



Way of the Whale and Dolphin Retreat Itinerary

We are looking forward to sharing the natural beauty of Panama, its whales and dolphins and the Emberá tribe with you.



Saturday Arrival in Panama

Transfer to your hotel in the historical district of Panama City, Casco Viejo. The [Magnolia Inn](#). Have the time to explore this fascinating UNESCO world heritage site filled with cathedrals, plazas, the Presidential Palace, gourmet restaurants, fun rooftop bars, jazz clubs, spectacular views of the modern city and fabulous for people watching.

Day 1 Sunday

7:00 am Depart for regional airport to fly 20 minutes out to the Pearl Islands
 9:00 am Arrive on Isla Contadora. Check into your beach front hotel, [Mary Oro](#). Drop off our bags, put on our swim suits.
 10:00 am head out for the catamaran sailboat to meet the Humpback whales & dolphins
 Lunch on board the boat.
 4:00 pm return to the hotel Free time to explore the beaches and the island
 6:30 pm Dinner on your own.
 7:30 pm Guided meditation with the whales and dolphins.



Day 2 Monday

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



Day 4 Tuesday

Breakfast at the 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 Dinner on board the boat
 7:00 pm return to hotel. Optional evening meditation or Energy Healing.



Day 6 Wednesday

Breakfast at the hotel
 9:00 am head out for the boat for our last visit with the Whales & Dolphins
 Lunch on board boat
 3:00 pm return to the hotel to pack and say good bye to the Pearl Islands
 5:30 pm flight or ferry back to Panama City
 6:15 pm arrive at the [Magnolia Inn](#) in historic [Casco Viejo](#), Panama City
 7:00 pm Farewell dinner as group. (not included in package price)



Day 5 Thursday

8:00 am Depart for our overnight visit with the Emberá tribe Deep in the rain-forest.
 9:15 am arrive at the boat ramp and board our waiting dugout canoes.
 9:45 am Arrive in the Emberá village. Meet the friendly people, learn about their culture, see their shamanic dances, learn about medicinal plants, eat traditional food. Be prepared to have your heart blown open with this living example of living as a human dolphin pod in true Unity/Community. More details here: [Emberá Village Tours](#)



Day 6 Friday

Wake up refreshed in your Emberá style hut. Take your morning bath in the river alongside the villagers. Eat a traditional meal in the village. Free time to enjoy the village and your new Emberá friends.
 12:00 pm board the dugout canoe back down the river
 1:30 pm arrive back in Panama City and the Magnolia Inn. Afternoon free to explore the city. Optional organized half day city tour.
 7:00 pm Farewell dinner as a group.



Saturday Departure day or

Stay on in Panama to explore all the natural beauty, history, culture and its lovely people. We are happy to help you with any optional extension tours and hotels in Panama.

