

Ancon Expeditions of Panama
est. 1997

Copa Stopover

Panama Canal & Beach Escape

7 days / 6 nights

A full week of the historical, cultural, and nature highlights of Panama City and the Panama Canal combined with a relaxing beach stay to wind down and enjoy the ocean's breeze and soft sand beneath your toes.



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 25-35 minutes to your hotel in Panama City.

3 nights at the BRISTOL PANAMA

Torre Global Bank, Suite 1807, 18th floor, Avenida Nicanor Obarrio (Calle 50), Panama City, Panama
www.anconexpeditions.com | info@anconexpeditions.com | +507 269 9415



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.

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 commerce 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. Did you know that the Isthmus of Panama has more bird, mammal, reptile, and plant species than the US and Canada together in just 75,990 Km² (approx. 29,000 square miles)? 3 million years ago, the emergence of the Isthmus of Panama changed both the climate and the biodiversity on the planet and played a key role in the creation of the world we know today.



Continue to Casco Antiguo, a UNESCO World Heritage Site. 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. Drop off at your hotel by mid-afternoon.

Night at BRISTOL PANAMA
(BL)

DAY 3

Cultural visit at the Embera Indigenous Village



This morning you will be picked up by your guide at your Panama City hotel for a 90-minute drive to the shores of the Gatun River where you will embark on a rich cultural experience for today. You will board a motorized piragua (dugout canoe) and travel for approximately 20 minutes up through the lush forest to the indigenous village. Along the river, you may be able to spot Little Blue and Green Heron, Great Egrets, Anhingas, Neotropical Cormorant, Amazon, Ringed, and Green Kingfishers, along with Keel-billed Toucans and Ospreys flying above.

Upon arriving at the Embera village you will be greeted by the villagers with dancing and music. You will learn about Embera customs and their relationship with nature, natural medicine, clothing, education, and way of living. Ready to immerse yourself in a different world and learn about the ancient traditions of this beautiful tribe? Come along and dance with the Embera, enjoy the local children playing around the village, or peek into the classrooms during school season. There will be locally crafted artifacts, wooden-carved animals, and beautiful hand-woven baskets available for purchase. You will have a chance to be painted with the traditional *jagua*, a natural dye the Embera use to adorn their bodies and which serves as a natural mosquito repellent as part of their ancient natural medicine.

After a traditional Embera lunch accompanied by fresh seasonal fruits, you will head back by dugout canoe and then head back with your tour van and driver to Panama City.

Overnight at the BRISTOL PANAMA

(BL)

DAY 4

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, continue with your driver for approximately 2 hours to your beach resort on the Pacific Ocean.

3 nights at BUENAVENTURA BEACH RESORT
(B, PL)

DAY 4

Buenaventura Beach Resort



On the shores of the Pacific Ocean, along the Riviera Pacifica just 2 hours from Panama City, nestled among lush, tropical gardens and a lagoon with views of the Pacific Ocean, you will find a family-friendly luxury resort created to exceed your expectations. The Buenaventura Golf & Beach Resort is located on a pristine stretch of beach, framed by graceful Spanish Colonial architecture, beautifully landscaped pools, an 18-hole Nicklaus Design golf course by Jack Nicklaus and the exquisite Corotu Spa. Whether you've come to relax and unplug, reconnect, and rediscover how special family time can be together. Sneak away for a morning of spa pampering or allow our concierge to plan a day of sailing, deep sea fishing, surfing, hiking, horseback riding, and more.

Night at BUENAVENTURA BEACH RESORT

(BL)

DAY 5

Buenaventura Beach Resort



Enjoy a leisurely day on the beach or explore the resort grounds, ocean, and land activities.
Overnight at BUENAVENTURA BEACH RESORT
(B)

DAY 6

Buenaventura Beach Resort



Overnight at BUENAVENTURA BEACH RESORT
(B)

DAY 7

Depart Panama



This morning you will be picked up at your hotel lobby for a private transfer (2.5 - 3 hours) to Tocumen Airport. Return home with loads of memories about Panama!

TRIP DETAILS

PRICE

Price per person on double occupancy basis: US\$1,490 + 7% tax

Single occupancy supplement fee: US\$600 + 7% tax

TRIP CLASSIFICATION

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

INCLUDED

- 6 nights hotel accommodation
- 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 the 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

BRISTOL PANAMA



>> *Ranked as one of the Top 5 hotels in Central America by Condé Nast Traveler* <<

Long considered the city's finest, the Bristol Panama offers distinctive charm and warmth in the heart of the financial district, minutes from shopping, cultural attractions, and nightlife. Unrivaled in its service and setting, this is a highly acclaimed hotel with timeless architecture including 125 luxurious guest rooms and 48 suites; is handsomely appointed and spacious. Enjoy the hotel's fitness room, Spa facilities, pool, business center, 8°58' Lounge, and one of Panama's finest culinary offerings at the Salsipuedes Restaurant. The hotel is also a Virtuoso member hotel.

Address: Avenida Aquilino De La Guardia, Panama City, Panamá

Website: www.thebristol.com

Phone: +(507) 264-0000

Check-in: 15:00 hrs

Check-out: 12:00 hrs

BUENAVENTURA BEACH RESORT



Discover a distinctive oasis at The Buenaventura Golf & Beach Resort. This premier luxury resort in Panama offers elegant accommodations and suites set amongst lush gardens and a lagoon with vistas of the Pacific Ocean. It is one of the country's most exclusive beach-front resorts on the Pacific coast just 2 hours from Panama City. Set on 1,000 acres of nature, the resort center is pieced by a spectacular freshwater lake, the interiors are simple and stylish. All the 114 guestrooms and suites offer balconies with breathtaking views. The hotel features several restaurants with indoor/outdoor seating: Criollo offers authentic Panamanian cuisine, Asao & Pescao, Tai Kai Sushi & Martini, Tagua Grill, Hoyo 19, Palapa Bar and Bar Caña for wines and tapas, as well as other options such as Mansa and Biergarten distributed within the community of Buenaventura, several pool environments including a beachfront infinity pool, a gym and a pampering spa. Enjoy the private 2-mile long beach with warm and calm waters, activities such as horseback riding, deep-sea fishing, jet skiing, ATV tours, tennis, or the infamous 18-hole Jack Nicklaus Design golf course.

Address: 340 Calle 3ra, Buenaventura, Rio Hato, Panama

Website:

<https://www.marriott.com/en-us/hotels/ptykp-the-buenaventura-golf-and-beach-resort-panama-autograph-collection/overview/>

Phone: +(507) 908-3333

Check-in: 15:00 hrs

Check out: 12:00 hrs