

*Copa Stopover*

# Wonderful Panama City & the Panama Canal

4 days / 3 nights

During a long weekend in Panama City, explore the best historical, natural, and cultural experiences during the day, and be surprised by the great dining and nightlife scene of this vibrant metropolitan city in the evenings.



## DAY 1

### *Arrival in Panama City*

Upon arrival at Tocumen International Airport, your private driver will meet you outside Customs and drive you for approximately 35-45 minutes to your hotel located in the heart of Casco Antiguo, a UNESCO World Heritage Site.

3 nights at in Casco Viejo

## DAY 2

### *Full Day Panama City & the Panama Canal*



This morning you start your city tour at the Panama Canal where you will visit the Panama Canal Visitors' Center at Miraflores Locks where ships can be seen transiting the waterway. The 3-floor exhibit halls will provide information about the history, engineering, and current events related to the Panama Canal.

Then drive through the former Panama Canal Zone managed by the United States from 1903 to 1999. Old military bases have been turned into residential neighborhoods, universities, and one of the most important commercial hubs in the region combining airports, container ports, and cargo railways that provide support to the Panama Canal operation.

Your next stop is the Biodiversity Museum, designed by the world-renowned architect Frank Gehry. As a Smithsonian Affiliate museum, the Biodiversity Museum serves as a gateway to new information about the biodiversity and natural history of the Isthmus of Panama. Scientific experts from both the Smithsonian Institute and the University of Panama oversee the contents of the museum and aim to teach visitors about eco-awareness, conservation, and Panama's extraordinary natural treasures in various unique exhibition galleries.



Return to Casco Antiguo. In 1673, after the devastating pirate attack, Panama City was moved some 7.5 km west of its original location, to a small peninsula at the foot of Ancon Hill, closer to the islands that were used as the port and near the mouth of a river that eventually became the entrance of the Panama Canal. The relocated town, known today as Casco Antiguo or the Historic District of Panama, not only had better access to fresh water but could be fortified. The military engineers, moreover, took advantage of the morphological conditions that complemented the wall surrounding the peninsula, all of which prevented direct naval approaches by an enemy. Several buildings within the District are identified as important for the country's 17th-20th century heritage. Most outstanding are the churches, above all the metropolitan cathedral with its five aisles and timber roof; San Felipe Neri, San José, San Francisco, and especially La Merced with its well-preserved colonial timber roof. The Presidential Palace originally built in the late 17th century and partially reconstructed in the 18th, 19th, and early 20th centuries, is a revealing example of the transformations that characterize the Historic District as a whole. The House of the Municipality, the National Theatre, the Ministry of Government and Justice, and the Municipal Palace are outstanding buildings of a more recent period. Lunch will take place at a local restaurant in the old town. Drop off at your hotel by mid-afternoon.

Overnight in Casco Viejo

(BL)

### DAY 3

#### *Panama Canal Rainforest Boat Adventure*



You will be picked up at your Panama City hotel for a 45-minute drive to the town of Gamboa, where the Chagres River meets the Panama Canal. Here you board an expedition boat and depart on an adventure that will include a voyage across Gatun Lake in the Panama Canal passing by gigantic cargo ships transiting the waterway, contrasting with the natural surroundings. Along the way, you will have the opportunity to spot Green Iguanas and Three-toed Sloths resting on tree branches, Crocodile, and Osprey in the hunt for Peacock Bass, Snail Kite, and Keel-billed Toucan among other wildlife.

Gatun Lake was formed to give way to the Panama Canal in 1914. With a surface of 423 square kilometers, at the time of its creation was the largest man-made lake in the world. The flow of all the rivers within the Panama Canal Watershed is contained in Gatun Lake to provide water for the operation of the lock system. More than 52 million gallons of fresh water are used for every ship that transits through the Panama Canal from one ocean to another.

Your expedition boat will allow for close approximations to rainforest-covered islands in Gatun Lake to search for the White-faced Capuchin, Mantled Howler Monkey, Central American spider monkey, and Geoffrey's Tamarin. After enjoying a picnic lunch on the boat and observing the large cargo ships in the background transiting the Panama Canal, return to your hotel early afternoon.

Overnight in Casco Viejo

(B, PL)

## DAY 4

### *Depart Panama*



This morning you will be picked up at your hotel lobby for a private transfer (35-45 minutes) to Tocumen Airport approximately 3 hours before your flight departure. Return home with loads of memories about Panama!

*Optional pre and post-extensions to the Chiriqui Highlands, the Caribbean, or the Pacific Ocean are available upon request.*

## TRIP DETAILS

### PACKAGE PRICE

#### **Hotel choice A: Central Hotel, Casco Viejo**

Price per person on double occupancy basis: US\$805 + 7% tax

Single occupancy supplement fee: US\$315.00 + 7% tax

#### **Hotel choice B: La Compañía, Casco Viejo**

Price per person on double occupancy basis: US\$1,060 + 7% tax

Single occupancy supplement fee: US\$570.00 + 7% tax

### **TRIP CLASSIFICATION**

- Easy/moderate walking 2-4 hours per day
- Hotel accommodation is comfortable

### **INCLUDED**

- 3 nights hotel accommodation in Panama City
- Private bilingual guide services and expenses
- Meals (B - Breakfast, PL - Picnic Lunch, L - Lunch)
- Park & entrance fees
- Transportation
- Roundtrip airport transfers from Tocumen International Airport

### **NOT INCLUDED**

- International airfare
- Meals not specified in the itinerary
- Alcoholic beverages
- Personal equipment
- Extras at hotel
- Gratuities

### **WHAT TO BRING**

- Reusable water bottle
- Binoculars
- Day pack or dry sack
- Hat
- Sunscreen
- Insect repellent
- Lightweight/quick dry cotton clothes
- Rain gear
- Swimwear
- Comfortable footwear
- Toiletries and personal medications

### **DISCLAIMER & NOTES**

- Prices and itinerary are correct at the time, however, they are subject to change due to tidal/weather or local conditions, availability, or factors beyond our control.



## ACCOMMODATION

### CENTRAL HOTEL



The historic Central Hotel is located in Casco Viejo of Panama City, a UNESCO World Heritage Site, next to the Panama Inter-oceanic Canal Museum and facing the Plaza de Independencia. Located opposite the Cathedral, the hotel is just steps away from the Municipal Palace, and is close to the Presidential Palace, along with other attractions in the area. The Central Hotel opened its doors for the first time in 1874. It hosted guests such as Theodore Roosevelt and Count Ferdinand de Lesseps among other public figures of the time. The Central Hotel was the first hotel in Panama, serving as a “rendezvous” for all of the passengers who traveled to the American continent, and becoming famous throughout the western hemisphere for offering high-style European and American services at reasonable prices. Construction work on the building has been completed. This work consisted of totally restructuring the building while maintaining the façade and respecting the original structure. The hotel is unique given its location, modern appearance, history, and institutional connections. The hotel features 135 rooms, a pool, a restaurant, a bar, and Spa.

**Address:** Plaza de la Independencia, Casco Viejo, Panama City, Panamá

**Website:** [centralhotelpanama.com](http://centralhotelpanama.com)

**Phone:** +(507) 392-1307

**Check in:** 15:00 hrs

**Check out:** 12:00 hrs

## LA COMPAÑÍA



La Compañía Hotel (Hyatt Unbound Collection) is a historic gem nestled in Panama City's old town, Casco Antiguo. The hotel is on the site where La Compañía de Jesús (Company of Jesus) settled after the destruction of the original Panama City back in 1671. This beautiful hotel boasts 88 luxurious rooms, each uniquely designed to blend modern comfort with the rich heritage of the building. Three eras of Panama's history come to life at Hotel La Compañía. Each of its three wings restores a piece of the old town (Casco Antiguo) to the height of contemporary luxury. Choose a beautifully curated room in the French Colonial wing, built by Jesuit priests in 1739; the Spanish Colonial wing, dating back to 1688; or the Beaux-Arts rooms in the American wing, which dates back to 1904. Situated in the heart of the historic Casco Viejo district, La Compañía Hotel offers not only a comfortable stay but also easy access to the area's vibrant culture, nightlife, restaurants, and historical sites, making it a perfect destination for those seeking a captivating blend of history and modernity. The hotel has a Spa, swimming pool, fitness center, charming green courtyard, and five on-site restaurants, including 1739, El Santuario, American Bazaar, Luigi's, and Hari's.

**Address:** Calle 8va Este, Casco Viejo., Panama City, Panamá

**Website:** <https://www.hyatt.com/en-US/hotel/panama/hotel-la-compania/ptyub>

**Phone:** +(507) 302-8888

**Check-in:** 15:00 hrs

**Check-out:** 12:00 hrs