

Panama City & Canal Tour



- ✓ Miraflores Locks
- ✓ Cerro Ancon
- ✓ Punta Culebra
- ✓ Amador Causeway
- ✓ Casco Viejo

Duration: 8 hours

Price: \$85

INCLUDES: Hotel Pickup, Entrance Fees, English Speaking Guide
Daily Departures from all major hotels in the city.

Panama Canal Partial Transit

- ✓ Bridge of the Americas
- ✓ Miraflores Locks
- ✓ Culebra Cut
- ✓ Gamboa



Duration: 6 hours

Price: \$150

Third-party transport is available from most centrally located hotels but is not recommended. To start your day stress free we recommend taking a taxi to the Marina. - Runs most days.

El Valle Explorer



- ✓ Hiking
- ✓ Valley views
- ✓ Waterfalls
- ✓ Petroglyphs
- ✓ Golden frogs

Duration: 9 hours

Price: \$ 120

*Minimum 2 people – Available on Wednesdays (Hiking version) and Sundays (Explorer version). For other dates please inquire.

Monkey Island & Indian Village

- ✓ Monkey Island
- ✓ Chagres River
- ✓ Indian Village
- ✓ Soberania National Park



Duration: 7 hours

Price: \$120

INCLUDES: Hotel Pickup, Boat tour, English Speaking Guide
Daily Departures from all major hotels in the city.

Caribbean Adventure



- ✓ Snorkelling
- ✓ Canopy Tour
- ✓ Spectacular View
- ✓ Historic Portobelo
- ✓ Two Oceans

Duration: 10 hours

Price: \$150

Available on Saturdays only - inquire about other dates
Zipline only - Available: Sunday, Tuesday, & Thursday
Snorkelling available - Available: Monday & Friday

Eat & Drink Panama Sampler

- ✓ Geisha Coffee
- ✓ Organic Chocolate
- ✓ Artesanal Beer
- ✓ Ceviche Sample
- ✓ Rooftop Cocktail



Duration: 2.5 hours

Price: \$ 59

INCLUDES: Guided tour of Casco Viejo and the Fish Market,
All food and drink mentioned above, insider information on top
choice restaurants in Panama City.

Train, Fort & Canal Tour



- ✓ Historic Railway
- ✓ Canal Expansion
- ✓ US fort Sherman
- ✓ Fort San Lorenzo
- ✓ Gatun Locks

Duration: 8 hours

Price: \$160

*Minimum 3 people – Available Mondays and Fridays.
For other dates please inquire.

Sea/Lake Kayaking

Caving Adventures

Custom Itineraries

Fishing » Yacht Charters

Jungle Tours

Bocas del Toro » Boquete

San Blas Day Trip



- ✓ Comarca Guna Yala
- ✓ Cultural Museum
- ✓ Various Islands
- ✓ Overnight options

Duration: 12 hours.

Price: \$200

INCLUDES: Transport, taxes, locally prepared meals, guided service
Multi-day options available.



***From City Tours to 2 week adventures...
We will show you the best of Panama***

Visit our office in Casco Viejo (Ave. A & Calle 7)
or call +(507) 211-3700 for more info...

www.barefootpanama.com