

DISTINCTIVE
AMERICAS

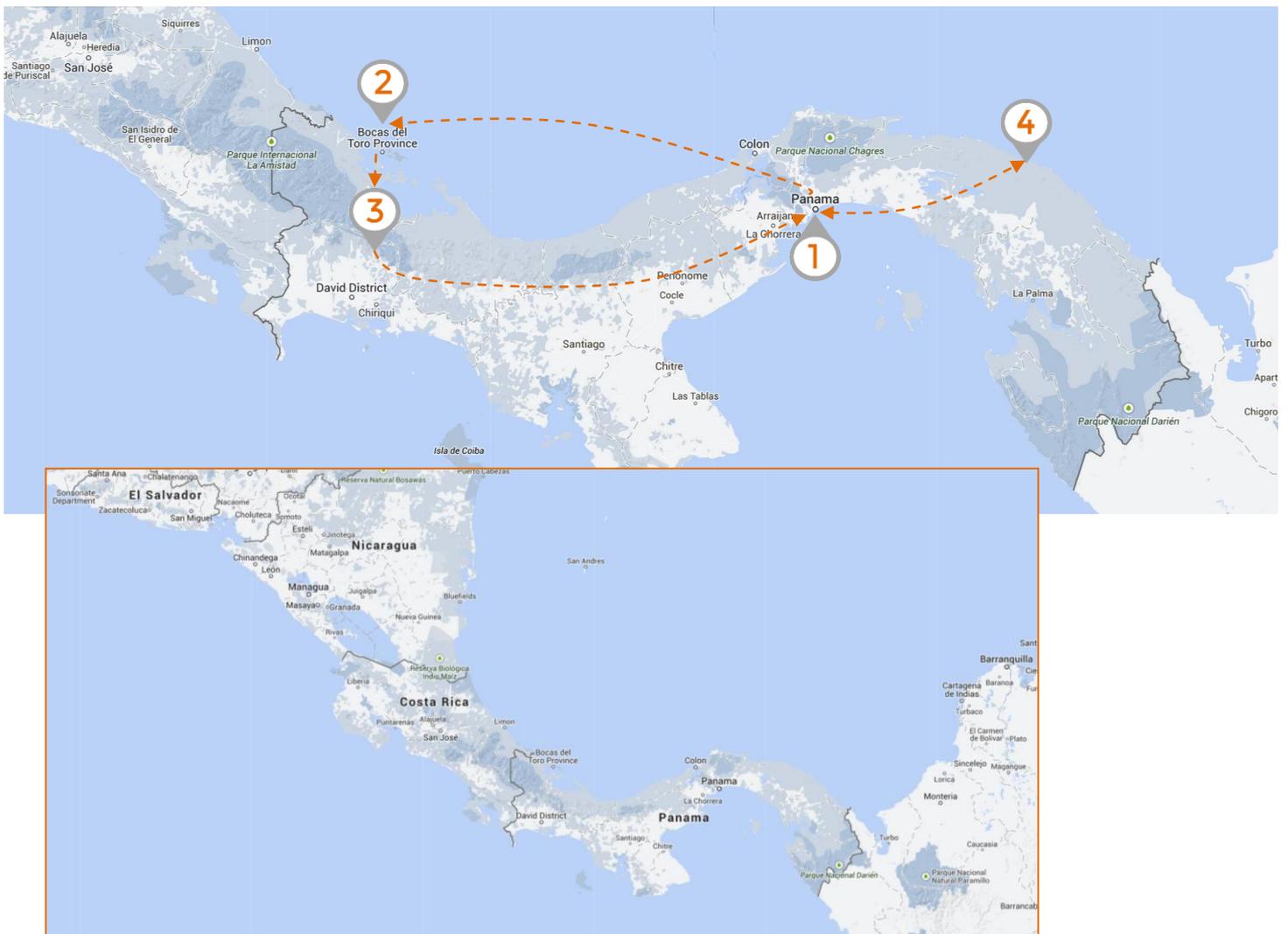


Classic Panama

13-days / 12-nights

Itinerary Summary

No.	Date	Location	Details	Meals	Hotel	Nts
1	Day 01	PANAMA CITY	Arrive in Panama City	-	Bristol Hotel	3
	Day 02		City Tour and Panamá Canal (Miraflores Locks)	B		
	Day 03		Full day excursion to Embera Indigenous Community	B		
2	Day 04	BOCAS DEL TORO	Air & road transfer to Bocas del Toro	B	Hotel Bocas del Toro	2
	Day 05		Full day excursions to Dolphin's Bay, Crawl Cay, Red Frog Beach & Hospital Point	B		
3	Day 06	BOQUETE	Boat transfer to Boquete	B	Finca Lerida	2
	Day 07		Full day Los Quetzales Trail	B		
1	Day 08	PANAMA CITY	Air & road transfer to Panama City	B	Bristol Hotel	1
4	Day 09	KUNA YALA	Air, road & boat transfer to Kuna Yala	BLB	Yandup	2
	Day 10		Day at leisure on the beach	BLD		
1	Day 11	PANAMA CITY	Air & road transfer to Panama City & tour of Metropolitan Park	B	Hotel Bristol	1
	Day 12	DEPART	Meet the return flights to the UK	B	-	
	Day 13	HEATHROW	Arrive back in the UK	-	-	



Detailed Itinerary



Day 01 DEPART - PANAMA CITY

Depart Heathrow flying with KLM.



KL1002 Economy Dep: Heathrow 08:40
KL757 Economy Dep: Amsterdam 13:05

Arr: Amsterdam 11:00
Arr: Panama City Intl. 16:55

Private transfer on arrival to your hotel.

Bristol Hotel



1 x Deluxe Room on a Bed & Breakfast basis for 3-nights

Amid the financial district of Panamá, The Bristol has a spa centre, sauna and a fitness centre. The hotel offers 128 soundproofed and air-conditioned rooms. The on-site restaurant serves gourmet Panamanian cuisine, while the lounge bar is specialized in the popular tapas.



Day 02 PANAMA CITY



City Tour and Panamá Canal (Miraflores Locks)

This historical tour will begin at the "Casco Antiguo" (Old Quarters), built in 1673 after "Old Panama" was sacked and burnt. The predominant architectural style of the "Casco Antiguo" is French and Spanish colonial styles. This part of town is the home of the famous Golden Altar, which survived Morgan's plundering and destruction of "Old Panama". At the Independence Plaza, you will see the most beautiful building houses as the modern Museum of the Interoceanic Canal.

Next you will continue to the Miraflores Locks. Of the three sets of locks in the Canal, this is the closest to Panama City. You will observe the magnitude of this engineering marvel, which is still operating after a century using the same hydraulic system since its inception. There will be a short audiovisual presentation and other exhibits at the Visitor's Centre.



Day 03 PANAMA CITY



Shared full day excursion to Embera Indigenous Community

After breakfast, meet a 30-minute bus ride to Chagres National Park. Upon arrival at the National Park, you will enjoy the breath-taking beauty of the rainforest while aboard small motorized canoes that take you through Lake Alajuela and the Chagres River until you reach the friendly people of the Embera Community.

You will learn about their culture and traditions and have lunch in their thatched huts. You will then have the opportunity to go for a refreshing swim before returning to the city at the village's beautiful tranquil natural pool or at a waterfall, which is approximately 20 minutes walking distance. You will also be able to purchase some of their incredible crafts.



Day 04 PANAMA CITY – BOCAS DEL TORO

Private transfer to the airport to meet a domestic flight to Bocas del Toro.



TBA Economy Dep: Panama City (Albrook) TBA Arr: Bocas del Toro TBA

Private transfer on arrival to your hotel.

Hotel Bocas del Toro



1 x Standard Partial Ocean View Room on a Bed & Breakfast basis for 2-nights

Situated along the waterfront of Isla Colon, ideal for all the nearby restaurants, cafes and bar, the Hotel Boca del Toro offers 11 comfortable en-suite rooms in a traditional town house. There is a bar and restaurant and kayaks available to hire. The hotel provides is easily accessible from the airport and provides a reliable base from which to explore the archipelago.



Day 05 BOCAS DEL TORO



Shared full day excursions to Dolphin´s Bay, Crawl Cay, Red Frog Beach & Hospital Point

Start with a short boat ride from Bocas del Toro pier to Laguna Bocatorito. Surrounded by small mangroves that form a kind of raft that is home of several families of bottlenose dolphins, the probability of spotting dolphins is about 95%. You will spend some time watching them jump and play around your boat. After seeing the dolphins, we will continue to Cayo Coral for the impressive coral formation and its rich marine life. Have lunch at Cayo Coral. Then you will continue on to Red Frog Beach through Bastimentos Island. Here you will have the opportunity to see the poisonous red frogs or relax on the beautiful white sand beach. After enjoying the beach you will continue on for the last part of the tour; Punta Hospital, which has a small beach ideal for snorkelling.



Day 06 BOCAS DEL TORO - ALMIRAMTE - BOQUETE

Shared boat transfer to Almiramte to meet a private transfer on to Boquete and your hotel.

Finca Lerida



1 x Standard Room on a Bed & Breakfast basis for 2-nights

Set on a coffee plantation, this boutique hotel offers a gourmet restaurant and 23 luxurious rooms with spectacular views of the surrounding gardens, rainforest and mountains. Baru Volcano National Park is 4 km away. The Finca's restaurant serves fresh, seasonal cuisine and offers wonderful mountain views. The café and gift shop sell fresh coffee grown on the plantation. Hotel Finca Lerida Coffee Plantation and Boutique Hotel is an ideal base for hiking and birdwatching. The town of Boquete is just a 10-minute drive away.

 **Day 07 BOQUETE**



Shared full day Los Quetzales Trail

As one of Panama's most visited and popular hikes, named for a particular species of bird called the Resplendent Quetzal, Los Quetzales trail unites the two communities of Boquete and Cerro Punta. Quite elusive, the Resplendent Quetzals are a magnificent and rare treat to observe and are a favorite among many birding enthusiasts. In addition to the Quetzal, there are more than 220 other bird species native to the area. From Boquete to Cerro Punta, the 10 km trail climbs steadily (roughly 2500 vertical feet) as you pass from tropical rain forest to tropical cloud forest and takes approximately 4-6 hours to complete. Please be advised that you may need to bring warm clothing and a rain jacket if you have one.

 **Day 08 BOQUETE - PANAMA CITY**

Private transfer to David Local airport to meet a domestic flight to Panama City.

 TBA Economy Dep: David Local Airport TBA Arr: Panama City TBA

Private transfer on arrival to your hotel.

 **Bristol Hotel**
1 x Deluxe Room on a Bed & Breakfast basis for 1-night

 **Day 09 PANAMA CITY - PLAYÓN CHICO**

Private transfer to the domestic airport to meet a flight to Playón Chico.

 TBA Economy Dep: Panama City (Albrook) TBA Arr: Playón Chico TBA

Shared boat transfer on arrival to your Lodge.



Day 09 PANAMA CITY - PLAYÓN CHICO - KUNA YALA...

Yandup Island Lodge



1 x On the Sea Room on a Full Board Basis for 2-nights

Yandup is a family owned lodge with four beachfront and six overwater cabins on a small private island near the Playon Chico community in Kuna Yala. All cabins are equipped with a private bathroom & mosquito nets and are surrounded by a balcony and hammocks offering amazing views. The island also has a dining room overlooking the sea, with fresh seafood and views to the sea, uninhabited islands, mangroves, mountains and the Kuna community of Playon Chico. The island is surrounded by coral reefs and a small beach with white sand and crystal clear water. The lodge offers tours to the rainforest, river, mangroves, waterfall, Ukupseni (Playon Chico) community, and cemetery and to other uninhabited islands with palm trees and white sandy beaches.



Day 10 KUNA YALA

Day at leisure.



A trip to the San Blas islands should not to be missed. Small islands of paradise with pure white sand beaches and crystal clear waters great for swimming or snorkelling. The autonomous Kunas living on the San Blas islands are considered one of the most highly organised indigenous groups in Latin America. Kuna Indians have their own language and the women wear gold nose rings and brightly coloured 'molas', a decorative handsewn appliqué on the front of their blouses. They also have a long threads of beautifully patterned beads wrapped around their fore-arms and from their knees to their ankles. If you are looking for something culturally fascinating as well as some fantastic beaches, visit the islands of San Blas.



Day 11 KUNA YALA - PLAYÓN CHICO - PANAMA CITY

Shared boat ride to Playón Chico to meet a domestic flight to Panama City.



TBA

Economy

Dep: Playón Chico TBA

Arr: Panama City (Albrook) TBA

Private transfer on arrival to your hotel.



Bristol Hotel

1 x Deluxe Room on a Bed & Breakfast basis for 1-night



Private half day excursion to Metropolitan National Park

The nearest national park to the city is the Metropolitan National Park (MNP) is just 15 minutes away. It is one of the few tropical forests located within a city in all Latin America. Also, it is part of the Interoceanic Biological Corridor composed of diverse sheltered areas which extend from the Pacific to the Atlantic. At MNP you will find over 200 species of birds, as well as two and three-toed sloths. The MNP offers trails for nature observation, environmental interpretation, a watchtower (where you can observe the Panama City and its surroundings), a bookstore and a store where crafts are sold.



Shared Panamanian Typical Dinner & Folkloric Show

Enjoy a typical Panamanian dinner and a folkloric show, which showcases Panamanian traditions. Among Panama's many attractions is the female's national dress called the "Pollera", which is totally hand-embroidered and has a variety laces. The woman's head is adorned with what is called "Tembleques", small headpieces made of fish scales and pearls which move rhythmically when the lady moves her head while she dances. It is from this movement that the "tembleques" gets its name (temblar means to shake.) Besides the tembleques, small ornamental combs and a larger comb (peinetón) is worn in the hair.



Day 12 PANAMA CITY - AMSTERDAM

Private transfer to the airport to meet your return flights with KLM.



KL758 Economy Dep: Panama City Intl. 19:05

Arr: Amsterdam 12:30 (Day 13)



Day 13 AMSTERDAM - UK



KL1021 Economy Dep: Amsterdam 15:45

Arr: Heathrow 16:10

Arrive back in the UK.

Holiday Cost

from £2,895.00 per person

20% deposit is required to secure this booking

Suggested Itinerary

- This is just a suggested itinerary which we can amend to fit your exact requirements.

Includes

- International flights as listed.
- All pre-payable airport departure taxes.
- Hotel accommodation as listed.
- Transfers as listed (on a shared basis unless specified as private).
- Meals as listed.
- Excursions as listed (on a shared basis unless specified as private).

Excludes

- Local departure taxes where applicable.
- Tips and gratuities.
- Any future currency surcharges.
- Any future airline fare, tax or fuel surcharges.*

**In the event of airfare /tax increases you will have the option to pay for your airfare in advance to avoid these increases.*

Please Note

- The cost of this itinerary is based on 2 passengers sharing one room.
- All flights, accommodation and services are subject to availability at the time of booking.
- Air fares, taxes, schedules and routings are subject to change until ticket issue.

Booking Conditions

- Usually a deposit of 20% is required to secure a booking.
- The final balance would be due 10 weeks prior to departure.
- You can review our full booking conditions at: www.distinctiveamericas.com

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[www.caa.co.uk/ATOL 9027](http://www.caa.co.uk/ATOL%209027)

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www.aito.co.uk

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