

INSIDER'S VIEW OF PANAMA

8 Days FROM \$1,889



Shoreline of Panama City

HOSTED PROGRAM

(2) Panama City • (2) San Blas • (1) Panama City •
(2) Gamboa

COSTA
RICA

PANAMA

COLOMBIA

Gamboa ②

San Blas Islands ②

Panama
City ③

PROGRAM HIGHLIGHTS

- Embark on a once-in-a-lifetime journey to traverse the Panama Canal
- Cruise through Pedro Miguel Locks, on to Miraflores Lake, and Miraflores Locks towards the Pacific Ocean
- Discover the natural beauty of the San Blas Islands and stay in an authentic eco-lodge
- Rest, relax, and bask blissfully on "Kuna Yala's" beaches and adventure along to some of the area's 365 islands
- See ships on their voyage through the famous Panama Canal Locks
- Journey to an Embera indigenous village and take in an authentic performance of tribal dances and drums

DAY 1 | FRI | PANAMA CITY Welcome to Panama! Upon arrival at Tocumen International Airport you will be transferred to your hotel in Panama City for check-in. The remainder of the day is yours at leisure to explore and get to know the capital of Panama. Take some time

③ - No. of Overnight Stays

to stroll the Old Town. Sample flavorful Panamanian cuisine in local restaurants. Sit for a spell and take in the ambiance at an open air café or enjoy some live music at one of the many bars. The options abound!

DAY 2 | SAT | PANAMA CITY | PARTIAL TRANSIT OF THE CANAL

After breakfast this morning, embark on a once-in-a-lifetime journey to traverse the Panama Canal! Arrive by motor coach to Gamboa and board your ship, then enter the Panama Canal at the north end of Gaillard Cut, the narrowest section of the Canal. Travel the Cut on the way to Pedro Miguel Locks, next on to Miraflores Lake, and then to the final set of locks before reaching the Pacific Ocean. The vessel will disembark at Flamenco Marina. (B)

DAY 3 | SUN | PANAMA CITY | SAN BLAS ISLANDS Rise and shine for an early morning pick-up and transfer to Albrook airport to board your flight to Playon Chico. Previously known as “Kuna Yala”, The San Blas Islands beckon! Get ready to enjoy a spectacular beach day today and a tour to nearby islands. Today you will check-in to eco-friendly Yandup Lodge, your home base for the next two nights of this exciting adventure in Panama. (B,L,D)

DAY 4 | MON | SAN BLAS ISLANDS A day of blissful island and beach fun awaits today! This indigenous territory is made up of more than 365 islands northeast of Panama proper. Come along to visit beautiful beaches and take in the pristine natural beauty. Swim, snorkel, and dive the area’s splendid waters. Taste authentic local recipes and abundant fresh seafood. Rest and relax amid the spectacular flora and fauna just steps from the breathtaking crystal blue sea and white sand beaches. (B,L,D)

DAY 5 | TUE | SAN BLAS ISLANDS | PANAMA CITY Board the 7:00 am flight to Panama City then enjoy breakfast followed by a visit to Miraflores Locks, where interactive exhibits explain the history and workings of the Canal, its rich rain forest and waterways, and for the “grand finale” see ships on their voyage through the famous Panama Canal Locks. Continue on to the “Casco Antiguo”, home of the 17th century Church of the Golden Altar, as well as old world ruins and restorations, and historical sites. (B)

DAY 6 | WED | PANAMA CITY | GAMBOA After breakfast, transfer from Panama City to the Gamboa Rainforest Resort. Enjoy the rest of the day at your leisure. (B)

DAY 7 | THU | GAMBOA In the early morning, depart to Chagres National Park where you step into a canoe and glide on to the Embera indigenous village. Discover their history and traditions, see a performance of tribal dances and drums, and savor a traditional lunch. Learn about their relationship with nature, shop handmade crafts, and have a body art experience with traditional “jagua”, a natural dye. Opt to walk up 600 meters for a swim at the waterfall. Later head back to your resort. (B,L)

DAY 8 | FRI | GAMBOA | PANAMA CITY TO USA After breakfast, you will be transferred to Tocumen International Airport for your international flight home. (B)

(B) Breakfast - (L) Lunch - (D) Dinner



San Blas Island



Keel-billed Toucan, Gamboa

INCLUDED FEATURES

- Hotel accommodation for 7 nights
- 12 included meals consisting of:
 - 7 buffet breakfasts
 - 3 lunches
 - 2 dinners
- All transfers, touring and sightseeing via shared services with English-speaking guides
- Sightseeing, including:
 - Partial Panama Canal Transit
 - Visit Miraflores Locks and the Panama Canal
 - Tour of Panama City including Casco Antiguo
 - Visit the Embera Indigenous Village
- Document holder and luggage tags
- Hotel taxes and service charges

PREFERRED HOTELS (or similar)

City	Nts.	Travel in Style	Travel in Luxury
Panama City	3	Hotel Crowne Plaza	Hotel InterContinental Miramar
San Blas	2	Yandup Lodge	Yandup Lodge
Gamboa	2	Gamboa Rainforest Resort	Gamboa Rainforest Resort

STARTING FROM PRICES VALID THRU APRIL 2021

Friday Arrivals	Double
Travel in Style	\$1,889
Travel in Luxury	\$2,199

ADDITIONAL FEATURE ON TRAVEL IN LUXURY PROGRAM: ALL TRANSFERS AND SIGHTSEEING ARE BY PRIVATE CAR WITH A PRIVATE GUIDE EXCEPT PARTIAL PANAMA CANAL TRANSIT AND THE EMBERA INDIGENOUS VILLAGE BOAT RIDES WHICH ARE ON A SHARED BASIS

All rates are per person, based on double or single occupancy. Extra nights and triple occupancy available upon request. Rates are not valid during certain holidays and blackout periods. Local flights within Colombia are not included.