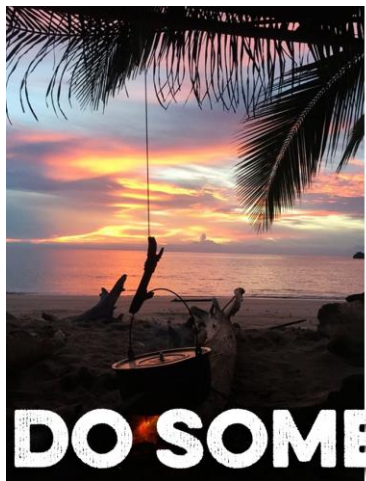




Panama

Desert Island Survival

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY

Panama • Desert Island Survival

11 DAYS • 10 NIGHTS

Isla Contadora – Desert Island – Isla Contadora

HIGHLIGHTS

- Get the chance to learn all the bushcraft techniques needed for survival. Including Hawaiian sling spear fishing, bamboo fire saw and jungle navigation.
- Witness some of the most amazing wildlife including the humpback whale, turtles, stingrays and phosphorescent plankton lighting up the ocean.
- Stay on a beautiful uninhabited island sleeping in hammocks right on the beach with stunning sunsets.

TOUR ESSENTIALS

Tour Style	Desert Island Survival
Tour Start	Isla Contadora
Tour End	Isla Contadora
Accommodation	Hotels and Hammocks
Included Meals	All Meals
Difficulty Level	Difficult
Group Size	10 pax

DISCOVER YOUR POTENTIAL



During the first 5 days of the expedition you will still be castaway on a remote desert island but with expedition instructors. This is the education phase when you learn your new bushcraft skills and have plenty of fun along the way. Once you have received your training you are on your own, marooned for 3 days with only a machete, knife, basic fishing equipment, medikit and satellite phone. This is it, it's time to put into practice the skills you've learnt and survive. Below is an example of a typical 10-day expedition in Panama. However, trust us when we say that we have left a lot out, we don't want to ruin all of the surprises.

An overview

This unique destination is ideal for any keen and daring adventure travellers seeking a completely diverse experience to push themselves to accomplish an out of the ordinary task. Situated on an island in off Panama, the desert islands scenery is a sight you will have only seen on TV or in the movies. This will be an experience unlike any other you have encountered before, helping you grow physically and mentally. Surrounded by nothing but nature and your fellow camp mates, you can't get any more off the beaten track. Considering the nature of the trip, travellers must be in good physical and mental condition, as it can be extremely challenging at times. When you finish this adventure of a lifetime, you would be ready to conquer life on a desert island alone!

Local guides will be with you and teaching you throughout the trip, they know the island and how to survive on it better than anyone else, so you can assure that you are in good hands! They will teach you everything you need to know including building shelter, making fires, catching fish and finding the food you need.

WHY PIONEER EXPEDITIONS?

Pioneer Expeditions are one of the few specialists that really *do* off the beaten track and unique adventures. The team have a real passion for wildlife and adventure travel which we love to share with our clients. We delight in searching the world for new destinations, new experiences and creating the most incredible adventures.

We like to introduce our clients to the unique, the different, and the incredible. Whether it is through wildlife tracking, sea kayaking, snorkelling, trekking, rafting, cycling or observing wildlife in its natural environment, we want to give you the real Pioneer experience.

From the moment you choose to travel with Pioneer Expeditions until you return back home, you are supported by our dedicated team. We listen to what you want and can create an itinerary around your specific needs, working with your budget and with a commitment to responsible travel.



ITINERARY

DAY 1: HOTEL BASE

Early this morning you make your own way to Isla Contadora, a small and beautiful tropical island with little more than a scattering of luxurious mansions. You can choose to book a charter flight or ferry. Details of which are on the practical information document you will receive.

Upon arrival to Isla Contadora you will be met and transferred to Mar Y Oro hotel with its private beach and cocktail bar.

Day at leisure to explore the island. Be haunted by the abandoned hotel, where you can see wild deer, wandering through the rooms slowly being subsumed by the jungle. Enjoy lunch and a swim on a palm lined beach,

This evening castaways will be allocated their kit for the island adventure and pay close attention to the expedition safety briefing before dinner and an early night. Tomorrow is a big day.



Overnight:
Hotel



Meals:
D



Distance:
Varies



Activities:
Exploring

DAY 2: ARRIVE AND BUILD SHELTER

After a hearty breakfast at the hotel, we jump on our speedboats direct from Mar Y Oro's beach and take the 30-minute ride to your new island home. As you approach this untouched wilderness and pull up on the shore the reality of your adventure begins to set in. Upon arrival we take a stroll along the expansive beach to explore our new home and choose the location for our camp.

After selecting a couple of palm trees, between which to string your expedition hammocks, we get to work on building our shelter. This will be our home, where bonds are forged, fire is made, food is cooked and hearts are opened. There'll be just enough time for a sunset swim, before we eat. Belly filled, we'll be passing around a bottle of rum before heading to your hammock where you'll make it about 2 pages into your kindle before drifting off to the sound of rustling palms and lapping waves.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival Training



DAY 3: MAKING FIRE

Typically, everyone on the island quickly reconnects with their circadian rhythm and rises a little after sunrise. After a relaxed breakfast we spend the morning learning the most quintessential primitive skill, how to make fire by friction. After the easiest method of fire by flint, you will graduate to whittling your own bow drill set before we teach you hand drill and the bamboo fire saw. We will spend the afternoon catching our supper off the beach. Then we gather around the fire to feast on Thai fish curry made in a bamboo cooking pot with fresh coconut milk.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies

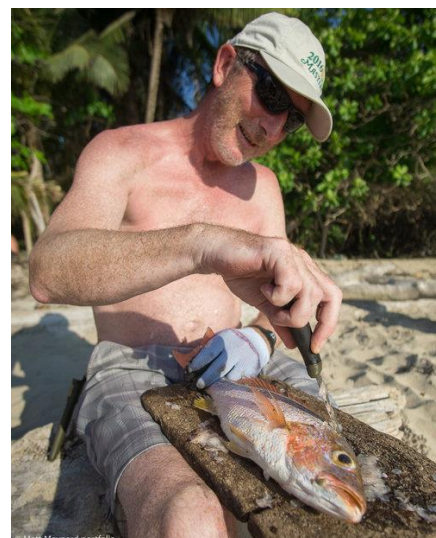


Activities:
Survival Training

DAY 4: FINDING FOOD

Today is all about how you are going to eat. We will look at all the different techniques one can use to find food on a desert island; Including what fruits and plants are safe to eat, how to get into a coconut and where to find shellfish. The ocean is our larder and primary source of nutrition. You'll work together to make a primitive hand-line, catch, prepare and cook fish. Although you won't be blessed with a speargun during the survival phase, you can also try your hand at spearing dinner for the team. Learn how to duck dive, how to hold your breath for longer, and how to hunt underwater.

After food training, we will hopefully have plenty of delicious fish. This evening, we will roll them in spices and wrap them in leaves tied off with hibiscus cordage. This traditional cooking technique allows us to cook them directly on the fire embers and stay nice and moist. Served with a side of Asian rice and roasted vegetables, you'll begin to have a deeper appreciation of food and flavour. To finish the day, we will open some green coconuts, harvested from palms on the island, and have fresh pina-coladas. Preparing you nicely for an evening of tribal-fancy-dress and beach games.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival Training

DAY 5: ISLAND LIFE AND WATER

Life on the island slows down. Disconnecting from Wi-Fi and phone, you will find yourself thinking about the outside world less and less. Don't worry about not getting space for yourself. Everyday from 12- 2pm is your time; for a siesta in your hammock, reading a book or throwing a Frisbee. Tonight we prepare, cook and eat as a tribe. A bottle of rum and some roasted marshmallows see us off to bed.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival Training



DAY 6: DEEP JUNGLE AND WILD BEACHES

On the final day of training, we undertake an expedition across the island, trekking through jungle, around rocky headlands and through mangrove swamps in search of resources that might help you during your final 3 days' survival phase. Mangos, coconuts and shell fish are all welcome finds. With each day and each new skill, you will grow in confidence for surviving your final 3 days. That evening we'll talk about the psychology of survival and you'll get yourself mentally prepared for the real test to begin.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival Training

DAY 7 - 9: SURVIVAL

This is it, the fire is out, the instructors are gone; it's just you and your fellow Castaways, alone in this picturesque tropical wilderness. You are left with limited equipment and have to work together. Now is time to put into practice your new found skills and apply your ingenuity to survive. What is your greatest priority? Do you build your shelter first, or start a fire? During the first day the reality of survival sinks in, new highs and lows are encountered. During these days; hunger, thirst, and discomfort are offset by the euphoria of success starting a fire or finding food. Will you survive, or thrive?



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival

DAY 10: RESCUE AND CELEBRATION

Nothing will ever look quite so good as our rescue boats arriving at 9am, laden with ice cold drinks and fruit. We'll bank onto the beach right outside the Mar y Oro Hotel. You and your fellow castaways will enjoy one of the best showers of your life, before enjoying a huge champagne breakfast. Castaways spend the afternoon reconnecting with loved ones, putting off looking at their emails, just a little longer and probably more showers. That night we head out for a survival party where you'll have the opportunity to eat your weight in pizza at the excellent Casa Tortuga restaurant.



Overnight:
Hotel



Meals:
B,L,D



Distance:
Varies



Activities:
Celebration

DAY 11: HEAD HOME

Sporting a fine suntan and a tremendous sense of achievement, you will depart home with enough tales to woo at any dinner party.



Overnight:
N/A



Meals:
B



Distance:
Varies



Activities:
Travel



ACCOMMODATION *at a glance*

Subject to availability

Mar Y Oro Hotel
Contadora Island

<https://hotelmoryoro.com/en/>



IMPORTANT INFORMATION

INCLUDED

- All meals as described (B= Breakfast, L= Lunch, D=Dinner)
- Accommodation as described
- 5 days Survival training by world-class bushcraft guide
- All food and drinks including welcome dinner and all you can eat pizza feast
- speedboat transfer

NOT INCLUDED

- International flights
- Personal travel/medical insurance
- Personal expenses
- Storage for ongoing medication



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ADDITIONAL INFORMATION

SEASON	All Year Round
BEST TIME TO GO	Dec – May (dry season)
GROUP SIZE	10 pax
EXPEDITION SCHEDULE	Scheduled Group Departure. Check out our website to find expedition dates
DIFFICULTY LEVEL	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline.

THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at info@pioneerexpeditions.com if you're interested in this trip, or any of our other expeditions from around the world. Visit our website www.pioneerexpeditions.com to unearth all of our other equally amazing trips and destinations.

1. Contact us -

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

2. Leave everything to us -

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

3. Wait for your adventure to begin -

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

If you feel like altering this itinerary to suit your personal preferences, we can arrange all of that and more – just get in touch with us and let us know your requirements and wishes. From here, we can simply tailor-make your dream holiday.

