



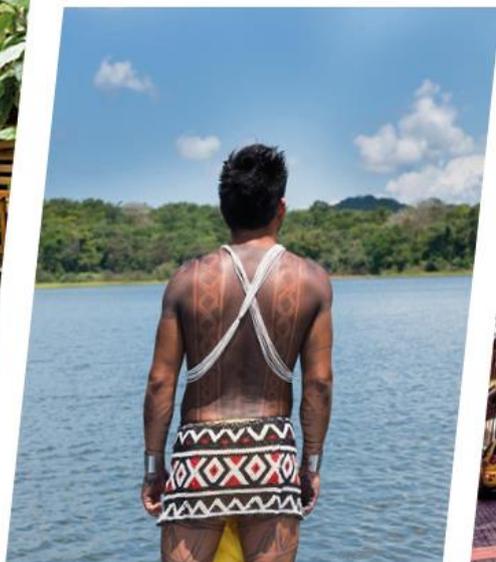
# Panama

Colombie | Costa Rica | Venezuela | Equateur

Tailor made trip for

7 DAYS / 6 NIGHTS

## The Best of Panama



## DAY 1: WELCOME TO PANAMA CITY



Meet & Greet upon arrival and transfer to your hotel in the capital.

This country that links American continent and owns the 8th wonder of the modern world "The Panama Canal" will surprise you! Prepare for meeting beautiful landscapes, cosmopolitan and colonial cities, pristine islands, tradition, culture, rainforest and Indian communities...



*Private transfer to your hotel 30 min approx.*



*Hotel in Panama City among the following selection:*

- *Riande Granada 2\*sup-superior room*
- *The Bristol 3\*sup -deluxe room*
- *Central hotel 4\* deluxe room*

## DAY 2: VISIT PANAMA CANAL, AMADOR CAUSEWAY & CASCO VIEJO



First visit Miraflores, where you can follow the technical operations of the canal locks from a platform. The Miraflores locks, is one of the 3 set of locks of the Panama Canal.

Continue with a panoramic Tour of the City and its Causeway. Visit the BioMuseo and its exhibitions.

The BioMuseo stands out for its originality with its colorful rooftops. Its slogan: "the Bridge of Life"; evokes the importance of the Panamanian isthmus as it connects the American Continent allowing also the moderation of the temperature of oceanic currents.

Explore the colonial area with a private guide: The Casco Viejo, neighbourhood declared a World Heritage Site by UNESCO in 1980. Walk through the streets of Casco Viejo and visit different historic monuments, France Square (beautiful view of the modern city) and Bolivar Square.



**English-speaking private guide in option**



**Visit Panama Canal, Amador Causeway, and Casco Viejo**

**Duration: 8 hours approx.**

**Includes private transfer with a Spanish-speaking driver**

**Non-included: Lunch, entrance fees for Miraflores Locks, Interoceanic Panama Canal Museum and Biomuseo**



**Breakfast**

**Hotel in Panama City among the following selection:**



- *Riande Granada 2\*sup-superior room*
- *The Bristol 3\*sup -deluxe room*
- *Central hotel 4\* deluxe room*



## JOUR 3: ENCOUNTER THE EMBERÁ COMMUNITY



Prepare for a cultural encounter with the indigenous community “Embera” Embark on a 20 min canoe ride towards the Chagres River and explore its surroundings where natural life runs at its edges.

Nature-walk through the jungle until a waterfall to refresh yourself before continuing to the community (if the level of water is adequate- moderate hike)

One of the village chiefs will present their lifestyle and traditions: developing of baskets, colourful clothes, body paintings, dances. A typical lunch based on fish and plantains is included.

*This day tour is based on the cultural exchanges, simplicity and humility.*



*English-speaking private guide in option*



**Encounter with the embera community & nature walk**



**Duration: 6 hours approx.**

**Includes round-trip private transfer with a Spanish-speaking driver, round-trip regrouped canoe transfer, and lunch**



**Breakfast / traditional lunch (excluding beverages)**



**Hotel in Panama City among the following selection:**

- Riande Granada 2\*sup-superior room
- The Bristol 3\*sup -deluxe room
- Central hotel 4\* deluxe room

## DAY 4: FULL DAY LAS PERLAS ISLANDS



The Pearl Islands are named after the wonderful pearls that lined the seabed.

The islands were first occupied by Indians before the Spanish discovery and were frequently used by pirates in the years that followed.

Today it's a perfect destination for those in search of peace and relaxing pristine beaches. Contadora, Saboga, Viveros, San Jose Islands offer superb landscapes and host magnificent marine life.

### *Activities and tours suggested to be organized locally:*

- *Humpback whale watching from July to October*
- *Visit Islands*
- *Quad Tour*
- *Hiking in the forest*
- *Kayaking*
- *Lazing*
- *Snorkeling*
- *Diving*
- *Mini cruise*
- *Sport fishing*



*English-speaking private guide in option*



*Visit Las Perlas Archipelago*



*Duration: 11 hours*

*Round-trip private transfer from Panama City to Amador 30 min approx.*



*Round-trip on a regrouped ferry transfer from Panama City to Las Perlas Archipelago*



*Breakfast / Lunch (excluding beverages)*



*Hotel in Panama City among the following selection:*

- *Riande Granada 2\*sup-superior room*
- *The Bristol 3\*sup -deluxe room*



## DAY 5: HIKE IN SOBERANIA NATIONAL PARK & GATUN EXPEDITION



Morning nature walk through this marvelous natural park. Enjoy a hike surrounded by tropical woods and animals, feel the embrace of the nature that welcomes you to Panama.

The Soberania National Park is just 20 minutes from Panama City and hosts over 1,300 plant species and 525 bird species. The national park has natural trails that allow visitors to submerge in the luxuriant nature of Panama. Walk through one of the natural trails and enjoy the marvelous scenery of tropical woods of this protected area.

Then take a boat ride to explore the Gatun Lake and some of its islands. Monkeys, iguanas and even crocodiles are some of the animals you can observe in their natural environment. Experience the cry of the howler monkey that mixes along with the chant of exotic birds. You will be delighted!



**English-speaking private guide in option**



**Hike in Soberania National Park & Gatun Expedition**

**Duration: 6 hours**



**Light Breakfast / Traditional Lunch (usually the catch of the day, excluding beverages)**



**Riande Granada 3\*- std room**



## DAY 6: DISCOVERING GUNA YALA ISLANDS



Discover a destination with over 360 pristine islands scattered along 400 kilometers in the Caribbean ocean. In addition to its exceptional landscapes, this archipelago will share with you its most important treasure: the cultural ancient heritage of the indigenous community Guna.

These 50,000 Indians have managed to keep their traditional lifestyle over the years and still live in community under a regime of territorial autonomy.

The driver will pick you up early in the morning approximately at 5:00 a.m. on a 4X4 regrouped transfer, and you will be driven for 2 hours until you reach Carti. Then you will take a boat transfer from Carti to San Blas or Guna Yala Islands. Relax and spend the day at the beach.

**Activities and tours suggested to be organized locally:** *Swimming, Discovery of Guna village, Purchase of handcraft "Molas", Snorkelling (no water sports engines allowed).*



**English-speaking private guide in option**



**Visit Guna Yala Archipelago**



**Duration: 12 hours**

**Round-trip on 4X4 regrouped transfer from Panama City to Carti 2h approx.**



**Round-trip on a regrouped canoe transfer from Carti to Guna Yala 45 min approx.**



**Light Breakfast / Traditional Lunch (usually the catch of the day, excluding beverages)**



**Hotel in Panama City among the following selection:**

- Riande Granada 2\*sup-superior room
- The Bristol 3\*sup -deluxe room
- Central hotel 4\* deluxe room

## JOUR 7: DEPARTURE



Private transfer to the international airport.

**International flight (not included)**



*30 min Private transfer to the international airport*



*Breakfast*

**END OF SERVICES**

## ACCOMMODATIONS

### RIANDE GRANADA URBAN HOTEL \*\*\*

PANAMA CITY, *El Cangrejo*

Located in the heart of the financial area of the capital, the Riande Granada Urban Hotel will seduce you with its unusual style and unique decoration. This hotel is in one of the most dynamic and central areas of Panama City, near the commercial area and surrounded by many shops, restaurants and various attractions. The Riande Granada Urban Hotel is known for its friendly atmosphere, illuminated swimming pool, comfortable rooms and excellent service. All these features place this hotel among the favourites for tourists and business travellers in the city.



### THE BRISTOL \*\*\*sup

PANAMA CITY, *Calle 50*

The BRISTOL is Located in the heart of the financial centre, close to shops, nightlife and culture. This hotel is a rare jewel where luxurious accommodations and sumptuous dinners combine to perfection creating an undeniable comfort. Travelers will discover luxury and absolute privacy in a way that only "Bristol" knows. The hotel offers about 150 rooms and suites elegantly decorated (elegant fabrics, beautiful orchids...) walk through walls adorned with paintings of Panamanian artists. The Bristol is a place of gastronomic excellence in Panama where you can taste delicious dishes at the restaurant SAL SI PUEDES.



### CENTRAL HOTEL PANAMA \*\*\*\*sup

PANAMA CITY, *Casco Viejo*

This building has quickly become a benchmark in the area for its quality and its convenient emplacement in the historic district. Its 135 rooms and suites are decorated in a modern setting that contrasts with the historic district. The restaurant offers a refined international menu served with excellence. The services offered include free Internet access, swimming pool, spa and beauty salon, gym, shuttle service, breakfast included and room service.



## PACKAGE INCLUDES

- Travel documents in English.
- Phone support by our team all along the trip (24/7).
- 6 nights in the mentioned hotel - depending on availability at the time of booking – including taxes.
- Activities or tours mentioned as included.
- Meals mentioned as included.
- Administration fees.
- Transfers (land, boat, air - domestic) as mentioned.
- **\$5/pers: symbolic participation to eco-responsible missions undertaken by Tucaya Panama.**

## PACKAGE EXCLUDES

- International flights, cancellation, repatriation, life and luggage insurance.
- The international airport taxes (around US \$ 40 / pax usually included in your air ticket fares.)
- Optional activities or tours.
- Any meal that is not mentioned as included or not mentioned at all
- Any beverage that is not mentioned as included or not mentioned at all
- Accommodation services and supplements
- The private English-speaking guide during the whole stay
- Personal expenses
- Anything that is not mentioned in "Included"

## INFORMATION ABOUT THE ITINERAY AND SCHEDULES

- RATES (may vary - to confirm with our services on booking).
- Rates are given as a guide. They are subject to change by the authorities and vary depending on the exchange rates.
- The times of departure and tours are given as an indication and must be confirmed.
- The departure times for flights, routes, and tours are given as an indication and must be confirmed.
- Local imperatives: delays in transportation, stations, parties, and holidays, the opening of museums, restaurants or site visit, local weather .... can lead us to change the route in the place.
- The mentioned hotels must be confirmed according to the availability at the time of booking. In case a hotel is not available we will systematically offer you a hotel in an equivalent category and price. If a hotel in an equivalent category and price is not available, we will offer different options with pricing information that applies for your validation.
- The check in time for most accommodations in Panama is at 3pm and check out around noon
- The category of hotels in Panama does not correspond to European or American standards because there is no entity that regulates the number of stars. That said, each hotel receives the stars of its hotel chain or the type of services it offers. For this reason, the number of stars we have communicated will not necessarily correspond to the information you find online, because we have a selection and categorization based on European standards.

## IMPORTANT ABOUT SAN BLAS

- **THE ISLANDS:** Guna Yala or San Blas Islands is an indigenous autonomous territory that follows its own regulations and jurisdiction.
- **TAX:** To enter this territory it is required to show the original passport and pay the local tax I (this tax is already included in your reservation with us).
- **SOCIETY:** San Blas has a matriarchal society governed by THE GUNA CONGRESS who decides all the procedures and laws of this beautiful region.
- **ACCOMMODATIONS:** are distributed on private islands (belonging to the women of this culture) in villages or on more remote islands. All the accommodations are traditional that do not correspond to Western standards. Cabins are huts managed by the Guna community, and built of natural materials, on the sand or stilts with shared bathroom. No air conditioning, potable water and hot water available on site.
- **LAWS:** The GUNA CONGRESS regulates the laws as well as the cessation of tourist activity for some members of the community if required.
- **PIPA DE PAZ:** According to the Guna culture, Pipa de Paz is performed when it is considered that there is a run of bad luck or misfortune in a family, island or sector. The Guna Congress will then authorize the main shaman to generate enough smoke to visualize the evil spirits and thus drive them away, propelling them to the centre of the earth so that they disappear! During this week men and women will not be able to work since everyone must be focused on expelling the spirits. When the Guna Congress notifies that the "Pipa de Paz" begins, there may be a prohibition to enter or leave the territory as well as any tourist activity in the affected sector. *TUCAYA PANAMA always recommends having a stay in the city before and after a stay in these islands. This will give you a little more time to find a solution if you are affected by this situation. Tucaya Panama will not be responsible for the changes and modifications generated by this situation.*

## RESERVATIONS POLICIES

Reservations department available only from Monday to Friday, we need 24h to confirm availability of the trip plan before booking.

## PAYMENT

50 % (deposit) at the time of the traveler's approval of the trip plan (program).

50 % (balance) 15 days before the traveler's arrival date.

100% must be paid 15 days\* before the traveler's arrival date \* not available for Holidays.

## CANCELLATION POLICIES

The traveler can cancel their trip at any time prior to their arrival at the destination.

The cancellation of your trip will incur on the cancellation fees according to the following conditions:

- More than 30 days before the traveler's arrival date: US \$150 per person

- From 30 to 21 days before the traveler's arrival date: 25% of the total trip
- From 20 to 14 days before the traveler's arrival date: 50% of the total trip
- From 13 to 8 days before the traveler's arrival date: 75% of the total trip
- Less than 7 days before the traveler's arrival date: 100% of the total trip

In case of cancellation or modification of a part of the stay or the number of participants, Tucaya Panama will review its rate based on the changes in benefits made and the actual number of participants. Tucaya Panama may invoice extraordinary costs related to the modified benefits if required.

**Air Transportation:** International and national airlines can adjust schedules without prior notice. Tucaya Panama cannot guarantee the flight times shown in the programs and is not responsible for any flight times shown in the programs and is not responsible for any flight delay or schedule changes by the airlines. Tucaya Panama can help adjust the program so that the original itinerary is fulfilled to the extent possible, but Tucaya Panama will not bear the costs of such modifications. The client must take full responsibility to assume the expenses that are generated by said changes. Air Panama (7P) company flights impose a baggage limit of 14kg max. per passenger. It is possible to pay the extra kilos (rate to be confirmed directly) at the time of check-in. This payment must be processed directly by the passenger. Tucaya Panama cannot guarantee the acceptance of the extra weight by the airline because it depends on the capacity and weight for each flight. A luggage assistance can be organized to store excess luggage for your trip. Tucaya Panama cannot be responsible for the cancellation or claims in case of bad weather conditions of other inconveniences announced by the company nor is responsible for lost luggage during different flights or stopovers.

## PASSPORTS & VISAS

Each participant is obliged to comply with police, customs, and health regulations at any time during the trip. Tucaya Panama does not replace in any case the individual responsibility of its clients, who assumed their responsibility to obtain all the procedures before departure (valid passport for 6 months after the date of return of the trip) and for the duration of the trip, including Customs formalities. Failure to comply with these regulations, the lack of a client to present the documentation in order, any delay that implies an exclusive responsibility of the participant will cover the expenses.

### Taxes and additional expenses

Passenger must face the payment of airport taxes (generally included in the fare of the international flight price) and must be able to justify a financial guarantee (US \$500).

## INSURANCE

Many of the trips we organize have an element of adventure that can lead to some unpleasant and unforeseen events. Each participant is aware that they may run some risks due to the remoteness of the medical facilities and the different living conditions they will face. The traveler will assume the knowledge of the cause and undertakes not to blame the accidents that may be met by Tucaya Panama or any of its suppliers. This applies to copyright holders and any family member. Tucaya reserves the right directly or through its contractors, to replace elements of its itinerary (transportation, accommodation, excursions, one route to another, dates, and stages) if circumstances require it, in particular for weather reasons or

unforeseen events, to ensure the safety of its customers and its staff. In that case, participants may not claim any compensation.

Each participant must comply with the prudential regulations and follow the instructions given by local suppliers, guides, drivers or any other local supplier hired by Tucaya. Tucaya is not responsible for accidents that are due to an oversight of the individual client.