



# Whale and Dolphin Wisdom Weekend 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 Weekend Retreat.



## Thursday

### Arrival in Panama

Transfer to the Balboa Inn B&B.

[www.thebalboainn.com](http://www.thebalboainn.com) (near Panama city)



## Day 1 Friday

After breakfast at the hotel, we will drive to the nearby regional airport to take a 20 minute flight from Panama city to the Pearl Islands and settle in to [The Perla Real Cacique hotel](#), an ocean front hotel on Contadora Island. Upon arrival at the hotel we will quickly store our luggage in your room and put on our swimsuits and head out to our catamaran sailboat that is waiting to take you out for your first day with the whales and dolphins.



## Day 2 Saturday

Breakfast at the The Perla Real hotel

Morning meditation at Mermaid beach or a Lemuria portal

Free time to explore the beaches and island

12:00 pm lunch on your own on Contadora Island

1:00 pm head out for an afternoon and sunset cruise with the whales.

Dinner on board the boat

7:30-8:00 pm return to The Perla Real hotel



## Day 3 Sunday

Breakfast at The Perla Real 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](http://www.thebalboainn.com)



## Monday 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](http://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.