

**Panama Culinary Experience**  
**8 days – 7 nights**  
**Panama City, Chitre, Azuero Peninsula, Boquete,**  
**Gastronomy, Culture, History**

**Day 1: Welcome to Panama!**

Upon arrival our representative will meet you and assist with your transfer to your hotel in Panama City. The remainder of the day is at leisure to enjoy the city at your pace.

**Day 2: Panama City (Canal tour)**

We start our day with a visit to the ruins of Old Panama. Climb the Cathedral tower, visit the Old Panama Museum and continue to Casco Viejo (the old city compound), which dates from the late 1600's. Casco Viejo is home to monuments of Ferdinand de Lesseps, the developer of the Suez Canal, and other important Frenchmen who attempted to construct a canal through Panama in the 19<sup>th</sup> century. Our next stop is at the Miraflores Locks where you will enjoy a presentation by the Panama Canal Authority about the history of the canal and observe the large ships transiting. Savor an exquisite lunch at a local restaurant then continue to the Panama Canal area, including the town of Balboa, formerly part of the Panama Canal Zone. En route we'll stop at a market where we can find local handcrafts. Later we'll visit the Biodiversity Museum designed by the renowned architect Frank Gehry. The building was designed to tell the story of how the Isthmus of Panama rose from the sea, uniting two continents, separating a vast ocean in two, and changing the planet's biodiversity forever. Your expert guide will lead you through the permanent exhibition. Later explore the museum's public atrium, the temporary exhibitions, and the multiple outdoor exhibits displayed in the botanical park. Later in the afternoon we go back to the hotel. [B/L]

**Day 3: Panama, Chitré**

After breakfast transfer to the airport to board your hour flight to Chitré, gateway to the Azuero Peninsula. Nestled in the center of Panama the area is famous for its year-round dry weather, white-sand beaches, soft rolling hills and authentic culture and traditions dated from the Spanish colonial times. Upon arrival depart to your exciting half-day tour. Observe how the salt is extracted from the Pacific Ocean using the same technique the indigenous invented long time before the Spanish arrived to the Americas; learn why the village of La Arena is famous for its pottery and how hard it is to use the potter's wheel; visit a traditional sugar cane mill and taste the refreshing sugar cane juice and see how sugar cane is cooked; and finally taste the delicious local bread, called "Pan de La Arena", baked in clay ovens. The afternoon is at leisure to enjoy the grounds of your boutique hotel. The facilities include a spiral shaped swimming pool, a Panamanian Gourmet Restaurant, two bars and Cubitá Spa, using local organic ingredients to ensure the guests' wellbeing. [B]

**Day 4: Chitré, Pesé**

Today you will visit Pesé. Located in a beautiful valley, the city maintains the essence of a traditional town of the Azuero Peninsula with friendly, hard-working people. Here we will find the idyllic Hacienda San Isidro, where Panama's best rum is produced: Ron Abuelo. Enjoy an oxcart ride through the sugar cane fields and tour the distillery in order to see the different steps necessary to produce liquor from sugar cane: Grinding, fermenting and distilling. Then visit the bodega where the rum ages in oak barrels. Now is the time to try the different rums produced here: drink 5-year, 7 year and 12-year aged rums as well as Ron Abuelo Centuria – a solera rum of 30 years. After the tasting, a traditional Panamanian lunch and an open bar of rum and seco based drinks round off this exciting tour. [B/L/T]

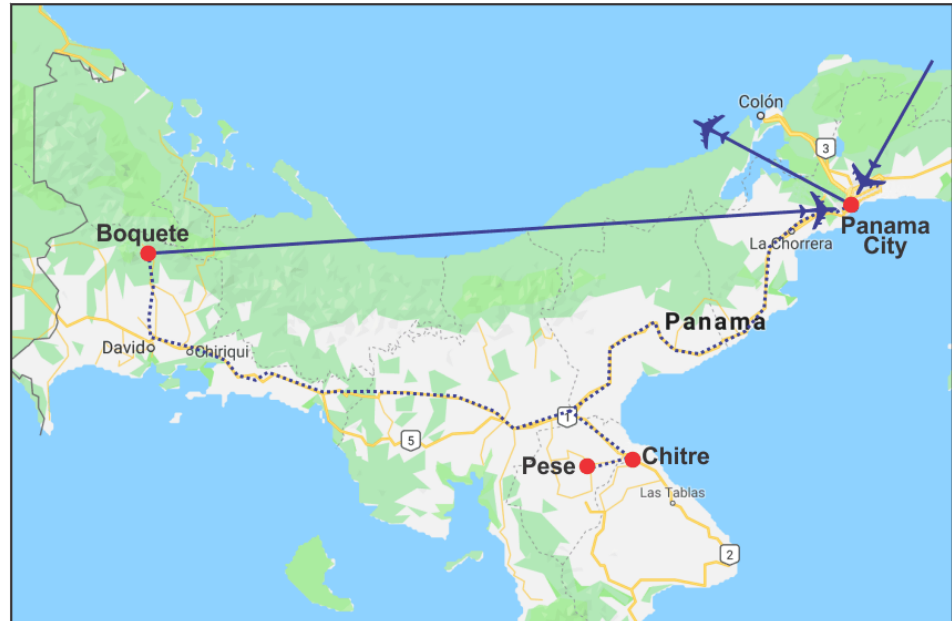
**Day 5: Azuero, Boquete**

At agreed time depart Chitré and ride through the Panamericana Highway towards Boquete. The landscape will slowly change as you approach the lush highland at the Eco Lodge Finca Lerida located in the outskirts of the charming little town of Boquete. The Eco farm is nestled in the middle of a coffee plantation and surrounded by a private natural forest reserve. All the rooms are individually decorated and named after birds found in the highlands. Check in and spend the night here. [B/L/T]

## Day 6: Boquete

You will wake up to the symphony of birds and the aroma of the home-grown coffee brewed specially for you. After breakfast visit the coffee fields and learn about the different types of coffee. Understand the planting, growing and harvesting of the fruit, as well as how the coffee is processed. At the end of the tour, enjoy a nice cup of fresh coffee. Following the coffee tour you will visit a small farm located in the highlands of Boquete that produces honey. Learn about the fascinating native

honeybees and the history of beekeeping in Panama. Spot the bees in a beautiful garden dotted by colorful flowers, which gives the honey a unique taste and aroma. Walk the Finca learning about honey and bees and see the tools that are used to work with the bees and produce honey. Finish with a world-class honey tasting and visit the Casita de Miel Honey Shop. [B/L]



## Day 7: Boquete, Panama City

Early in the morning you will be transferred back to the airport to board your flight to Panama City. Upon arrival transfer to your hotel. The remainder of the day is at leisure. [B]

## Day 8: Panama City, USA

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

[B] = Breakfast | [B/L] = Breakfast and Lunch | [B/L/T] Breakfast, Lunch and Tasting

### Your Tour Includes:

- Round trip transfers between airports and hotels
- Accommodation for 7 nights in First Class hotels:
  - Panama City - 3 nights
  - Chitré - 2 nights
  - Boquete - 2 nights
- Meals:
  - Breakfast daily
  - 4 lunches
- Visits:
  - Panama City
  - Miraflores Locks
  - Salt mines
  - Arena Bakery
  - Rum factory
  - Bee and Honey farm

- Coffee plantation
- Tastings
  - Ron Abuelo
  - Boqueta honey
- Entrance fees to attractions
- Bilingual guides English/Spanish
- All hotel taxes
- All services and tours are a combination of shared and private services.

### 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

**Hotels in your Tour:**

Location	Hotel Name	Room Type	Tripadvisor
Panama	Hilton Hotel	Ocean View	4.5
Chitre	Cubitá Boutique Resort & Spa	Standard	4.5
Boquete	Finca Lerida	Standard	4.5

Hotels will be confirmed at time of booking

**Tour Prices:**

Season	Double
2020 Departures	
Mar-Dec	\$2,389

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:** PA03PMY20ECP