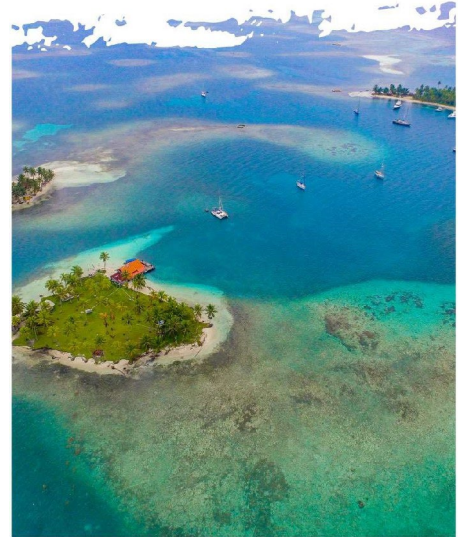
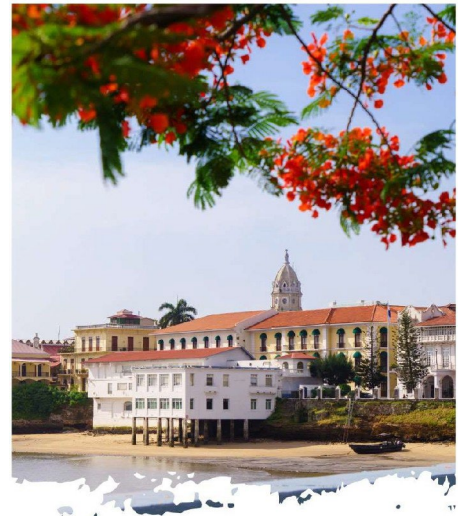
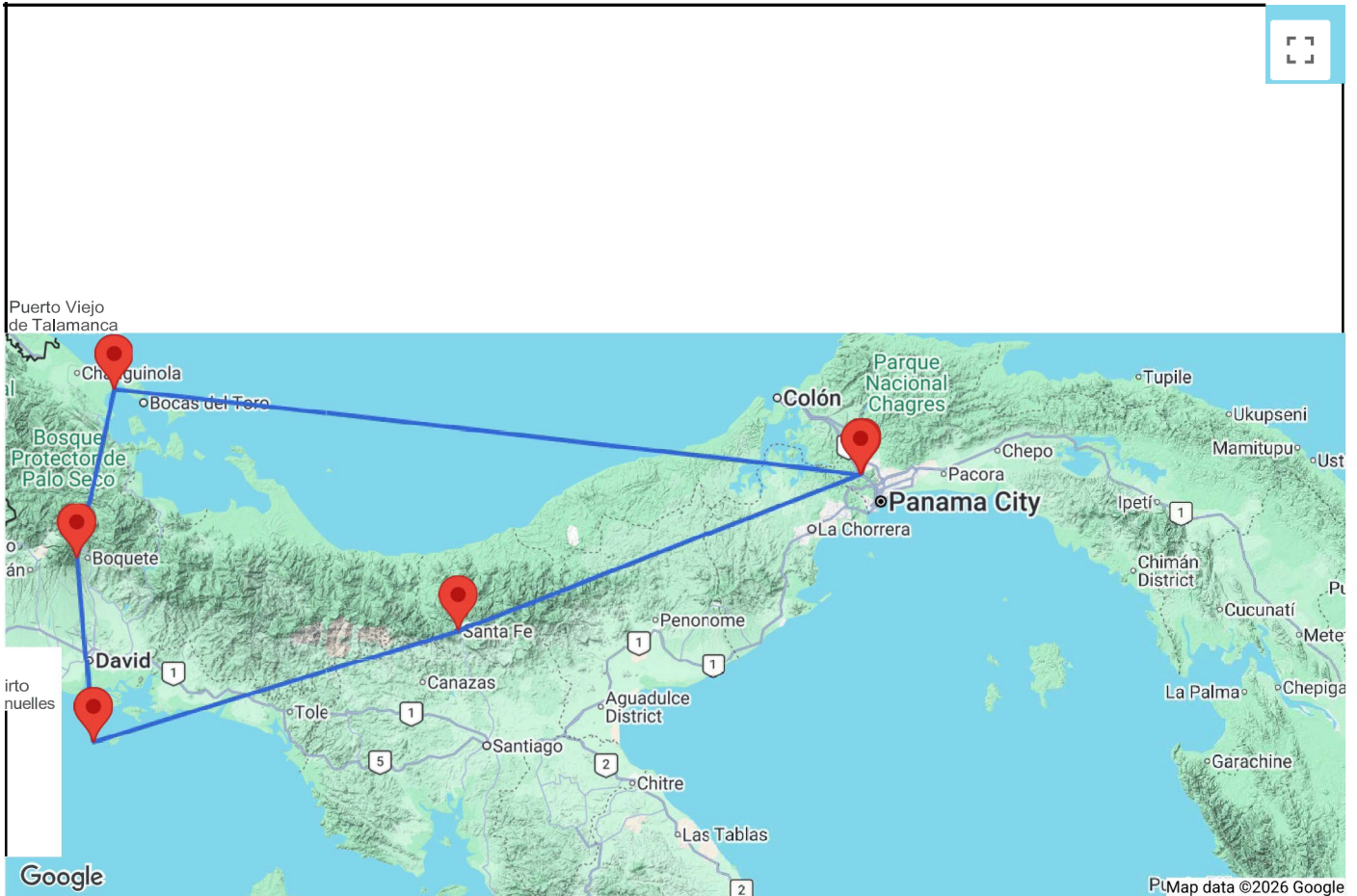




MULTI ACTIVITY FAMILY ITINERARY - 2 WEEKS | 2026 - 2027



DAY	DESTINATION	HOTEL	DAY	DESTINATION	HOTEL
	Panama City	Central Hotel Panama	7	Boquete	Isla Verde Hotel Boutique
2	Panama City	Central Hotel Panama	8	Boquete	Isla Verde Hotel Boutique
3	Santa Fe	Coffee Mountain Inn	9	Bocas del Toro	Central Hotel Bocas del Toro
4	Santa Fe	Coffee Mountain Inn	70	Bocas del Toro	Central Hotel Bocas del Toro
5	Golfo de Chiriqui	Hotel Bocas del Mar	77	Bocas del Toro	Central Hotel Bocas del Toro
6	Golfo de Chiriqui	Hotel Bocas del Mar	72	Panama City	Tryp Panama Centro



Pickup point: Panama Tocumen International Airport

Welcome to Panama! Upon arrival at Tocumen International Airport {PTY} you need to go through the immigration procedures and pick up your luggage to clear customs. Luggage of all Copa Airlines flights should arrive in Terminal 2. Luggage of other airlines might arrive in Terminal 7 or Terminal 2. We are monitoring your flight and our guide and/or driver will be waiting for you with a sign with your name on it, to assist and transfer you to your accommodation. If you have trouble finding our representative, please send a WhatsApp message or call us at: +507 6648 5346. Enjoy your vacations in Panama!

Itinerary

Welcome to Panama City | transfer to Casco Antiguo---

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

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



Transfer: Panama Airport (PTY) - Panama City - Distance: 25 km. - Road is in good condition.
Average travel time: 40 minutes



Destination Info: 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 to most of your time in this unique city.



Central Hotel Panama

Recognized by UNESCO for its architectural significance, and featuring a unique French-influenced design, this historic hotel offers a real sense of classic luxury in the heart of the charming Casco Viejo district. Meticulously renovated and featuring a swimming pool, spa and gym, the Central Hotel Panama has everything you need for stylish stay in the city.

Rooms: Double Room - Premium, Double Twin - Family (2 queen beds)



Panama Canal Experience|B--

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!

INCLUDED EXPERIENCES



Panama - Partial Transit through Panama Canal (-L-) (semi private)

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 700th anniversary in 2014.



Central Hotel Panama

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Drive to Santa Fe | Late afternoon adventure and dinner experience|B-O

On this day you receive your rented car vehicle for the rest of your trip! Let's drive to Santa Fe

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!



Destination Info: 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.

INCLUDED EXPERIENCES



Santa Fe National Park - Coffee Plantation Dinner (--D) (Shared)

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.



Coffee Mountain Inn

This friendly, family-run inn is on the outskirts of Santa Fe town, surrounded by tropical gardens and with amazing views towards the National Park. Located in an historical coffee farming area, this award-winning property grows their own crop, which you may be lucky enough to try along with your delicious breakfast. Rooms are comfortable and tastefully decorated, providing a homely base from which to explore the region.

Rooms: Double Room - Mountain View Queen, Double Room - Two Double Beds



Horseback riding | Afternoon at leisure | B-

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

INCLUDED EXPERIENCES



Santa Fe National Park - River Horseback Riding (Shared)

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 pack. The landscapes across the activity will show you the broad nature of the park.



Coffee Mountain Inn

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Drive to Golfo de Chiriquf | Boca ChicalB--

After breakfast you drive to Golfo de Chiriquf, 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.



Destination Info: Golfo de Chiriqui

The Gulf of Chiriquf is one of the highlights of Panama's Pacific Coast, encompassing 25 islands across both the Coiba National Park and Golfo de Chiriquf National Park. The area is home to a unique maritime ecosystem, with some 79 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.

Hotel Bocas del Mar

This boutique hotel is located in the fishing village of Boca Chica, looking out over the estuary to the Pacific Ocean. The property has sixteen spacious bungalows set amongst tropical gardens, with two infinity pools, terraces and access to a private cove. With a relaxed bar and restaurant, as well as a range of activities to suit all ages, you'll have everything you need for a charming stay beside the Golfo de Chiriqui.

Boca Chica is the perfect base to explore the region, locally known as the gateway to the Gulf of Chiriquí Marine National Park, with its many wild green islands, palm-tree-fringed beaches and an incredible variety of wildlife above and below the water. Tours can easily be arranged to explore this stunning area.



Rooms: Quadruple Room - Duplex with sea view (2 bedroom)



Boat Tour - Discover Golfo de ChiriquiB--

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.

INCLUDED EXPERIENCES



Golfo de Chiriqui - National Park Cruise (Shared)

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.



Hotel Bocas del Mar



Drive to Boquete | Zip Line Tour and Hanging BridgesB--

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.



Destination Info: Boquete

Boquete is a picturesque mountain town on the edge of the beautiful Baru 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.

INCLUDED EXPERIENCES



Boquete - Canopy Adventure (Shared)

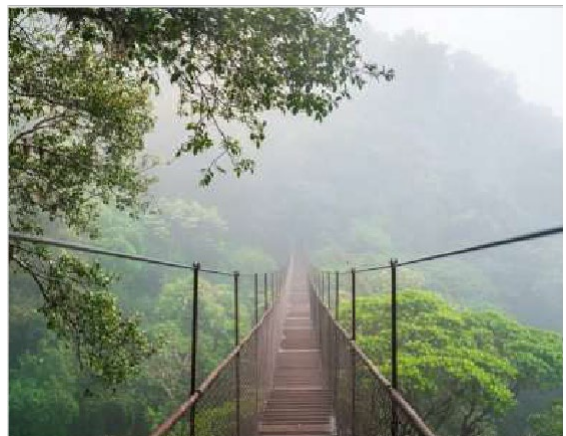
See a different perspective on the stunning landscapes around Boquete, as you take to the sky for a canopy tour through the treetops. You'll be picked up by 4x4 and driven to the foothills of the Baru Volcano, before strapping in for your zipline ride. You'll glide through the forest with rivers and 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.



Boquete - Hanging bridges (Shared)

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!



Isla Verde Hotel Boutique

Isla Verde offers six open, bright and spacious roundhouses and six enchanting suites as well as a little casita. All lodging is situated in a lush tropical garden setting. Every unit is outfitted with bath and kitchen as well as hot and cold water along with cable television. Free wireless Internet is also available for their guests.

The area is great for outdoor activities, such as zipline tree trek, hiking, mountain biking, horseback riding, volcano hike, coffee tour and more. But you can also enjoy the nice climate and relax as never before in the gorgeous Boquete gardens.

Rooms: Quadruple Room - Cabana grande



Adventure Time: River Rafting!**IB--**

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.

INCLUDED EXPERIENCES

Boquete - White Water Rafting Adventure (-Local lunch-) (Shared)

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.

Minimum Age: 5 years



Isla Verde Hotel Boutique

Farm Walk I Drive to Almirante I Transfer to Bocas del Toro**BL-**

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.

Later, you drop off your rented car in Almirante, and then continue to Bocas del Toro!

 **Boat:** Almirante - Isla Pastores Average travel time: 30 minutes



Destination Info: Bocas del Toro

An idyllic group of Caribbean islands surrounded by turquoise seas near to the Costa Rican border, Boca del Toro province is undoubtedly one of Panama's highlights. Here the taxis are all boats, and the gentle pace of life makes a perfect ending to any vacation. Across the six larger islands and countless smaller islets there are dense forests filled with native wildlife, and centuries-old communities still maintaining their traditions, whilst the water is great for swimming and snorkelling.

With some excellent accommodation options and plenty to do if you're feeling active, you'll wish you didn't have to leave 'Bocas'.

INCLUDED EXPERIENCES

Boquete - Farm Walk, Gourmet Honey tasting and butterfly Garden

Enjoy an immersive nature experience combining a farm walk, butterfly garden, and gourmet honey tasting. On a guided tour of the farm, you'll learn about bees and observe both traditional and stingless hives (Meliponini). Continue to the butterfly house, home to around 40 species, where you can see every stage of their life cycle-from eggs to dazzling adults.

Finish with a gourmet honey tasting, featuring raw, biodiverse honeys sourced from wild plants, along with unique infusions of herbs and spices. Sample a variety of rare honeys and discover their flavors, benefits, and traditional uses, including stingless bee honey, honey vinegar, and liqueur.





Central Hotel Bocas del Toro

Central Hotel Bocas del Toro, located on Pastores Island in the Panamanian Caribbean, is a peaceful destination surrounded by clear waters, diverse flora and fauna, and a calm atmosphere. It is accessible by a 25-minute boat ride from Colon Island or 12 minutes from Almirante Port, offering a private and tranquil setting within the archipelago. The hotel features architecture that blends with its natural surroundings, waterfront and seaview accommodations, and a combination of Panamanian, Asian, and Spanish cuisine. With personalized service and attention to detail, guests can enjoy an experience connected to the nature and cultural heritage of Bocas del Toro, dating back to the arrival of Christopher Columbus in 1502.

Rooms: Quadruple Room - Sardis



Quadruple Room - Sardis

The Sardis accommodation, whose name means 'Joy' or 'Happiness', offers views of the jungle, mangroves and the sea. It has a shared terrace with armchairs near the lounge bar and the Central House. Its decor combines wood and natural elements, with details that reflect the essence of the property.



Day at leisure in Bocas del ToroIB--



Central Hotel Bocas del Toro



Day at leisure in Bocas del ToroIB--



Central Hotel Bocas del Toro



Back to Panama City | Panama City SUP ExperienceIB--

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.

Enjoy a stand-up paddle boarding experience along the calm waters of Panama Bay, surrounded by spectacular views of Panama City's modern skyline, the Bridge of the Americas, and the iconic entrance to the Panama Canal. Accompanied by expert instructors, this experience offers the perfect combination of soft adventure, wellness, and scenic exploration, suitable for both beginners and experienced paddlers alike.



Boat: Isla Pastores - Bocas del Toro Average time: 25 minutes



Transfer: Bocas del Toro - Bocas del Toro Airport - Distance: 9 km. - Road is in good condition.
Average travel time: 23 minutes



Plane: Bocas del Toro - Panama Airport (PAC) Average travel time: 1:10h



Transfer: Albrook Domestic Airport - Panama City

INCLUDED EXPERIENCES



Panama - Sunset Paddle Through Panama Bay (Shared)

Glide across the peaceful waters of Panama Bay on an unforgettable stand-up paddle boarding experience while admiring breathtaking views of Panama City's impressive skyline, the historic Bridge of the Americas, and the gateway to the Panama Canal. Guided by professional instructors, this activity combines light adventure, relaxation, and connection with nature, creating the perfect outdoor experience for both first-time paddlers and experienced enthusiasts alike.



Tryp Panama Centro

The TRYP by Wyndham Panama Centro is located in the heart of Panama City in the upscale El Cangrejo, Bella Vista neighborhood just 15 miles from Tocumen International Airport. The convenient location of the hotel puts you within walking distance to some of Panama City's best restaurants, shopping and nightlife.

Rooms: 2 Double Room - Tryp King



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!

--End of services--



Transfer: Panama City - Panama Airport (PTY) - Distance: 25 km. - Road is in good condition.
Average travel time: 40 minutes

Rental Car

TOYOTA FORTUNERO SIMILAR



Note: *Pictures shown are for illustration purpose*

Dates: From day 3 to Day 9 (7 days)

Drop off point: Panama Tocumen International Airport

Your Panama vacations have come to an end, our guide and/or driver takes you to Tocumen International Airport (PTY). All Copa Airlines flights should depart from Terminal 2, other airlines should depart from either Terminal 1 or 2. Upon arrival at the airport, you need to check-in for your flights, drop your bags, and go through the immigration and security procedures. We trust you enjoyed your vacations in Panama, and look forward to attending you again, on a future occasion. Please have a safe journey back home.

Sustainability



CO2 compensation

In this reservation you traveled 77 km approximately. This produces 7.52 kg of CO2. It takes 0.49 trees to compensate for the environment impact.

INCLUDED

- Meet & greet
- Information package with maps and a detailed itinerary
- Lodgement at hotels as mentioned or similar
- Breakfast (B)
- Lunch on indicated day (L)
- Dinner on indicated day (D)
- Flight Bocas del Toro - Panama Airport (PAC)
- Transfers with Spanish speaking drivers
- Tours mentioned with English speaking local guides+ entrance fees.
- Rental car: 4WD Luxury-TOYOTA FORTUNER
0 SIMILAR
- Full-cover Insurance
- Pick-up and drop-off costs
- VAT /taxes

NOT INCLUDED

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