



ADVENTURES
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PARADISE IN PANAMA

Trip Summary

HIGHLIGHTS

- Visiting an incredibly beautiful and eco diverse country that is still off the mass tourism radar
- Touring an organic chocolate farm
- 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 12PM Day 1 at the Tocumen International airport (PTY)
Depart:	You can fly out after 12PM 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 the 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, and hiking
- 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; AGC 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

Welcome to Panama! Plan to arrive at Tocumen International Airport (PTY) by 12PM for the 1PM group shuttle to the hotel. (If you would like to fly in a day early, we have a block of pre-trip rooms reserved.) Panama City is a literal and cultural global connection point and we start our adventure with a walking tour of the historical part of the city. Casco Antiguo is a Unesco World Heritage Site, full of amazing architecture, vibrant plazas, colonial churches and fascinating history. After our tour we'll sit down to our first delicious group meal together. (D)

Overnight: Radisson Hotel Panama Canal or similar

DAY 2

Panama is best known for the Panama Canal, so it's fitting that our first full day here should be spent learning about it. After breakfast we drive a short distance to the town of Gamboa, the geographic center of the Panama Canal to start our kayaking adventure on Lake Gatun. 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. At its time, Lake Gatun was the largest manmade lake in the world, designed to feed the locks of the Panama Canal for the large vessels traveling through. The ships aren't the only interesting thing to see here though. The islands and shoreline of the lake are teeming with wildlife; we may see monkeys (including Capuchin (white-faces), howling, spider, and titi), sloths, and toucans among other animals. In the afternoon we'll visit the Miraflores Locks to learn more about the intricate workings of the Panama Canal. We'll see how the 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. (B, L, D)

Overnight: Radisson Hotel Panama Canal or similar

DAY 3

We will catch 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 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 practice snorkeling near the eco lodge. If time and weather allow, 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)

Overnight: Casa Cayuco

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)

Overnight: Casa Cayuco

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)

Overnight: Casa Cayuco

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 waves are excellent for boogie boarding, body surfing or just playing. 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 paddleboarding and kayaking skills. (B, L, D)

Overnight: Casa Cayuco

DAY 7

Today is our last full day at Casa Cayuco and we'll spend our time meeting some of the nocturnal creatures that inhabit this area. 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.

For those who prefer not to spelunk, there is a leisurely walk to La Punta through the jungle with our Casa Cayuco guide or you are welcome to play in the calm waters in front of the lodge. (B, L, D)

Overnight: Casa Cayuco

DAY 8

Last chance for a 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 together for a farewell dinner, toasting our accomplishments, the beauty of Panama, and the fun we had together. (B, L, D)

Overnight: Bristol Hotel or similar

DAY 9

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

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: Exito charges a one-time, non-refundable processing fees of \$35 per passenger.

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. 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 www.travelexinsurance.com 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 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.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)