

## Day 1

**No International Airfare Included** - No International airfare is included. This quote is a land package. Ask your Travel Professional if you would like to add International flight options.

**Meet & Greet at Tocumen International Airport** - After clearing customs exit the door on the right that leads to the sidewalk. You will be met by a representative of Gamboa Tours, who will be holding a sign with your name on it. They will present you with all of your vouchers (except ones included in your documents) and assist you with your luggage.

**International Tocumen Airport from/to Panama City - No Rate Plan -**

**DESTINATION:** Besides being the central hub for tours going anywhere in the country, Panama City is a fascinating tourist destination in itself. It is also Central America's most attractive Capital City and a curious blend of old Spain, modern America and the bazaar atmosphere of the East. Best known for the Panama Canal - "The Eighth Wonder of the World," this lively Latin American city also borders one of Central America's richest rain forests. combination of the historic and the ultra-modern. and it is also one of the safest cities in the Americas.

**ACCOMMODATIONS: Crowne Plaza Panama** | Deluxe

## Day 2

**Half Day City & Canal Tour** - During this tour, you will have the opportunity to visit the most interesting places of the city, such as: Miraflores Locks at the Panama Canal to see the daily operations of this waterway and Casco Antiguo which was built in 1673. It is a world Heritage site and a perfect place for a walking tour. You will also visit the "Causeway", a group of three islands linked to main land by the breakwaters of the Panama Canal.

**ACCOMMODATIONS: Crowne Plaza Panama** | Deluxe **Meals:** breakfast

## Day 3

**Aerial Tram with Ecologic Exhibits** - Experience the magic of the virgin Gamboa rainforest, ascending some 280 feet from the shadowy forest floor through the dense undergrowth and up to the sun drenched canopy with its thousand shades of green that are only interrupted by the vibrant colors of

flowering trees. Colorful birds and butterflies are abundant here, and you might also encounter sloth or a white-faced capuchin monkeys and hear the howler monkeys cries in the distance.

**Gatun Expedition** - Take a boat tour through the Panama Canal into secret waterways to find hidden islands that are the monkeys' favorites. Capuchin and howler monkeys can be seen jumping on the trees above. Occasionally, they become curious of the visitors and venture down to take a closer look. The Monkey Island adventure tour begins on the edge of Gamboa, crossing the Chagres River, up to the Gatun Lake in the Panama Canal, one of the biggest artificial lakes of the world with an area of 425 square kilometers.

**ACCOMMODATIONS: Crowne Plaza Panama** | Deluxe **Meals:** breakfast

#### **Day 4**

**Embera - Tusipono** - Your adventure will begin when one of our guides will pick you up at your Panama City around 8:00 am. You will drive for about an hour along the canal and Soberania National park while your guide will share interesting information about Panama and preparing you for your visit with the Emberá people. You will arrive at the shores of Lake Alajuela where the Emberá will meet you with their handmade dugout canoe. You will embark on a 30-60 minute boat ride (time depends of water level in the river). You will pass through virgin rain forest and see many birds, such as herons, egrets, osprey, possibly toucans and wild parrots, as well as turtles, maybe a caiman and if you are lucky a sloth, otter or monkeys from the boat. If the water level is high enough you can stop at a local waterfall for a quick dip on the way to the village.

Upon arrival in the village you will be greeted with a traditional greeting of music and seated in a typical community hut you will be treated to a fascinating presentation by the Emberá about their history, culture and how they live. After the presentation you will be served a delicious lunch of fresh fish, fried plantains and local fruit.

After lunch, you will have the option to take a 20-30 minute hike with one of the village elders to learn about their medicinal plants. Then you will be given free time in the village to look at or purchase any of their exquisite hand woven baskets, plates or masks made from palm leaf fibers or Cocobolo wood (rosewood) or Tagua nut carvings, get a

cultural temporary tattoo, swim in the river, play with the Emberá children, interact with the villagers or take pictures. Your day tour will end with a display of shamanic and celebration music and dancing by the villagers.

**ACCOMMODATIONS:** [Crowne Plaza Panama](#) | Deluxe **Meals:** breakfast

### Day 5

**Panama City from/to Playa Bonita - No Rate Plan -**

**DESTINATION:** Playa Bonita is located in the province of Panamá , in the central part of the country. Playa Bonita is situated in a coastal area in the west of Panama and is known as the "Arco Seco" because it enjoys the best tropical climate in the country, with mild temperatures, warm beaches, plenty of sun and, as its name suggests, little rain.

**ACCOMMODATIONS:** [The Westin- Playa Bonita](#) | Deluxe Ocean View

**Meals:** breakfast

### Day 6

**Optional Tour Day** - You don't have any tours planned for today. Please enjoy the resort or add an optional tour.

**ACCOMMODATIONS:** [The Westin- Playa Bonita](#) | Deluxe Ocean View

**Meals:** breakfast

### Day 7

**Optional Tour Day** - You don't have any tours planned for today. Please enjoy the resort or add an optional tour.

**ACCOMMODATIONS:** [The Westin- Playa Bonita](#) | Deluxe Ocean View

**Meals:** breakfast

### Day 8

**Panama City from/to Playa Bonita - No Rate Plan - \*\*Please note: Pick up from The Westin will be approximately 6am**

**Meals:** breakfast

## *Accommodations*

### **Crowne Plaza Panama 4 night(s)**

#### **Deluxe**

The hotel is a few miles from first-class restaurants, casinos and great shopping. Pick up souvenirs from the Multiplaza Shopping Center or Albrook Mall; explore the Casco Viejo, the historic sector of the city; catch a performance at the National Theater; or visit the Panama Canal.

### **The Westin- Playa Bonita 3 night(s)**

#### **Deluxe Ocean View**

Discover complete rejuvenation at this natural refuge where the lush rainforest meets the serene beach. The Westin Playa Bonita Panama boasts four breath-taking beachfront pools overlooking the Pacific Ocean and a private white sand beach. The resort hosts activities ranging from salsa lessons to kayaking to beach volleyball.