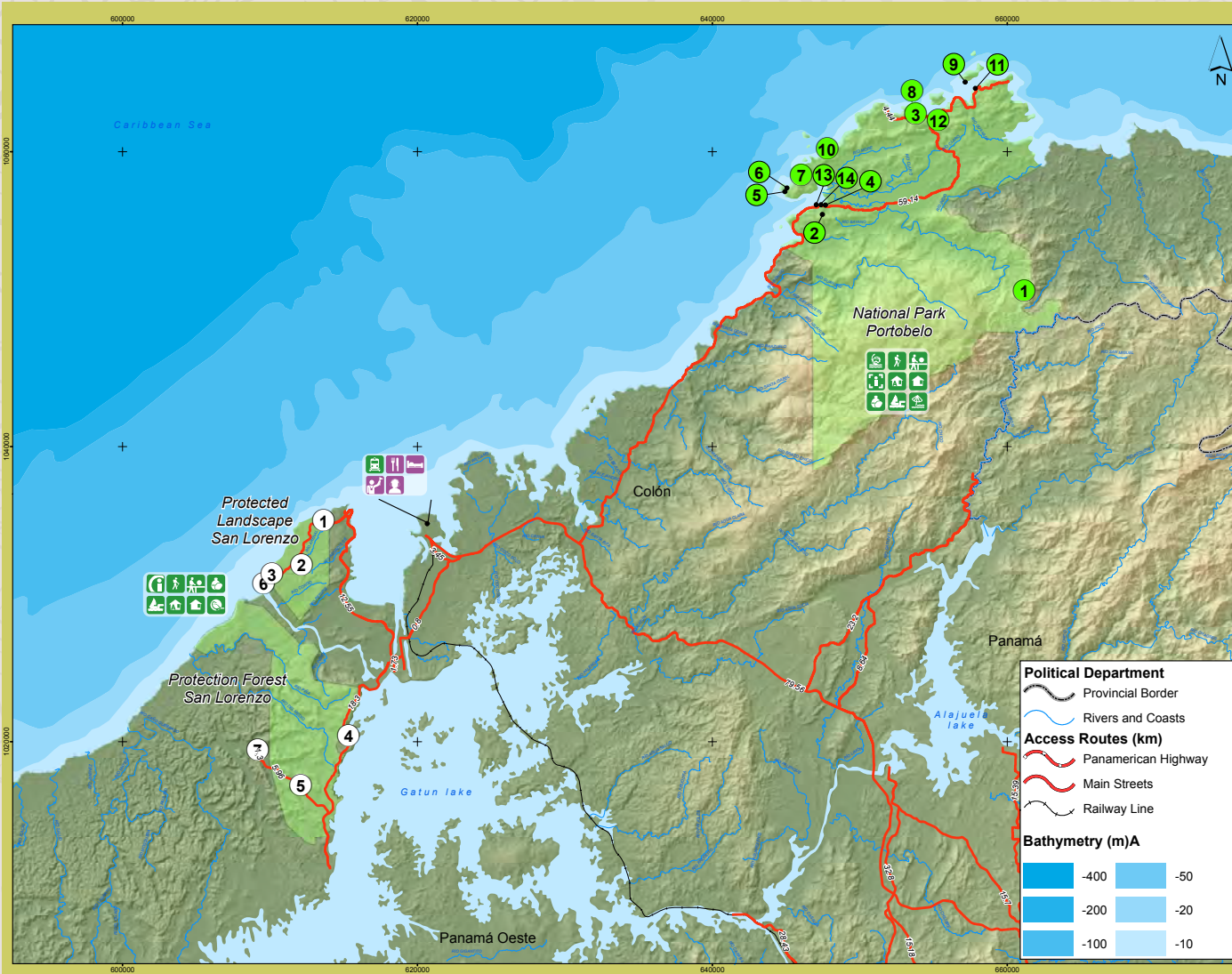


Green Tourism Destination
Central Caribbean

PORTOBELLO NATIONAL PARK
SAN LORENZO PROTECTED LANDSCAPE AND PROTECTED FOREST



Resources Identified in Circuit 3: Destination Central Caribbean



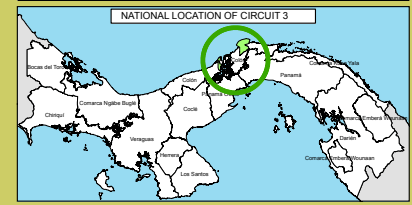
Protected Forest and San Lorenzo		Coordinates	
Landscape		X	Y
1-Administración B.P.P.P. San Lorenzo		613632.49	1034928.84
Trails			
2-Pavón		612139.28	1031933.93
3-Tortuguilla		612139.28	1031933.93
4-Gallo Kai in Richtung Gemeinschaft Achiofe		615321.51	1020355.31
5-El Trogón		612082.18	1016995.80
Community			
6-Schloss San Lorenzo		609558.54	1030670.55
7-CEASPA und Raptors-Gruppe		609159.51	1019381.71

National Park Portobelo		Coordinates	
		X	Y
Trails			
1-Camino Real		661150.22	1050531.55
2-Der Graben		647447.70	1055642.55
3-Water tunnel of love		653799.36	1062523.46
Community			
4-Portobelo		647654.47	1056354.92
Beach			
5-Huerta		644889.87	1057275.28
6-Franch		645049.93	1057490.15
7-Puerto León		646027.17	1058369.30
8-Isla Mamey		653540.83	1063369.92
9-Isla Grande		657114.38	1064712.19
10-Blanca		647777.46	1060150.50
Cooperative			
11-COTMIGRA		657809.49	1064250.84
12-COTAPUL_R.L.		655023.56	1062067.58
13-COOPTRASANTIR.L.		647154.48	1056354.83
14-Portobelo und Escuela del Ritmo		647356.41	1056334.78

- Accommodations:** 33 accommodations (14 hotels, 2 persons, 3 cabins, 10 hostels, 3 bungalows and 1 hostel).
- Restaurants:** 71 food and beverage companies, restaurants
- Travel Agents:** Travel agencies 13 and 4 tourist tour operators.
- Air transport:** 1 Enrique Adolfo Jiménez Airport, currently Not in Business.
- Certified Tourist guide:** 12 leaders in the province (11 al 1 specialized).
- Social Economy Organizations**
6 identified organizations related to the sustainable Tourism development of these 2 PAs (2 in BPPP SL and 4 in PNP).

Diving Area
 Information Point
 Railroad
 Bird Watching
 Thougn
 Visitor Center
 View Point

0 75 150 300 Km.
 Date WGS 1984, Projection Zone UTM 17Na





Green Tourism Destination
Central Caribbean

Presentation



Green tourism is an opportunity to promote the appreciation and value of our protected areas and to generate economic benefits for the communities with the cooperation of the private sector. It also increases revenues in protected areas so that they can be reinvested in 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 for the rural communities of the country, mainly for the benefit of young people and women. The mission of green tourism is sustainable and a low impact development that supports conservation efforts and optimizes the socio-economic benefits of the population, ensuring tourism competitiveness under shared and effective leadership.

The vision up to 2026 for Panama is to become a regional leader in responsible green tourism and a catalyst of the private sector and the communities surrounding the protected areas. This is one of the specific objectives of the Green Tourism Action Plan 2016-2026. These communities are part of four Green Tourism Destinations; aside from the destinations discussed in this catalog, the other three would be: Canal Area, Highlands and Archipelagos.

The Central Caribbean is a Green Tourism Destination where virgin nature mixes with the world historical legacy of the drums and flavors of the Congo and Rural Culture. It is located in the San Lorenzo Protected Landscape and Protected Forest (BPPP SL) and Portobelo National Park (PNP).

Both Protected Areas were declared Cultural and Historical World Heritage Site by UNESCO in 1980. In the BPPP SL are located the San Lorenzo Castle which dates from 1597, a section of the French Channel and the Real de Chagres (River). In the Portobelo National Park there is a cluster of 13 Historical Monuments being the most important ones the Royal Custom House, the San Geronimo Fort, the Ruins of the Castles of Santiago de la Gloria and San Felipe, as



Isla Grande Beach, PNP

well as several houses of what used to be the colonial city inserted in a bay full of history and Congo culture and currently the Rural Culture.

In San Lorenzo Protected Landscape and Protected Forest, there are 12 different types of forests with almost 600 species of vertebrates, one third of all that are known in Panama, including 430 birds and 81 mammals.

Regarding forest cover, a third of the area of the Portobelo National Park corresponds to natural forest vegetation and an equal area to mature forest (33%), a minimum part of intervened forest (5%) and a third part of open areas and three types of vegetation namely forests, mangroves and flood areas (29%). There are 158 species of mammals in 34 families, 310 species of birds in 55 families, which include 53 migratory species.

The people who live in these areas are very happy, warm, hospitable, sincere, simple and helpful.

Its gastronomy is very varied, cocada de la reina, enyucado, yucca pie, tuna, marshmallow, meat croquette, tuna sandwich, fish ceviche, empanada, Pati and Pan bon, all kinds of Caribbean-style seafood, pickle, sao, coconut rice, coconut and pigeon pea rice, pigeon pea rice, patacones stuffed with seafood, patacones, vegetable salads, coconut water, saril, chicken sancocho, chicken rice, potato salad, temptation banana, jerky, fried and smoked pork, fried yucca, tortillas, and pastry

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San Lorenzo, BPPP SL.



Path in San Lorenzo, BPPP SL.



Fort San Gerónimo, PNP



Fort San Lorenzo, BPPP SL.

Protected Areas (APs) that form the Central Caribe Coast (General Description)

San Lorenzo Protected Landscape and Protected Forest (BPPP SL)

- Created in 1997, it protects 12,000 hectares and is part of the Interoceanic Corridor of the Canal Forest (Tropical Humid Forest). Located in the province of Colon, Costa Abajo, it has 12 different forest habitats: it is home to 436 species of birds, as well as some large mammals in danger of extinction, such as the jaguar and the mountain male. 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 as per recommendation. Depending on the path, there should be 30 minutes to 1 hour between groups and this should be consulted with the Park Ranger. Group flows should be every 30 minutes to 1 hour, consulting with the Park Ranger, depending on the path.
- San Lorenzo Castle date from 1597, Section of the French Canal and El Real de Chagres (River) was declared a Historic and Cultural World Heritage Site by UNESCO in 1980.
- Defense batteries of Panama Canal, former Sherman military base of the US Army, which operated on the site from 1911 to 1999
- It has trails such as: El Pavón (Observation Tower), Tortuguilla, path to the San Lorenzo Pier, El Trogón and Achiote Road (Record number of 357 species of birds in a single day), Local Gastronomy and Achiote Community
- Annual rainfall ranges from 1,850 to 3,400 millimeters with an average annual temperature of 26°C
- Summer from December to April and Winter from May to November

Access

How to get there? Travel time vs Distance

Panama City: Take the North Corridor by Route 9. Before the Tinajitas exit turn right and continue until entering Alberto Motta Highway. When in Ciudad Colon take the route to Sherman, cross the Panama Canal Lock and get the Ferry that goes by Gatun Lake. It is located approximately 2 hours from Panama City and is 99 kilometers away.

Portobelo National Park (PNP)

- It was created in 1976 and covers 35,929 hectares in Colon Province, Costa Arriba. Its beautiful coastline of 70 kilometers long starts in San Cristobal Bay at north, and ends in Buenaventura Bay at south. There are important coral reefs, mangrove forests, coastal lagoons and beaches of important landscape value where 4 species of marine turtle nest every year.
- It was declared Historical and Cultural World Heritage Site by UNESCO in 1980; it has a cluster of 13 Historical Monuments being the most important ones the Royal Custom House, the San Geronimo Fort, the Ruins of the Santiago de la Gloria and San Felipe castles, as well as several houses of what used to be the colonial city inserted in a bay full of history and Congo culture and currently the Rural Culture.
- Devils Festival, Congo Pollera and Religious Activities related to the Cristo Negro and the Jesus de Nazareno Sanctuary
- There are different trails, namely La Trinchera and Camino Real in Isla Grande. Beaches as Huerta, Puerto Francés, Blanca, Mamey Island. Places like the Love Tunnel, selling of handicrafts, local gastronomy and Portobelo town

- Annual average rainfall is 3,644 millimeters and average annual temperature of 26.5°C
- Historically, February and March are the most dry months and October – November the most rainy
- 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.
- It is forbidden any action that violates the natural condition of the site
- The visitor should follow the instructions given by person in charge for keeping order and safety in the beach. This person should wear uniform and identification
- It is not allowed to collect or extract natural resources from the beach, namely seashells, snails, sand and stones or extracting pieces with historic archeological value as these are National Heritage

Access

How to get there? Travel time vs Distance

Panama City: Take the North Corridor by Route 9. Before the Tinajitas exit turn right and continue until entering Alberto Motta Highway up to Route 3, Boyd Roosevelt road in the Sabatinas Cross turn right to Portobelo Road. It is located approximately 2 hours from Panama City and is 95 kilometers away.

General Rules of Behavior in Protected Areas

- General Recommendations
- Opening hour for visitors is from 08:00 to 16:00 hours
- Visitor should remember that this is a protected area of great ecologic, cultural, and historic value and that minimum regulations for its preservation should be respected
- Allowed activities: sun bathing, swimming, snorkeling (only in places authorized for such purpose) and wildlife watching
- Visitors to follow instructions of tour guides
- Visitors to use biodegradable sunscreen when entering the water and performing aquatic activities



Fort San Fernandito, PNP.



Customs office of Portobelo, PNP.



Congo art, PNP.



Bay of Portobelo, PNP.

- Bonfires are forbidden
- Fishing from the beach is forbidden
- As the surrounding ecosystems are fragile and the space is limited no playing football or volleyball is allowed
- Radios or making noise that might disrupt the environment and drive away wild animals is forbidden
- It is forbidden to touch, manipulate or feed wild animals
- In certain beaches and during spawning season of marine turtles the access to the beach during the night is forbidden except for tours organized by qualified personnel for observing the spawning.
- Any action that disturbs the natural condition of the place is forbidden
- It is not allowed camping or spending the night in the beaches
- Litter is forbidden. Visitors to dispose of their waste in places designated for this purpose
- It is forbidden to bring and consume alcoholic beverages and drugs
- The beach site should have lifeguards duly certified in rescue and first aid.

Venues with Sustainability Certificates

Sustainable Tourism concept states that "are those tourism activities that respect the natural, cultural and social environment as well as the values of a community that allow the enjoyment of a positive exchange of experiences between residents and visitors; the relation between tourists and community is fair and the benefits of the activity is shared equally where visitors have a participatory attitude in their travel experience

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."



Congo dance, PNP.



Products / Ecotourism Experiences in Protected Areas



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



Fort San Lorenzo, BPPP SL.



Kayac en el Río Chagres, BPPP SL.

Accommodations



33 Accommodations (14 hotels, 2 boarding houses, 3 cabins, 10 hostels, 3 Bungalows and 1 shelter)

Restaurants



71 Food and beverage facilities

Tour Operators



13 Travel agencies and 4 tour operators.

Air Transport



Currently the Enrique Adolfo Jimenez Airport is not operating

Certified Tourist Guides



12 guides in the province (11 general ones and 1 specialized)

Social Economy Organizations

6 organizations related with sustainable tourism development have been identified (2 in BPPP SL and 4 in PNP)



Puerto Francés Beach, PNP.



Walking the town of Portobelo, PNP.

San Lorenzo Protected Landscape and Protected Forest

There are 2 organizations related with the development of sustainable tourism, the Centro de Estudio y Acción Social Panameño (CEASPA) and the Grupo Los Rapaces.

Portobelo National Park

There are four organizations related with the development of sustainable tourism, the Cooperativa de Transporte Acuatico Santiago de la Gloria R. L (COOPTRASANTI, R. L), Cooperativa Taxis Acuatico de Puerto Lindo, R. L (COTAPUL, R. L,) Cooperativa de Transporte Maritimo de Isla Grande (COTMIGRA R. L) AND Fundación Bahía Portobelo – Escuelita del Ritmo, which promote Portobelo cultural development and related communities

Tourism Activities

Walking trails

Camino de Cruces National Park

Sun and Beach

San Lorenzo Protected Landscape and Protected Forest

There are several beaches, as Tortuguilla, but no swimming is allowed because of the strong currents and narrowness of continental platform

Portobelo National Park

Blanca Beach: It takes 25 minutes to get there after taking a boat in Santiago Fortress and sometimes there is a tour around the Isla del Padre. The water in the beach is turquoise green and so clear that it is constantly visited mainly by local tourists. There is no water or toilets. Adequate for snorkel but you have to bring along your equipment.

French Port. It takes 15 minutes to get there after taking a boat in Fuerte de Santiago. This a turquoise water beach with



Creek in the town of Portobelo, PNP.



Church of the Black Christ of Portobelo, PNP.

slight waves, fine and white sand and a nearby forest where you can see howlers and white face monkeys. It is bird watching paradise.

Huerta Beach. It takes 10 minutes to get there after taking a boat in Santiago Fortress. It is on the other side of the Portobelo Bay, quite little and with clear green and turquoise water. It is surrounded by a dense forest and there is space for camping. Great for snorkeling and watching eels, barracudas and morays. Bring along your equipment

Mamey Island. To get to this beautiful island you have to go to Puerto Lindo passing by Portobelo and Nuevo Tonosi villages. In the Nombre de Dios Crossing park your vehicle and take a boat to the island. The beach is approximately 100 meters long, with white sand and green turquoise water. Adequate for snorkel but bring along your equipment.

Love Tunnel. Take a boat in Puerto Lindo and travel approximately 40 minutes. A mangrove ecosystem that looks like a tunnel can be observed, hence its name. You pass Puerto Lindo to Cacique and return by sea to Mamey Island beach.

Hiking



San Lorenzo Protected Landscape and Protected Forest

El Pavón Trail. (Observation Tower) This trail is located in the first 4 kilometers of the road to El Castillo to the left. It is 1 km long and reaches a high part where there is an observation platform of the landscape. There is a picnic area. It is mostly flat except for a small rise of the last 100 meters of 3 to 4 meters high which demands a medium physical effort. The forest area is relaxing and adequate for environmental education, bird watching and contemplation of wildlife. Ideal for family groups and students.

Tortuguilla Trail. Former secondary military gravel road. Approximately 5 kms after the entrance to AP and to the right there is a road to San Lorenzo Castle. It is 3 to 4 meters wide and 1.4 km long ending in Tortuguilla Beach. The condition of the trail is regular as there are some holes. It descends to

the beach and the return demands a medium level of physical effort.

El Trogon Trail. Its total length is 950 meters in a number 8 shape. It has two 600 meters circuits and another of 350 meters. The trail demands maintenance and the surrounding area has lost tree cover. Serious efforts are made for its preservation. It demands a low physical effort to cross it.

Achiote Trail. Ornithologists groups use this trail for bird watching in a 2 km path. It starts near the Escobal Cross and Achiote Community. It demands low physical effort. It still does not have sidewalks for greater safety

Portobelo National Park

Camino Real Trail. It is located after Nuevo Tonosi Settlement then at the left you pass the Corozal Fonda and at approximately 100 meters to the right you turn to a rural road for agriculture access. If riding a 4 x 4 you can cover only 3 kilometers and at that point you should ask permission for parking in nearby farms. Walk 3 km up the Casacajal River. At the right there is a group of perfectly placed rocks, one near the other forming a line along the trail showing the evidence of the road. The route is on this river and you need adequate shoes that will get wet and walking over stones. The round trip takes 4 hours and it demands a high physical effort.

La Trinchera Trail. Entrance to this trail is at the end of the Street that takes to the Health Ministry in Portobelo, just behind Captain Jack's Lodging. Distance is 0.8 km. Difficulty level is medium and ends in a viewpoint (220 masl) where can be seen the cannons used to protect the Bay from the attack of pirates and corsairs. Climbing takes approximately 45 minutes

Snorkel



Portobelo National Park

Snorkeling is allowed in Blanca, Puerto Frances, Huerta Beaches, Mamey and Isla Grande Islands

Visit to historic and archeological sites



San Lorenzo Protected Landscape and Protected Forest

Visit to San Lorenzo Castle. This is a defensive point located in the Chagres River mouth which dates from 1597. It has undergone different changes. It was used as a military fortress until Spaniards left. This structure along with 22 cannons kept in the site is an example of the Spanish military architecture used at that time. It is located 7 km away from the AP entrance. Riding a vehicle is allowed up to the parking lot. Afterwards there is a 45 minutes walking, a low physical effort.

Portobelo National Park

Visit to Portobelo Settlement and a Cluster of 13 Historical Monuments (CMH). The main Portobelo attraction is the cultural one and it was declared in 1980 as a World Heritage mainly for the Cluster of Historical Monuments (CMH) formed by: 1) San Geronimo Fortress and Battery 2) Santiago Fortress House, 3) Alta Battery 4) Bajas Batteries, 5) San Fernando Fort House, 6) Ruins of the primitive Santiago Fort Trench, 7) Buena Aventura Batteries, 8) Farnesio Ruins of the Trench in the Gunpowder House, 9) Custom House, 10) San Cristobal walled Bastion and other ruins. Additionally, the Jesus de Nazareno of Portobelo Sanctuary.

Contact with local culture

San Lorenzo Protected Landscape and Protected Forest

This contact can be made in nearby communities (Cuipo and Escobales) and particularly in Achiote Community where the Los Rapaces group can be contacted for bird watching; they are duly trained for this purpose

Portobelo National Park

There is a direct contact with members of the Settlement when visiting the Cluster of 13 Historical Monuments of this AP. You will

also have contact with members of the Cooperativa de Transporte Maritimo de Isla Grande (COTMIGRA) which has 55 members, Cooperativa de Taxis Acuatico de Puerto Lindo, R. L. (COTAPUL, R. L) which has 25 members or with the Cooperativa de Transporte Acuatico Santiago de la Gloria R. L (COOPTRASANTI, R. L) which has 21 members

Additionally, the Casa Congo Museum and the Portobelo Craft Workshop, Portobelo Bay and the Escuelita del Ritmo can be visited. This last project is unique in the country for children interested in using their artistic abilities



Tours, Circuits / Routes, Itineraries

Name of the Circuit / Route (Tour 1)	Visit the Paths of the Protected Forest and Protected Landscape of San Lorenzo, Community of Achiote, Summit Municipal Park and Paths of the Camino de Cruces National Park	
Specifications	Detail	
Duration (days)	1 day	12 hours
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Canal Zone, Destination Highlands and Destination Archipelagos	
Itinerary	Departure from Panama City and transfer to Colon	5:00 - 6:00 a.m.
	(B) Camino in Colón, typical food of the area.	7:00 - 8:00 a.m.
	Arrival at BPPP SL	8:00
	Visit to Pavón and Tortuguilla Trails. Where you can see birds, wildlife and part of the 12 types of ecosystems in the area.	8:00 - 10:00 a.m.
	Visit to Castillo de San Lorenzo. An incredible view of the past.	10:00 a.m. - 12:00 pm.
	(L) Lunch. Typical food of the area.	12:00 - 1:00 p.m.
	Visit to CEASPA, Way and Community of Achiote. Contact with local culture, visit to trails and observation of flora and fauna (birds).	1:00 - 3:00 p.m.
	Transfer to Panama City	3:00 pm. - 5:00 pm.
Identification of the Park National and attributes	Protected Forest and Protected Landscape San Lorenzo (Hiking), Contact with Local Culture (Comunidad de Achiote). 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, L = Lunch y D = Dinner

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 / Route (Tour 2)	Visit to the Archaeological Sites and Historical, Trails and Beaches of the Portobelo National Park	
Specifications	Detail	Hours
Duration (days)	2 days	37 hours
Linking with others (Circuits / Routes)	15 Circuits / Routes (4 of 2 days, 10 of 1 day, departing from Panama) - Destination Canal Zone, Destination Highlands and Destination Archipelagos)	
	Day 1: Departure from Panama City and arrival at PNP	5:00 - 7:00 a.m.
Itinerary	Typical breakfast in Portobelo. (B)	7:00 - 8:00 a.m.
	Route of the Camino Real Trail (L) Lunch on site.	8:00 am. - 2:00 p.m.
	Transfer to Isla Grande, visit to the path of the Lighthouse, where you can see a spectacular view of the island and Costa Arriba de Colon, then return to bathe in the crystal clear and calm waters of this island. And you can appreciate a dreamlike sunset.	2:00 p.m. onwards
	(D) in Hotel or restaurant of the locality with seafood specialties.	7:00 - 8:00 p.m.
	Day 2: (B) In Hotel, typical and international food.	7:00 - 8:00 p.m.
	Transfer to Puerto Lindo, travel through the Tunnel of Love (you will appreciate a natural shape of a tunnel in the middle of mangroves) and visit to Playa and Isla Mamey, enjoy a magnificent beach with crystal clear waters, turquoise green and lush island vegetation.	8:00 am. - 12:00 pm.
	Lunch (L) in Portobelo. With seafood specialties with a Caribbean flavor.	12:00 - 1:00 p.m.
	Visit to Huerta Beach. In these beautiful crystalline, turquoise green waters, you can practice snorkeling.	1:00 - 4:00 p.m.
	Return to Panama City	4:00 - 6:00 p.m.
	Identification of the Park National and attributes	National Park Portobelo (Contact with Local Culture), Visit to Archaeological and Historical Sites, Hiking, Visit to Playas Huerta, Mamey, Isla Grande and the Sanctuary of Jesus Nazareno
Amount of people (Including guide)	10	
It includes	Guide, B (2), L (2), D (1) Income to Parks, Other income and Land Transport. Level of Medium - High Physical Effort.	

Nota: B = Breakfast, L = Lunch y D = Dinner

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 / Route (Tour 3)	Visit to the Archaeological Sites and Historical and Beaches of the Portobelo National Park	
Specifications	Detail	Hours
Duration (days)	1 day	13 hours
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Canal Zone, Destination Highlands and Destination Archipelagos)	
Itinerary	Departure from Panama City and Transfer to Portobelo	5:00 - 7:00 a.m.
	Arrival in Portobelo. Typical breakfast in the area.	7:00 - 8:00 a.m.
	Route of the La Trinchera Trail. Where you can see the bay of Portobelo, the Valley of the Media Luna, the bay of Buena Ventura, from the viewpoint and will give a return to the past.	8:00 - 11:00 a.m.
	Tour of Portobelo, La Aduana, Battery of San Jerónimo, Casa Fuerte de Santiago. Sites of protection of the Spaniards of corsairs and pirates, by the commerce and the gold that was stored and transported from that area.	11:00 - 12:00 p.m.
	Beaches of Portobelo (You can choose: Playa Blanca - Playa Puerto Francés or Playa Huerta or combine. All of them with calm and crystal clear turquoise waters and islands full of vegetation.	12:00 - 4:00 p.m.
		Departure and return to Panama City
Identification of the National Park and attributes	National Park Portobelo (Contact with Local Culture), Visit to Archaeological and Historical Sites, Hiking, Visit to Beaches and the Sanctuary of Jesus Nazareno	
Amount of people (Including guide)	10	
It includes	Guide, B (1), L (1), Income to Parks, Other income and Land Transport. Level of Average Physical Effort	

Nota: B = Breakfast, L = Lunch y D = Dinner

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 / Route (Tour 4)	Visit to the Archaeological and Historical Sites and Beaches of the Portobelo National Park	
Specifications	Detail	Hours
Duration (days)	1 day	12 hours
Link with others (Circuits / Routes)	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Canal Zone, Destination Highlands and Destination Archipelagos)	
Itinerary	Departure from Panama City and arrival in Portobelo	5:00 - 7:00 a.m.
	(B) In Portobelo. Typical food of the area.	7:00 - 8:00 a.m.
	Tour of Historic Monumental Complex and the Town. Where you can take a look at the past.	8:00 - 10:00 a.m.
	Visit to Beaches (You can choose: Playa Blanca - Playa Puerto Francés or Playa Huerta or combine - 6 hours with Lunch) (L)	10:00 - 4:00 p.m.
	Return to Panama City of Panama	4:00 p.m. - 6:00 pm.
Identification of the Park National and attributes	National Park Portobelo (Contact with Local Culture), Visit to Archaeological and Historical Sites, Visit to Beaches and the Sanctuary of Jesus Nazareno	
Amount of people (Including guide)	10	
It includes	Guide, B (1), L (1), Income to Parks, Other income and Land Transport. 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.

² Reference prices	
Cost per reference person (9 pax. + 1 guide)	\$ 70
Cost per reference person (9 pax. + 1 guide)	\$ 86
Cost per reference person (9 pax. + 1 guide)	\$ 86
Cost per reference person (9 pax. + 1 guide)	\$ 158

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.

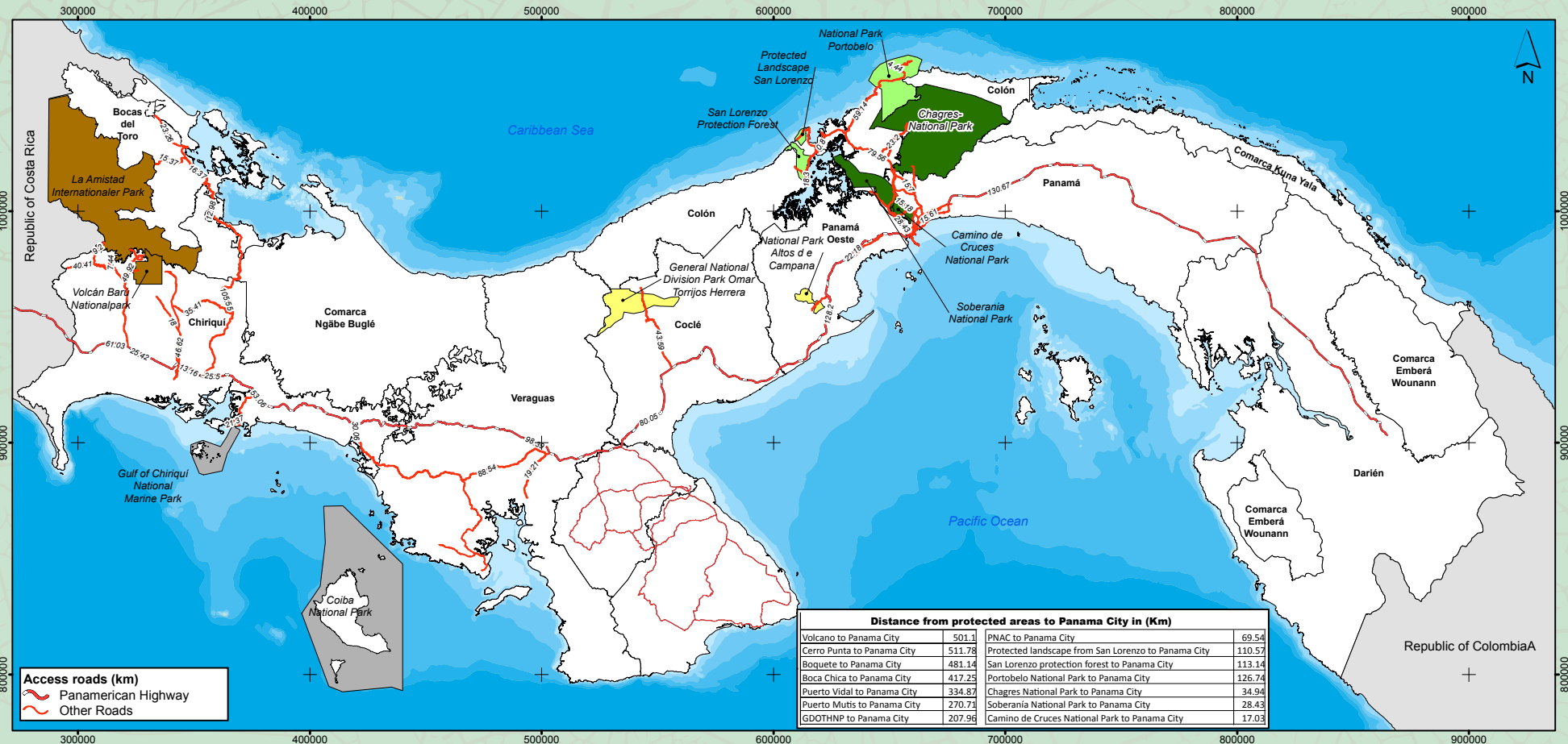


Bay of Portobelo, PNP.

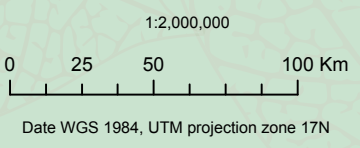


Path in San Lorenzo, BPPP SL.

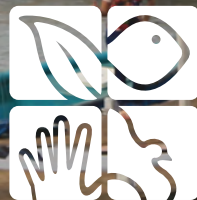
Access and Mobility of Priority Protected Areas



Central Caribbean Catalog			
Emergency Phones			
Colon Police	+507 475-7031	Red Cross	*455
Ambulance	911	Social Security	503-2532 o 503-6000
Fire Department	103	Mi Colon Regional environment for protected Forest and protected landscape San Lorenzo and National Park of Portobelo	+507 442-8346
Sinaproc	*335 o 316-3200		
Colon Province, Colón District, Sabanitas Corregimiento, Via Transistmica, PH Sandinistas Building, next to Mc Donalds, Panama.			



Protected areas in the four (4) green tourism destinations	
<ul style="list-style-type: none"> Circuit 1: destination Panama Canal - Chagres National Park - National Park Soberanía - National Park Camino de Cruces 	<ul style="list-style-type: none"> Circuit 4: Eastern Highlands - Altos de Campana National Park and Biological reserve - National Park of the Division Omar Torrijos Herrera
<ul style="list-style-type: none"> Circuit 2: target archipelagoes - Coiba National Park - Marine National Park of the Gulf of Chiriqui 	<ul style="list-style-type: none"> Circuit 5: Destination Highland West - Amistad International Park - Volcán Barú National Park
<ul style="list-style-type: none"> Circuit 3: Destination of the central Caribbean coast - Protected forest and protected Landscape of San Lorenzo - National Park Portobelo 	



Mi AMBIENTE

Autoridad de Turismo

Panamá



LA NIÑA MAYOR