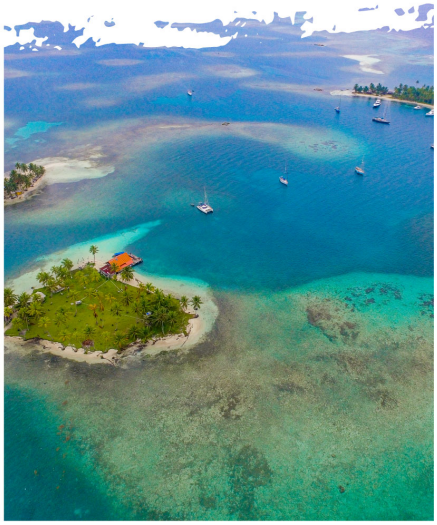
PIONEER EXPEDITIONS



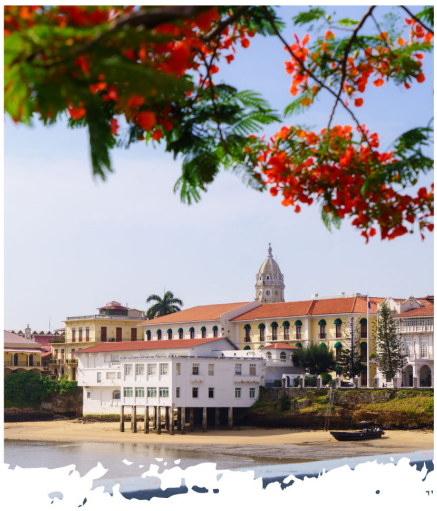




PANAMA SELF DRIVE ADVENTURE AND CONSERVATION



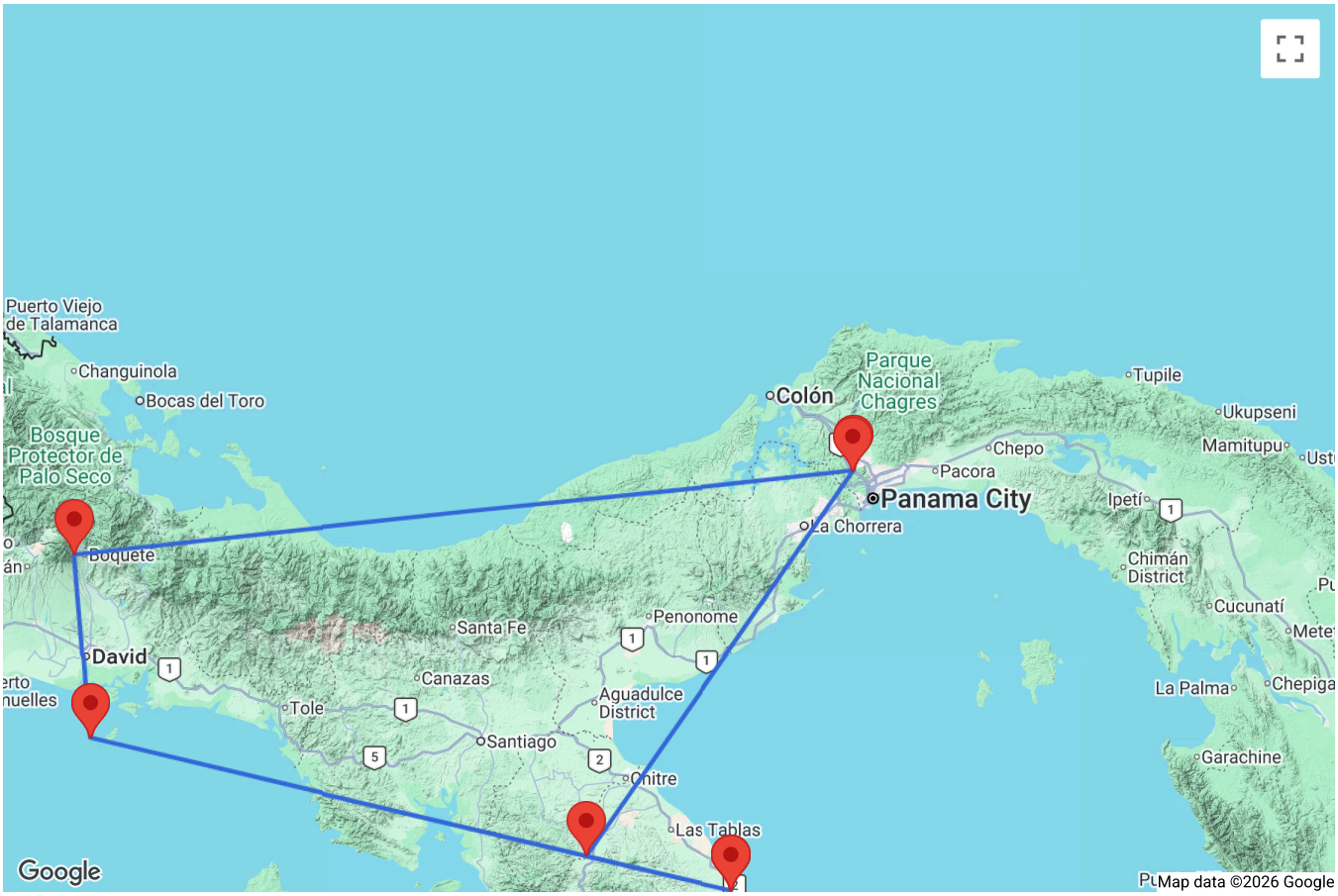




PANAMA: A JOURNEY OF CULTURE, CONSERVATION & CONNECTION

Travel through Panama while connecting with the people, traditions and landscapes that shape the country. This self-drive journey combines cultural encounters in the Azuero Peninsula with hands-on forest restoration alongside a local conservation team, followed by time on the Pacific coast and in the cloud-forest landscapes of Boquete.

DAY	DESTINATION	HOTEL
1	Panama City	Hotel Casa Magnolia Inn
2	Península de Azuero	Cubita Hotel
3	Península de Azuero	Cubita Hotel
4	Pedasi	Casa Lajagua
5	Pedasi	Casa Lajagua
6	Pedasi	Casa Lajagua
7	Golfo de Chiriqui	Seagull Cove Resort
8	Golfo de Chiriqui	Seagull Cove Resort
9	Golfo de Chiriqui	Seagull Cove Resort
10	Boquete	Hotel Boquete Tree Trek Eco-Adventure Park
11	Boquete	Hotel Boquete Tree Trek Eco-Adventure Park
12	Panama City	Hotel Casa Magnolia Inn



Pickup point: Panamá 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 1 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

DAY 01

A Warm Welcome to Panama!|---

Welcome to Panama, a country of breathtaking landscapes, remarkable wildlife, vibrant traditions, and fascinating history. Home to two oceans, lush rainforests, and the iconic Panama Canal, it offers an unforgettable blend of nature and culture.

Upon arrival, after completing immigration and customs formalities, you will be greeted by our representative and escorted to your private transfer to your hotel in the heart of Casco Viejo, Panama City's beautifully restored historic quarter.

Transfer : TBD 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.

Hotel Casa Magnolia Inn

This 16-room boutique hotel is located in the heart of Panama City's most vibrant historic neighborhood, Casco Viejo. The French colonial mansion has been restored to showcase its charming historic character, with no modern conveniences overlooked, like free Wi-Fi internet, air conditioning, orthopedic beds, and safe deposit boxes. Breakfast is included and is served at Baloo Café, which is a 5-minute walk from the hotel.

Rooms: Double Room - Superior



DAY 02

Your Self-Drive Adventure Begins | On Your Way to Chitré |*B*--

Today, your self-drive adventure begins!

Following breakfast, a representative from the car rental company will meet you at your hotel and accompany you to the nearest rental office, where you'll complete the necessary formalities before collecting your vehicle.

Your journey continues to your next destination: Chitre, a charming town located in the heart of Panama's Azuero Peninsula. Known for its rich cultural heritage, traditional craftsmanship, and vibrant folklore, Chitré offers an authentic glimpse into Panamanian life.

Along the way, you may choose to make a few stops in towns like Antón and Penonomé, both of which provide scenic views and opportunities to experience local culture and daily life.

Your destination today is the charming town of Chitré, where you will enjoy an overnight stay



Destination Info: Península de Azuero

Azuero peninsula is located in southern Panama, bordering with the Pacific Ocean. The peninsula is divided in western and eastern Azuero, joined by the Pan American highway. Las Tablas is the main city of the eastern peninsula, while the western area is more focused in farming and fishing. The peninsula is divided in three provinces: Herrera, Los Santos and a part of Veraguas. Famous for the Spanish heritage and marvelous coastline, rich in culture and history.

Cubita Hotel

Cubitá Hotel is located in Chitré, a town rich in history, besides culture and many traditions. A boutique hotel providing a cozy environment and the best quality. With a total of 90 rooms, one restaurant and bar, besides a pool and snack-bar. Experience a colonial atmosphere.

Rooms: Double Room - Standard



DAY 03

Culture & Crafts Experience|*B--*

After breakfast, enjoy a cultural immersion in the Azuero Peninsula, meeting local artisans and learning about the traditional crafts that remain an important part of the region's identity.

INCLUDED EXPERIENCES

08:00 Peninsula de Azuero - Culture & Crafts



In La Enea de Guararé, you will meet artisans dedicated to making the **pollera**, Panama's national dress. The process is remarkably detailed, and the visit offers an opportunity to understand the patience, techniques, and knowledge involved in creating a garment that carries such meaning in Panamanian culture.

From there, we continue toward Chitré and La Arena, meeting local craftspeople working in very different traditions. Depending on your interests, we may visit artisans who make **cutarras**, the traditional sandals associated with rural Panama; **diablico masks**, used in the region's traditional dances; or handmade ceramics, for which La Arena is particularly known.

Enjoy a genuine conversation with each artisan and a closer look at what it takes to keep these crafts relevant today.

The focus is not simply on the objects themselves, but on the people who make them, the skills behind them, and the role these traditions continue to play in Azuero.

Cubita Hotel

DAY 04

Next Stop: Pedasí - Panama Pacific Coast|*B--*

Continue your journey toward Pedasí, driving through the rural landscapes of the Azuero Peninsula and passing through small communities and countryside along the way.

Upon arrival, settle into your surroundings before heading to Pro Eco Azuero for the first part of your restoration experience. From the office, Pro Eco Azuero provides transportation to and from the restoration sites during the followig field days.

The rainy season marks Pro Eco Azuero's busiest period for reforestation. During these months, field teams work with local communities and landowners across the Azuero Peninsula to restore degraded areas, reestablish forest cover, and strengthen connectivity between remaining forest patches.

Meeting point: Pro Eco Azuero office, Calle Las Malvinas, Vía Playa Arenal, Pedasí, Los Santos. You will drive to the office in ; transportation to and from the restoration sites is provided by Pro Eco Azuero.



Destination Info: Pedasi

Pedasí is a charming coastal town in southern Los Santos Province on Panama's Azuero Peninsula, where colorful local traditions, agriculture and artisanal fishing remain closely woven into everyday life. Surrounded by rolling countryside, Pacific beaches and offshore islands, the area offers a distinctly rural and authentic side of Panama, with opportunities for surfing, diving, snorkeling, horseback riding and wildlife encounters. From quiet fishing villages and local farms to long stretches of coastline and rich marine life, Pedasí combines a strong sense of place with outdoor adventure and a slower pace of life.

INCLUDED EXPERIENCES

TBD Peninsula de Azuero - Inside Pro Eco Azuero's Restoration Work

Pro Eco Azuero's reforestation work across the Azuero Peninsula.

The first day is dedicated to understanding the work before heading into the field. You are welcomed at Pro Eco Azuero and introduced to the organization, its restoration model, and the work carried out with local landowners and rural communities.

The orientation covers how restoration sites are selected, how native species are chosen, and how restoration plans are adapted to the characteristics of each site. The team also explains the activities planned for the following two field days, along with practical recommendations regarding clothing, hydration, protection, and basic safety.

There is time for questions and discussion before the fieldwork begins.

Casa Lajagua

Casa Lajagua is a family-operated bed & breakfast, located at the entrance of Pedasi, on Panama's Pacific coast. The hotel features a small swimming pool, relaxing lounge area and comfortable rooms. All rooms are equipped with A/C, hot water and pressurized 'tropical rain' shower heads. Beds have either a king or queen orthopedic mattress. Each room has a porch out front with a hammock and chairs to relax in. The optional activities include a day at Isla Iguana, horseback riding, whale watching and fishing excursions.

Rooms: Double Room - King



DAY 05

Working in the Field - Pro Eco Azuero | Reforestation Day I|*BL-*

Today drive to Pro Eco Azuero in the morning and leave your rental vehicle there. From the office, the team provides transportation to the restoration site.

The first field day begins in the cooler morning hours, working alongside Pro Eco Azuero's field team.

INCLUDED EXPERIENCES

07:00 Reforestation in Practice



Working alongside Pro Eco Azuero's field team to support native forest restoration begins in the morning, taking advantage of the cooler temperatures.

The work varies according to the needs of the restoration site and may include distributing seedlings within the restoration plot, preparing planting sites, planting native trees, organizing and identifying species, and supporting the field team with other tasks. Throughout the morning, the team shares insights into how species are selected and how restoration designs are adapted to the characteristics of each site. The experience combines hands-on work with practical learning about ecological restoration.

At the end of the morning, the group shares a traditional lunch prepared by members of the local community where the reforestation work takes place. The afternoon is free to relax and enjoy some downtime.

Casa Lajagua

DAY 06

Final Day - Continuing the Restoration | Reforestation Day II|*BL-*

On your final day, continue the restoration work with a second morning in the field.

Drive to the Pro Eco Azuero office in the morning and join the team for another day at the restoration site. Transportation to and from the site is provided by Pro Eco Azuero.

By the second field day, you will already be familiar with the basic planting techniques and can integrate more naturally into the rhythm of the field team.

After the field session, return to the Pro Eco Azuero office before continuing independently by your rental vehicle.

INCLUDED EXPERIENCES

07:00 Continuing the Restoration Work



You will return to the field for a second morning of hands-on restoration work. Having learned the basic techniques during the previous day, you can integrate more easily into the rhythm of the field team.

Activities may include:

Transporting and distributing seedlings.
Planting native trees.
Organizing species.
Supporting the field team according to the needs of the site.
Gaining practical experience in ecological restoration.

This day allows you to go beyond a one-time planting activity and contribute more meaningfully to the progress of a restoration plot.

12:00 p.m. | Lunch and Closing

At the end of the morning, you will share another traditional lunch in the local community. A brief closing conversation follows, providing an opportunity to reflect on the work completed, answer questions, and learn what will happen next with the restoration plot and the trees that have been planted.

Casa Lajagua

DAY 07

From Community Experiences to Coastal Wonders|*B--*

After your time in Pedasí, connecting with local communities and conservation efforts, continue your self-drive journey west toward Boca Chica, the gateway to the Gulf of Chiriquí.

The scenery changes noticeably as you leave the Azuero Peninsula behind, moving through Panama's western lowlands toward the Pacific coast. The Gulf of Chiriquí is known for its tropical islands, rich marine life, and quieter coastal landscapes.

Arrive at your coastal retreat and take the rest of the day at your own pace after the drive.

Estimated driving time: approximately 5-5.5 hours.



Destination Info: 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.

Seagull Cove Resort

Perched on a hill overlooking a beautiful bay, just outside the village of Boca Chica on Panama's Pacific coast, Seagull Cove is a small, boutique resort which offers a great base for exploring the Golfo de Chiriqui National Park. The bungalows are spacious and comfortable, there's a restaurant and bar on-site, as well a swimming pool and small beach on the edge of the mangrove forest.



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 beautiful area.

Rooms: Double Room - Beach monkey room

Best Practices of this property (click on icon)

Water Refill Point

DAY 08

Self-Guided Adventure |*B--*

Seagull Cove Resort

DAY 09

Self-Guided Adventure |*B--*

Enjoy your day at leisure in Seagull, with time to explore the surroundings, enjoy the property, or simply slow down and take in the coastal setting at your own pace.

Seagull Cove Resort

DAY 10

Last Stop: Boquete|*B*--

After checking out, set off on your self-drive journey to Boquete, a mountain town surrounded by cloud forests, coffee farms, and cooler highland scenery.

The drive takes you into the greener landscapes of western Panama, with plenty of time to settle into Boquete once you arrive.

Estimated driving time: approximately 3.5 hours.



Destination Info: 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.

Hotel Boquete Tree Trek Eco-Adventure Park



Boquete Tree Trek Resort has ensured that their accommodations were designed to perfectly blend with the rugged beauty of the region. Starting with the rustic log siding that makes up part of the exterior walls, the lodgings here let guests know that this hotel is in perfect harmony with nature. This is a true eco-resort, and its wonderful accommodations make that abundantly clear.

There are four rooms with one queen-size bed and six with two queen-size beds, these rooms are spacious and offer the best amenities the resort has available. Also some of these rooms offer the capability to connect for those parents traveling with their children. There are also 6 cabins available.

The hotel's restaurant Rio Cristal offers a wide range of dishes, from hamburgers to pastas and steaks.

Rooms: Double Room - Lake & Mountain Vaiew

DAY 11

Boquete - Day at Leisure|*B--*

Enjoy a free day in Boquete at your own pace. Take time to explore the town, enjoy the surrounding mountain scenery, or simply slow down and relax.

Hotel Boquete Tree Trek Eco-Adventure Park

DAY 12

Back to Panama City - End of Your Self-Drive Adventure|---

Today marks the end of your self-drive journey through Panama. After check-out, drive to David Airport, where you will return your rental vehicle before taking your domestic flight back to Panama City.

Upon arrival, your private driver will be waiting to welcome you and transfer you to your hotel. The rest of the evening is free to relax and enjoy your final time in the city.

Plane : 14:00 - David (DAV) - Panama City (PAC)

Transfer : 15:00 - Albrook Domestic Airport - Panama City

Hotel Casa Magnolia Inn

DAY 13

Farewell Panama!|*B--*

After check-out, enjoy a private transfer to Tocumen International Airport for your onward flight home.

It has been a pleasure to have you with us in Panama. Wishing you a safe journey home, and we hope to see you back in Panama someday.

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

Rental Car

Suzuki Jimny Manual MI



Note: *Pictures shown are for illustration purpose*

Dates: *Day 2 to day 12 (10 days)*

Drop off point: Panamá 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 50 km approximately. This produces 4.89 kg of C02. It takes 0.32 trees to compensate for the environment impact.

CO2 generated = Km traveled x 0.0977
Tree compensation = CO2 generated /15.2 trees

For our comprehensive sustainability policy, we invite you to visit our website: www.vapues.com/sustainability

INCLUDED

- Meet & greet
- Information package with maps and a detailed itinerary
- Lodgement at hotels as mentioned or similar
- Breakfast
- Lunch on: Day 5, Day 6
- Flight David (DAV) - Panama City (PAC)
- Transfers
- Tours mentioned with an English speaking guide + entrance fees.
- Volunteer Program - Reforestation
- Rental car: 4WD Compact - Suzuki Jimny Manual MI
- Full-cover Insurance
- Pick-up and drop-off costs
- Vapues Travel Contribution to LATA Foundation
- VAT / taxes

NOT INCLUDED

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