

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arrive in Panama

Welcome to Panama! Plan to arrive at Tocumen International Airport (PTY) by 4PM for the 4:30PM group shuttle to the hotel. We'll have our first group meeting in the hotel lobby at 5:30, followed by a delicious group welcome dinner.

Included Meals: Dinner

Accommodations: Radisson Hotel Panama Canal (or similar)

Daily Activities: Welcome Dinner

DAY 2

Journey to the Emberá Community

Travel upriver by dugout canoe and step into the heart of Panama's rainforest for a rare, respectful visit with an Emberá village. Guided by a Certified Interpretive Naturalist Guide, we're welcomed not as tourists but as guests. Through shared stories, music, food, and art, the Emberá people offer insight into a way of life deeply rooted in tradition and harmony with the natural world. This authentic cultural exchange is a highlight of meaningful travel—one that fosters connection and honors the community's rich heritage.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Radisson Hotel Panama Canal (or similar)

Daily Activities: Canoeing

DAY 3

Boat ride on Gatun Lake, transfer to Bocas del Toro and settle into our eco-lodge in paradise

This morning, we will have an early start for a boat ride in the Panama Canal/Gatun Lake before catching a domestic flight to Bocas, gateway to the Caribbean. The Bocas del Toro area of northwest Panama is a place that looks exactly like a picture postcard of paradise. Pristine white sand beaches, brilliant blue waters, and small islands that seem as if they were made by the hand of a talented designer all add up to immediate relaxation. The archipelago contains 68 different islands, and all of them are open for exploring, bird watching, swimming, or just enjoying as you sit on the sand and soak up the sun. Upon arrival, we will take a water taxi to our home for the next few days, a truly unique self-sustaining ecolodge, Casa Cayuco. After an organic lunch, we'll settle into our home for the week and offer some time to relax and take your first dip into the tempting Caribbean waters. If time allows, we'll have an opportunity to stretch our legs and explore the property and its many friendly tropical inhabitants with a hike on the Casa Cayuco Sendero, a loop through the jungle surrounding the lodge. After a full day of travel and adventure, we'll be ready for a healthy and hearty meal...and thankfully, we're in the right place! Casa Cayuco receives rave reviews for their food and each day we'll enjoy a chef-prepared breakfast, lunch, and 3-course dinner utilizing local ingredients and primarily plant-based cuisine with the addition of locally caught fresh fish.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Casa Cayuco (or similar)

Daily Activities: Boat ride

DAY 4

Yoga and Isla Zapatillas Snorkel Trip

This morningâ€™ after an opportunity to grab some coffee, of courseâ€™ we'll ease our tired traveling muscles with a restorative yoga class (all levels welcome) on the Casa Cayuco dock, taught by a local certified instructor. A morning stretch surrounded by miles of turquoise Caribbean water as far as the eye can see? Yes please! After a delicious breakfast we'll depart on a short boat ride to two nearby uninhabited islands surrounded by coral reef, Isla Zapatillas. These are considered to be the best conserved coral reefs in the Caribbean coastline. Experience this magnificent national marine park and its sandy beaches, clear turquoise water and abundant fish activity up close while snorkeling. Be on the lookout for angelfish, groupers, parrot fish, butterfly fish, lobsters and moray eels. Upon our return the afternoon is yours to read, relax, and enjoy the calm waters in front of the lodge where you are invited to swim, paddle, and snorkel to your heart's content. Happy hour at Casa Cayuco means time to enjoy a daily healthy tropical smoothie and afternoon snack on AGC. We'll also sprinkle a complimentary massage for each participant throughout the week - perhaps this afternoon will be your turn!

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Casa Cayuco (or similar)

Daily Activities: Yoga, Snorkeling

DAY 5

Salt Creek Tour and Pelicano Trail Hike

Today we'll spend a half day exploring the rugged and beautiful Pelicano Trail. Following breakfast we will start with a walk through Salt Creek, an indigenous village that is home to all of the ecolodge's employees and their families. A visit to the Salt Creek village is one of the most exciting and important aspects of Casa Cayuco's eco-experience and we will make sure the group has an opportunity to explore this special place before heading into the rainforest terrain with our local guide. We'll hike up and over a hill to reach the gorgeous Los Pelicanos beach on the eastern coast of Isla Bastimentos, and have the opportunity to go for a swim before continuing along the beach trail to complete the loop back to Casa Cayuco. It wouldn't be a trip to paradise without spending a generous amount of time each day in the water, so after lunch we will round out the afternoon with an AGC guided paddling lesson on the calm waters in front of Casa Cayuco. Choose your vessel - Casa Cayuco offers a variety of kayaks and paddleboards and with the lodge to ourselves, they're all ours!

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Casa Cayuco (or similar)

Daily Activities: Hiking, Water Activities

DAY 6

Mangrove Snorkel Excursion and Botanical Facial Scrub Class

It's another beautiful day in paradise, and today we'll embark on a unique snorkeling adventure - this time to a pristine mangrove ecosystem only 25 minutes from the lodge. We will spend the morning snorkeling through this colorful reef filled with beautiful soft corals and sponges. We may see octopus, crabs, starfish and many varieties of fish while in this underwater garden. Keep a lookout for pods of dolphins on the boat ride back to the lodge! After almost a week of travel and exercise on both water and land, this evening we'll treat ourselves to some creativity and pampering! We'll enjoy a glass of wine or healthy non-alcoholic tonic while creating our own organic facial scrubs using local botanical ingredients. Casa Cayuco will provide the materials, containers, and a demonstration and we'll be left with a unique souvenir to take home with us from our travels.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Casa Cayuco (or similar)

Daily Activities: Snorkeling, Face Scrub Class

Daily Activities: Snorkeling, Face Scrub Class

DAY 7

Yoga, Optional Bat Cave Tour, and Cacao Ceremony

We'll start our last full day in Bocas with a second morning yoga class out on the dock. Is there anything better than sun salutations as the sun itself rises over the Caribbean? After breakfast you'll have some time in the morning to choose your own adventure. Perhaps a deck chair is calling your name, one last snorkel in front of the lodge, or a guided excursion to the legendary bat caves of Bastimentos. This tour is not for the faint of heart as it involves spelunking, or cave exploration. You may be wading through water up to your waist (depending on your height!) and climbing up and over boulders, all while lighting your way with a headlamp under your helmet. You'll be accompanied by your AGC guide and a local team of guides the whole way. In the afternoon we'll celebrate our time at Casa Cayuco with everyone's favorite tropical ingredient: chocolate! We will reconvene for a Cacao ceremony where we will learn how to prepare ceremonial cacao, how to cook with cacao, and how to use chocolate as a superfood. Bean to bar taste-testing required in this multi-sensory experience! We'll end the day with another delicious community meal.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Casa Cayuco (or similar)

Daily Activities: Yoga, Optional Bat Cave Tour, Cacao Ceremony

DAY 8

Morning at Ecolodge Then Fly Back to Panama City

It's our last chance for a yoga class or snorkel and beach activities before packing up for an afternoon flight back to the capital. Sigh, our time in this sandy paradise is coming to an end. After a last delicious meal at the ecolodge, we'll boat back to Bocas and then hop on our domestic flight. Once settled back in our hotel in Panama City, we'll gather for a farewell dinner, toasting our accomplishments, the beauty of Panama, and the fun we had together.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Bristol Hotel (or similar)

Daily Activities: Yoga, Snorkeling and/or Beach Activities

DAY 9

Depart for Home

This morning, we bid a fond farewell to Panama. Fly out anytime after 12PM, with one group shuttle included at 9:30AM.

Included Meals: Breakfast