



ADVENTURES
IN GOOD COMPANY



EXPLORING PANAMA, THE NEW COSTA RICA

TRIP SUMMARY

HIGHLIGHTS

- Visiting an incredibly beautiful country that is still off the mass tourism radar
- Discovering the amazing ecodiversity that Panama offers, from beaches to highlands
- Snorkeling and swimming among coral reefs
- Hiking and rafting in Panama's Chiriqui Highlands
- Sampling Panamanian culture and cuisine

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TRIP AT A GLANCE

Location:	San Blas to Boquete, Panama
Activities:	Multisport
Arrive:	Arrive by 5 pm Day 1 at our hotel in Panama City
Depart:	You are free to leave anytime on the last day

TRIP OVERVIEW

Panama is what Costa Rica used to be. Only recently emerging as a popular Central American destination, it combines a stable government, diverse ecosystems rich in bird species, and indigenous populations that are both in touch with modern life and still keeping traditional customs. And because most of it is still not well known as an active destination, it receives fewer visitors than neighboring countries: thus it is possible to feel that you have truly gotten off the beaten track here. We'll spend nine days exploring this beautiful country, from the beaches of Bocas to the Chiriqui highlands. Maximum: 12

RATING

This trip is rated 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. 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

- A Panamanian guide (who may be male) and an Adventures in Good Company guide
- Eight nights double occupancy lodging
- All activities specified on the itinerary, including whitewater rafting, kayaking, 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 and from Panama city; one dinner and two lunches; guide gratuities; alcoholic beverages

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 5pm at our hotel in Panama City. We will have group introductions, a trip orientation, and then go out for a welcome dinner. Whenever you arrive, you will be met at the airport by one of our Panamanian representatives and transferred to our hotel. Panama City is quite safe and if you get here early, its 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 motor boat. 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 and the Province of Bocas Del Toro in northwest Panama. Bocas del Toro , the "Caribbean West" area of 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. Formed by the mainland, a lagoon, nine small islands and a bay, Bocas Del Toro includes the city of Bocas Town (on Isla Colon), Almirante, and Changuinola. 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 in the sun.

After checking into our lodge by the sea, we will head toward Playa Estrella to relax, swim, and snorkel. Overnight Limbo Hotel. B, L, D

DAY 4

Another day in Paradise! After breakfast we get in a motorboat to tour the mangroves areas and then cross Dolphin Bay, where, true to its name, encountering dolphins is almost guaranteed. Our final destination is Cayo Zapatillas. We'll have lunch, relax, and swim and snorkel among its coral reefs. We'll return to our lodge in late afternoon, in time to clean up before going out to dinner. After dinner we'll walk through town and explore the local nightlife. B, L, D

DAY 5

After breakfast, we will depart for a short 30 minutes boat ride to the mainland, where our shuttle will take us across the continental divide in a 2 hour drive through beautiful mountain scenery to our lodge in Boquete. Boquete is a small and charming mountain village tucked away on the eastern slopes of "Baru Volcano". The mountainous area of Boquete is the coffee heartland of Panama, and home of some famous gourmet varieties such as the Geisha. This region is also popular because of its remarkably pleasant weather. It is also one of the most protected locations, meaning that a majority of the area is natural and pristine.

After lunch we are up for a completely thrilling zip line. Imagine gliding through the tops of trees that are over a century old, high above pristine rivers, traversing a cloud forest of century-old trees and waterfalls where at any time you may encounter fog and the gentle rain called "bajareque", as well as monkeys. Fortunately you will be attached securely in a harness to an overhead line. Ziplining is an activity where adrenaline is high but the actual risk is quite low, something that becomes obvious once you see how it is actually constructed. However, it's definitely not mandatory and another equally great option is to go on a bridge walk where the birding is excellent. We'll check back into our hotel, clean up, and then investigate the town for our new favorite restaurant. Overnight: Hotel Valle del Rio. B, D

DAY 6

This morning we hike for about three hours on one of the many scenic trails in magnificent Baru Volcano National Park, home to Panama's tallest peak (11,400 ft) and an enchanting cloud forest. Cloud forests, also called fog forests, occur only in tropical or subtropical mountainous environments, where the atmospheric conditions allow for a consistent cover of clouds. Often taking the form of fog, these clouds hover around the upper canopy of the forest before condensing onto the leaves of trees and dripping onto the plants below. This forest is home to some of the tallest trees in the hemisphere and 5,000 species of plants found nowhere else on earth. We'll keep our eye out for howler monkeys, sloths, deer, peccaries, and any of the hundreds of species of birds that live here. And of course we'll make sure there is plenty of time for pictures.

After lunch we'll visit a local organic farm where coffee is planted and processed. You'll learn about the process of coffee, from farm to cup, taking in the sights and tastes of a place that artfully balances traditional methods with modern advances. We'll return to our hotel before going out for dinner. (B, L, D)

DAY 7

Today we spend rafting on the Chiriqui Viejo River. With most rapids being Class III, the river is eminently suitable for beginners. The river passes through a canyon and spectacular waterfalls characterize it. Depending on the water level and section used we will be rafting about 3-4 hours. We will return to our hotel, clean up, and have some free time this afternoon before gathering again for dinner, either at the hotel or a neighboring restaurant. (B, L, D)

DAY 8

Sadly we bid farewell to Boquete and the Chiriqui Highlands early this morning for our return flight to Panama City. Panama City is pretty darn interesting however! It's rapidly changing, and we will visit the colonial Panama, "Panama Viejo", the old Panama, "Casco Viejo", and the modern Panama City. We'll visit 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 when the Panama Canal during its excavation. We'll gather again at the Panama City hotel for a Farewell Dinner, toasting our accomplishments, the beauty of Panama, and the fun we had together. (B, D)

DAY 9

This morning we bid a fond farewell to this country we have come to know and are transferred to the International Airport for our flight home or on to other adventures. (B)

ADDITIONAL TRIP INFORMATION

GETTING THERE

Plan to fly into the Tocumen International Airport (PTY) in Panama City, Panama by 4pm on Day 1. You will be met at the airport by an AGC representative and taken to the hotel. If you arrive early, you can take a taxi to the hotel.

If you would like help with any travel plans we recommend contacting our travel agency, Exito Travel. Start by submitting the form you can find here: https://pay2.exitotravel.com/referral_form?affiliate_id=1090&client=1. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

ACCOMMODATIONS

All of our accommodations offer modern amenities, including ensuite bathrooms. We stay the first two and the last night at a hotel in Panama City; two nights in Bocas del Toro at El Limbo (<http://www.ellimbo.com/index.html>); and three nights at a resort in Boquete, Hotel Valle del Rio (<https://www.valledelrioboquete.com/?lang=en>).

TRAVEL INSURANCE

WE RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH CAN HELP COVER YOUR COSTS IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP. Travel protection plans can also include coverage for Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or contact Travelex Insurance Services at 800-228-9792 and reference location number 20-0016. The product descriptions provided here are only brief summaries. The full coverage terms and details, including limitations and exclusions, are contained in the insurance policy. Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276. 11.17 83I

CANCELLATION POLICY

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.

To qualify for any refunds, we must receive notification in writing, by fax, email or mail to: Adventures in Good Company, 5913 Brackenridge Ave, Baltimore, MD 21212, Fax: 410-435-3084. Cancellation date is the date the notice is received by Adventures in Good Company in writing, either by fax, email or letter.

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip		
International	Domestic	Refund
120 + days	90+ days	All but \$50
120 - 60 days	90 - 45 days	50% of trip fee
59 days or less	44 days or less	No refund

If you have paid in full, we have a waiting list, and we can fill your spot from that list, everything but your deposit will be transferred to another trip of your choosing for which you register in the next 365 days. Trip fees may be transferred from one person to another if, in the opinion of the Adventures in Good Company staff, it is determined that the other person is in the proper physical condition to participate in the trip activity.

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances. On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.