

# Welcome to Panama – More Than Just a Canal!

For years Panama has been known as the "Crossroads of the World" because of the Canal, but tourism to Panama has recently expanded. The long-protected areas of the Canal Zone are now open to visitors; former canal buildings have been modernized to provide first class hotel accommodations, while limiting intrusion into these hidden, natural areas. Guided hikes through rainforests and boat trips on the canal offer new adventure. The previously unexplored highlands of northern Panama have a cooler climate and rich biodiversity. You can end your visit to Panama with a restful and relaxing stay at an all-inclusive beach resort that boasts all the modern amenities of an international hotel, just a few hours from Panama City. For the adventuresome, we recommend a visit to Bocas del Toro on the north Caribbean Coast, or an off-the-beaten-path snorkel and dive trip.



## Panama City

3 Days/2 Nights

### Package Rates Include:

- Round-trip transfers between airport & hotel via motorcoach with airport meeting & assistance
- Airport baggage handling, two bags per person
- Panama 3-Cities Tour
- Two nights hotel accommodations including taxes & service charges

Rates Per Person Hotel Selection Panama City	3-Day Package*			Extra Night Rates		
	Dbl	Sgl	Tpl	Dbl	Sgl	Tpl
Country Inn & Suites Amador	\$ 239	479	175	\$ 55	109	40
Crowne Plaza	\$ 265	535	245	\$ 69	139	50
Marriott Panama	\$ 305	870	230	\$89	305	69
Miramar Intercontinental	\$ 329	659	255	\$100	200	79
Bristol Hotel	\$ 399	729	n/a	\$135	235	n/a

\*Rates include breakfast

## Nature Tours from Panama City

### Gamboa

Gamboa, 30 km. north of Panama City, is a small town on the east bank of the Panama Canal, north of the Chagres River. In the early 1930s the Panama Canal Company constructed Gamboa at the confluence of the Panama Canal to house its Canal Maintenance (Dredging) Division. The facilities are now closed and the buildings have been restored to accommodate tourists who want to visit the 22,000-hectare Soberania National Park. This is a protected area containing a wide variety of forest and freshwater habitats, administered by Panama's National Authority for the Environment (Autoridad Nacional del Ambiente, or ANAM). Day tours from Panama City are available, most notably, the Pipeline Nature Trail, the Barro Colorado and the Las Cruces Trails.



## The Canal Zone

There are several ways to visit the Panama Canal. The closest and most convenient are the Miraflores Locks right outside of Panama City. These are the tallest in the system due to the extreme tidal variation in the Pacific Ocean. On Saturdays a tour operates that provides a partial canal transit through the Miraflores and Pedro Miguel Locks and then cruises the famous Gaillard Cut, a nine-mile excavation through Panama's backbone, to Lake Gatun. During the transit you will have the opportunity to experience and hear explanations of one of the modern wonders of the world. Arrive at Gamboa on Lake Gatun and motorcoach transfer back to Panama City.



Another fun trip is the train trip to Colon, called the Train & History Tour. The



Trans-Isthmian train was the first transcontinental train in the world, running parallel to the Panama Canal. The train combines luxury on board with extraordinary views along the Rainforest. The train has an open car where visitors can enjoy a drink, and the passing scenery of this historic route, al fresco. Visitors travel from Panama City to Colón, from one

ocean to another, in one hour, catching sight of ships in the canal and the colorful life of Panamanian towns in addition to the rainforest. Upon arrival at Colón visitors are escorted to the historic Spanish settlement of Portobelo before returning to Panama City.

Portobelo introduces visitors to the adventure and intrigue of the age of pirates and conquistadors. Visitors tour the forts and newly restored customs building in addition to the local church, which houses the famous "Black Christ".



### Suggested Optional Day Tours

	1 pax	2 pax	3 pax
Half-day Panama Canal Zone: Miraflores Locks (Daily)	\$ 76	44	36
Half-day Partial Panama Transit Tour (Sat. only)	175	157	155
Full-day Panama Canal Complete Transit (Specific Sat. only)	237	220	215
Half-day Barro Colorado Tour (Daily)	184	134	117
Half-day Pipeline Nature Trail (Daily)	212	106	71
Full-day Las Cruces Trail with lunch (Daily)	303	151	100
Full-day Train to Colon & Portobelo Tour (Daily)	226	134	120
Full-day Anton Valley Tour with <b>Sunday</b> Crafts Market	165	80	62
Full-day Anton Valley Tour with Zipline Tour (admissions extra)	205	130	105
Full-day Ft. Lorenzo & Gatun Locks Tour with lunch (Daily)	294	134	90

## Packages Outside of Panama City

### Rates for the Packages Include:

- Round trip transfers between airport & hotel
  - Round trip domestic airfares
  - Airport baggage handling for one bag per person
  - Hotel accommodations two including tax and service
  - Sightseeing and meals as specified in the itinerary
- Special rates apply for Easter Week, Christmas and New Years

### Chiriqui Highlands

3 Days/2 Nights

**Day 1: Panama City to Chiriqui Highlands** Transfer to the airport for a flight northward to the town of David to begin the ascent into the Chiriqui Highlands of Panama. End the day at the lofty (3800 ft. elevation) village of Boquete. Originally settled by Swiss and German immigrants, it retains its quaint ambiance, with views of the Baru Volcano, the extensive forest, and coffee plantations. Spend the next two nights at the Panamonte Hotel, a small, cozy lodge that's decorated with colonial artwork and country style furnishing. Warm yourself by the fireplace this evening in the intimate bar.

**Day 2: Chiriqui Highlands** After breakfast depart for the Eco-Friendly Coffee Farm "Cafetalera Fernandez", property of Dr. Ricardo Fernandez, a prestigious coffee farm in Boquete. The coffee plantation is situated at an altitude of 4,265 feet (1,300 meters), in a region covered in frequent fog, rich black volcanic dirt, small waterfalls, and surrounded by the mountain forest and a great variety of native trees, (like Guayaba, Cuellito, Cedar, Ashe, Higuero, Poro, etc.) which allows for viewing of local and migratory birds. The afternoon is free to partake in a variety of optional activities: bird watching, exploring and hiking on Baru Volcano, rafting the exciting Rio Chiriqui, or soaking in the medicinal hot springs at Caldera. (B)

**Day 3: Return to Panama** Transfer to the airport for your flight back to Panama. (B)

Rates Per Person Hotel Selection	3-Day Package			Extra Nights		
	Dbi	Sgl	Tpl	Dbi	Sgl	Tpl
<b>Panamonte Inn</b>	\$545	835	489	\$105	189	90



### San Blas Islands

3 Days/2 Nights

**Day 1: Panama City to San Blas Islands** Early morning transfer to the airport for a flight eastward to the San Blas Islands. Boat transfer to your hotel of choice for a welcome breakfast. After lunch you will have a tour to the nearby San Blas Islands. All meals included. (B, L, D)

**Day 2: San Blas Islands** After breakfast you will be provided with more tours of the San Blas Islands. Visits include Kuna Island and the cultural center can Congress House. An afternoon visit is provided to an uninhabited island for beaching and snorkeling. For Coral Lodge the day is free for optional activities. Kayaking and snorkeling gear are provided free of charge. Fishing, diving, guided kayak and nature tours are additional. (B, L, D)

**Day 3: Return to Panama** Boat transfer to the airport for your flight back to Panama. (B)

Rates Per Person Hotel Selection	3-Day Package			Extra Nights		
	Dbi	Sgl	Tpl	Dbi	Sgl	Tpl
<b>Dolphin Lodge</b>	\$455	555	455	\$ 149	189	149
<b>Coral Lodge*</b>	\$875	1325	760	\$ 235	349	195

\*NOTE: Coral Lodge is located on the mainland right on the border of the San Blas reserve (Kuna Yala). Because of Kuna traditions, no hotel like Coral Lodge exists in the archipelago. The location has a number of advantages over the island because it offers more activities and amenities such as diving. The return transfer is overland via Colon and Portobelo, with an option to take the train from Colon to Panama.

**Optional Modification:** Train to Panama, with transfer to Panama Hotel: **\$95 per person** (minimum 2 persons).



### Bocas del Toro

**Day 1: Panama City to Bocas del Toro** Early morning transfer to the airport for a flight northeast to the Bocas del Toro. Boat transfer to your hotel of choice. All meals are included. (D)

**Day 2: Bocas del Toro** Activities are included at Tranquilo Bay, depending on the package, and are available for fees at Punta Caracol (fees range from \$20-\$70 per person), including bird-watching hikes or boat trips, kayaking, snorkeling, beaching, and fishing. (B, D)

**Day 3: Return to Panama** Boat transfer to the airport for your flight back to Panama. (B)

Rates Per Person Hotel Selection	3-Day Package			Extra Nights		
	Dbi	Sgl	Tpl	Dbi	Sgl	Tpl
<b>Punta Caracol</b>	\$739	1155	739	\$250	445	250
	4-Day Package		5-Day Package	6-Day Package		
	Dbi/Tpl	Sgl	Dbi/Tpl	Sgl	Dbi/Tpl	Sgl
<b>Tranquilo Bay - Shore Package</b>	\$1139	1677	1380	2040	1735	2500
<b>Tranquilo Bay - Reef Package</b>	\$1400	1945	1740	2400	2500	3395



### The Pacific Beaches

3 Days/2 Nights

**Package Rates Include:** Two nights hotel accommodations including tax, transfers via private car/van with driver from/to Panama City hotels.

Rates Per Person Hotel Selection	3-Day Package			Extra Nights		
	Dbi	Sgl	Tpl	Dbi	Sgl	Tpl
<b>Royal Decameron - Playa Blanca (All Inclusive)</b>						
JAN 02-APR 03, 2007	\$315	529	285	\$ 95	140	95
APR 04-07 & DEC 26-JAN 08, 2008	365	580	335	119	169	119
APR 08-JUN & SEP-DEC 25, 2007	259	470	230	65	115	65
JUL-AUG, 2007	279	495	250	75	124	75
JAN 09-MAR, 2008	329	550	299	100	152	100
<b>Playa Blanca Hotel - Playa Blanca (All Inclusive)</b>						
JAN 02-MAR, 2007	\$370	709	335	\$123	214	110
APR-08 & DEC 24-JAN 02, 2008	415	685	360	144	219	130
APR-JUN & SEP-DEC 23, 2007	299	450	256	89	105	79
JUL-AUG, 2007	339	540	290	105	145	95
JAN 03-MAR, 2008	389	589	335	135	235	119
<b>Intercontinental - Playa Bonita</b>						
JAN 02-APR 15, 2007	\$395	775	295	\$165	329	120
APR 06-SEP	275	550	220	105	219	85
OCT-DEC 15	310	600	235	120	245	90
DEC 16-JAN, 2008	495	985	365	219	435	155
JAN 09-MAR, 2008	419	825	315	179	355	130

