

SAN BLAS ACTIVITIES

- Make campfire and dinner on the beach
- Play beach sports such as volleyball and football
- Swim in the natural pools
- Photographing land and underwater scene
- Make kuna craft or traditional fishing
- Buy kuna's crafts (Molas)
- Visit the museum in Cartí Sugdub
- Visit and explore wrecks in Dog Island, Chichime and others
- Know an indigenous community and experience their lifestyle
- Know their dances, rituals and live traditions
- Taste the local cuisine, such as the traditional "Dule masi" or "Coconut rice"
- Sailing between the different bay cays
- Kayaking between the islands
- Walking through the jungle and visit the waterfalls
- Rowing into the jungle rivers
- Observe wildlife such as crocodiles, monkeys, toucans, sharks ...
- Visit traditional Kuna villages inside the continent

