



THE KUNA TRAIL & KAYAKING ADVENTURE

DAY 1

Panama City to Kuna Yala Forest

Depart after breakfast to the Burbayar Lodge, located in the mid-altitude rainforest of Kuna Yala in the eastern foothills of Panama (440 meters above sea level). This is a place to enjoy nature, walk in the rainforest and experience incredible birding. In the afternoon, hike with a local guide along a nature trail, featuring 17 tree species used by the Kuna Indians for medicinal purposes. Enjoy a delicious dinner and a night with the sounds of primitive nature surrounding you in the Burbayar Lodge.

DAY 2

Kuna Trail Trekking Adventure

Early breakfast and then begin your trek to the coast of Carti in Kuna Yala, about 22 km away. A box lunch included. This hike takes 6-8 hours depending on the physical condition of each hiker. At the Carti River Bridge, a boat will be waiting to transfer you to Río Abajo and the San Blas Islands in the Caribbean Sea. From there your group will be transferred to Hotel San Blas on Nalunega Island. A dinner of fresh seafood will be waiting for you.

DAY 3

San Blas Islands

Rent or bring your own snorkeling gear to explore nearby reefs or relax in your hammock. Later get to know the Kuna community of Nalunega. Tour to a neighboring island where you can swim in crystal waters, snorkel or search for unique seashells. Spend the night at Hotel San Blas.

DAY 4

Departure to Panama City

Early morning return from San Blas to Panama City.

Not Included:

- Air / Taxes
- Gratuities / Expenses / Personal Insurance

Pricing:

- E-mail at info@designtravel.ca or by phone at (416) 235-1212.

Note:

- This tour is designed for people who are used to hike and are in good physical condition.

Links:

Optional Excursions

www.designtravel.ca/services/servicesworld/excursions/excursions.html

Terms and Conditions

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