

Discovering The Islands 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 - PEDASI - Santa Catalina de Veraguas - ISLA COIBA NATIONAL PARK - VERAGUAS - GULF OF CHIRIQUI - 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, neighborhood 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: DEPARTURE TO SAN BLAS ISLANDS

Morning grouped transfer by 4x4 and then boat transfer to San Blas Islands. 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. IMPORTANT: The Guna Yala Archipelago of San Blas is an autonomous Indigenous territory. The stay is spent in fairly 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. 2h30 4x4 grouped transfer Panama City- Guna Yala 20-30 min grouped boat transfer

Day 04: DAY 4: SAN BLAS ISLANDS

Day at leisure This day visit a nearby island among the following: Perro Chico, Perro Grande, Pelicano or the natural pool. Possible activities to organize on site: • Bathing • Discovery of Guna village • Purchase of craft (molasses), • Snorkeling (no water sports engines).

Day 05: DAY 5: BACK TO THE CAPITAL

Free morning. Free lunch. Around 14:00 transfer sea back to the mainland, then 4x4 collective to the capital. Rest of the day free to chill or to organize activities. Activities and tours in options: • Visit of the Panamá Canal: Miraflores Locks • Visit of Casco Viejo (Old quartier) & the Panama Canal Interoceanic museum. • Gastronomic City Tour in Casco Viejo • Biking in Cinta Costera • Segway Tour in Casco Viejo • Ceviche Tasting at the local fish market • Visit of Panamá la Vieja (closed on Mondays) • Visit of Portobelo & San Lorenzo forts • Indigenous community Encounter • Visit of the Biomuseo & Causeway of Amador • Cerro Ancón hiking • Full Day Pearls Islands • Full Day San Blas islands 20-30 min grouped boat transfer 2h30 4x4 grouped transfer Guna Yala- Panama City

Day 06: DAY 6: HIT THE ROAD TO PEDASI

Today, transfer the rental car agency and take your vehicle to start a self-drive tour throughout the country in the search of the most beautiful islands! The Pacific side of the Azuero Province offers pristine islands and beaches perfect for surfing. These coasts invite you to magical events of nature: the birth of Humpback whales and the nesting of 5 different species of turtles. 20 min private transfer hotel- rental car agency
RENTAL CAR- 10 days with mandatory insurance- WIFI included 5h Road to Pedasi

Day 07: DAY 7: ISLA IGUANA & SNORKELING

Transfer to Playa El Arenal in Pedasí, where your boat takes you to Iguana Island. Enjoy some relaxing time at the beach in this beautiful Island. The island is famous for its white sand beach, crystal waters, extensive mangrove forests and coral reefs including 12 different types of corals that shelter more than 300 species of fish. Dolphins are frequently seen, as well as (harmless) sharks, turtles Duration: about 5 hours with transfers in grouped service with Spanish speaking driver & English-speaking guide

Day 08: DAY 8: PEDASI

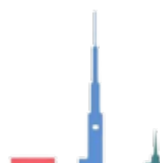
Days at leisure Free day to organize activities. Activities and tours suggested to be organized locally in Pedasi: • Visit of the Pollera Museum in Los Santos • Pottery and Crafts. • Whale watching tour (between June and October) • Turtle watching tour (peak for Pacific Season: turtle nesting from July to November, from August to • Snorkeling • Surf • Fishing • Visit Cañas Island • Visit Venao Beach • Visit Los Destiladeros Beach • Visit El Arenal Beach • Visit Sarigua National Park

Day 09: DAY 9: GOBERNADORA ISLAND ON THE PACIFIC COAST- VERAGUAS REGION

Road to Santa Catalina de Veraguas Veraguas is the largest province of Panama and it is known for the biggest island of the American Pacific called Coiba. This island considered as the Galapagos of Central America offers an outstanding biodiversity and beautiful pristine beaches. Gobernadora Island is a jewel of this Region, since it is a small community with preserved forest. Art Lodge, your accommodation is an artist residence where natural materials are in synergy with the nature. 5h30 Road to Santa Catalina de Veraguas 30 min boat transfer Santa Catalina- Isla Gobernadora

Day 10: DAY 10: VISIT ISLA COIBA NATIONAL PARK & SNORKELING

Early morning transfer to the pier, then boat ride to Coiba Coiba Island is part of the National Park of the same name, covering an area of 270,125 hectares. The wild beauty of the area and incredible biodiversity make it comparable to the Galapagos Islands. Enjoy some relaxing time surrounded by pristine beaches. A picnic lunch is included before returning to mainland in the afternoon. Duration: about 6 hours with captain and local guide



Day 11: DAY 11: VERAGUAS

Day at leisure Free day to organize activities or to relax Activities and tours suggested to be organized locally: • Visit Cebago Island • Visit Tintorera Island • Birding • Nature Walks • Encounter with locals • Pottery atelier • Snorkelling • Diving • Surf

Day 12: DAY 12: ROAD THE GULF OF CHIRIQUI

Road to the Gulf of Chiriqui The Gulf of chiriqui is located on the Pacific side of this wonderful region. The Gulf of Chiriquí Marine Park offer an outstanding biodiversity perfect for those searching off the beaten track sites! Fall in love with its wild landscapes and pristine islands 30 min boat transfer- Isla Gobernadora - Santa Catalina 4h30 Road to the Gulf of Chiriqui 30 min boat transfer

Day 13: DAYS 13-14: THE GULF OF CHIRIQUI

Days at leisure Free day to organize activities or to relax Activities and tours suggested to be organized locally: • Visit Games Island • Visit Bolaños Island • Snorkeling • Diving • ATV • Nature Walk • Kayak • Birding • Fishing

Day 14: DAY 15: BOCAS DEL TORO ISLANDS

Road to Bocas del Toro and droff off of the rental car. Then boat transfer to the main island of the archipelago, At your arrival on the main island home and 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 4h30 route Gulf of Chiriqui- Bocas del Toro (Almirante) 30 min maritime transfer Almirante- Isla Colón 5min local transfer

Day 15: DAY 16: 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 16: DAYS 17-18: BOCAS DEL TORO ISLANDS

Days 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 17: DAY 19: PANAMA CITY

This day return by domestic flight to Panama City and private 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, rainforest and Indian communities. 5min local transfer 1h Flight Bocas del Toro – Panamá City IMPORTANT: baggage limit up to 14kg+ 4kgr 20 min local transfer

Day 18: DAY 20: 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 • 19 nights in the mentioned hotels - depending on availability at the time of booking – including taxes • 10 day of car rental, unlimited kilometres, basic obligatory insurance, WI-FI included • Activities mentioned as included • Mentioned Meals • Administration fees • Transfers (land, boat, air) as mentioned. • The tours as mentioned • Domestic flights

Exclusion

- International flights, cancellation, repatriation, luggage insurance • Additional car insurance, deposit for the car and gas expenses. • Any meal that is not mentioned as included or not mentioned at all • Any activity or entrance fee that is not mentioned as included or not mentioned at all • Personal expenses and tips • Anything not mentioned above in the “The inclusions” section

Note

HOTELS Victoria Hotel and Suites Demar Achudup*- Traditional cabin La Rosa de Los Vientos B&B Art Lodge (eco-lodge)- std cabin Pacific Bay Resort Gran Hotel Bahia B&B THE RATES QUOTED ARE NOT VALID FOR: Christmas and New Year’s period nor Easter Week (from April 5th to 12th, 2020) 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

Tour Dates & Pricing

