



Panama
A Family Adventure

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY

Panama • A Family Adventure

13 DAYS • 12 NIGHTS

Panama City – Caso Antiguo – Panama Canal – Santa Fe – Golfo De Chiriqui- Boquete – Bocas Chica – Isla Bastimentos – Panama City

HIGHLIGHTS

- Feel dwarfed by the massive ships on Panama Canal
- Explore a rain-forested coffee region few get to visit.
- Sunset trip to spot dolphins and whales (in season)
- Zip through the canopy in the misty Boquete mountains
- Kayak and snorkel the translucent Caribbean water.

TOUR ESSENTIALS

Tour Style	Adventure
Tour Start	Panama City
Tour End	Panama City
Accommodation	Hotel
Included Meals	10 Breakfast, 6 Lunch, 6 Dinner
Difficulty Level	Medium
Group Size	10 pax

DISCOVER YOUR POTENTIAL



Panama is more than just a canal! We explore this beautiful snaking country highlighting the best of what Panama has to offer (including the canal). From a modern city very much in touch with its historic past to coastal fun on both side of the isthmus. We take in both cloud and rain forest with adventures in cooler, coffee regions of Sante Fe and Boquete. Horseback riding, rafting, mountain walks, zip lines and hanging bridges will leave you feeling that you and the family have not only got to know Panama but you've had a blast doing so!

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An overview

Panama is more than just a canal! We explore this beautiful snaking country highlighting the best of what Panama has to offer (including the canal). Panama's shiny, Seattle-esque cityscape is juxtaposed by the historic Casco Viejo (old quarter) with its ornate colonial Spanish architecture. Coffee region Santa Fe is world away from city life although also rich with history as Panamas oldest town dating back to 1557. Surrounded by rainforest the Santa Fe National park is a Panama hidden gem. We explore the dramatic Pacific coast and the Gulf of Chiriqui before heading to the hills for some adventure. Beautiful Boquete is a haven for activity including hanging bridges zip- lines and white water rafting. The temperate climate is perfect for the abundance of flora and fauna to marvel at in the misty mountains. Dropping down to the Caribbean Islas Bocas del Toro provides the perfect ending to the trip where you can be as active or as lazy as you want on sugar sand beaches fringed by overhanging palms.

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: WELCOME TO PANAMA CITY – TRANSFER TO CASCO ANTIGUO

Welcome to Panama, The land with abundance of fish, butterflies and trees!

After migration procedures, our representative will meet you at the airport to assist with your transfer to your hotel.

Panama City

Panama's iconic capital city and commercial center is like nowhere else in Central America, where big business and giant skyscrapers meet cobbled colonial streets and a mix of cultures formed by centuries of immigration and trade. It can seem chaotic at times, but there's plenty of fun to be had, especially around the vibrant UNESCO-listed Old Town - Casco Viejo - where many of the best bars, restaurants and hotels are found.

Home to the country's main airport and located on the Pacific Coast, within a couple of hours you could be lazing by the beach, exploring lush rainforests or sailing along the famous Panama Canal. Take a look at our hand-picked experiences to make the most of your time in this unique city.



Overnight:
Hotel



Meals:
N/A



Distance:
Approx. 40min



Activities:
Exploring

DAY 2: PANAMA CANAL EXPERIENCE

Today you will be picked up at your hotel for a partial Panama Canal crossing, providing the opportunity to experience the Canal from a completely different- and unique *perspective!*

The Panama Canal Partial Transit offers you the opportunity to cruise through Pedro Miguel Locks and Miraflores Locks (two of the three lock sets of the Panama Canal), on a 250 passenger ferry. During low season from April through November the tour runs mostly on Fridays and Saturdays and during high season from December through March from Thursdays through Saturdays. The Panama Canal celebrated its 100th anniversary in 2014.



Overnight:
Hotel



Meals:
L



Distance:
N/A



Activities:
Cruise



DAY 3: TRANSFER TO SANTA FE – LATE AFTERNOON ADVENTURE AND DINNER EXPERIENCE

Breakfast and morning transfer to Santa Fé.

Lodging in a simple yet beautiful hotel, in a room with a view on the mountains, where you feel the tranquility of nature all around. Afternoon at leisure to explore the surroundings and the small town of Santa Fe. Late afternoon you enjoy a walk and a pop-up-dinner at a very special location!

Santa Fe

This morning you'll head towards the pristine Santa Fe National Park, where you'll be surrounded by mountains. The drive is around 4 hours, crossing Los Santos and Herrera provinces, until you arrive in the famous Veraguas province. This evening, you'll enjoy a special dinner and settle into your new surroundings.

This lovely experience takes place on the outskirts of Santa Fe town, in a coffee plantation with breathtaking views of the National Park. You'll take a short walk through the farm to see the coffee, plants and fruits grown here, before enjoying an authentic family-style dinner at the rancho, made with locally grown and fresh ingredients from the farm.



Overnight:
Hotel



Meals:
B,D



Distance:
Approx.
306km
4h30min



Activities:
Transfer

DAY 4: HORSEBACK RIDING - AFTERNOON AT LEISURE

After breakfast your local guide takes you out horseback riding. Afternoon at leisure.

Delight with this two to three hours horseback riding experience that will take you through the countryside in Santa Fe. The ride starts from the property to the town, then looping over Bulaba river on dirt roads across the farmlands of the park. The landscapes across the activity will show you the broad nature of the park.



Overnight:
Hotel



Meals:
B,D



Distance:
N/A



Activities:
Exploring

DAY 5: TRANSFER TO GOLFO DE CHIRIQUI – BOCA CHICA

After breakfast you are transferred to Golfo de Chiriquí, where you stay at a family friendly oceanfront hotel. Enjoy the afternoon at leisure at the pool and on-site restaurant, or take an optional tour to discover the surroundings.

Golfo De Chiriqui

The Gulf of Chiriquí is one of the highlights of Panama's Pacific Coast, encompassing 25 islands across both the Coiba National Park and Golfo de Chiriquí National Park. The area is home to a unique maritime ecosystem, with some 19 coral reefs in the surrounding waters, and snorkelers and divers can spot dolphins, sea turtles, starfish and even Humpback Wales throughout part of the year. The islands are home to a variety of animals and birds, as well as a good selection of luxury resorts for those looking to stay a while in this beautiful part of the world.

Alternatively, you can choose to visit Golfo de Chiriqui as a day trip, by boat or seaplane from mainland Panama.



Overnight:
Hotel



Meals:
B



Distance:
Approx.



Activities:
Kayaking/Wildlife



3h40min

DAY 6: BOAT TOUR – DISCOVER DE CHIRIQUI

Today your captain takes you on a boat to discover some of the many islands of Golfo de Chiriqui, slowly navigating the area. You might spot dolphins and of course you will be able to discover the subaquatic works as well, snorkeling.

Golfo de Chiriqui – National Park Cruise

Sail through the stunning islands of Golfo de Chiriqui National Park, enjoying beautiful landscapes and spotting diverse wildlife along the way. During your 4-hour cruise you'll visit deserted white-sand beaches and have the chance to snorkel over the coral reefs dotted around the islands. These waters are home to dolphins, sea turtles and sting rays, whilst humpback whales also migrate along this coast between July and October. With a little luck you'll encounter some of these amazing animals.



Overnight:
Camp



Meals:
B,L



Distance:
Varies



Activities:
Experience

DAY 7: TRANSFER TO BOQUETE – ZIP TOUR AND HANGING BRIDGES

Today, after breakfast, you are transferred to Boquete. After check-in at your hotel a local guide takes you on a zip-line experience, where you glide through the canopy and observe the rainforest from a birds-eye perspective. After lunch, continue with your eco-adventure, crossing hanging bridges surrounded by nature.

Boquete

Boquete is a picturesque mountain town on the edge of the beautiful Barú Volcano National Park. With a cool climate and a welcoming small-town atmosphere, it makes a lovely break from the busy cities and the heat of the coast. The area is an outdoor-lover's dream, with a variety of nature trails to explore, as well as opportunities for climbing, rafting and canopy tours. The rich, volcanic soil around the town results in some wonderful local produce to enjoy, including one of the world's most sought-after coffees - Geisha.

See a different perspective on the stunning landscapes around Boquete, as you take to the sky for a canopy tour through the treetops. You'll be picked up by 4x4 and driven to the foothills of the Barú Volcano, before strapping in for your zipline ride. You'll glide through the forest with rivers and waterfalls below you, and can even spot monkeys and perhaps even a resplendent quetzal in the trees.

The canopy tour is around 3km in length, split over a number of cables, and you'll have full safety equipment along with trained guides. If you prefer something a little more sedate, you can also explore the trail of hanging bridges which leads through the canopy.

A marvelous opportunity to enjoy an elevated perspective of the biodiversity of Panama's tropical cloud forest. This experience consists in 6 suspension bridges, that cover a 4.5-kilometer route through the treetops within the private forest reserve known as Rio Cristal, bordering La Amistad International Park. A local guide will introduce you to the lush flora and fauna of the area. The suspension bridges range from 70 to 135 meters long and reach heights from 10 to 75 meters above the ground. In addition, you will go along 6 trails that measure from 185 meters to 1.5 kilometers. Enjoy breathtaking views of rivers, waterfalls, and the towering Baru Volcano, a unique experience!



Overnight:
Hotel



Meals:
B



Distance:
Varies



Activities:
Exploring

DAY 8: ADVENTURE TIME – RIVER RAFTING!

Today, after breakfast, your local guide invites you to be part of an amazing adventure, mastering the rapids of a white water river, by raft. A light lunch on the river banks is included.



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Pan02

An amazing 7 hours experience full of adrenaline and consisting in one of the most thrilling activities in the Boquete area and Panama, a journey through Rio Chiriqui Viejo with classic rapids class II and II, besides a stunning jungle scenery and unique wildlife. While in the expedition enjoy a delicious traditional meal in the river shores.



Overnight:
Hotel



Meals:
L



Distance:
Varies



Activities:
Celebration

DAY 9: FARM WALK – TRANSFER TO BOCAS DEL TORO, ISLA BASTIMENTOS

After breakfast, before you travel onwards to the Caribbean coast, you make a stop a local farm where you are introduced to local produce, taste gourmet honey, and see lots of colorful butterflies.

Isla Bastimentos

Just a short journey from Bocas del Toro's main town, Isla Bastimentos is wild, beautiful and undoubtedly one of the highlights of the archipelago. Around the coast you'll encounter palm-fringed beaches where sea turtle nest, mangrove forests full of wildlife and protected coral reefs which provide amazing snorkeling and diving opportunities.

This island is home to the indigenous Ngöbe-Buglé tribe, as well as some stunning lodges where you can relax and enjoy a peaceful island vacation.

A very nice immersive nature experience at the Farm Walk, the butterfly garden with a Gourmet Honey tasting. You will enjoy a guided tour of the farm and coffee plantations, where you will learn about the world of bees and honey. Observation of bees and stingless hives (Meliponini). Then, we will continue to the Butterfly House: In our butterfly house we have around 40 different species of butterflies. Join us and see the beauty and science. As well as enjoying our beautiful butterfly garden that is home to the adult butterflies, you will also see eggs, caterpillars, and beautiful jewel like pupae waiting for a butterfly to emerge. To finalize, we will experience a Gourmet Honey Tasting: Here you will learn about the specialization in raw honey that is collected from wild plants in one of the most biodiverse regions in the world. In addition, here they infuse and mix honey with medicinal herbs and spices. Enjoy over 10 types of rare raw bio diverse single crop honey made from nectars of different plants. Learn about the benefits and taste more than 10 types of gourmet infused medicinal honeys. Experience indigenous stingless honey, honey wine vinegar and honey liqueur.



Overnight:
Hotel



Meals:
B,L,D



Distance:
Varies



Activities:
Travel

DAY 10: ENJOY INCLUDED ON-SITE EXPERIENCE

Enjoy nature at Tranquilo Bay, and enjoy included on-site experiences.

Isla Bastimentos – Close to Shore by Tranquilo Bay

Enjoy both guided and self-guided water and land activities directly from the lodge. (Not available during the period of December 15 - January 6 each year). These are some of the on-site activities you can opt to do: Birdwatching at the canopy observation tower, exploring & hiking on nature trails, fishing, kayaking, snorkeling, stand up paddle boarding, swimming, and wildlife spotting.

Tranquilo Bay's grounds include over 200 acres with several kilometers of forested trails covering different habitats. This forest and its edge are home to many of Isla Bastimentos common favorites including multiple raptors, Montezuma Oropendolas, Red-lored Parrots, hummingbirds, 5-species of kingfishers, Green Ibis, tityras, woodpeckers, honeycreepers, tanagers, pigeons, antbirds, manakins, seedeaters, and herons, and, in season Three-wattled Bellbirds.



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Pan02

White-faced Capuchins, three and two toed sloths, green iguanas, basilisk lizards, butterflies and poison dart frogs are also common on these trails. After dinner try to spot some of the local nocturnal residents such as the Common Potoo, Owls, Western Night Monkey, Four-eyed opossum, Woolly opossum, Crab-eating raccoon, Speckled Caiman and bats.



Overnight:
Hotel



Meals:
B,L,D



Distance:
Varies



Activities:
Travel

DAY 11: ON-SITE ADVENTURE

Enjoy nature at Tranquilo Bay, and enjoy included on-site experiences.

Isla Bastimentos – Close to Shore by Tranquilo Bay

Enjoy both guided and self-guided water and land activities directly from the lodge. (Not available during the period of December 15 - January 6 each year). These are some of the on-site activities you can opt to do: Birdwatching at the canopy observation tower, exploring & hiking on nature trails, fishing, kayaking, snorkeling, stand up paddle boarding, swimming, and wildlife spotting.

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Overnight:
Hotel



Meals:
B,L,D



Distance:
Varies



Activities:
Travel

DAY 12: BACK TO PANAMA CITY – KAYAK TOUR

After breakfast your captain takes you to Bocas del Toro Airport, where you and your family take a domestic flight to Panama city. Transfer to your hotel and check-in. In the afternoon you go out for yet another adventure, enjoying a sunset kayak tour in the bay of Panama.

Impressive and thrilling, the Panama Canal entrance is the door to one of the most highly traveled waterways in the world. The striking engineering of the Canal is able to handle more than 12,000 ships per year. Through out the day and night massive ocean going cruises, container ships, yachts and watercrafts of all kinds arrive from different continents.

The Bridge of the Americas is another incredible manmade wonder of this trip. With 1,700 m in length and 120 m high it was the first permanent structure to link North America and South America across the Panama Canal. Paddling in front of the Panama Canal from stable, efficient sea kayaks accompanied by professional guides this venture provides an atypical perspective of Panama's best sites.

As the sun drops below the horizon, soothing sunset colors of this coastal paddle are enchanting. Bird watching and relaxing on a remote beach surrounded by tropical forest gives a good sense of nature's handiwork on Pacific coasts. Along the shore common species include soaring magnificent frigates, gliding brown pelicans, darting flocks of parrots and various wading migratory shore birds. Sunset sea kayaking the entrance of the Panama Canal is a half day escape among the world's most astonishing man made structures and nature's equally amazing environments.



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Pan02



Overnight:
Hotel



Meals:
B



Distance:
Varies



Activities:
Kayaking

DAY 13: HEAD HOME

Your adventure has come to the end. You will be transferred to the International Airport for your flight back home. We hope you enjoyed your time in Panama!



Overnight:
N/A



Meals:
B



Distance:
Varies






Activities:
Travel

ACCOMMODATION *at a glance*

Subject to availability

STANDARD

DAY	DESTINATION	HOTEL	IMAGES
1, 2	Panama City	Central Hotel Panama	
3, 4	Santa Fe	Coffee Mountain Inn	
5, 6	Golfo de Chiriqui	Hotel Bocas del Mar	






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Pan02




7, 8	Boquete	Hotel Boquete Tree Trek Eco-Adventure Park	
9, 10, 11	Bocas del Toro	Tranquilo Bay	
12	Panama City	Tryp Panama Centro	

SUPERIOR

Supplement applies £1,795 \$ 2,154 (Based on 4 pax)

DAY	DESTINATION	HOTEL	IMAGES
1, 2	Panama City	American Trade Hotel	
3, 4	Santa Fe	Coffee Mountain Inn	
5, 6	Golfo de Chiriqui	Isla Palenque	



7, 8	Boquete	Panamonte Inn & Spa	
9, 10, 11	Bocas del Toro	Tranquilo Bay	
12	Panama City	Sortis Hotel, Spa & Casino	

IMPORTANT INFORMATION

INCLUDED

- Meet & greet
- Information package with a detailed itinerary
- Lodgement at hotels as mentioned or similar
- Breakfast
- Lunch on indicated days
- Dinner on indicated days
- Domestic Flight Bocas del Toro - Panama Airport (PAC)
- Transfers
- Tours mentioned with an English speaking guide + entrance fees.
- VAT / taxes

NOT INCLUDED

- International flights
- Meals other than mentioned
- Migration fees
- Personal expenses
- Optional tours/activities
- Tips nor porters

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.

