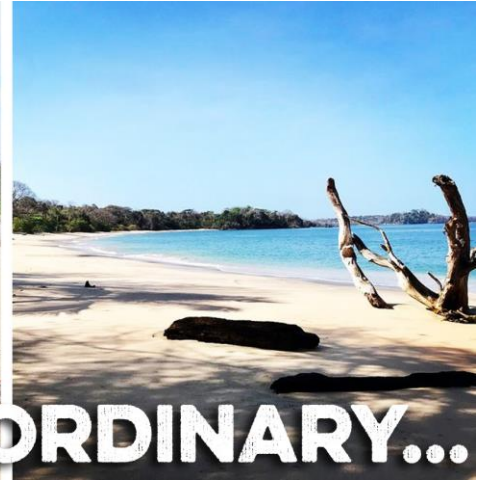
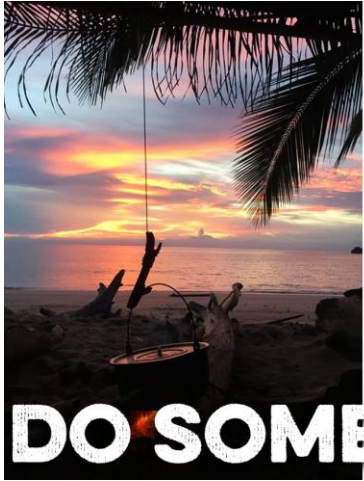




Panama

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 bush-craft 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: ARRIVING AT PANAMA CITY: DENSE JUNGLE WITH PERFECT WHITE SAND BEACHED.

- We meet in Panama City (the exact location will be shared with you in the Expedition Guide you will receive after booking).
- That late afternoon you meet your instructor and receive the safety expedition briefing before dinner with the team. We have an early night in shared accommodation.
- You can request the solo room supplement on our booking form if you want a private room. We will confirm availability after your request.



Overnight:
Hotel



Meals:
D



Distance:
Varies



Activities:
Exploring

DAY 2-6: 5-DAY TRAINING PHASE: OUR WORLD-CLASS BUCHCRAFT INSTRUCTORS ARE HERE FOR YOU!

- After breakfast, we head to the marina and take a 90-minute **speedboat to your new island home**, explore the expansive beach, choose the location for the camp, and string the expedition hammocks.
- Typically after a couple of days, everyone on the island reconnects with their circadian rhythm and rises a little after sunrise. So we use the **mornings to learn the 4 key elements** of survival: **Shelter, Fire, Water, and Food**. We explore different methods for each element.
- **Afternoons are for exploration**, trekking through the jungle and rocky headlands, mastering fishing skills, or simply enjoying paradise.
- **Evenings are for gathering** and connecting with your new tribe around the campfire, eating a communal meal we all helped catch and cook, telling stories, or marveling at the open sky.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival Training



DAY 7 - 9: 3-DAY SURVIVAL PHASE: YOUR INSTRUCTORS ARE GONE! – 72 HOURS

- After completing your training phase, you and your new tribe will move to a different spot on the island to put into practice the skills learned.
- You will experience the wilderness with little more than a machete, knife, essential fishing equipment, medikit, and satellite phone. But don't worry; we have an invisible safety net in place!
- For many, this is one of the toughest psychological and physical challenges they have ever endured: the reality of survival sinks in, and new highs and lows are encountered as hunger, thirst, and discomfort are offset by the euphoria of success starting a fire or finding food. And simultaneously, this is an experience that leaves the most incredible sense of achievement and deep gratitude.
- If you would like this phase in complete solitude, please request this on your booking form. We will reach out to you after checking availability.



Overnight:
Camp



Meals:
B,L,D



Distance:
Varies



Activities:
Survival

DAY 10: CELEBRATING THE ACHIEVEMENTS IN GRAND STYLE: RESCUE & RETURN

- After completing your survival phase, speedboats are sent in the morning to bring you to Mar Y Oro's beach to eat and rest.
- That night we head out for a survival party where you'll eat your weight in pizza at the excellent Casa Tortuga restaurant.
- We will all head back to Panama City by speedboats arriving around noon.



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/>



Pioneer Expeditions
Stable Cottage • Chydyok Road • Chaldon Herring • Dorchester • DT2 8DN
t 01202 798922 • e info@pioneerexpeditions.com

Pan01



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

ADDITIONAL INFORMATION

SEASON	All Year Round
BEST TIME TO GO	Dec – May (dry season)
GROUP SIZE	10 pax



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Pan01

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.

