

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

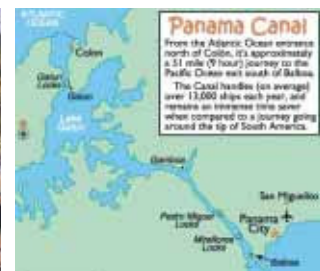
Gamboa

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 Colon, 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 Colon 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 Sunday 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