



ADVENTURES
in good company



PARADISE IN PANAMA

TRIP SUMMARY

HIGHLIGHTS

- Visiting an incredibly beautiful and eco diverse country that is still off the mass tourism radar
- Ziplining among dense canopies
- Snorkeling and swimming among coral reefs
- Stand up paddle boarding and kayaking in pristine waters
- Sampling Panamanian culture and cuisine

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TRIP AT A GLANCE

Location:	Bocas del Toro, Panama City
Activities:	Multisport
Arrive:	Arrive by 5 p.m. Day 1 at our hotel in Panama City
Depart:	You can fly out after 12 p.m. from Panama City (PTY)

TRIP OVERVIEW

Panama is a still hidden gem with more bird species than the entire continental USA and miles of pristine protected coastline. It receives fewer visitors than neighboring countries: thus, it is possible to feel that you have truly gotten off the beaten track here. With a stable government, US currency, and diverse ecosystems Panama is both easy and exciting to explore. We'll spend nine days exploring this beautiful country, from Panama Canal to the beaches of Bocas. Maximum: 16

RATING

This trip is rated both a 1 and a 2 and is an excellent choice for women who enjoy being active and trying lots of different activities, and who want to experience the incredible diversity of culture and natural history that Panama offers. Because we will be staying in one place, all activities while at Casa Cayuco are optional, hence the rating of a 1 is also appropriate. No previous experience in any of the activities is necessary. **Rating:** 1 [2](#) 3 4 5. A rating of 2 is suitable for any woman who regularly walks at a **brisk** pace 3 to 4 days a week for 35 - 45 minutes. These trips typically involve 3 to 5 hours of daily activity.

WHAT'S INCLUDED

- An Adventures in Good Company guide and local guides
- Eight nights double occupancy lodging
- All activities specified on the itinerary, kayaking, snorkeling, stand up paddle boarding, hiking, and ziplining
- All transportation within Panama, including internal flights
- Meals as specified on the itinerary
- Gratuities for drivers and day guides

Not included: Travel to Panama City; one dinner; guide gratuities; alcoholic beverages; smoothies and juices at Casa Cayuco

OUR ITINERARY

Below is the itinerary we have planned 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

Arrival in Panama. Our trip officially begins at 5 p.m. at our hotel in Panama City. We will have group introductions, a trip orientation, and then go out for a welcome dinner. Plan on arriving by 2 p.m. in the airport in Panama City (PTY) to take advantage of the included group shuttle at 3 p.m. from the airport to our hotel. Panama City is quite safe and if you get here early, it's an interesting city to walk around. Overnight Hotel in Panama City (D)

DAY 2

Panama is best known for the Panama Canal, so it's fitting that our first day here should be spent learning about it. After breakfast we drive along the Panama Canal to Gamboa Public Ramp. We then continue our journey through the Canal for another hour by motorboat, before switching to 2-person expedition kayaks once we are in Gatun Lake. The lake was created by flooding the area now contained in Sobernia and Chagres National Parks, turning many mountain tops into islands and creating an amazing kayaking resource with endless channels to explore. We spend the next few hours scouting channels through the forest, with a break for lunch and a rest on our motorboat. While wildlife is never completely predictable, we are almost guaranteed to see sloths and different types of monkeys, including Capuchin (white faces), howling, spider, and titi.

On the way back we'll stop at the Panama Canal Miraflores Locks. We'll learn how locks work and watch ships rise (or descend) over 40 feet as they transit through it. The Canal is still vital to world trade today and indeed, without it there isn't world commerce as we know it. Dinner is on your own tonight so you can check out any restaurants you may have heard about, or you are welcome to join your guide. (B, L)

DAY 3

We will catch an early domestic flight to Colon, gateway to the Caribbean Archipelago. 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 sea 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 jump on a short boat ride to two nearby uninhabited islands surrounded by coral reef. 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. (B, L, D)

DAY 4

Start the day by getting to know the locals. Boat through dense mangroves en route to an indigenous village that is home to all of the ecolodge's employees and their families. A tour in the Salt Creek village is one of the most exciting and important aspects of Casa Cayuco's eco-experience. After getting to know the village we'll hike the Caiman Trail to learn about local flora and fauna, looking for caimans, poison dart frogs, monkeys, sloths and countless birds. Spend the afternoon in the warm waters close to the lodge learning to stand-up paddle board. (B, L, D)

DAY 5

Today we explore the Green Acres Chocolate Farm. Hike through 30 acres of paradise while finding out how organic chocolate is made in a sustainable manner. We will walk through impeccably maintained botanical gardens with a guide, identifying the local flora and fauna, and getting the opportunity to taste various delicacies straight from the plant itself. We finish our visit with a hydrating cup of chocolate iced tea while perusing the range of chocolate products available for sale. Once we get our fill of chocolate, we will spend the afternoon snorkeling through the mangroves. 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! (B, L, D)

DAY 6

You can choose to start your day with self-guided morning yoga (real life sun salutations outside on the balmy beach!) or stroll the coastline before breakfast. Today we take a one-hour boat ride to the remote village of Ensenada on the Peninsula of Punta Valiente. After a short hike to the windward side of the island, we will arrive at the pristine beach known as Nidori, where the surf is excellent for surfers of any skill level. Relax on the white sand beach, visit the local village, or swim among the waves. There will be plenty of time in the afternoon back at the ecolodge to relax or continue honing our stand-up paddle boarding and kayaking skills. (B, L, D)

DAY 7

After breakfast we will pack up our swim stuff and hike over to the gorgeous Los Pelicanos (the pelicans) beach on the eastern coast of Isla Bastimentos. Spend the afternoon lounging or paddling - you choose. Or if an adrenaline rush is more your cup of tea, spend the rest of the afternoon soaring above the rainforest canopy on a zipline! We will speedboat over to the Red Frog Beach Resort (25 minutes away) to experience 7 ziplines, a swaying sky bridge and a vertical rappel. (B, L, D)

DAY 8

Last chance for a snorkel and beach activities before packing up for a midday flight back to the capital. Once settled back into our hotel in Panama City, we will embark on a walking tour of the capital. We will visit the colonial Panama, "Panama Viejo", the old Panama, "Casco Viejo", and the modern Panama City. See historic buildings such as San Jose Church, the National Theater, the Metropolitan Cathedral, the Old Slave Market, and Old Spanish prisons. We'll end our tour at the Amador Causeway, where three islands were united with the mainland by using materials that had been removed for the excavation of the Panama Canal. To end the adventure, we'll gather at the Panama City hotel for a Farewell Dinner, toasting our accomplishments, the beauty of Panama, and the fun we had together. (B, L, D)

DAY 9

This morning we bid a fond farewell to Panama. Fly out any time after 12 p.m., with hotel to airport transportation included. (B)

ADDITIONAL TRIP INFORMATION

GETTING THERE

Plan to fly into the Tocumen International Airport (PTY) in Panama City, Panama by 2 p.m. on Day 1. You will be met at the airport by an AGC representative at 3 p.m. (once you go through customs and collect your baggage) and be transported to the hotel in a private shuttle.

GETTING HOME

You can fly out after 12 p.m. from Panama City (PTY) on Day 9.

AIRFARE

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

ACCOMMODATIONS

We stay the first two nights and the last night at a modern hotel in Panama City. The rest of the time we will be staying at a private eco-resort with just our group. This stunning resort is right on the coast, nestled against a dense backdrop of verdant jungle. [Casa Cayuco](#).

We'll have the entire resort to ourselves, with 3 to 4 people per cabin. Accommodations will be assigned by lottery.

TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [Travelex Insurance](#) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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