



Aventuras Panamá

Invites you ... Dare to Live !

100-40 TWO WEEKS ADVENTURE PACKAGE (14 DAYS)

Panama City – Chagres National Park – El Valle - Santa Clara - Chiriquí Highland

1st day:

Arrival, Cerro Azul Mountains

You will be welcome by us at Tocumen International Airport, nearby Panama City, and transferred to a mountain lodge at the northeast of Panama City in the Cerro Azul Mountain to rest up.

Lodging El Hostal – dinner**



2th day:

The Chagres Challenge

At 7 am you will be picked and taken in an all-terrain vehicle to the remote village of San Cristobal, which is past the mountains of Cerro Azul, northeast of Panama City.

After enjoying a typical Panamanian breakfast, you will hike for about 2 hours on a trail within Chagres National Park up to Rio Piedras, a Chagres River tributary, where you will get into rafts to float (Class II-III rapids) into the untouched jungles of the Chagres River.

We will set up camp in a river shore around 4 p.m. Tales around a cozy campfire are a sure thing.

Lodging at Tent Camp – breakfast, lunch, dinner



3rd day:

Embera Indian Village

After breakfast you will help to take down our camp and leave no trace behind.

Then, you will continue rafting further downstream passing an impressive granite canyon with some white water rapid action, and ending just before encountering Madden Lake.

There you are expected by a “piragua” (native wooden canoe equipped with outboard motor) that will take you to their Embera Indian Village.

These natives migrated to Chagres River banks more than 20 years ago, where they found the same habitat they were so familiar with in the Darien Jungles (by Colombia).





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After a lunch at the village we will visit nearby jungle to learn how it provides shelter, food, medicine and more for the Embera native.

Lodging at Embera Hut/Tent – *breakfast, lunch, dinner*

4th day:

Natural Bridge, Gatun Dam and Locks, Fort San Lorenzo

You will visit the Natural Bridge, a limestone rock formation which has been carved by the La Puente River making its way through it.

Also today, in your way to Fort San Lorenzo (built by the Spaniard Conquistadors to seal entrance of hostile pirate ships at the mouth of the Chagres River in the Atlantic Ocean), you will visit Panama Canal Gatun Dam and Gatun Locks.

At the end of the day you will be taken west to mountain town of El Valle to spend the night.

Lodging Hotel Campestre* – *breakfast, lunch, dinner*

5th day:

El Valle, Canopy Tour

You will visit local market, “El Chorro Macho” waterfall, “El Nispero” Zoo and have the opportunity to see the forest from the perspective of an Harpy Eagle “flying” through the jungle, assisted with a system of pulleys and cables.

Lodging Hotel Campestre* – *breakfast, lunch, dinner*

6th day:

El Valle, Laguna de San Carlos

You will hike from El Valle to “La Laguna de San Carlos” in a breathtaking mountain trail. A driver will be expecting to take you to your new destination at a beach lodge farther west, where you will be pampered by the sound of the breaking waves of the Pacific Ocean.

Lodging Hotel Veraneras* – *breakfast, lunch, dinner*

7th day:

Beach day at Arco Seco

You will spend the morning at the beach. After lunch you will continue your journey toward the west and up to Volcan in the mountain region of Chiriqui Province, where a cooler climate will surprise you. Around dinnertime you will reach your hotel. The rest of the evening you can walk around enjoying the fresh and cool air.

Lodging Hotel Dos Rios** – *breakfast, lunch, supper*





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8th day:

White Water River Rafting, Chiriqui

After an early breakfast, you will head toward the border with Costa Rica, at Paso Canoas. Close by, you will put in on a breathtaking, adrenaline rush, rafting tour on the Chiriqui Viejo River with most rapids being Class III-IV. The river passes through a canyon and spectacular waterfalls characterize it. Depending on the water level and section used it you will be rafting about 3-4 hours.

Lodging Hotel Dos Rios** – *breakfast, lunch, dinner*



9th day:

“Los Quetzales” Trail, Chiriqui

You will be taken to mountain town of Cerro Punta, where you will hike “Los Quetzales” trail toward Boquete. With some luck you will see the magnificent Quetzal, a bird only found in cloud forests of Central America. This hike will last 4-5 hours and ends by Boquete where a driver is waiting to take you to nearby hotel.

Lodging Hotel Panamonte**—*breakfast, snack-lunch, dinner*



10th day:

Bocas del Toro, Dolphin Bay

You will get in a flight to Bocas Del Toro island and check in at new lodge. An entire day tour in motorboat. After a short trip along the banks of islands covered with mangroves, you will reach Dolphin Bay. Once there, you will not have to wait long for dolphins to show up since they are usually attracted by motor sound and they will swim lively around you. Later your trip continues to two very little islands, the Cayos Zapatillos, confessed as the two most untouched islands with the prettiest sand beaches of the entire island group. You will have a picnic here, at the beach, and bathe while your imagination takes you away to past adventures of the famous pirate, Captain Henry Morgan, who buried his treasure on the southern part of the island. Around 5 p.m. you will return to your hotel.

Lodging Hotel Bah** – *breakfast*



11th day:

Bocas del Toro, Snorkeling

Today you will explore the submarine world of the islands. About 9 o'clock in the morning, you can receive, as an option, an introduction to snorkeling. Then, you will take off around 9.30 a.m. to a new entire exciting day tour in motorboat. You will reach The Hospital Point where you can





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gather immediately your first experiences with sea inhabitants. A yet more impressive place for snorkeling waits for you at CayoCrawl, characterized by untouched coral and innumerable fishes. About noon, you will have a typical meal in a restaurant built with wooden piles over the water. Next, the trip continues further into The Bastimentos Island where you will hike across it on a short path within 15 minutes from one side to the other. You will spend the afternoon at the Red Frog

Beach, and find out for yourself why it is called like that. Around 5 p.m. you will be taken back to your hotel.

Lodging Hotel Bahia – breakfast**

12th day:

Panama City

You will take a morning flight to Panama City. After hotel check in we will visit the colonial Panama, "Panama Viejo", the old Panama, "Casco Viejo", and the modern Panama City. You will also have nightlife activity on board "La Chiva Parrandera", a bus with local live music.

Lodging Hotel Granada* – breakfast**

13th day:

Panama City, Free day

Plenty of options available for today. You can visit Taboga Island for another beach day, or search for great buying deals at Los Pueblos Mall or visit ethnic cultural exhibition at Los Pueblitos, or visit Panama Canal Miraflores Locks. You decide. (Activities not included).

Lodging Hotel Granada* – breakfast**

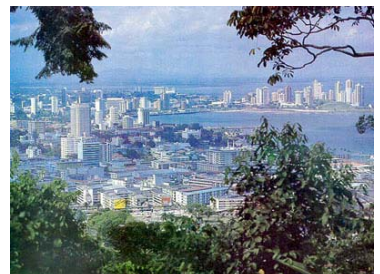
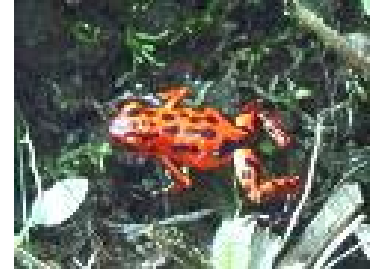
14th day:

Departure

After your breakfast you will be transferred to Tocumen International airport (depending on departure time)

If time allows it you can visit any of the optional tours you where not able to visit the day before or just relax at your hotel.

Breakfast





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Included Services and Price

Price:

US \$ 2,695.99 per person in double room

US \$ 3,090.44 per person in single room

Included Services:

Activities:

All mentioned guided activities are included

Lodging and catering:

1 night at Hotel Casa de Campo**, Cerro Azul, Panama
1 night at Campsite by Chagres River, Chagres National Park, Panama
1 night at Campsite by Embera Village, Chagres National Park, Panama
2 nights at Hotel Campestre**, El Valle, Cocle
1 night at Lodge Las Veraneras*, Santa Clara, Cocle
2 night at Hotel Dos Rios**, Volcan, Chiriqui
1 night lodging Hotel Panamonte**, Boquete, Chiriqui
2 nights at Hotel Bahia**, Bocas del Toro, Bocas del Toro
1 night at Hotel Granada***, Panama City, Panama

13 breakfasts, 8 meals, 9 dinners

Transfers:

Ground Transfer from Tocumen Airport to Cerro Azul
Ground Transfer from Chagres National Park to Santa Clara
Ground Transfer from Santa Clara to Chiriqui
Ground Transfer from Boquete to David, Chiriqui
Air Transfer from David, Chiriqui to Bocas del Toro, Bocas del Toro
Air Transfer from Bocas del Toro to Panama City
Ground Transfer from Panama City to Tocumen Airport
---→ All ground transfers and flights within Panama are included

Not Included:

International flights, Airport tax (\$ 20.00/person), personal expenses, tips, meals not specified in itinerary, extras in hotels (laundry, room service, phone calls)