



Indigenous Tribes of Panama

Note: Price printed on this PDF is valid until **02-05-2025** and is subject to change without notice due to Partner changes and currency fluctuations

Visit: PANAMA - SAN BLAS ISLANDS - PANAMA - BOCAS DEL TORO ISLANDS - PANAMA

Detailed Itinerary

Day 01: DAY 1: WELCOME TO PANAMA CITY

Meet & Greet upon arrival and transfer to your hotel in the capital. This country that links American continent and owns the 8th wonder of the modern world "The Panama Canal" will surprise you! Prepare for meeting beautiful landscapes, cosmopolitan and colonial cities, pristine islands, tradition, culture, rain forest and Indian communities. 20 min local transfer

Day 02: DAY 2: VISIT OF CASCO VIEJO & PANAMA CANAL

Explore the colonial area with a private guide: The Casco Viejo, neighbourhood declared a World Heritage Site by UNESCO in 1980. Walk through the streets of Casco Viejo and visit different historic monuments, France Square (beautiful view of the modern city) and Bolivar Square. Continue to Miraflores, where you can follow the technical operations of the canal locks from a platform. The Miraflores locks, is one of the 3 set of locks of the Panama Canal. Duration: about 4 hours with transfers in private service with Spanish speaking driver & English-speaking private guide

Day 03: DAY 3: ENCOUNTER & BIVOUAC WITH THE EMBERA COMMUNITY

Prepare for a cultural encounter with the indigenous community “Embera” Embark on a 20 min canoe ride towards the Chagres River and explore its surroundings where natural life runs at its edges. Nature-walk through the jungle until a waterfall to refresh yourself before continuing to the community (if the level of water is adequate- moderate hike) One of the village chiefs will present their lifestyle and traditions: developing of baskets, colourful clothes, body paintings, dances. A typical lunch based on fish and plantains is included. This day tour is based on the cultural exchanges, simplicity and humility. Duration: about 24h hours with transfers in private service with Spanish speaking driver & English-speaking private guide. Overnight in one of the cabins in the community (outhouse - showers available with natural cold water)

Day 04: DAY 4: BACK TO THE CAPITAL

Free morning to enjoy the last minutes with the community, then transfer back to the city. Rest of the day free to chill or to organize activities. Activities and tours in options: • Gastronomic City Tour in Casco Viejo • Biking in Cinta Costera • Ceviche Tasting at the local fish market • Visit of Panamá la Vieja (closed on Mondays) • Visit of Portobelo & San Lorenzo forts • Visit of the Biomuseo & Causeway of Amador • Cerro Ancón hiking • Full Day Pearls Islands 20 min canoe transfer & 1hr private transfer to the city

Day 05: DAY 5: DISCOVERING SAN BLAS ISLANDS

Early morning transfer to the national airport and flight to San Blas Islands, then boat transfer to the village of Mamitupu Guna Yala has more than 360 islets gorged over 400 km. In addition to its exceptional landscapes, this archipelago will allow you to discover the Guna culture. These 50,000 indigenous have perpetuated their ancestral methods over the years and live in community, independently. Your host, Pablo, will welcome you in his authentic huts for a charming stay, far from the touristy and distorted tourist islands of the western San Blas. Located on the island of Mamitupu, away from the village, surrounded by the Caribbean Sea, their 4 typical huts (sand floor and shared bathroom) offer simple comfort and very local colour. This situation facilitates visits to a real guna village and allows you to get in touch with its inhabitants, at any time of the day, whenever you want.. The family kitchen offers you Gunas-style meals, depending on the catch of the day. The surrounding reefs are generous, fish, giant crabs or lobsters, the diver-house rarely comes empty-handed ... 20 min private transfer hotel- airport 50 min Flight Panamá City- San

Blas IMPORTANT: baggage limit up to 14kg+ 4kg 30 min rapid boat transfer

Day 06: DAYS 6- 7: SAN BLAS ISLANDS

Days at leisure Free days to organize activities The variety of possible activities, cultural and seaside, and the warm welcome of the Gunas will always make you regret leaving this enchanting place too quickly. Walks to visit the food gardens of the villagers can be proposed or even take a walk in the forest to go for a swim under the waterfalls of the river. An introduction to the sewing of the famous molas is also possible. For other activities of relaxation, do not forget that you are on vacation, the choice will be between beach sessions with swimming, snorkeling (gear not included) or fishing. Not to mention lazing in the hammocks.

Day 07: DAY 8: BACK TO THE CAPITAL

Early morning flight to the capital and transfer to your hotel. Rest of the day free to chill or to organize activities. Activities and tours in options: • Gastronomic City Tour in Casco Viejo • Biking in Cinta Costera • Ceviche Tasting at the local fish market • Visit of Panamá la Vieja (closed on Mondays) • Visit of Portobelo & San Lorenzo forts • Visit of the Biomuseo & Causeway of Amador • Cerro Ancón hiking • Full Day Pearls Islands 30 min grouped boat transfer 50 min Flight Panamá City- San Blas IMPORTANT: baggage limit up to 14kg+ 4kg 29 min private transfer national airport- hotel

Day 08: DAY 9: BOCAS DEL TORO ISLANDS

Today, domestic flight to Bocas del Toro Islands. At your arrival on the main island, transfer to your hotel. Bocas del Toro and all the islands that form this formidable archipelago; represent one of the most important touristic regions of the country. Dive into the crystalline waters of the Caribbean Sea. Admire an incredible fauna and flora while exploring the Bastimentos National Marine Park and enjoy pristine beaches to dive in, relax and surf. 30 min boat transfer 50 min Flight Panamá City- Bocas del Toro IMPORTANT: baggage limit up to 14kg+ 4kg 5min local transfer

Day 09: DAY 10: DISCOVERING PRISTINE ISLANDS OF BOCAS DEL TORO

Departure by boat to observe the dolphins. Then go to the national park on the islands Cayos Zapatillas, surrounded by a coral reef, and renowned for the beauty of their beaches. Visit Coral Creek, the perfect place to snorkel (masks and snorkels available on your boat) and finally visit the village of Bastimentos. Return to the hotel at the end of the afternoon. Duration: 5h with captain and English-speaking local guide

Day 10: DAYS 11: BOCAS DEL TORO ISLANDS

Day at leisure Suggested activities and excursions to organize on site at BOCAS DEL TORO: • Diving • Snorkeling • Surf • Hike to Isla Bastimentos National Park. • Mangrove Tower and Salt Creek Village Tour • Visit Cayo Zapatillas National Park, Coral Cay and Dolphin Bay • Tree climbing at Red frog • Visit of a

Ngobe indigenous community • Chocolate tower • Tour lament and turtles in San San Pond Sak

Day 11: DAY 12: CULTURAL MEETING WITH THE NGABE COMMUNITY OF BOCAS DEL TORO

This morning takes a boat trip to meet of the indigenous communities of Bocas del Toro: The Ngäbe The Ngäbe is the largest ethnic group in Panama. They maintain their language and traditions and costumes. Take a walk deep in the jungle to discovery ancient herbology secrets, learn different techniques used to make crafts with natural products. This day tour is based on the cultural exchanges, simplicity and humility. Traditional lunch included. Duration: 5h with captain and English-speaking local guide

Day 12: DAY 13: BOCAS DEL TORO ISLANDS

Day at leisure Suggested activities and excursions to organize on site at BOCAS DEL TORO: • Diving • Snorkeling • Surf • Hike to Isla Bastimentos National Park. • Mangrove Tower and Salt Creek Village Tour • Visit Cayo Zapatillas National Park, Coral Cay and Dolphin Bay • Tree climbing at Red frog • Visit of a Ngobe indigenous community • Chocolate tower • Tour lament and turtles in San San Pond Sak

Day 13: DAY 14: PANAMA CITY

This day return by domestic flight to Panama City and private transfer to your hotel in the capital. 5 min local transfer 1h Flight Bocas del Toro – Panamá City IMPORTANT: baggage limit up to 14kg+ 4kg 20 min local transfer

Day 14: 15: DEPARTURE

Private transfer to the international airport. 30 min Private transfer to the international airport

Inclusion

• Meet and greet at the airport by one of our English-speaking representatives • Travel documents in English • Phone support by our team all along the trip • 14 nights in the mentioned hotels - depending on availability at the time of booking – including taxes • Activities mentioned as included • Mentioned Meals • Administration fees • Transfers (land, boat, air) as mentioned. • The tours as mentioned • Domestic flights

Exclusion

• International flights • The international airport taxes • Optional tours • Not mentioned drinks • Meals mentioned as free • Accommodation services and supplements • The private English-speaking guide during the whole stay • Personal expenses • Life insurance and repatriation • Anything that is not mentioned in "Inclusions"

Note

HOTELS Victoria Hotel and Suites Cabin in the community Kalu Obaki Cabins- traditional cabin- shared bathroom. Gran Hotel Bahia B&B The check in time for most accommodations in Panama is at 3pm and check out around noon Supplement cost for Optional activities is available on request. THE RATES QUOTED ARE NOT VALID FOR: Christmas and New Year's period nor Easter Week (from April 5th to

12th, 2020) **IMPORTANT:** The Guna Yala Archipelago of San Blas is an autonomous Indigenous territory. The stay is spent in rustic lodges that do not correspond to Western standards. Cabins are huts managed by the Guna community, and built of natural materials, on the sand or stilts with shared bathroom. No air conditioning, potable water and hot water available on site. Your highlight will be, above all, an encounter with the Gunas Indians and their traditions. **IMPORTANT ABOUT SAN BLAS** • **THE ISLANDS:** Guna Yala or San Blas Islands is an indigenous autonomous territory that follows its own regulations and jurisdiction. • **TAX:** To enter this territory it is required to show the original passport and pay the local tax 1 (this tax is already included in your reservation with us). • **SOCIETY:** San Blas has a matriarchal society governed by **THE GUNA CONGRESS** who decides all the procedures and laws of this beautiful region. • **ACCOMMODATIONS:** are distributed on private islands (belonging to the women of this culture) in villages or on more remote islands. All the accommodations are traditional that do not correspond to Western standards. Cabins are huts managed by the Guna community, and built of natural materials, on the sand or stilts with shared bathroom. No air conditioning, potable water and hot water available on site. • **LAWS:** The **GUNA CONGRESS** regulates the laws as well as the cessation of tourist activity for some members of the community if required. • **PIPA DE PAZ:** According to the Guna culture, Pipa de Paz is performed when it is considered that there is a run of bad luck or misfortune in a family, island or sector. The Guna Congress will then authorize the main shaman to generate enough smoke to visualize the evil spirits and thus drive them away, propelling them to the centre of the earth so that they disappear! During this week men and women will not be able to work since everyone must be focused on expelling the spirits. When the Guna Congress notifies that the "Pipa de Paz" begins, there may be a prohibition to enter or leave the territory as well as any tourist activity in the affected sector.

Tour Dates & Pricing

