

July 1, 2021

Meet & Greet at Tocumen Int'l Airport - Welcome! - 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 containing your tour and transfer pick up times (except ones included in your documents) and assist you with your luggage. Unescorted Transfer from Tocumen Int'l Airport - to Panama City - You will be privately transferred to your next destination.

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: Central Hotel Panama | Deluxe

Meals: Breakfast

July 2, 2021

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: Central Hotel Panama | Deluxe

Meals: Breakfast

July 3, 2021

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: Central Hotel Panama | Deluxe

Meals: Breakfast

July 4, 2021

Unescorted Transfer from Panama City - to Tocumen Int'l Airport - You will be privately transferred to your next destination.

Domestic Air - CM17 17 MAR PTY>DAV 7:31A - 8:43A

Each passenger is entitled to carry 14 Kilos or 30.8 LBS onflights within the Panamanian territory. Please do not place high value items, fragile, electronics (computers, phones, cameras, camcorders, etc.) in the checked in baggage. You must store these items in your carry on or hand luggage.

Charge for excess baggage: A 2% of the published fare (about 2 US D per Kilo) will be charged for every kilo of excess baggage. Any excess baggage is accepted on a condition and subject to available space inside the aircraft. If there is available space, your baggage will be on the same flight, otherwise it will be sent on the next available flight.

Unescorted Transfer from the Airstrip to Your Resort - You will be privately transferred to your next destination.

Hotsprings + Horseback Riding + Lunch - The Caldera Hot Spring is produced by the emergence of geothermally-heated groundwater from the earth's crust. There are 3 hot baths, of varying temperatures, at the Caldera Hot Springs. Ample time is provided to lounge in the hot spring, lavish your body with volcanic mud, bake in the sun, and rinse off in the cool waters of the Caldera River.

Cross-Country ride ancient Indians trails. Saddle your horse and go from Hot springs on a casual ride through the mountainside.

DESTINATION: Chiriquí is a province in western Panama bordering Costa Rica and the Pacific Ocean. In the northern Chiriquí Highlands is Parque Nacional Volcán Barú, named for a volcano that's Panama's highest peak.

ACCOMMODATIONS: Panamonte Inn & Spa | Jr Suite

Meals: Breakfast

July 5, 2021

Baru Volcano by Jeep - Volcan Baru, a dormant volcano just south of the Continental Divide, is one of the only places in the world where one can see both the Pacific Ocean and the Caribbean Sea at the same time with the naked eye. Join us to make the steep and rugged climb by 4x4 jeep. You will make your way to the dormant volcano's summit, as you climb the Volcano maintenance road. From the summit, you will get the breath-taking panoramic view of both of Panama's coastlines, the Pacific and the Caribbean for a "once-in-lifetime" opportunity to witness a volcano sunrise from the highest point in Panama. Volcan Baru is not for the faint-of-heart as it is an extreme climb, amidst sometimes below freezing temperatures and blistering cold wind gusts. The gorgeous views from the top are worth it, and to say you've "been to the highest point in Panama."

ACCOMMODATIONS: Panamonte Inn & Spa | Jr Suite

Meals: Breakfast

July 6, 2021

River Rafting - If you are looking for Panama's most exciting and intense river rafting, the Rio Chiriqui is your river, well known for its thrills. The river meanders along the Panamanian-Costa Rican border and is not as easy to access as some of the other rivers, but provides rafters with a spectacular drive full of views which certainly make up for the lost time.

Meals: Lunch

ACCOMMODATIONS: Panamonte Inn & Spa | Jr Suite

Meals: Breakfast

July 7, 2021

Unescorted transfer from Boquete - Transfer is included in your reservation. Upon arrival in Bocas Town, a Red Frog representative will greet you AFTER you receive your luggage (with resort sign). You will take a short car ride to our Bocas Town waterfront office where you will board a water taxi. Enjoy the ride through the exotic mangrove glades to arrive at Red Frog Beach Island Resort.

DESTINATION: The archipelago of Bocas del Toro in Panama is situated on the northwestern coast of Panama and offers the perfect combination of Caribbean charm, nature and history with cultural traditions. Due to its variety of aquatic species, coral reefs, mangroves, tropical forest, beaches with crystal clear water and undisturbed jungles the main attractions are snorkeling, diving, hiking and bird watching. At night you can eat out on one of the many restaurants serving international or local food and dance to Reggea; during the day you can tour one of the nearby islands, go watch the dolphins play in Dolphin Bay, go swimming and sunbathing in one of the beautiful beaches of the surrounding islands (Red Frog and Zapatillas are two good options), or take a river boat into the jungle to an authentic Ngobe Bugle Indian village.

ACCOMMODATIONS: Red Frog Beach Resort | 1 Bedroom Beachfront Studio

Meals: Breakfast

July 8, 2021 - July 9, 2021

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

Onsite Rentals:

Caribbean waters and beautiful jungle trails make Red Frog Beach the ideal vacation for any outdoor lover. We have snorkel gear to enjoy at any of snorkeling tours, boogie boards, stand up paddle boards (SUP), kayaks and e-bikes for rent at the activities center.

Snorkel gear: \$10.00 USD/day

Kayaks: \$15.00 USD for 2 hours or \$35.00 USD full day

SUP: \$15.00 USD/hour

ACCOMMODATIONS: Red Frog Beach Resort | 1 Bedroom Beachfront Studio

Meals: Breakfast

July 10, 2021

Shared Water Transfer from Red Frog - to Colon Island - You will take a shared transfer to your next destination.

Domestic Air from Bocas del Toro to Albrook - No Rate Plan - Each passenger is entitled to carry 14 Kilos or 30.8 LBS on flights within the Panamanian territory. Please do not place high value items, fragile, electronics (computers, phones, cameras, camcorders, etc.) in the checked in baggage. You must store these items in your carry on or hand luggage.

Charge for excess baggage:

A 2% of the published fare (about 2 US D per Kilo) will be charged for every kilo of excess baggage. Any excess baggage is accepted on a condition and subject to available space inside the aircraft. If there is available space, your baggage will be on the same flight, otherwise it will be sent on the next available flight.

Unescorted Transfer from Albrook Domestic Airport - to Tocumen Int'l Airport - You will be privately transferred to your next destination.

Meals: Breakfast