



Whale and Dolphin Wisdom Retreat Itinerary

We are looking forward to sharing the natural beauty of Panama and its whales and dolphins with you. Here is the itinerary of your Whale & Dolphin Wisdom Retreat.



Day 1 Saturday Arrival in Panama

Transfer to the beautiful Gamboa Rainforest Resort (near Panama city) on the shores of the Chagres river and the Panama canal. Relax in your hammock on your balcony and even hear wild howler monkeys and parrots in the distance.
www.GamboaResort.com

Day 2 Sunday

After breakfast at the hotel, we will depart at 8:00 am for a 3 hour boat tour to connect with the Mer-Goddess of Lake Gatun with water blessing ceremony and view wildlife such as monkeys, toucans, sloths, crocodiles, etc. We will have lunch (not included in package price) overlooking the Chagres river. Then we visit the Panama canal locks and museum and learn about the spiritual significance to the canal. we travel out from Panama city to the Pearl Islands and settle in to [The Perla Real Cacique hotel](#), an ocean front hotel on Contadora Island, with time to explore the island and take a swim and or/snorkel lesson.



Day 3 Monday

Breakfast at The Perla Real hotel
10:00 am head out for the boat and our first visit with the Whales & Dolphins
Lunch on board the boat
4:00-5:00 pm return to the hotel
Free time to explore the beaches and the island
6:30 ish Dinner on your own
Optional presentation time or evening on your own.



Day 4 Tuesday

Breakfast at the the hotel
10:00 am head out for the boat and more time with the Whales & Dolphins
Lunch on board the boat
4:00-5:00 pm return to the hotel
Free time to explore the beaches and the island
6:30 ish Dinner on your own
Optional presentation time or evening on your own.



Day 5 Wednesday

Breakfast at the the hotel
Morning meditation at Mermaid beach or a Lemuria portal
Free time to explore the beaches and island
12:00 pm lunch on Contadora Island
1:00 pm head out for an afternoon and sunset cruise
Dinner on board the boat
7:30-8:00 pm return to the hotel



Day 6 Thursday

Breakfast at the hotel
9:00 am head out for the boat for our last visit with the Whales & Dolphins
Lunch on board boat
2:00 pm return to the hotel to pack and say good bye to the Pearl Islands
3:30 pm flight or ferry back to Panama City
5:30 pm arrive at the Balboa Inn B&B. www.thebalboainn.com



Day 7 Friday

Embera' Village Day or Overnight Tour Do not miss this unique opportunity to visit a traditional Emberá Indian village, deep in the tropical rainforest. The Emberá tribe still live as they have for millennia and are very warm and friendly and love sharing their culture and traditions with visitors.
www.EmberaVillageTours.com

Choose either the day tour or really go native with an Overnight tour to sleep in the village in a traditional Emberá hut.



Day 8 Saturday Departure Day

Return from your Embera overnight tour early afternoon and you can schedule a late afternoon or evening flight home that day or stay one more night in Panama City and fly home on Sunday.

