

# PANAMA ADVENTURE TOUR

## Day 1 - HOTEL TRANSFER AND CITY TOUR

-Arrival. Pick-up at the International Airport of Tocumen and transfer to hotel.

-Tour of Old Panama. Founded by the Spanish in 1519 and declared World Heritage Site by the UNESCO, Old Panama was the starting point of the expeditions that conquered the Inca Empire in Peru in 1532 and was a stopover point of one of the most important trade routes in the history of the American continent. The famous British pirate Sir Henry Morgan and his 1400 men destroyed Old Panama in 1671.

-Visit to Antique Town. This Old City Center is also known as San Felipe and was declared a World Heritage Site. Visit historic parks colonial buildings, ruins of churches, buildings of the government, pre-Columbian statutes, the national theater, museums, etc. Following diseases and pirate attacks, the city was moved to a rocky peninsula that was easier to defend.

## Day 2 - BOAT TOUR AND ECO-ADVENTURES IN THE JUNGLE.

10 a.m. -Boat tour. A boat will take you along the Gatun Lake, where you'll see the vessels coming in and out of the Canal. You'll be able to spot wild animals like

monkeys, sloths, toucans, crocodiles and many other species in the bordering forest. End the day fishing, swimming, kayaking and enjoying other water activities at an eco-adventure resort.

4 p.m. -Return to hostel.



## Day 3 - EDUCATIONAL DAY AT THE FARM

8 a.m. -Pineapple plantation tour. Hotel pick-up and transportation to Arenosa, a rural community where you will learn about the country's agriculture and community development. At Arenosa you will visit a pineapple plantation and learn about the fruit's growth cycle, harvest and packaging, and will get to pick and try what is known as the queen of all fruits. After a casual lunch, you'll spend the afternoon working in a local edible garden, helping villagers harvest some of their vegetables and fruits.

4 p.m. -Return to the hotel.

## Day 4 - BEACH DAY

5 a.m. -San Blas Islands. Early hotel pick-up and transfer to the famous San Blas Islands in the Caribbean coast. You will be amazed after seeing the transparent water, white sand and exotic palms of these beaches.

-Tribal community. You will then visit the indigenous communities of Kuna Yala, which preserves its tribal way of life from before arrival of the Spanish conquerors.



## Day 5 - BEACH DAY AND RETURN TO THE CITY

Spend more time at this beautiful beach. Return to the city after lunch.

## Day 6 - AIRPORT TRANSFER/ OPTIONAL SHOPPING TOUR.

Hotel pick-up and transfer to the Int' Airport of Tocumen. If your return flight departs after 6 p.m., you will have time to shop in the best mall of Panama City.



**Optional add-on:** stay 1 more night lodge with breakfast, visit Colon City and neighboring cities and interesting places

## Day 6 - TRAIN TOUR TO COLON VISIT GATUN LOCKS AND INTERESTING PLACES OF THIS CITY

- Hotel pick-up and transfer to take a train destination Colón City, exciting tour on the first transcontinental train, from 1855, the rail way crossing over the Panama Canal, lakes and rainforests.

-Arrival at the local station and take a bus and guided visit to The Gatun Locks, a lake-and-lock type canal connecting the waters of the Atlantic and Pacific Oceans through the Isthmus of Panama. The 55-mile Canal has been named one of the Seven Wonders of the Modern World by the American Society of Civil Engineers. The Spanish conquerors only dreamed of such a canal, and the famed French canal builder Ferdinand de Lesseps failed to complete it. It was finally completed under the direction of U.S. Col. George Washington Goethals in 1914.

-Visit Fort San Lorenzo, Sherman Marine and Washington hotel.

-Return to hotel.

## Day 7 - AIRPORT TRANSFER/ OPTIONAL SHOPPING TOUR.

Hotel pick-up and transfer to the Int' Airport of Tocumen. If your return flight departs after 6 p.m., you will have time to shop in Panama City's best mall.

**\*Price Includes :** 4 / 5 nights accommodation in Balboa Bay Hostel with American breakfast (quadruple room, share bathroom) / 1 night accommodation in Ukuptupu Logde - San Blas - (rustic cabins, shared bathrooms) with 3 typical meals included .Visits and meals according to program / transportation by air-conditioner coach bus/ English language guided tours/taxes **\*Not included :** air tickets / tips / Incidental insurance / Drinks in the hostel & restaurants Anything not specified

