

MEDICINAL PLANTS & GOLD DIGGERS

*Hi, my name is Martin,
from the Ngöbe-Bugle community.
Take a trip
to the Azuero massif
to discover my family's traditions.*

Medicinal plants

Headaches, stomach aches, joint pains... discover the natural remedies the nature has to offer. Stay tuned for more discoveries.

Gold diggers

Gold flakes are the lifeblood of the community. With your guide's advice, learn how to use the bateo to make the treasure appear. It's up to you!

Natural pools

A well-deserved moment of relaxation in the heart of nature, in the clear, cool waters of the natural pools.

Traditional lunch

End this wonderful excursion on a note of sharing... tasting of a traditional meal prepared by the community.

BOOK

(AT LEAST 24H BEFORE)

Elodie on Whatsapp
+507 6266-6808



Price: 40\$/adulte
20\$/children under 13

Duration: Between 3:30 and 4 hours

Departure: At 8:30 am,
from the Plaza de Torio

Period: Available all year round.

Depending on weather conditions, the itinerary may be modified or the tour may be cancelled.

Nb peop.: No limit

Please specify the number of people when booking.

Language: Spanish

Including:

- Gold panning equipment.
- Flask to carry your treasure.
- Typical lunch (vegetarian)
- Rubber boots (on loan, on request).
- Transfer from the meeting point to the start of the excursion (if you do not have a 4x4 vehicle).

To know:

- Not suitable for people with reduced mobility (river crossings, rocky terrain, etc.).
- Footwear and clothing suitable for water (and mud in the rainy season).
- Swimming costume and towel.
- Bring water, mosquito repellent and sun protection (cap, sunglasses, sun cream).

BOOK

(AT LEAST 24H BEFORE)



Elodie on Whatsapp
+507 6266-6808