

Panama City and Surroundings
5 days – 4 nights
Panama City, Casco Viejo, Miraflores Locks, Panama Canal
Culture, History

Day 1 – Welcome to Panama!

Upon arrival our representative will meet you at the Tocumen International Airport to assist and transfer you to your hotel located in Panama City. Remainder of the day at leisure to enjoy Panama City at your pace.

Day 2 – Casco Viejo (Gastronomic tour)

This fascinating half day tour will give you an introduction to Panama's history and its gastronomy that reflects Panama's rich diversity. This tour will take place in Casco Viejo, the colonial section of Panama City. Learn the history of Casco Viejo which dates back to the late 1600's. This area is home to the monuments of Ferdinand de Lesseps and other Frenchmen instrumental to the ill-fated attempt of the French to construct a canal through Panama. Our first stop is at a coffee shop where we will taste the different types of coffee produced in Panama. Continue to a local microbrewery, where you will savor different artisan beers and learn how they are processed. Next stroll along the Cinta Costera to the Seafood Market where you will enjoy the popular "Ceviche" dish. Explore the dozens of stands with a big variety of seafood. Located on the Bay of Panama, this popular place is visited by locals that enjoy fresh seafood and who like to relax and admire the perfect scenery. The tour ends with a cocktail tasting of locally prepared aged rum. [B/S]

Day 3 – Soberania National Park, Miraflores Locks

After breakfast you will be picked up at your hotel and begin your journey to the Soberania National Park. Leave the city behind and slowly move towards the rain forest. You will pass by the former Fort Clayton, and the Miraflores Locks before entering the Park. Upon arriving start your hike through the lush forest. Along the way, our naturalist guide will point out the Green iguanas, three toed sloths, crocodile, ospreys, snail kite, Keel-billed toucan, and the several species of Monkeys found here. Afterwards you will visit the Rain Forest Discovery Centre and later climb the 90 feet rain forest tower. It's amazing to observe the numerous species of humming birds flying around you.

Next board a boat and head off on an adventure across Gatun Lake in the Panama Canal passing by monumental cargo ships transiting the waterway. The boat will circle rain forest covered islands. Our next stop is at the Miraflores Locks visitor center where you can look at the large ships transiting the canal and enjoy a presentation by the Panama Canal Authority about the history of the Panama. Later in the afternoon we head back to Panama City. [B/S]

Day 4 – Panama Canal Partial transit

Early in the morning our driver will meet you and transfer you to Causeway to begin your Partial Transit of the Panama Canal*. Admire the Bay of Panama and Panama City's splendorous skyline and the Bridge of the Americas. Transit the Miraflores Locks where the vessel will ascend 54 feet in two distinct steps. Then enter Miraflores Lake, which is a small artificial body of fresh water that separates Pedro Miguel from Miraflores Locks. Next, the vessel



will enter Pedro Miguel Locks, which is one of the two sets of locks on the Pacific side, and here the vessel will be raised the last 27 feet to get into the Gatun Lake. Shortly after you will go under the Centennial Bridge, making your way to the Gatun Lake, which was formed by erecting the Gatun Dam across the Chagres River. After reaching the Gamboa Dredging Division your driver will be waiting for you to transfer you back to your hotel or next destination. [B/L]

** Note that Transit can either go northbound or southbound depending on the day and Panama Canal Authority. The above description refers to the northbound transit. Also please note that due to the dry season and low water levels in Gatun Lake, which provides water to all the Canal operations, the Panama Canal Authority has implemented strict water conservation guidelines. These measures restrict transit schedules and may cause changes in Canal Transit departure times. Our representative will be in contact with you the day before the transit to confirm both the pickup transit time.*

Day 5 – Panama City, USA

At agreed time transfer to the airport to board your flight back home. [B]

[B] = Breakfast | [B/S] = Breakfast and Snack | [B/L] = Breakfast and Lunch

Your Tour includes:

- Round trip transfers between airport and hotel
- Accommodation for 4 nights in standard room
- Meals:
 - Daily breakfast
 - 2 snacks
 - 1 lunch
- Visits of:
 - Panama City
 - Casco Viejo
 - Miraflores locks
 - Canal Partial Transit section
- Gastronomic tour

- English speaking guide
- All entrance fees
- All hotel taxes

Tour does not include:

- International or domestic air tickets
- Travel Insurance
- Early check-in or late check-out at hotels
- Services and food not listed in the itinerary
- Beverages during the meals
- Hotel extras, and personal expenses.
- Tips for guides, drivers, and in restaurants
- Optional activities in Bocas Del Toro
- \$3.00 per person Bocas Del Toro tax payable upon arrival

Hotels in your Tour:

Location	Hotel Name	Tripadvisor
First Class		
Panama City	The Executive	4

Hotel will be confirmed at time of booking

Tour Prices:

Season	Double
2020 Departures	
Jan-Dec	\$1,595

Rates are minimum per person sharing a room and may change without notice.
 Rates may change depending on the date of travel
 Prices for single room or for 3 passengers sharing a room are available on request
 Valid through 20 December 2020. Not valid for Holidays and big Conventions.
 Other blackout dates may apply.

Tour Code: PA01PMY20ECP

