



A Non-Profit Corporation for
Continuing Medical & Nursing Education

35th Annual Fall Conference on PEDIATRIC EMERGENCIES

Dreams Playa Bonita Panama Resort & Spa
Playa Bonita, Panama ~ October 23-26, 2019

TOUR/ACTIVITY SUGGESTIONS

We have arranged with PANAMAZING DMC, our destination management company in Panama, to provide Symposia Medicus conference attendees with tour options.

The following pages give detailed information on the tours PANAMAZING DMC offers. **Mention you are with the Symposia Medicus group to receive a 10% discount on private tours or a 5% discount on shared tours.**

Please keep in mind that some tours are full day and others are offered in the morning. Please refer to the conference schedule prior to making reservations.

To make reservations or for more information, please contact either:	
Maria Urbano murbano@panamazing.com +(507) 6980-4575	Marileyla (Leyla) Garuz mgaruz@panamazing.com +(507) 6981-3300

If you are staying at the Dreams Playa Bonita Panama Resort & Spa, the tour charges can be billed to your hotel room.

If you are NOT staying at the Dreams Playa Bonita Panama Resort & Spa, once you contact Maria or Leyla to reserve tours, you will be emailed a credit card authorization form to fill out and send back.

You can make reservations onsite by going to the PANAMAZING DMC desk located in the lobby of the Dreams resort, however, we suggest making reservations prior to your arrival as tours/activities do sell out.



Gamboa Rainforest Combo Pack

1

Gatun Lake Expedition

Take part in an expedition at the Gatun Lake, one of the biggest manmade lakes in the world, right at the Panama Canal. Surrounded by the lush forest, home of animals such as the capuchin, howler and tamarin monkeys and iguanas.

The adventure begins at the private dock of the beautiful Gamboa Rainforest Resort. You will navigate through the Chagres River, waterway used by the famous pirate Henry Morgan.

The Rainforest Aerial Tram and Sloth Sanctuary

Experience the magic of the Gamboa Rainforest, ascending at 280Ft. (85 mts.), from the shadowy forest floor through the dense vegetation and up to the sun drenched canopy with its thousand shades of green that are only interrupted by the vibrant colors of flowering trees.

From the Tram, a short walk takes you to the observation tower, from where you can see the panoramic view of the Chagres River, the Gaillard Cut and the rainforest. The tour concludes with a visit to the ecological exhibitions, which include an Orchid Garden, a Butterfly Farm and a Frog Farm.



Includes: Local Tour guide at site, bottled water & lunch.

Duration: 7 Hours aprox.

Available: Tuesday, Thursday, and Saturday at 8:30am



Half day City and Canal Tour

2

Miraflores Locks

The Panama Canal, known as the 8th wonder of the world, is a 50 mile (80 kms.) ship channel that joins the Caribbean Sea and the Pacific Ocean. It is a key conduit for international maritime trade - one of the greatest works of engineering in history.

The Miraflores Locks are one of three sets of locks, which work as water lifts, raising and lowering ships from sea level up to the Gatun Lake water level, a total of 85 ft. (26 mts.); the ships then sail the channel through the Continental Divide. There is a Visitor Center at Miraflores, where a 10 minute video can be seen summarizing the past and the present of the Panama Canal and four floors of exhibits which include historic pieces, interactive modules, video presentations and models of the Panama Canal.

At the end, you will see the day-to-day operation of the locks from the Canal terraces.

Panama City and Casco Antiguo

Furthermore you will have the opportunity to experience firsthand a visit to an UNESCO World Heritage Site, Casco Antiguo.

The tour concludes with a panoramic visit to the "Amador Causeway", a group of three islands linked to the main land by the breakwaters of the Panama Canal.

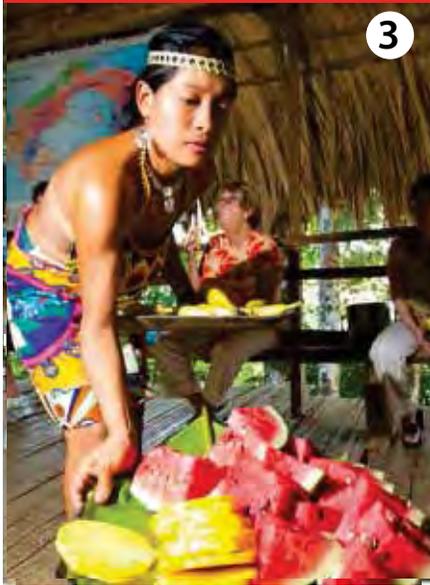
The U.S. Army used this area for the defense of the Panama Canal because of its strategic location. Today the Causeway has been transformed into a center of restaurants, bars, shopping areas.

Includes: transportation, bilingual guide, bottled water and entrance fees.

Duration: 5 Hours aprox.

Available: Monday, Wednesday, Saturday, and Sunday at 8:30am

Special Day Added: Friday, October 25th at 8:00am



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4



5

Embera Indigenous Village Dugout Canoe Adventure

3

The enchanting journey takes you to the National Park Chagres, where the Embera natives have lived for many years. The adventure begins with a ride up the river in wooden canoes the Embera's traditional hand carved dugouts.

On arrival to the village you will be taken back in time as you observe the ancient Embera's dances and listen to their music that have hardly changed since Christopher Columbus who arrived in the 1500's. The Embera women are known as one of the world's finest basket makers. They also create beautiful objects made out of palm leaves dyed with natural pigments.

Before returning to civilization, the Emberas will invite you to a traditional lunch of fresh fish and plantains and you will have the opportunity to purchase their gorgeous handicrafts.

Includes: Transportation, bilingual guide, bottled water, fruits, traditional embera lunch and park fee.

Duration: 7 hours approx.

Available: Wednesday and Friday at 8:00am

Panama Canal Partial Transit

4

Opened in 1914, the Panama Canal is considered the 8th Wonder and it was the result of years of study. The French first attempted to create a waterway to connect the Pacific Ocean with the Atlantic but after they failed, the USA took over and it took nearly 11 years to finish it.

The Gaillard Cut, (also known as Culebra Cut because its curves resemble a snake) is one of the main attractions due to the fact that it was carved through the Continental Mountain Range and is full of history and geological interest. The boat will sail through the Culebra Cut's 7.8 miles down to The Miraflores & Pedro Miguel Locks; while passing under the spectacular Centennial Bridge, which crosses over the Canal.

Includes: Transportation, bilingual guide, bottled water, lunch, entrance fees.

Duration: 8 hours approx. *according to ACP (Panama Canal Authority) operation. Subject to change time.

Contact Panamazing for tour times

Valle de Anton

5

At just two hours' drive through rural villages and rolling green hills, to the west of Panama City you can find the picturesque town of El Valle, nestled in the crater of a giant extinct volcano. It is a peaceful place, surrounded by cloudy forests and green passages with sparkling creeks which adds beauty to the sight. Situated at 3,230ft (1000mts) above sea level, El Valle enjoys a fresh and cool climate and is known as the land of eternal spring.

During the tour, you will have the opportunity to visit the Botanical Garden "El Nispero". Lunch will be served in a restaurant in town and afterwards you will have the chance to shop at the local handicraft market.

Includes: Transportation, bilingual guide, bottled water, lunch, entrance fees.

Duration: 8 hours

Available: Sunday at 7:30am

Gatun Lake Fishing at the Panama Canal

6

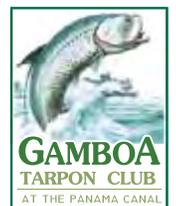
Even the most seasoned fishermen are always impressed by the abundance and variety of fish in Gatun Lake at the Panama Canal. This lake is home to species such as peacock bass, tarpon, snook among others.

One of the fishing captains from the Gamboa Rainforest Resort will take you on a private guided tour to the best fishing spots. Surrounded by peace and tranquility at the lush tropical forest. This is a great tour to enjoy the bounties of nature.

Includes: Transportation, Captain and snacks.

Duration: 3 hours

Contact Panamazing for tour times





7



8

San Blas

7

The archipelago on the Caribbean is composed of 365 islands. Many of these islands are uninhabited, but there is always somebody in charge of its custody. Many of these islands are idyllic, of fine white sand, with translucent and calm waters.

Aboard 4X4 trucks (SUV) you will start an expedition filled with adventure and excitement, interacting with one of the region's most autochthonous people, the Guna. Discovering mountains, pristine beaches, jungle scenes and more. Visit the GUNA – YALA region in Isla Cangrejo, then travel by boat to Isla Aguja where you will enjoy the beach and have lunch

Includes: Transportation and lunch

Duration: 12 hours approx.

Contact Panamazing for schedule

Helicopter Tours

8

Enjoy flight over most amazing places of Panama, like the vibrant Cosmopolitan City, the Panama Canal, the paradise of San Blas islands and other iconic places in Panama.

Includes: Transportation, Bilingual Guide, Bottled Water and Entrance Fees

Duration: 4 hours approx.

Contact Panamazing to schedule your desired time

WHAT TO BRING?



GAMBOA RAINFOREST COMBO PACK

CASCO ANTIGUO & MIRAFLORES LOCKS

EMBERA INDIGENOUS VILLAGE & DUGOUT CANOE ADVENTURE

PANAMA CANAL PARTIAL TRANSIT

VALLE DE ANTON

GATUN LAKE FISHING AT THE PANAMA CANAL

SAN BLAS

HELICOPTER TOURS

COMFORTABLE CLOTHES

COMFORTABLE SHOES

HAT - CAP

SUN BLOCK

PASSPORT

MONEY

TOWEL

Notes: