



## Itinerary

Discover Panama: The Land Between the Seas

Oct 22, 2020 - Oct 30, 2020

### Pre Night: Le Meridien Panama



Would you like to begin your vacation with an additional Hotel in Gamboa?

### Day 1: Panama City, Panama - Tour Begins



Experience a land of contrasts. Remote rainforests, rich history, diverse wildlife and spectacular coastlines abound in Panama. Your tour opens in vibrant Panama City.

#### Hotel

Le Meridien Panama  
Panama City

#### Weather

High 29°  
Low 23°  
Rain 12"

### Day 2: Panama City - Emberá Village - Panama City



Meet your fellow travellers during a welcome breakfast. Then travel north to the Gamboa Rainforest Reserve. Board dugout canoes and set off on an excursion up the Chagres River to an Emberá indigenous village. As the "Keepers of the Rainforest," the Emberá strive to preserve their heritage and take pride in sharing their traditional techniques of home building and handicrafts – such as basket weaving and tagua nut carving. Join in their dances and partake in a traditional lunch. The remainder of your day is free to enjoy at leisure.

#### Hotel

Le Meridien Panama  
Panama City

#### Culinary

Breakfast & Lunch

#### Weather

High 29°  
Low 23°  
Rain 12"

### Day 3: Panama City - Panama Canal Cruise - Panama City



Today we explore the canal! Board the Pacific Queen for a partial transit cruise through the Panama Canal.\* Enjoy lunch onboard and pass through two locks as you revel in a once-in-a-lifetime chance to see this incredible engineering feat firsthand. Learn all about its construction and operation from your onboard guides. Disembark at Flamenco Marina in Panama City.

#### Hotel

Le Meridien Panama

#### Culinary

Breakfast & Lunch

#### Weather

High 29°

## Day 4: Panama City - Anton Valley



Arrive at Miraflores Locks Visitor Centre to view the Panama Canal and learn about its past, present and future as you watch ships traverse the lock system. Continue to Casco Viejo, the Old Quarter (UNESCO). Then, it's your choice! Follow your guide for a short walking tour showcasing the Plaza de la Independencia and the National Theatre -OR- for a more immersive experience, journey through this same neighbourhood with a local resident... hear the story of Casco Viejo's comeback from a member of the community who will take you through the place he calls home, highlighting the incredible revitalization of this historic area and its people. Everyone then gathers for a visit to the Mercado de Mariscos, a seafood market, to try fresh Panamanian ceviche. Drive a short distance on the famed Pan-American Highway before heading to Anton Valley, a community nestled inside the world's second largest volcanic crater. Afterwards, check in to your hotel at the base of the mountains that make up the crater.

### Hotel

Los Mandarin Hotel  
Anton Valley

### Culinary

Breakfast & Dinner

### Weather

High 27°  
Low 20°  
Rain 12"

## Day 5: Anton Valley



Delve into history and biodiversity. This morning, visit a frog conservation centre that protects critically endangered species, including the emblematic Panamanian Golden Frog, said to bring good luck to anyone who sees it. Then we explore a nonprofit orchid nursery which dedicates itself to conserving regional orchids. We follow that with a visit to the Butterfly Haven exhibit; stroll through the screened tropical displays that are home to over 250 live butterflies. Meet the locals at the handicraft market. Try your hand at negotiations (a local pastime) as you peruse items made by indigenous peoples, including the "mola" embroidery of the Kuna Yala. This afternoon, visit El Chorro Macho waterfall. Embark on a moderate hike along the rainforest trails, crossing several bridges before arriving at the impressive waterfall. You may even take a swim in the natural pool. The evening is yours to continue exploring this charming mountain community.

### Hotel

Los Mandarin Hotel  
Anton Valley

### Culinary

Breakfast

### Weather

High 27°  
Low 20°  
Rain 12"

## Day 6: Anton Valley - Chitré



Step into the heartland of Panama as you visit a village of artists. Interact with makers of the famous Panama hat and see firsthand how these wearable works of art come to life. Next, meet the legendary cigar rollers of Panama. Head north to Chitré. Established in 1558, it is one of Panama's first Spanish settlements. Spend the day meeting the people of Chitré, the "folklore capital" of Panama. Talk to a famous local artist whose whimsical masks are used in traditional Panamanian parades. Then, pause to experience the region's pre-Columbian and colonial times at the local museum. Tonight, immerse yourself in the local culture during dinner. Learn about the various Panamanian drums and how they are incorporated into song and dance during a folkloric dance performance.

### Hotel

Cubita Boutique Resort & Spa  
Chitré

### Culinary

Breakfast & Dinner

### Weather

High 29°  
Low 24°  
Rain 12"

## Day 7: Chitré



Today we're off to spend time with Panamanian women who have dedicated their lives to making the handwoven pollera dress. Later, see what a typical day in the life of a Panamanian farmer is like during an inclusive finca experience. Choose to explore the farm by horseback or carriage, milk the cows or feed the sheep. Put your hands to work as you prepare some local dishes to accompany a farm to table lunch. Savour the tastes of a well-known, locally crafted rum cocktail. The remainder of the day is yours to enjoy at your hotel. Tonight you may opt to join a home hosted dinner experience; take this opportunity to learn about a local family's life, culture and food while enjoying the warmth of their home.

### Hotel

Cubita Boutique Resort & Spa  
Chitré

### Culinary

Breakfast & Lunch

### Weather

High 29°  
Low 24°  
Rain 12"

## Day 8: Chitré - Playa Bonita



Before departing Chitré, get to know a traditional way of cooking at a clay oven bakery and sample artisanal bread and sweets along with some sugarcane juice known as guarapa. Your journey continues to Playa Bonita, just outside of Panama City. Arrive midday to soak up the sun and scenery from your beachfront property. After enjoying some fun and relaxation at your resort, bid farewell to Panama at a special dinner.

**Hotel**

Westin Playa Bonita  
Playa Bonita

**Culinary**

Breakfast & Dinner

**Weather**

High 29°  
Low 23°  
Rain 12"

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## Day 9: Playa Bonita - Tour Ends



Your journey comes to a close today.

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## Post Night: Westin Playa Bonita



Discover South America's Andean oasis, the vibrant port city of Cartagena. Inside this jewel on the Caribbean coast, red-hot culture converges with old world traditions and colonial flair. Find yourself in the middle of the action over three exciting days of leisure time, and luxuriate in your single hotel stay, located convenient to the center of the city's historic walled Old Town. Under bales of bougainvillea that drape over wrought-iron balconies above cobblestone streets, discover Colombia's heartbeat in Cartagena. OR would you like to end your vacation with an additional night in Playa Bonita?