Los Establos
BOUTIQUE RESORT
PANAMA

ALL-INCLUSIVE ADVENTURE PACKAGES

Below is a list of tours included in your stay! If you prefer, you can enjoy a 25-minute massage in lieu of an excursion. Please make reservations upon arrival to ensure availability.

*Tour times and itineraries are subject to change without notice

Superman Tour

Difficulty: ●●○○○

Soar "Superman-style" above Panama's Cloud Forest, reaching speeds up to 72 mph. The tour features a 3-wire circuit, with zip-lines ranging from 950 to 1,450 meters in length. *Pro Tip: Wear sneakers, comfortable shorts/pants*

MORNING	7:30am & 9:30am
AFTERNOON	12:30pm

White Water Tubing

Difficulty: ●●●○○

Enjoy an amazing adventure as you float down Caldera River white waters. *Pro Tip: Wear swimsuit under comfortable clothing/close-toed water shoes. Bring towel & change of clothes.*

MORNING	9:00am
AFTERNOON	1:30pm

Ja Wakta Waterfall Hike & Swim

Difficulty: ●●●○○

Hike the JaWakta waterfalls & surrounding cloud forest, cliff jump into natural pools and swim in its crystal-clear waters. *Pro Tip: Wear swimsuit under comfortable clothing/hiking boots. Bring towel.*

MORNING	9:00am
AFTERNOON	2:00pm

Panoramic Tour

Difficulty: ◐○○○○

Join us for a driving tour through Boquete and experience our expansive history and culture. Stop for a picture at the Valley of Flowers, and enjoy the natural beauty of Panama. *Pro Tip: Bring your camera*

MORNING	9:00am - 12:00pm
AFTERNOON	2:00pm - 5:00pm

Rainforest Coffee Tour

Difficulty: ◐○○○○

Visit one of the oldest coffee plantations and processing mills in Boquete and discover the secret behind our specialty coffees and roasting techniques. You can even bring a bit of the flavour home! *Pro Tip: Wear sneakers*

MORNING	8:30am - 12:00pm
AFTERNOON	1:30pm - 4:00pm

Bird Watching

Difficulty: ●●○○○

Encounter exotic birds and plant species on this leisurely hike through the Cloud Forest. Keep an eye out for the famous Quetzal – one of the most beautiful birds in the world. *Pro Tip: Bring binoculars, wear sneakers*

MORNING	7:30am - 12:00pm
AFTERNOON	-

Lost Waterfalls Hike

Difficulty: ●●●●◐

Explore Panama's natural beauty as you make your way through steep, mountainous terrain to find the 3 lost waterfalls of Panama – also known as Las Tres Cascadas. *Pro Tip: Wear hiking boots, bring water*

MORNING	8:00am - 12:00pm
AFTERNOON	1:00pm - 5:00pm

For any cancellations, please contact us no later than 24 hours before your scheduled departure.

Pipeline Hike

Difficulty: ●●○○○

Discover a thousand-year-old trail and some unique wildlife as you walk alongside a river through the Cloud Forest. The path has a medium incline, suitable for all ages and hiking abilities. *Pro Tip: Wear sneakers*

MORNING	9:00am - 12:00pm
AFTERNOON	2:00pm - 5:00pm

Caldera Hot Springs

Difficulty: ●●○○○

Experience the healing properties of 3 all-natural thermal pools (up to 115° F). Then, cool off in the nearby Chiriquí River. The walking path to the hot springs is flat (approx. 10-15 min.) *Pro Tip: Wear sneakers, bring water shoes*

MORNING	9:00am - 12:00pm
AFTERNOON	2:00pm - 5:30pm

Cangilones River Canyon

Difficulty: ◐○○○○

Muster the courage to jump from this 40-meter canyon into the Cangilones River, or swim in the shallow pool at your leisure. Enjoy a fun afternoon with friends and drinks. (drink responsibly) *Pro Tip: Wear water shoes*

MORNING	9:00am - 12:00pm
AFTERNOON	2:00pm - 5:30pm

Canopy Zip-Lining

Difficulty: ●◐○○○

Glide through the Cloud Forest on an exhilarating zipline adventure where you will discover an incredible collection of natural landscapes, rivers, waterfalls and more.
Pro Tip: Wear sneakers, long comfortable shorts/pants

MORNING	7:30am - 12:00pm 9:30am - 2:00pm
AFTERNOON	12:30pm - 4:30pm

La Solera Rum Tasting

Difficulty: ◐○○○○

Educate your palate and enjoy this multisensory experience as you evaluate the distinct properties of Panama's unique rums. Carta Vieja's signature Geisha Coffee Rum is a must-try! *Pro tip: Makes a great souvenir*

MORNING	-
AFTERNOON	12:30pm - 4:30pm

Kotowa Tea Tour

Difficulty: ◐○○○○

Delve into the vast world of this ancient drink and discover its origin, anatomy, growth, harvest and production processes. You will get to taste 4 classic teas: White, Green, Oolong (red) and Black. *Pro tip: Wear sneakers*

MORNING	9:30am
AFTERNOON	12:30pm

Hanging Bridges

Difficulty: ●●●○○

Hike 5,500 feet above sea level to reach the canopy of the Talamanca mountains. 3 miles of suspension bridges tower above amazing views of rivers, waterfalls and our protected Cloud Forest. *Pro Tip: Wear hiking boots*

MORNING	7:30am - 12:00pm 9:30am - 2:00pm
AFTERNOON	12:30pm - 4:30pm

White-Water Rafting

Difficulty: ●●●○○

Get your adrenaline pumping with Class IV rapids as you paddle, steer and experience the thrill of white-water along the Chiriquí Viejo River. (2 hr. drive. Lunch provided.) *Pro Tip: Wear water shoes, bug spray*

MORNING	7:30am (All Day Activity)
NOTE	Out of Season Starts at 9:00am

*Please note, activities are not included on arrival and departure days. Late check out is dependent upon availability (please inquire at the front desk at least 1 day prior to departure.) For special requests, please try to give us ample notice - due to our limited staff and resources. We will always do our best to accommodate you: "Our Valued Guest." **Tour times and itineraries are subject to change without notice.**