



# PANAMA NATURALLY

**January 13 – 21, 2018**



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### DAY ONE – Saturday, January 13, 2018

#### Arrival in Panama City

#### Hotel Aloft Panama

Arrive at Tocumen International Airport by 2:00 PM. You will take a Panama City tour including Panama Viejo, ruins which tell the history of the first city built on the continental mainland by Spanish conquistadores. You will drive through Cinta Costera fronting Panama Bay, Casco Antiquo and the Amador Coastway. Enjoy a **festive welcome dinner** in the city tonight. Afterwards, you will check into your hotel. **Meals included: D**



### DAY TWO – Sunday, January 14, 2018

#### Embera Village

#### Hotel Coclé

After breakfast you depart for **Tusipono**, an Embera indigenous village established in Chagres National Park. The Embera-Wounaan are a semi-nomadic people living in Darién Province on the shores of the Chucunaque, Sambú, Tuirá Rivers and its waterways. They live in small villages of five to 20 houses along the banks of the rivers.



You will have the opportunity to view the indigenous way of life as it would be in a remote rainforest. You will travel up the Chagres River to Chagres National Park by motorized wooden canoes. See Embera handicrafts and typical dances and have a typical lunch of fried plantain, fish and local fruit. A short hike will take you to a waterfall further upstream. You will transfer overland to Penonome, the capital of Coclé Province. **Meals included: B, L**

### **DAY THREE – Monday, January 15, 2018**

#### **Sustainable Harvest Farming Hotel Coclé**

Today you will visit a nearby farm that practices sustainable farming. This is an interesting agro-tour that allows visitors to get to know life in a Panamanian farm. Sustainable farming addresses the tropical deforestation crisis in Central America and provides farmers with sustainable alternatives to slash-and-burn agriculture. **Meals included: B, L**

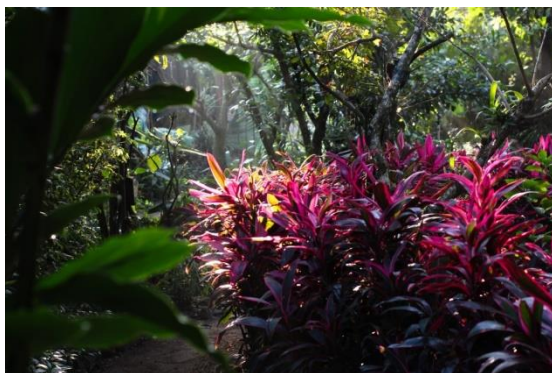


### **DAY FOUR – Tuesday, January 16, 2018**

#### **El Valle de Anton**

#### **Hotel Aloft Panama**

Today you will visit **El Valle de Anton**, a town located in the flat wide caldera of the four-mile wide inactive El Valle volcano. There is evidence that it erupted as recently as 300,000 years ago. Because of its elevation, it is cooler than the Panamanian lowlands.



At El Valle you will visit a noted open-air handicrafts market where you may buy directly from Indian artisans; the Chorro El Macho, the most famous waterfall in the El Valle area; a pre-Columbian petroglyph – the Piedra Pintada; and the Orchid Center, a non-profit organization [APROVACA – Asociación de Productores de Orquídeas El Valle y Cabuya] dedicated to cultivating and preserving endangered local orchids. At the moment there are 147 different kinds of orchids here.

Return to Panama City for dinner on your own. **Meals included: B, L**

## **DAY FIVE – Wednesday, January 17, 2018**

### **Cloud Forest Hike and Coffee Farm**

#### **Hotel Ladera**

Take an early morning domestic flight to Boquete and check into your local hotel accommodation. Enjoy a hike in a **cloud forest**, a generally tropical or subtropical evergreen montane, moist forest characterized by a persistent, frequent or seasonal low-level cloud cover, usually at the canopy level, formally described in the International Cloud Atlas as silvagenitus. Besides old growth trees, here is the best chance to see some of the more than 220 bird species native to the area, including the Resplendent Quetzal, as well as sloths and monkeys. You will hike through a private reserve and **organic coffee plantation**. Experience a coffee roasting and tasting. **Meals included: B, L, D**



## **DAY SIX – Thursday, January 18, 2018**

### **Gulf of Chiriquí (snorkeling and hiking)**

#### **Hotel Ladera**



Today you will visit the Gulf of Chiriquí, a region of Panama that encompasses Coiba National Park and Golfo de Chiriquí National Park, as well as dozens of islands. The National Park protects islands, reefs, mangroves and all kinds of marine and terrestrial wildlife. Travel through the mangrove estuary of Chiriqui to the protected waters and islands

of white sand beaches of the **Gulf of Chiriqui Marine National Park**, more than 30,000 acres of islands that are refuge to leatherbacks, tiger-herons and scores of exotic fish. There will be time for snorkeling and hiking on beach and forest trails.

**Meals included: B, L, D**

## **DAY SEVEN – Friday, January 19, 2018**

### **Boquete Tree Trek (zip lining) or Hanging Bridge Trip or Bird Watching**

#### **Hotel Ladera**

Choose from any of the following activities: Boquete Tree Trek, Hanging Bridge Trip or Bird Watching.



Enjoy a **zip lining** experience and glide through the canopy of centuries-old cloud forests, high above the pristine rivers and waterfalls that make up the incredible natural landscapes bordering the National Park La Amistad and the famous Baru Volcano.



Nearly three miles in total length, divided into 12 different zip line cables, you will glide through the trees and encounter a hidden world. You can observe the diversity of native species including small animals and birds. With a bit of luck you may even get the chance to see monkeys and the famed Quetzal. In addition, you can marvel at the great variety of orchids and wildflowers that you will find throughout the area. A zip-lining harness, an ultra-resistant steel cable and gravity are the only elements necessary to suspend and propel you in this incredible “adrenaline rush”.

The **Hanging Bridge** is a unique opportunity to enjoy an elevated perspective of the biodiversity of Panama’s tropical cloud forest. A local guide will explain the lush flora and fauna of these protected forests. You may also opt to experience **bird-watching** on a walking trail in the Rio Cristal natural reserve. Tangaras, candelitas and tragones are some of the most commonly observed birds, as well as the fascinating Quetzal.

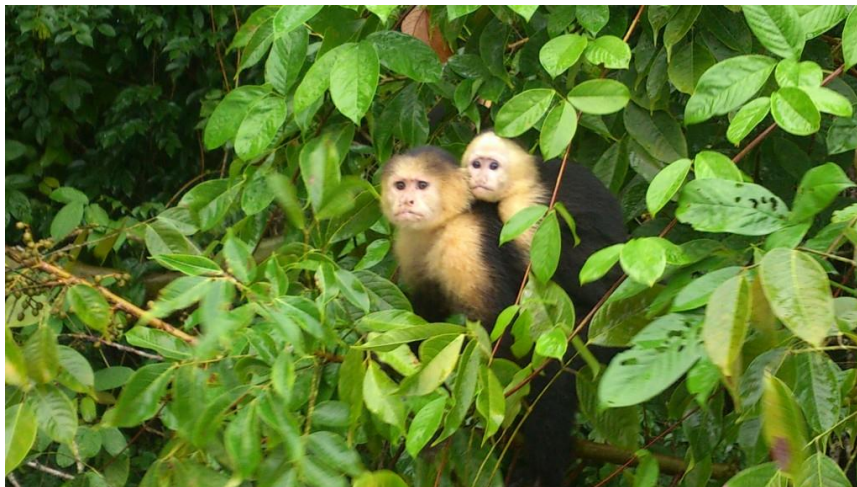
**Meals included: B, L**

## **DAY EIGHT – Saturday, January 20, 2018**

### **Panama Canal, Gatun Lake Boat Expedition and Monkey Island Adventure**

#### **Return to Panama City**

#### **Hotel Aloft Panama**



Board your plane this morning for your return to Panama City. In the afternoon you will visit **Gatun Lake**, a large artificial lake to the south of Colón. Created between 1907 and 1913 by building the Gatun Dam across the Chagres River, the lake forms a major part of the Panama Canal, carrying ships for 21 miles of their

transit across the Isthmus of Panama. At the time it was created, Gatun Lake was the

largest man-made lake in the world. The **Monkey Island Adventure** tour begins on the edge of Gamboa, crossing the Chagres River, up to Gatun Lake. You will be able to observe the flora and fauna, watch up close friendly capuchin and howler monkeys, as well as many bird species.

You will also visit the Miraflores Locks Visitors Center. Enjoy a **farewell dinner** at a typical Panamanian restaurant. **Meals included: B, L, D**

## **DAY NINE – Sunday, January 21, 2018**

### **Departures**

Transfer to the Tocumen International Airport for the return flight home. **Meals included: B**





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**PRICE PER PERSON**      **Double:**      **\$5,419**  
                                 **Single:**      **\$5,859**

**PRICE INCLUDES:**

- \$750 tax-deductible contribution to the ETV Endowment of South Carolina
- Private guide and admissions for all activities as described in the itinerary
- Eight nights hotel accommodations
- All transfers as specified in the itinerary [airport and domestic]
- All meals as specified in the itinerary (8 breakfasts, 7 lunches and 4 dinners)
- Transfers to and from Tocumen International Airport
- Domestic flights between Panama City and Boquete
- All gratuities for meals, bus drivers and guides
- Baggage handling for one piece of luggage per person for hotel transfers

**NOT INCLUDED:**

- Roundtrip airfare to and from the United States to Panama City (Tocumen International Airport - PTY)
- Activities not offered as part of the tour
- Tips for hotel maids
- Travel insurance
- Alcoholic beverages
- Personal incidentals and purchases

**PLEASE DO NOT MAKE FLIGHT ARRANGEMENTS OR PURCHASES UNTIL THE ETV ENDOWMENT OFFICE NOTIFIES YOU TO DO SO.**



Over the treetops of Boquete