

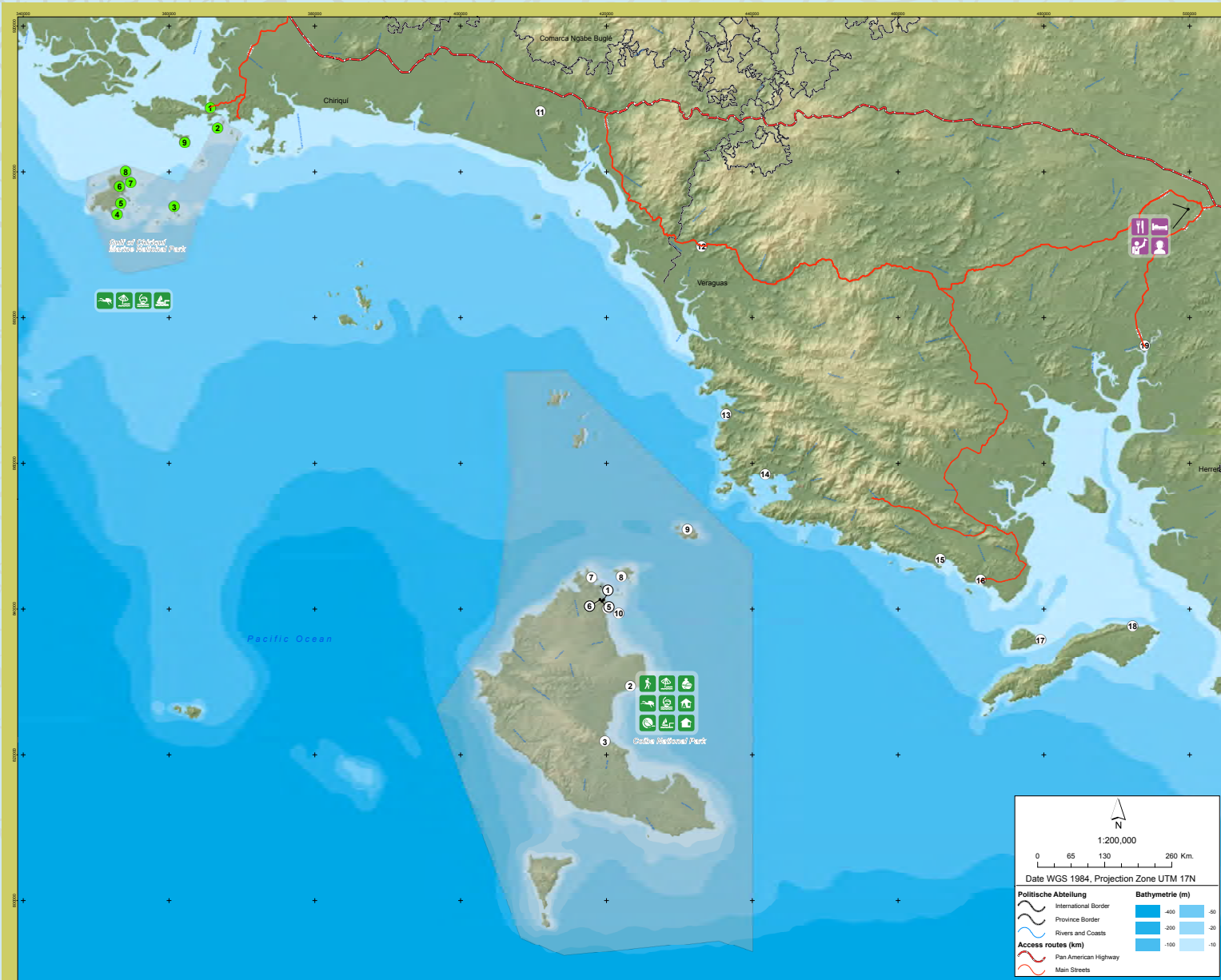


GULF OF CHIRIQUÍ MARINE NATIONAL PARK
COIBA NATIONAL PARK

Green Tourism Destination
Archipelagos



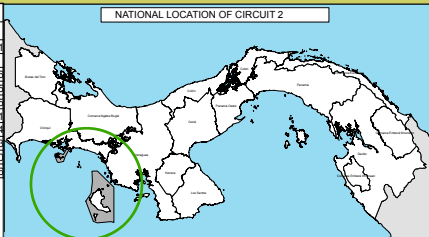
Resources Identified in Circuit 2: Destination Archipelagos



Coiba National Park		Coordinates	
		X	Y
1- Gambute Station and Museum (Beach)	419598.8	843081.0	1
2- Former Penitentiary of Coiba	423286.4	829390.98	2
Trails			
3- The thermal wells	419807.4	821785.90	3
4- The Monkeys	420164.8	839977.73	4
5- Santa Cruz - Cerro Gambute	419362.7	842968.98	5
6- Gambute	419208.1	843101.22	6
Beaches			
7- Machete	417953.1	844307.58	7
8- Rancheria	422048.4	844351.83	8
9- Channels	431140.3	850878.50	9
10- Gold Grant	421386.9	839381.03	10

Associations		Coordinates	
		X	Y
11- Rural Tourism Puerto Remedios	410939.1	908214.27	11
12- Rural Tourism Puerto Vidal	433062.4	889706.00	12
13- Rural tourism Pixvae	436435.0	866602.5	13
14- Sustainable Tourism Honda Bay	441793.2	858449.84	14
15- Rural sustainable tourism Arimadero	485801.9	846795.52	15
16- Sustainable Tourism Santa Catalina	471337.8	843949.11	16
17- Rural Sustainable Tourism Gobernador Island	479555.1	835698.64	17
18- Rural tourism Sustainable Cébaco Island	492200.5	837619.82	18
19- Rural tourism Port Mutis	493866.9	876116.57	19

Gulf of Chiriqui National Marine Park		Coordinates	
		X	Y
1- Puerto Boca Chica	365675.7	908712.71	1
Beaches			
2- Beach and Sahino Island	366666.2	905962.46	2
3- Beach and Island Bolarños	360720.7	895146.95	3
4- Beach and Island Paridita	352903.2	894511.43	4
5- Beach and Island Paridita	353397.0	895227.01	5
6- Playa Lanza on the Isla Paridita (Restaurant Los Compa)	353532.3	897930.54	6
7- Beach and Island Games	354745.1	898550.33	7
8- Playa Jurel (administrative office PNMGCJ)	354056.6	899994.90	8
9- Beach of Palenque	362157.7	903966.76	9



Legend:

- Associations:** 11- Rural Tourism Puerto Remedios, 12- Rural Tourism Puerto Vidal, 13- Rural tourism Pixvae, 14- Sustainable Tourism Honda Bay, 15- Rural sustainable tourism Arimadero, 16- Sustainable Tourism Santa Catalina, 17- Rural Sustainable Tourism Gobernador Island, 18- Rural tourism Sustainable Cébaco Island, 19- Rural tourism Port Mutis.
- Beaches:** 1- Puerto Boca Chica, 2- Beach and Sahino Island, 3- Beach and Island Bolarños, 4- Beach and Island Paridita, 5- Beach and Island Paridita, 6- Playa Lanza on the Isla Paridita (Restaurant Los Compa), 7- Beach and Island Games, 8- Playa Jurel (administrative office PNMGCJ), 9- Beach of Palenque.
- Other:** 1- Gambute Station and Museum (Beach), 2- Former Penitentiary of Coiba, 3- The thermal wells, 4- The Monkeys, 5- Santa Cruz - Cerro Gambute, 6- Gambute, 7- Machete, 8- Rancheria, 9- Channels, 10- Gold Grant.



Green Tourism Destination
Archipelagos

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 Archipelagos of the Coiba National Park and the Gulf of Chiriqui Marine National Park are breeding and birth areas of large cetaceans such as the Humpback Whale (*Megaptera Novaeangliae*), with a greater presence during the months of August and September, and

suitable sites for diving and snorkel. They have a marine biodiversity worth entering and exploring in its crystalline waters, especially in summer, the coral reefs. It should be noted that for its beauty and unique attributes, the Coiba National Park was declared a World Heritage Site by UNESCO in 2007.

The people who reside in the areas are warm, friendly, simple, supportive and hospitable to visitors.

Its gastronomy is very varied, finding typical dishes such as: Sancocho de gallina, rice with chicken, salads of potatoes and vegetables, platano en tentacion, tortillas, carimañola, tasajo, pork and fried chicken, fried potatoes, patacones stuffed with seafood, patacones, fried yucca, rice with coconut, all kinds of coastal style seafood, assorted ceviches, seafood cocktails, pipe water, among other options.

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Isla Ranchería Beach, PNC.



Santa Catalina, Veraguas.



Isla Ranchería Beach, PNC.



Marine fauna, PNC.

Protected Areas which include Archipelagos

(General Description)

Gulf of Chiriquí Marine National Park

- Created in 1994, to protect 150 square kilometers (58 square miles) of marine ecosystems, including coral reefs, mangroves and seagrasses, and about two dozen islands of the archipelago.
- The park is known for its rich wildlife, including: green iguanas, macaws, humpback whales (from August to October), hammerhead sharks, dolphins and several species of sea turtles on the beaches of the islands. Known for its tropical moist forests on different islands
- The archipelago is composed of about 20 islands and islets namely Parida, Paridita (only two inhabited), Santa Catalina, Pulgoso, Gámez, Tintorera, Obispo, Obispone, Los Pargos, Ahogado, Icacos, Corral de Piedra, Bolaños, Berraco, Bolañitos, San José, Linarte, Saino, Sainitos, Iglesia Mayor, Carey Macho and Carey Female.
- Turistically speaking, the most visited islands are: Bolaños, Parida, Paridita and Gámez. Among the most visited beaches are: Saino Beach, Bolaños Beach, Paridita Beach, Black Beach, Lanza Beach, Gámez Beach, Jurel Beach and Palenque Beach.
- Annual rainfall that varies between 2,000 mm and 2,500 mm, with an average annual temperature of 27°C.
- The dry season registered for this Protected Area goes from December to April and winter from May to November.

Access

How to get there? and Transfer Times vs. Distance

Panama City: Take Route 1 (Interamericana) until you reach Horconcos Crossing - San Lorenzo, in Chiriquí, turn left at km 416, from there continue 21 km, to reach Boca Chica. Road duration time 8 hours.

Coiba National Park

- Created in 1991, it protects 270,125 hectares of extension (216,543 are marine), located in the Province of Veraguas.
- The Coiba National Park was declared a World Heritage Site by UNESCO in 2005. The Coiba island, has 493 km² and 50,314 ha, being the largest in the Panamanian geography and the Central American Pacific.
- The island of Coiba is of volcanic origin, next to it are the islands: Jicarón (2,002 ha), Jicarita (125 ha, southernmost point of the Republic of Panama), Canal de Afuera (240 ha), Afuerita (27 ha), Birds (45 ha), Grape (257 ha), Brincanco (330 ha) and Coibita (242 ha).
- The current offer of trails includes: Los Pozos Termales, Los Monos, Santa Cruz and Cerro Gambute. In the same way, the most visited beaches are: Isolote Granito de Oro, Gambute where is the Station / Administrative Offices and Museum of the same name, Machete, Ranchería and Canales. Other sites of interest are: El Antiguo Penitenciario (from 1919 to 2004, it was used as a penal colony by the Panamanian government) and the San Juan River.
- This island preserves several endemic species, since more than 80% of the island is covered by primary vegetation, with mangroves and cativales of significant magnitude, on its beaches they come to spawn at least 3 species of marine turtles, it has coral reefs better preserved of the Panamanian Pacific and an undeniable landscape value provided for tourism. Among them 36 species of mammals, 147 of birds and 39 species of amphibians and reptiles, with a high degree of endemism as for example the ñeque of Coiba (*Dasyprocta coibae*) and the howler monkey of Coiba (*Alouatta coibensis*)

- The average annual rainfall is 3,500 millimeters and the average annual temperature is about 26 °C.
- The dry season registered for this Protected Area goes from December to April and winter from May to November.

Access

How to get there? and Transfer Times vs. Distance

Panama City: Take Route 1 (Interamericana) until you reach Cruce El Prado, in the Province of Veraguas, turn left on Route 5, towards Guabalá, Soná along the Via Santa Catalina, about 7 hours of the City of Panama, with a total distance of 442 km.

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 sunscreens 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.
- The beach site must have lifeguard personnel duly certified in rescues and first aid.



Station / Administrative Offices and MiAmbiente Museum, PNC.



Boca Chica Beach, PNMGCH.



Isla Canales, PNC.



Surfers, Santa Catalina Beach, Veraguas.

Establishments with sustainability certification

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”.

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Observation of cetaceans, PNC.



Products / Ecotourism Experiences in Protected Areas



Green Tourism Destination
Archipelagos

ECOTOURISM**ADVENTURE****CULTURE**

Ecotourism
general

Trekking /
Routes
Thematic

Heritage
Cultural

Walking trails

Birds

Diving
Snorkel

Beaches
Pristines

Adventure
general

Contact
with Culture
Local

Whales



Snorkeling in Islote Granito de Oro, PNC.



Boca Chica Beach, PNMGCH.

Accommodation



Accommodation

Santiago: se registran 17 alojamientos (9 hoteles, 1 motel, 2 residenciales, 1 hostel, 3 pensiones y 1 Cabaña).

Restaurants



David registers 17 restaurants.

Santiago registers 132 restaurants.

Tour Operators.



David registers 19 travel agencies and 2 tour operators.

Santiago registers 10 travel agencies, operating 4 of them also as tour operators.

Air transport



1 International Airport in David - Enrique Malek and another non international in Santiago - Rubén Cantú.

Certified Tourist Guides



David registered 35 certified guides (25 of them general and 10 specialized).

Santiago registered 6 certified tourist guides (2 of them specialized and 4 general).



Whales and their young, PNMGCH.



Ruins of the church of the penitentiary, PNC.

Social Economy Organizations

1 organization related to sustainable tourism development in PNMGCH and 1 with PNC in these 2 PAs. The first is the Boca Chica Aquatic Tourism Cooperative, which is still in the process of being formed and the second one is Arturis de Coiba or the Sustainable Tourism Rural Association of the Coiba National Park Damping Zone, which is the first certified organization with the Panama tourism sustainability standard.

Tourist activities



Sun and beach

Gulf of Chiriquí Marine National Park

The existence of the following beaches is recorded:

Beach and Isla Saíno: Located about 15 minutes away from Boca Chica, ideal to enjoy with the family. Although it is not one of the most visited beaches of the PNMGCH with little waves.

Beach and Bolaños Island: White sand, located 30 minutes from Boca Chica, with wave presence in windy times and where you can see Humpback Whales (*Megaptera Novaengliae*), especially in the months of August and September, as well as spotted dolphins and bottlenose dolphins. Sports fishing activities are registered.

Beach and Paridita Island: It is reached by boat in 45 minutes from Boca Chica and 20 minutes from Bolaños. It is not so visited by tourists this island has a small lagoon where you can spot crocodiles.

Playa Negra on Isla Parida: The transfer by boat takes 35 minutes, from Boca Chica and 15 minutes from Bolaños. Beach with a dark sand color that denotes its high iron content.

Lanzas Beach in Parida Island: It is reached by boat in 35 minutes, from Boca Chica and 15 minutes from Bolaños, this is a beach very visited by national and foreign tourists. It is very attractive because of the clear color of its waters, from this beach you can see whales and dolphins. On the Island there is a Bar-Restaurant, called the



Observation of seabirds, PNC.



Canales Beach, PNC.



Isolote Granito de Oro, PNC.

Compadres, very comfortable, with a good quality of attention to have a good time and has hammocks and beach chairs, swing and gazebo.

Beach and Isla Gámez: One of the most visited islands of the archipelago, this one by boat 30 minutes from Boca Chica and 10 minutes from Bolaños. It has the shape of number 8 and in its center a mere 25 meters of walk there is a small viewpoint overlooking the Pacific.

Beach and Jurel Island and Control Post PNMGCH: It is 30 minutes by boat from Boca Chica and 10 from Bolaños, it is not a tourist beach and it is very far away to monitor the entry and exit of boats from the gulf, still at its highest point.

Palenque Beach in Boca Brava Island: It is 20 minutes from Boca Chica and it is a good low cost alternative in transfer, to carry out sun and beach activities.

Coiba National Park

Administrative Offices and PNC Station in Gambute Island / Museum / and Beach: It has a museum of the park, with shelter, with capacity for 30 people (due to deterioration of the others), with air conditioning and bathrooms, drinking water, with a beach of clear sand and turquoise waters. There are trails such as the Santa Cruz and Cerro Gambute, suitable for bird watching and breathtaking scenic views from viewpoints on trails.

Machete Beach: Located to the west of the Gambute Biological Station, about 15 minutes. It is a wide beach with white sands and crystal clear waters. Suitable for snorkeling.

Ranchería Beach: The Smithsonian Tropical Research Institute owns this Island. There is a clear sand beach used by tourists with about 200 meters. long, conducive to snorkeling.

Islet and Playa Granito de Oro: This beach is the most visited, for snorkeling. It has a coral structure, with an abundant variety of marine species that make it an appropriate place for lovers of snorkeling and diving.

Isla Canales and Playa Canales: Ideal beach for rest, recreation, sunbathing, landscape appreciation, snorkeling, swimming and Kayaking.

Hiking



The offer of the Gulf of Chiriquí Marine National Park is more related to beaches, observation of cetaceans and contact with local cultures, not being one of its components; Meanwhile, in the case of the Coiba National Park, if there are at least 4 trails that can be traveled within the park:

Coiba National Park

Thermal Wells Trail: Trail with a length of 4.6 km, with a journey time of 2.5 to 4 hours, it is 87 meters above sea level. Suitable for bird watching and for its scenic beauty. With a low level of physical effort.

Los Monos Trail: 1.7 km trail, with a 1-hour trail. It has a maximum height of 50 masl, with a low level of physical effort. Monkeys are white, howling, and ridiculous that are endemic to the Island. Bird watching.

Gambute Path / Mirador: The route to the Mirador is 500 meters and it is reached in 20 minutes, with a maximum height of 130 meters above sea level and a high level of physical effort. The rest of the 300 meters of the path is not recommended, to be covered by all kinds of people, because it is in poor condition and very slippery in sections.

Santa Cruz Trail: With a length of 4.6 km, with a travel time of 2.5 to 4 hours, it is 87 meters above sea level, being suitable for bird watching and for its scenic beauty, it is not recommended to do the entire trail for anyone. To get to the Mirador are about 500 meters, with a time of 20 minutes. With a high level of physical effort. This trail is not in good condition and is very slippery.

Diving and Snorkeling



Gulf of Chiriqui Marine National Park and Coiba National Park

Within the PNMGCH this activity can be done in the surroundings of Playa Bolaños, Playa Gámez and Playa Lanza, while in the PNC there are many places where you can practice, among the safest are: the surroundings of Isla Canales outside, Granito de Oro , Ranchería Beach, Gambute Beach and Machete Beach.

Visit to Historical and Archaeological Sites



Coiba National Park

Visit to the Old Coiba Penitentiary: On its ancient bases a naval base in Panama is governed, which with authorization can allow visitors access and the guides remember many of the events that took place there. In case you have the opportunity to make a visit you have to take into account certain regulations.

Contact with Local Culture

Gulf of Chiriquí Marine National Park.

The visit to the PNMGCH, requires the contact of step by the Corregimiento of Boca Chica, which belongs to the District of San Lorenzo in the province of Chiriqui, in whose locality there are some 441 people according to the last census, carried out in 2010, by the National Institute of Statistics and Census.

Coiba National Park

Santa Catalina is a small beach town on the Pacific coast of Veraguas, known for fishing, surfing, watching big cetaceans (August - October), snorkeling and diving. Most visitors know him on his way to the Coiba National Park, where he will inevitably have the opportunity to get in touch with the local culture.



Tourists and park rangers climbing Cerro Gambute, PNC.

Tours, Circuits / Routes, Itineraries

Name of the Circuit (Tour 1)	Observation of Cetaceans, Snorkeling and Visit to Beaches of the Gulf of Chiriquí National Marine Park	
Specifications	Detail	Hours
Duration (days)	2 days	42 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	Day 1: Departure from Panama City	6:00 am.
	(B) Camino Breakfast (Typical or Continental)	7:30 - 8:30 a.m.
	(L) Road Lunch (Typical or International)	12: 00-1: 00 p.m.
	Arrival to PNMGCH - Location in lodging in Boca Chica.	4:00 - 5:00 p.m.
	Visit to the town of Boca Chica. Contact with the Local Culture, sale of crafts, food of the area, among other things.	5:00 - 6:00 p.m.
	(D) In Hotel or in a local restaurant. (Typical or International Food)	6:00 - 7:00 p.m.
	Day 2 - (B) Breakfast at Hotel in the locality (Typical or Continental)	7:00 - 8:00 a.m.
	Visit to Playas (Bolaños, Cámez and Lanzas), Snorkeling and Observation of Cetaceans	8:00 - 11:45 a.m.
	Transfer and (L) in Playa Lanza (15 min)	12:00 - 2:45 p.m.
	Transfer and Return to Boca Chica (15 min)	2:45 - 3:00 p.m.
	Departure to Panama City	4:00 p.m.
	(D) Road Dinner (Typical or International)	7:00 - 8:00 p.m.
	Arrival to Panama City	12:00 am.
Identification of the National Park and attributes	Visit to Beaches (With Crystal Clear Water Color - Turquoise), Observation of Cetaceans and Snorkel.	
Amount of people (Including guide)	10	
It includes	Guide, B (2), L (2 - Restaurant and 1 Lunch Box), 2 D, Land Transport, Water Transportation, Hotel Night in Boca Chica, mask and legs of frog for snorkeling. Level of Low 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 (Tour 2)	Observation of Cetaceans, Snorkeling and Visit to Beaches of the Gulf of Chiriquí National Marine Park	
Specifications	Detail	Hours
Duration (days)	1 day	11 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 Central Caribbean	
Itinerary	Transfer David / Boquete / Volcano - Boca Chica	6:00 am. David / 5:00 a.m.
	Visit to Playas (Bolaños, Gámez and Lanzas), Snorkeling and Observation of Cetaceans	Boquete / Volcano
	Transfer and lunch (L) in Playa Lanza (15 min)	7: 00-12: 00 p.m.
	Transfer and Return to Boca Chica (15 min)	12:00 - 2:45 p.m.
	Departure to David / Boquete / Volcano	2:45 - 3:00 p.m.
	Arrival to David / Boquete / Volcano	4:00 p.m.
Identification of the National Park and attributes	Visit to Beaches (With Crystal Clear Water Color - Turquoise), Observation of Cetaceans and Snorkel.	D 5:00 p.m. / Boq / Volc 6:00 p.m.
Amount of people (Including guide)	10	
It includes	Guide, L (1 - Restaurant and 1 Lunch Box), 2 D, Land Transport, Water Transportation, Hotel Night in Boca Chica, mask and legs of frog for snorkeling. Level of Low 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 (Tour 3)	Observation of Cetaceans, Visit to Beaches * and Snorkeling in Coiba National Park	
Specifications	Detail	Hours
Duration (days)	1 day	24 hours
Linking with others (Circuits / Routes)		
Itinerary	15 Circuits / Routes (5 of 2 days, 9 of 1 day, departing from Panama) - Destination Canal Zone, Destination Highlands and Destination Central Caribbean	
	Transfer Panama - Santa Catalina (Departure)	
	12:00 am.	
	(B) Breakfast on the way (Typical or Continental)	
	5:00 - 6:00 a.m.	
	Arrival to Santa Catalina and Exit to Coiba National Park.	
	8:00 am.	
	Observation of cetaceans.	
	8:00 - 9:00 a.m.	
	Visit to the beach (with crystal clear green water - turquoise), museum and Gambute station.	
	9:00 - 10:00 a.m.	
	Beaches Ranchería and Granito de Oro with 20 min of Snorkel.	
	10:00 - 11:00 a.m.	
Guided tour of Los Pozos Termales trail		
11:00 am. - 12:00 pm.		
(L) Lunch in space for this purpose		
12:00 - 1:00 p.m.		
Brief visit to Old Coiba Prisoner		
1:30 a.m. to 2:00 p.m.		
Transfer (15 min), Visit to Outdoor Canals and Snorkel Beach		
2:15 p.m. at 3:00 p.m.)		
Return to Santa Catalina and exit to Panama City.		
5:00 pm.		
Arrival in Panama City.		
12:00 am.		
Identification of the Park National and attributes	Visit to Beaches (With Crystal Clear Water Color Turquoise), Observation of Cetaceans and Snorkeling.	
Amount of people (Including guide)	10	
It includes	Guide, B (2), L (2 - Restaurant and 1 Lunch Box), 2 D, Land Transport, Water Transportation, Hotel Night in Boca Chica, mask and frog legs for Snorkeling. Level of Low 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 (Tour 4)	Identification of the Park National and attributive Observation of Cetaceans, Visit to Beaches, Trails and Snorkeling in Coiba National Park...	
Specifications	Detail	Hours
Duration (days)	2 days	44.5 hours
Linking with others (Circuits / Routes)		
Itinerary	15 Circuits / Routes (5 of 2 days, 10 of 1 day, departing from Panama) - Destination Canal Zone, Destination Highlands and Destination Central Caribbean	
	Transfer Panama - Santa Catalina (Departure)	12:00 am.
	(B) Breakfast at the passage site. (Typical or Continental)	5:00 - 6:00 a.m.
	Arrival to Santa Catalina and Exit to Coiba National Park.	8:00 am.
	Observation of cetaceans.	8:00 - 9:00 a.m.
	Visit to Beach, Museum and Gambute Station	9:00 - 10:00 a.m.
	Beaches Rancheria and Granito de Oro with 20 min of snorkeling (With crystalline waters Color Green - Turquoise)	10:00 - 11:00 a.m.
	Guided tour of Los Pozos Termals trail	11:00 am. - 12:00 pm.
	(L) in space for that purpose.	12:00 - 1:00 p.m.
	Itinerary	Short visit to Old Coiba Prisoner.
Transfer (15 min), visit to Playa Canales Outside and snorkeling.		2:15 p.m. at 3:00 p.m.
Return to Gambute Biological Station.		5:00 pm.
(D) In Gambute Biological Station.		6:00 - 7:00 p.m.
Day 2: Breakfast at Gambute Biological Station.		7:00 - 8:00 a.m.
Visit to Santa Cruz and Gambute Trails Viewpoints (High Physical Effort)		8:00 - 10:00 a.m.
Visit to Los Monos trail.		10:00 - 12:00 p.m.
Visit to Machete Beach (With Crystal Clear Water Color Turquoise), Lunch (L)		12:15 - 1:15 p.m.
Snorkel (Machete Beach - With Crystal Clear Water Color - Turquoise)		1:30 - 2:00 p.m.
Departure from Santa Catalina to Panama.		3:30 pm.
Identification of the Park National and attributes	Visit to Beaches (With Crystal Clear Water Color Turquoise), Observation of Cetaceans and Snorkeling.	8:30 pm.

Amount of people (Including guide)	10	
It includes	Guide, B (2), L (2 - Restaurant and 1 Lunch Box), 2 D, Land Transport, Water Transportation, Hotel Night in Boca Chica, mask and frog legs for Snorkeling. Level of Low 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.

² Reference prices	
Cost per reference person (9 pax. + 1 guide)	\$158
Cost per reference person (9 pax. + 1 guide)	\$158
Cost per reference person (9 pax. + 1 guide)	\$316
Cost per reference person (9 pax. + 1 guide)	\$326

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



Snorkeling in the Isolote Granito de Oro, PNC.



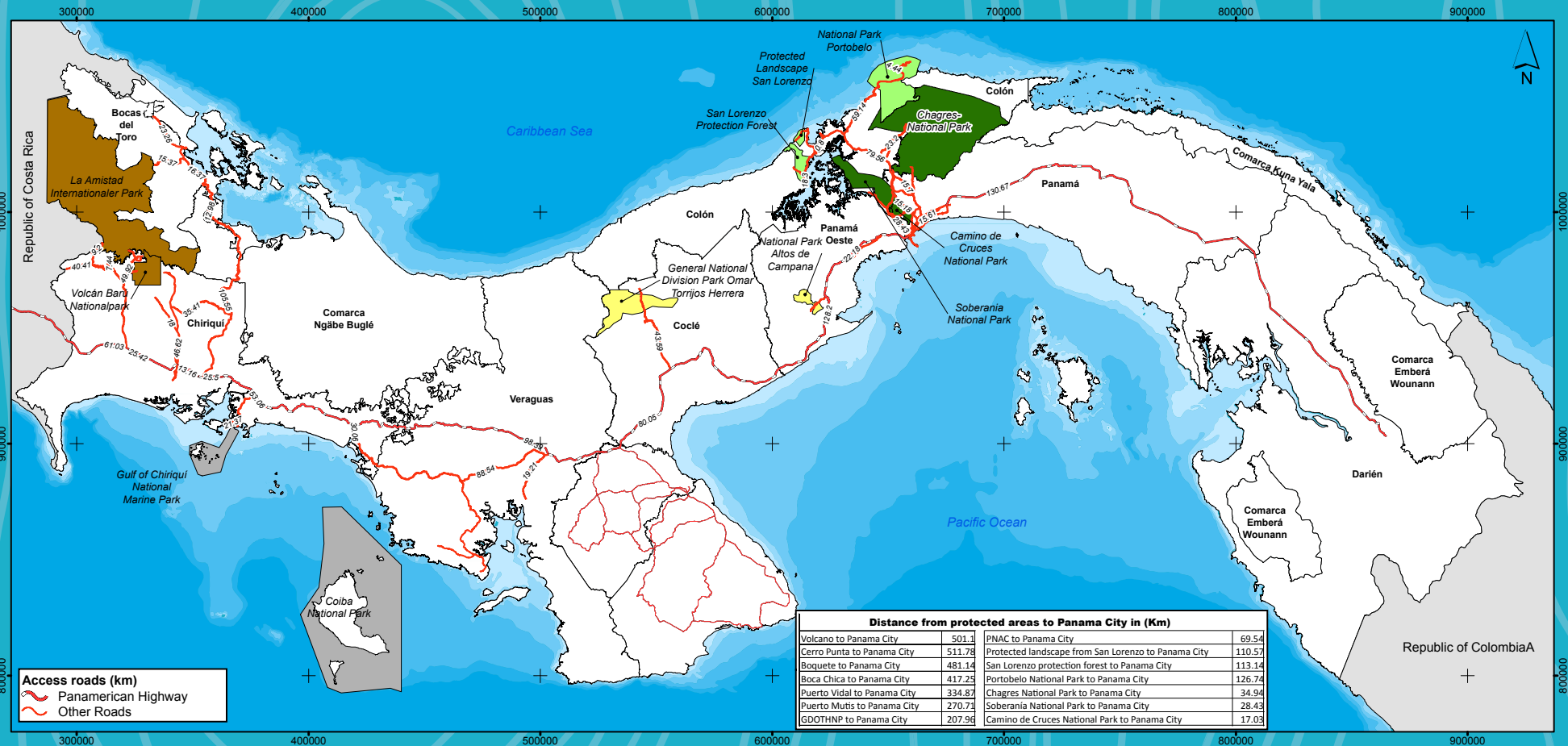
Administrative Headquarters from the Santa Cruz Trail, PNC

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.

Access and Mobility of Priority Protected Areas

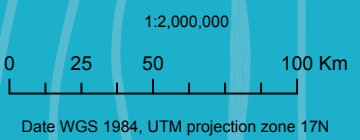


Access roads (km)
 - Panamerican Highway
 - Other Roads

Distance from protected areas to Panama City in (Km)	
Volcano to Panama City	501.1
Cerro Punta to Panama City	511.78
Boquete to Panama City	481.14
Boca Chica to Panama City	417.25
Puerto Vidal to Panama City	334.87
Puerto Mutis to Panama City	270.71
GDOTHNP to Panama City	207.96
PNAC to Panama City	69.54
Protected landscape from San Lorenzo to Panama City	110.57
San Lorenzo protection forest to Panama City	113.14
Portobelo National Park to Panama City	126.74
Chagres National Park to Panama City	34.94
Soberania National Park to Panama City	28.43
Camino de Cruces National Park to Panama City	17.03

Archipelagos Catalog			
Emergency Phones			
Soná Police	+507 999-0063	Red Cross	*455
Ambulance	911	Social Security	503-2532 o 503-6000
Fire Department	103	MiAmbiente Chiriqui Regional	+507 774-6671
Sinaproc	*335 o 316-3200	MiAmbiente Regional Santiago for PN Coiba	+507 998-4387 or 998-4271

Chiriqui Province (Address: David District, Local Office Government in David, and Veraguas (Local Government Santiago 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 Soberania - National Park Camino de Cruces 	<ul style="list-style-type: none"> Circuit 4: Eastern Highlands - Altos de Campana National Park and Biological reserve - General 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 Chiriquí 	<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 	



MiAMBIENTE

