

# Explore the Best of Panama

10 days / 9 nights

*Explore the country's highlights from Panama City & the Panama Canal to the Chiriqui highlands with its fertile soil and most expensive coffee in the world, ending at a Pacific jungle island retreat.*



## DAY 1

### *Arrival in Panama City*

On arrival at Tocumen International Airport in Panama City, you will be met by a Tocumen Royal VIP representative at the plane's door for personal assistance through immigration and baggage claim. You will enjoy leisure time at the VIP lounge while your luggage is being retrieved by the VIP representative. You will be escorted to your private driver, who will take you for approximately 45 minutes to your hotel in Casco Viejo, the old colonial district of Panama City.

2 nights at LA COMPAÑÍA

## DAY 2

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

This morning you start your city tour by experiencing the Panama Canal visitors' center at Miraflores Locks where large ships can be seen transiting the canal. A presentation by the Panama Canal Authority on the history of the Panama Canal will be provided. Marvel at the workings of this feat of human engineering and enjoy the different exhibition halls. Continue with a drive through the former Panama Canal Zone, including the town of Balboa and the old US Amador Army Base.



You will then visit 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 the Smithsonian Institute and the University of Panama oversee the museum's contents 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)? In fact, 3 million years ago, the emergence of the Isthmus of Panama changed both the climate and the biodiversity of the planet and played a key role in the creation of the world we know today. Continue for lunch to Casco Viejo.





After lunch, enjoy a historical walking tour in Casco Viejo, a UNESCO World Heritage Site. In 1673, after the devastating pirate attack, Panama City was moved some 7.5 km west, 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. Other churches include San Felipe Neri, San José, San Francisco, and La Merced. 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.



Last but not least, enjoy a delicious chocolate tasting at a local producer who specializes in tropical flavors in homemade organic chocolate and pralines! Drop off at your hotel late afternoon.

Overnight at LA COMPAÑÍA  
(BL)

### DAY 3

#### *Panama Canal Rainforest Boat Adventure*



This morning you will be transferred to the nearby marina at Gamboa. 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, making contrast 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. Your expedition boat will allow for close approximations to rainforest-covered islands (former hill tops) in Gatun Lake to search for the White-faced Capuchin, Mantled Howler Monkey, Central American spider monkey, and Geoffrey's Tamarin. Lunch is being served at the Gamboa Rainforest Resort overlooking the Chagres River. In the afternoon, explore Gamboa's ecological exhibitions, including the sloth sanctuary. Then you say goodbye to your guide as you catch a domestic flight to Chiriqui. Upon arrival to David Airport, 45 minutes transfer to Boquete where you will be spending the next three nights at the charming Panamonte Hotel.

3 nights at the PANAMONTE HOTEL

(BL)



## DAY 4

### *Chiriqui Highlands - Coffee farm Finca La Milagrosa*



This morning you will visit Sr. Tito's Finca La Milagrosa in the Jaramillo region as one of the most respected and 100% organic coffee producers in the country. This small farm is not meant for large productions, and Mr. Tito's specialty coffee is only destined for exportation to Europe and the United States. When Mr. Tito took over this farm from his father 30 years ago, he started without any machines or even coffee plants, and produced his first roasting machines with used pieces of his old Mitsubishi car, and even some computer pieces! His rather small 5-hectare coffee farm La Milagrosa (which means the miracle, in English), situated at 1500 meters above sea level, has been given its name because many people in this region did not believe that Sr. Tito could transform this land into a lucrative coffee plantation when he started 30 years ago, and today he produces one of the best coffees of Panama and has won many prizes. The world-famous Geisha coffee is one of the eight different types of coffee that Tito produces, which is one of the most expensive delicacy coffees in the world (sold for over \$100 per pound in Japan for example). After lunch at a local restaurant, your guide will drop you back to the Panamonte hotel.

The afternoon is at your leisure. Read a book in the flowery garden of your hotel or to take a stroll through town or the Parque de la Biblioteca enjoying the pleasant climate, and stunning mountain scenery. Boquete is located on the Caldera River, in western Panama with the Barú Volcano National Park to the west. Every January, the Boquete Flower and Coffee Fair celebrates the region's vibrant culture and its two most important agricultural products: flowers and coffee. Visitors can expect to see colorful flower displays, participate in parades, enjoy live music and dance performances, and sample the world-renowned Boquete coffee. The fair provides a platform for local farmers and artisans to showcase their products and talents, making it a great way to experience the beauty and flavors of the Boquete region.

Overnight at the PANAMONTE HOTEL

(BL)

## DAY 5

### *Canopy Zipline Adventure & Hanging Bridges Cloud Forest Nature Walk*



This morning you will be picked up at your hotel in Boquete and taken on a 30-minute shuttle transfer to the foothills of Baru Volcano. Today you will glide through the treetops of century-old forests, high above the pristine rivers and waterfalls that make up the incredible collection of natural landscapes bordering La Amistad International Park. The Canopy Tree Trek is three kilometers long, divided into 12 different stations on 11 cables with a total height of 117 m. The wildlife within the treetops is immense and varied making it possible to appreciate many species, including monkeys and the elusive Resplendent Quetzal. In addition, you can marvel at sights of the great variety of orchids and wildflowers that you will find throughout the area.

Your adventure continues with a cloud forest nature walk across the Boquete Hanging Bridges, a unique opportunity to enjoy from a different perspective the biodiversity of the tropical cloud forest of Panama. The circuit consists of a 4.5 km route with 8 suspension bridges over the treetops. You will be accompanied by a local guide who will share with you the lush flora and fauna of our forests in their natural habitat. Enjoy breathtaking views of rivers, waterfalls, and the towering Volcan Baru. Unimaginable beauty that will provide a unique experience. The Bridges of Boquete Tree Trek range from 70 to 135 meters long and reach heights from 10 to 75 meters above the ground. In addition, you will walk along 6 trails that measure from 185m to 1.5 km, reaching heights ranging from 1.660 to 1.827 m.s.n.m. This is the only organized system of walkways in Panama, full of adrenaline and adventure, of medium difficulty that children and adults can enjoy. After lunch at the Tree Trek restaurant, take the shuttle back to your hotel.

Overnight at the PANAMONTE HOTEL

(BL)

## DAY 6

### *Cloud Forest Waterfall Nature Walk*



With an area of 14,325 hectares, the Barú Volcano National Park is a scenic set of high ecological and geological value that protects a biological diversity with unique species in this area. We find scenarios ranging from tropical rainforest landscapes with high-altitude species to products of the last eruption of the Barú Volcano millions of years ago. Cloud forests exhibit a unique ecosystem with an astonishing diversity of flora and fauna. Towering trees reach towards the sun to form a canopy that creates a cool, shadowed, misty underworld on the forest floor. It is noisy with the sounds of numerous insects, birds, and frogs but it is difficult to see them because of the ferns, tree ferns and epiphytes that crowd the lower and middle strata of the forest.

During a 4–5-kilometer nature walk, you will reach up to 1,700m (approx. 200m elevation gain) and at the end of Pipeline Trail you'll find a hidden waterfall nestled in the lush cloud forest. This is a beautiful nature immersion where you can observe water drips from spongy mosses that cover tree trunks, from bromeliads that attach themselves to every cranny on the trees, and from flower petals perched high in the canopy of the forest. Pipeline Trail is home to ancestral trees, quetzals, howler monkeys and many highlands bird species. You may spot families of howler monkeys, butterflies and listen to birds, such as the famous Resplendent Quetzal, singing while you are immersed in this natural paradise. Enjoy lunch at a local restaurant and descend from the highlands to the shores of the Pacific Ocean where you take a 20 minute boat ride to Isla Palenque.

4 nights at ISLA PALENQUE  
(BLD)

## DAY 7

### *Isla Palenque Private Island in the Gulf of Chiriqui*



This morning you wake up at Isla Palenque - a true jungle ocean retreat away from the city's buzz and hectic life. At the heart of this Panamanian island wilderness, you'll encounter iconic wildlife amid ecosystems bursting with tropical butterflies and wild orchids. Lagoons buzz with birdsong; secret bat caves reveal themselves as the tide goes out. All in-house guided tours are included in your stay at Isla Palenque. Guests are encouraged to immerse themselves in the unspoiled rainforest and venture out to the surrounding pristine waters when the tides permit.

With only eight King-bed beachfront Casitas on the 400-acre private island, Isla Palenque is yours to explore and exclusive to a privileged few. Each Casita is tucked away in palm groves with a private path straight to the ocean and 1.3 km of pristine beachfront. Designed with indoor-outdoor living in mind, you'll luxuriate in your open-air lounge area and bath with all the extravagances you'd expect from a barefoot luxury hideaway.

Overnight at ISLA PALENQUE

(BLD)





## DAY 8

### *Isla Palenque Private Island in the Gulf of Chiriqui*



Rich in primary forest, 7 secluded beaches, and a sacred history of archaeological significance. Discover the intricacies of Isla Palenque's unique ecosystems by foot as you progress from old-growth jungles to palm-fringed beaches. Explore the island's most biodiverse corners – our remarkable aquatic ecotones protect Palenque from the sea while sheltering an array of marine life. Isla Palenque's stories go back centuries – hike a maze of multiple trails while you delve deeper into our island's encompassing wonders. Duck into the jungle, hiking through ancient forest and alongside a lagoon before emerging for a refreshing shower in the cool mist of an impressive blowhole.

Wend your way around our island's coastline, mountain-goat style. Clamber over boulders and navigate volcanic stone gardens during this invigorating outdoor workout. Head to our shallow bays at sunset for some prime inshore fishing. Locals have been known to hook snapper, roosterfish, snook, jack, and even trevally. Take a journey along our coasts by kayak or paddleboard, discovering hidden caves and spotting sea turtles en route. Back at the resort, enjoy a swim at the swimming pool, book a relaxing massage, or gaze at the beautiful sunset during dinner.

Isla Palenque was developed with the highest standards in sustainability without sacrificing an ounce of island comfort. Renewable materials have been used for sustainable and low-impact construction. You will enjoy locally sourced biodegradable products and are being served all-organic foods. The island employs local staff and educates them, the local community, and their guests in an enjoyable, inspiring way.

Overnight at ISLA PALENQUE  
(BLD)

## DAY 9

### *Isla Palenque Private Island in the Gulf of Chiriqui*



Isla Palenque Resort is surrounded by the Chiriqui National Marine Park — and this means dozens of untouched islands. Set sail into open waters for the chance to explore the Gulf of Chiriqui's stunning islets on an island-hopping adventure. Picture iconic crescent moon beaches, soaring palm trees, white sand beaches, coral reefs, and gentle waters that are perfect for snorkeling. From August to October, there's also a great chance to see majestic Humpback whales as they make their annual migration.

The island staff will prepare a delightful picnic basket of refreshments, snacks, and fresh fruits, so you can easily spend a few hours on this optional excursion to some of the nearby beautiful virgin beaches. Enjoy swimming and snorkeling in the warm waters of your little private island.

Overnight at Isla Palenque  
(BLD)

## DAY 10

### *Depart Panama*

Early this morning you will be transferred by boat (20 min) from Isla Palenque to Boca Chica, and from there via a 1-hour land transfer to David Airport where you catch your flight back to Panama City's Tocumen Airport. Connect with your international flight and return home with loads of memories about Panama!

# Trip Details

## ARRIVAL

When you arrive in Panama the Tocumen Royal Salon (TRS) who will meet you at the airplane's gate will ask you for your passports, the immigration and customs forms you filled out on the plane, and your luggage stubs. Please have these documents handy. TRS will take care of the paperwork and retrieve your luggage while you relax at the VIP lounge. Once all is taken care of they will return your passports back to you and will escort you to the vehicle where our driver and your luggage will be waiting for you. Private transfer for approximately 35-45 minutes to your hotel in Panama City.

## TRIP CLASSIFICATION

- Easy/moderate hiking 2-4 hours per day with rolling, slippery hills.
- Hotel or lodge accommodation comfortable

## INCLUDED

- Accommodation
- Meals as specified in the itinerary (B - Breakfast, L - Lunch, D - Dinner)
- All land, air, and water transportation within Panama
- All airport/hotel transfers on scheduled arrival and departure dates
- Services on an in-bound land operator for airline re-confirmations and tour operations
- Guides' services and expenses (we try to assign the same local guide for each region)
- Park, museum, and related entrance fees
- Your stay at Isla Palenque includes three gourmet meals per day plus unlimited non-alcoholic & non-mixed drinks, a selection of guided "In-House" Island Tours (tours dependent on tides and weather), use of kayaks, paddleboards, fishing gear, and other available equipment, Wi-Fi.

## NOT INCLUDED

- International airfare
- Meals not specified in the itinerary
- Alcoholic beverages
- Personal equipment
- Extras in hotels (telephone calls, laundry, room service, Spa treatments, motorized tours)
- Gratuities



## WHAT TO BRING

- Reusable water bottle
- Binoculars (preferably 7x35 or bigger)
- Day pack or dry sack
- Sun protection
- Hat
- Insect repellent
- Lightweight/quick dry cotton clothes
- Rain gear
- Swimwear
- Comfortable footwear (sandals, sneakers)
- Toiletries and personal medications
- Money in small denominations (US\$10 or US\$20 dollar bills are the best way to pay for local handcrafts; VISA or MASTER Card is widely accepted),

## DISCLAIMER & NOTES

- Prices and itineraries are correct at the time of publishing, however, they are subject to change due to tidal/weather or local conditions, availability, or factors beyond our control.
- On domestic flights with Air Panama, each passenger has the right to check 2 pieces of luggage of up to 50 lbs (23 kg) each. Carry-on luggage is limited to 8.8 lbs per passenger (4 kg). Excess baggage charges assessed by commercial carriers are the responsibility of the passenger. Arrangements can be made with your hotel or Ancon Expeditions of Panama to store luggage that will not be needed while away from the city.
- The weight limits for the canopy zipline adventure on Day 6 are 175 lbs (80 kg) for women and 250 lbs (114 kg) for men. Minimum age: 5 years.



# Accommodations

## LA COMPAÑÍA, PANAMA CITY



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

## THE PANAMONTE HOTEL, BOQUETE



The Panamonte Hotel is located in Boquete in the Highlands of Chiriquí, only 45 minutes from the province's capital, David. This boutique hotel with its 25 rooms and suites is known for its personalized service, gourmet dining by Chef Charlie Collins, fireside lounge, and colorful lush gardens. Opened in 1914, the Panamonte has hosted a who's who of international adventures; The center of Boquete town is only a few minutes' walking distance from the hotel.

**Address:** Ave. 11 April, Boquete, Chiriqui, Panama

**Website:** [www.panamonte.com](http://www.panamonte.com)

**Phone:** +(507) 720-1327

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

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

## ISLA PALENQUE, PACIFIC OCEAN



Welcome to Isla Palenque, an exclusive private island resort set amidst 400 acres of enchanting jungle in the Gulf of Chiriqui, Panama, just a 60-minute flight from Panama City followed by a one-hour land transfer and 20-minute calm boat ride to the island. A haven for those seeking the tranquility of nature and barefoot luxury. Enjoy this secluded island which offers comfortable accommodations with modern-style rooms, excellent cuisine, wellness programs, and special amenities that provide an unforgettable stay. Eight romantic Beachfront Casitas with a King bed, secluded from one another amongst verdant palms and jungle flora, spill out onto the island's largest beach – the most idyllic of seven golden shorelines that frame Isla Palenque. The island counts five miles of coast and over a mile and a half of soft volcanic beaches, ranging from a large, zebra-striped crescent beach that faces the setting sun and forms most of the island's southwest side to numerous secluded private and hidden beaches. Stunning views of the ocean stretch in every direction, whether from one of our pristine beaches, wild rocky outcroppings, serene coconut groves, or craggy ridges covered with ancient trees. Isla Palenque's beauty doesn't stop at the coast; the island offers an incredibly lush and varied interior.

**Address:** Isla Palenque, Pacific Ocean, Gulf of Chiriqui

**Website:** <https://www.islapalenque.com>