

Whale and Dolphin Wisdom Retreats 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.



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 1 Sunday

After breakfast at the hotel, we visit a local vortex on the grounds of the resort.

8:30 am 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. Then we visit the Panama canal locks and museum and learn about the spiritual significance to the canal. After lunch (not included in package price) We travel out from Panama city to the Pearl Islands and settle in to The Point hotel, an ocean front hotel on Contadora Island, with time to explore the island and take a swim and or/snorkel lesson. [The Point Hotel](http://ThePointHotel.com)



Day 2 Monday

Breakfast at The Point 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 Point

Free time to explore the beaches and the island

6:30 ish Dinner at The Point

Evening on your own or optional presentation time



Day 3 Tuesday

Breakfast at the The Point 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 Point hotel

Free time to explore the beaches and the island

6:30 ish Dinner at The Point hotel

Evening on your own or optional presentation time



Day 4 Wednesday

Breakfast at the The Point hotel

Morning meditation at Mermaid beach.

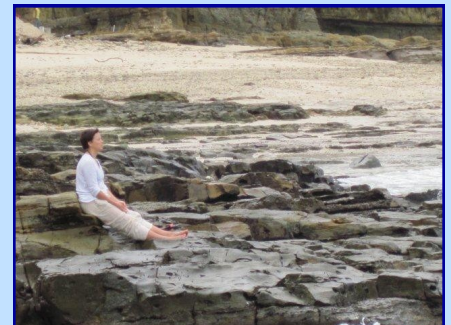
Free time to explore the beaches and island

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 Point hotel



Day 5 Thursday

Breakfast at the The Point 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 Point hotel

Free time to explore the beaches and the island

7:00 pm Dinner out at a local restaurant as a group

(dinner not included in package price)



Day 6 Friday

Breakfast at The Point 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 Point 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



Saturday Departure day or

Optional Embera' Village Day or Overnight Tour (This can be done before or after your whale retreat) Do not miss this unique opportunity to visit a traditional Embera' Indian village, deep in the tropical rainforest. The Embera' 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

We will be happy to help you arrange or recommend other tours or places to visit while you are here in Panama.