



Panama Authentic Immersion

Note: Price printed on this PDF is valid until **01-10-2025** and is subject to change without notice based on availability and currency fluctuations.

Immerse



Flexible Dates



24-Hour Local Assistance



Flexible Duration

Visit: Panama

Detailed Itinerary

Day 01: Arrival in Panama

Welcome to multifaceted Panama!

Upon arrival at Tocumen International Airport, welcome and delivery of your travel documents, followed by transfer to the hotel.

A jewel between two oceans! Panama is much more than a connection between the Americas. Cradled by the Caribbean Sea and the Pacific Ocean, this fascinating isthmus houses the "eighth wonder of the world": the legendary Panama Canal.

From paradise archipelagos to colonial vestiges, through lush tropical forests, Panama is a kaleidoscope of breathtaking landscapes. Here, Indian communities preserve their ancestral traditions, offering conscious explorers an authentic immersion in a preserved world.

A land of contrasts and discoveries, Panama invites you on an unforgettable journey at the crossroads of cultures and ecosystems.

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

No Meal

Day 02: Unexplored Panama: Culinary Delights and Hidden Treasures

Morning: Off-the-beaten-path gastronomic odyssey in a small group

Dive into authentic Panama City, starting at the legendary Cafe Coca Cola, the starting point of our secret culinary adventure. Far from tourist circuits, let yourself be guided through the lively alleys of Salsipuedes, where real Panamanians do their shopping.

Your initiation into local flavors begins with tasting "street food" known only to locals. In the lesser-known Chinatown of Casco Viejo, savor a crispy "Salaito" and Chinese oysters prepared according to a closely guarded recipe - culinary treasures that only an insider can help you discover.

At the heart of San Felipe Neri market, away from tourist eyes, immerse yourself in a festival of colors and aromas. Taste exotic fruits you've never heard of and dare to try bold juice combinations, prepared on the spot by local vendors.

The highlight of this exploration: a traditional ceviche served in a secret location, accompanied by a local craft beer - a culinary experience reserved for our privileged travelers.

*****This first part of the activity is done entirely on foot. If you have limitations or difficulties walking, please let us know to present you with options.**

Afternoon: Hidden Treasures of Casco Viejo in private.

Already immersed in the atmosphere of Casco Viejo, continue your exploration of this UNESCO jewel with your expert guide. Stroll through the cobblestone streets to discover the emblematic monuments and fascinating architecture that tell the tumultuous history of Panama City.

Your cultural journey is enriched with a visit to the Mola Museum, where you'll discover the unique textile art of the Kuna, indigenous people of Panama. Dive into a universe of complex patterns and vivid colors that tell the story and traditions of this fascinating community.

End of day: Modern Panama Panorama

Conclude your day with a panoramic drive along the Causeway. Admire the striking contrast between old and new with Panama City's futuristic skyline as a backdrop. Observe from afar the impressive Biomuseo, Frank Gehry's architectural masterpiece, whose bold shapes and vibrant colors evoke Panama's rich biodiversity.

This day of authentic exploration ends with this breathtaking view.

Return to your accommodation in the late afternoon

Day Highlight

Tasting of Panamanian products: - Coffee or Coca-Cola - Mafa (special Panamanian snack) - Salaito and Chinese oysters (special Panamanian snack) - A bottle of natural juice - Ceviche - Beer * Some products may be replaced according to availability and season

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

Breakfast

Day 03: Nature and Ingenuity: Day at Soberania Park, Lake Gatun, and Panama Canal

Early departure for a beautiful hike in Soberania National Park, a true biodiversity paradise at Panama City's doorstep. This natural sanctuary houses more than 1,300 plant species and 525 bird species, offering an enchanting visual and sound spectacle from the first light of day.

Continue to an aquatic adventure on majestic Gatun Lake. Navigate in small group between verdant islands, looking out for playful monkeys, lazy iguanas, and stealthy crocodiles. The natural concert of howler monkeys and tropical birds will immerse you in the heart of the tropical forest. Lunch included. Culminate your day at the Miraflores Locks of the Panama Canal. From an observation platform, you will admire the mechanical ballet of ships crossing this strategic passage between the Atlantic and Pacific. More than just a waterway, The Panama Canal is a witness to history, a pillar of international trade, and a symbol of the triumph of innovation over nature's challenges.

Return to your accommodation in the late afternoon.

***This first part of the activity is done entirely on foot. The guide will adapt the trail visit according to your physical condition. If you have limitations or difficulties walking, please let us know to present you with options.

Lunch (excluding drinks)

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

Breakfast and Lunch

Day 04: Cultural Immersion with the Embera Community

Prepare yourself for an exceptional day where every moment will be a discovery. Today, the doors to a preserved world open to you: welcome to the Emberas!

In the morning, leave the city's bustle to join the Emberas.

Around a river bend, the village appears, welcoming you with the enchanting sound of flutes and drums. The villagers, in their bright traditional outfits, invite you into their world. Discover their beliefs, traditions, and deep connection with the surrounding nature.

Vibrate to the rhythm of traditional dances, a whirlwind of colors and movements that invites you to join the celebration. Then, savor a typical meal in the heart of the village: fish, golden plantains, and juicy exotic fruits explode with flavors on your palate

As the hours pass, cultural barriers fade away. You're no longer just an observer but a full member of this warm community.

This day is not just an excursion; it's a transformative experience. More than a journey, you'll have a chance for an authentic encounter with Panama's soul.

***This activity may include hiking and visiting a waterfall if water levels permit. If you have limitations or difficulties walking, please let us know to present you with options.

Typical lunch excluding drinks.

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

Breakfast and Lunch

Day 05: Exploring Portobelo's Cultural Richness and Congo Experience

Morning departure for Portobelo, an unforgettable escape where history, nature, and culture come together to offer an enriching and captivating experience.

During this excursion, we'll have the opportunity to explore the village of Portobelo up close, where every street corner tells a story from colonial times. Dive into the past and discover why this region was of vital importance to the Spanish Crown during the 17th and 18th centuries.

Historical remains, impressive fortifications, and fascinating stories will transport you to a bygone era, illuminating the close ties between Portobelo and Panama's history.

But that's not all, as the adventure doesn't stop there. You'll also can explore traditional Congo rhythms and dances during a drum workshop led by a talented local artist. Immerse yourself in the enchanting music, let yourself be carried away by the drumbeats, and dance to the rhythm of Congo, an authentic and invigorating experience that will plunge you into the heart of Caribbean culture.

Join us in fully experiencing the Caribbean and all its wonders.

Typical lunch (excluding drinks)

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

Breakfast and Lunch

Day 06: Panama City - Free Day

Free day to enjoy your accommodation's facilities or organize excursions:

Panama is pleased to offer you a selection of carefully chosen activities to enrich your Panama experience. These proposals, designed to make the most of a free day, will allow you to discover the natural and cultural wonders this vibrant country has to offer.

Choose from these unique experiences:

Taboga: A Journey to Tropical Paradise - Start your day with a ferry crossing to Taboga Island, a true jewel nestled in the Pacific Ocean. Upon arrival, explore the picturesque Taboga village and visit its historic church, built in the early 16th century. Continue on foot along a trail leading to the island's summit for a breathtaking panoramic view of the Pacific Ocean and Panama Bay. Along the way, observe local fauna and flora that add a wild touch to your adventure. After lunch (drinks not included), enjoy a relaxing moment on the beach before taking the ferry back to the city. A comfortable transfer will then return you to your hotel, concluding a memorable day in this tropical paradise corner.

Duration: 6h00 TOTAL - COLLECTIVE service

Included: Local Spanish/English speaking guide - round trip land and sea transfer - Typical Lunch (excluding drinks)

Pearl Archipelago: A Hidden Treasure at Sea - In the morning, departure for Amador Marina, where you'll board a ferry to the Pearl Archipelago. This group of islands was first inhabited by indigenous people before the arrival of the Spanish, and later attracted pirates who often made it their hideout. Today, the Pearl Archipelago is a haven of peace, offering pristine beaches and preserved nature. Contadora, Saboga, Viveros, and San Jose are dream islands with stunning landscapes and vibrant marine life. Bring your mask and snorkel to explore the underwater wonders! On site, various activities can be organized according to your preferences: snorkeling, paddleboarding, or kayaking, for total immersion in this island paradise.

Duration: 6h00 TOTAL - grouped E service

Included:

- Local Spanish/English speaking guide
- Round-trip land and sea transfer
- Typical Lunch (excluding drinks)

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

Breakfast

Day 07: San Blas Archipelago: An encounter with Guna Culture

Tour in shared service:

Early in the morning (5:00/5:30 AM), board a shared 4x4 transfer service to San Blas, a 2-hour

adventure through picturesque landscapes. Upon arrival, let yourself be enchanted by the magic of the place as you take a traditional boat (launch) to explore the paradise islands of the archipelago, including visits to two islands.

The San Blas archipelago, also known as Guna Yala, is a true jewel composed of more than 360 islets scattered over 400 kilometers, offering breathtaking panoramas. This region is inhabited by the Guna indigenous people, numbering 50,000, who have preserved their ancestral traditions and live in harmony with nature, in community and autonomously.

On site, enjoy refreshing swimming in crystal-clear waters, ideal for rejuvenating under the Caribbean sun. Dive into the colorful seabed for an unforgettable snorkeling session, where you'll discover the richness of San Blas marine life.

Included:

- Local Guna/English speaking guide
- Round-trip 4x4 transfers in shared service
- Round-trip maritime transfers in shared service
- Typical lunch (excluding drinks)
- Guna Yala Region taxes

Hotel Details

Gran Evenia (Standard Room)

Meal Plan

Breakfast and Lunch

Day 08: Depart Panama

Enjoy your last morning in Panama to savor your final moments in this fascinating country. You might want to:

- Do your last souvenir shopping
- Taste Panamanian cuisine one last time
- Take one last walk through the city's picturesque streets

In the afternoon, your private driver will take you to the international airport for your return flight, your mind filled with unforgettable memories of your stay in Panama.

Meal Plan

Breakfast

Inclusion

- Follow-up of your trip by our multilingual staff
- Meet & Greet at the airport on the first day.
- 7 nights in the mentioned accommodation or similar in a standard room
- The mentioned meals.

- The transfers mentioned (land, boat, air).
- The mentioned excursions

Exclusion

- International flights
- International airport taxes (approximately AUD 94 /person, normally included in your ticket)
- Optional or recommended excursions
- Drinks
- Meals mentioned as free
- Guide and Driver tips
- French-speaking guide 24/7
- Personal expenses
- Bank fees when paying by wire transfer or credit card.
- Luggage storage service during domestic flights (additional fee depending on the routes involved)
- Additional overweight fees during domestic flights
- Life and repatriation insurance
- Anything not mentioned in "included"

Note

Important regarding our circuit

About the itinerary:

-Program design and Organization of excursions: This program has been designed based on existing services and rates in effect to date. The itinerary, the order of stages, and prices must be confirmed at the time of booking.

-National Park rates: National Park entry fees are provided for information purposes only and are subject to changes by authorities without notice.

-Wildlife observation in Panama depends on the seasons. We offer activities that allow observation of certain animals according to the seasons (turtles, whales, quetzal, monkeys, etc.). Please note that, even if the chances of observing animals during tours are very high if the seasons correspond well to each species, we do not visit zoos and cannot guarantee the observation of animals every day. We strictly practice responsible wildlife observation and are governed by international standards - please always follow your guide's instructions.

About Schedules:

-Domestic flights: Flight schedules are provided for information purposes only. The final schedule is subject to flight availability at the time of booking.

-Transfers: Transfer schedules for air connections will be calculated considering airline requirements (Check-in for domestic flights: 1h before departure / Check-in for international flights: 3 hours before departure).

About accommodation :

-Hotel booking: The hotels mentioned must be confirmed according to availability at the time of booking. In case of unavailability, we will always offer you a hotel of the same category and price. If a hotel of equivalent category and price is not available, we will offer you different options with the necessary pricing information for your choice.

-Hotel category in Panama does not correspond to European standards because there is no entity that regulates the number of stars. That said, each hotel receives the stars that its hotel chain bears or according to the type of services it offers. For this reason, the number of stars we have communicated will not necessarily correspond to the information you will find online, as we have selected and categorized based on European standards.

WARNING: Local imperatives, such as transport delays, events, weather conditions, festivals, holidays, opening of museums, restaurants or visited sites, and places of interest may oblige us to modify the itinerary on the spot.

RATES and AVAILABILITY** (subject to change - to be confirmed with our services at the time of booking) -- Rates not valid on holidays.



Panama Authentic Immersion #4581

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