

# CAVING: THE THRILLING ADVENTURE IN PANAMA



The first association with the state of Panama is undoubtedly the Panama Canal; not that the locals wouldn't be proud of it, but they claim there's so much more to see and experience in Panama. One simply cannot limit his/her imagination to only one aspect of this amazing country.

Panama is full of unspoiled wild places, it is relatively affordable and most importantly, very friendly. The natural contrasts are unbelievably vast. From tropical forests to tranquil deserts, breathtaking beaches...it simply has the ability to satisfy even the most demanding traveler.

The major lure for the visitors is - naturally - snorkeling and scuba diving. The Caribbean coast is a very frequented location for professional photographers of under-water life. Divers from all over the world agree that this is one of the best sites in the world. And if the sea is calm, you may seize the opportunity to explore some of the many shipwrecks and mysterious underwater caves with a professional guide. You are also very welcome to enjoy surfing along the popular beaches, i.e. Santa Catalina, Venao or Rio Mar. The waves reach up to 15 feet.

If you are brave enough, you should go on a special tour, which takes place in the Coiba National Park. You start off on small boats, and speed across the Bayano Lake. Then the boats make their way up the stream of a small river through a narrow canyon. It is a marvelous experience...after floating for some time the canyon becomes too narrow for even small boats. There you have to jump in the water yourself and make your way into the caves. Once you reach them you are struck by the mighty stalactites and stalagmites just hanging from their ceiling, the sunlight that finds its way through some of the holes in the ceiling, illuminating the quiet inhabitants of these caves as well. Caving is an amazing experience, especially when you are accompanied by an experienced guide who won't let you miss a thing!

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