

Tailored Civilized Adventures

PANAMA

What is a Tailored Civilized Adventure?

Special Celebrations • Personalized Getaways

Travel when you want, for as long as you want, and with whom you choose to. We excel at creating thoughtful itineraries to exciting international destinations, and we can help you design your own Civilized Adventure.

Where do you start? Talk to us! Tell us what you'd like to do on your dream trip and let us do the rest. Working together, we can create a completely custom, tailored trip that showcases your special interests.

The cornerstone of any Civilized Adventure is our own passion for exploring the world and experiencing what a country or area is all about. We bring that passion to over 15 years of trip-planning experience. Let us combine our experience with your dreams to result in your very own **trip of a lifetime.**

Why PANAMA?

Diversity • Pristine beaches & islands • Tropical rainforests, volcanoes & cloudforests

Panama is a very small yet hugely diverse country. It is easily reached from Canada. Once there, you'll discover colonial Panama City as your guide takes you down the cobbled streets of the old city, and you'll no doubt enjoy the vibrant nightlife of the modern city. You'll learn about the building of the Panama Canal, and the logic behind maintaining the pristine rainforest along its banks. You'll discover ethnic groups you never knew about

and you'll be surprised at the simple way of life these groups wish to preserve. You can escape the lush tropical climate with a journey into the highlands where colourful birds flit from tree to tree while you walk forest trails on the flanks of huge (dormant) volcanoes. Finally you can wind down on the shores of the Caribbean in the laid-back region of the Bocas del Toro islands. Panama is a great place for a getaway!



Sample Itinerary - PANAMA:

Private transfers & tours • Special accommodations • Diverse experiences

Day 1: Arrive PANAMA CITY. Meet and greet by your guide and transfer to your hotel.

Day 2: PANAMA CITY (B, L). Full day to explore the city with your guide. See the ruins of "Panama Vieja" and colonial Casco Antiguo. Visit Miraflores Locks; learn about the engineering feat behind the building of the canal. Note: this private tour is offered Tuesday to Sunday and includes lunch.

Day 3: PANAMA CITY (B, L). Travel by road and river into Chagres National Park and meet the Embera people. Gain insight into their culture, traditions and history. You can even paint your body as they do using a natural ink obtained from a fruit called Jagua.

Day 4: BOQUETE (B). Fly to David in the lush highlands of Panama. This afternoon visit a gourmet coffee farm, learn about production from a local grower and end with a "cupping", the coffee equivalent of wine tasting.

Day 5: BOQUETE (B, L). Embark on a hike

on the "Los Quetzales Trail", one of the most beautiful in all of Central America. Enjoy the cloudforest environs and watch for a variety of colourful tropical bird species, including the Resplendant Quetzal.

Days 6 & 7: THE CARIBBEAN (2B). Drive over the continental divide to the Caribbean and the archipelago of Bocas del Toro. On Day 7 go by boat (shared) to Bastimentos National Marine Park to enjoy snorkeling in the warm waters along the reef. Watch for dolphins!

Day 8: PANAMA CITY (B). Morning at leisure then fly back to Panama City.

Day 9: EL VALLE (B, L). Drive to El Valle, a beautiful town with many attractions such as petroglyphs, hot springs, waterfalls, and hikes for all abilities. Visit the colourful market, then hike into the hills and enjoy a picnic lunch. Afterwards return to the city.

Day 10: DEPART OR EXTEND (B). Transfer to the airport for your flight home.

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Finca Leride, Boquete (3 paw)



Panamone Inn & Spa, Boquete (4 paw)



Tranquilo Bay Resort, Bocas (5 paw)

Accommodations:

3 paw properties we suggest are clean and well-located. Rooms have private bathroom. Room furnishings will be more simple. Facilities will include a restaurant and may or may not include a lounge or bar. Staff may or may not be fluently bilingual.

4 paw properties are our most popular offering; hotels are somewhat larger, and offer more services and amenities of a higher standard. At this level you may find a lounge and/or bar in addition to a restaurant, and sometimes a gift shop. Spa services may be offered.

5 paw level hotels are of international standards, or are the best available in a given area.

Here are some examples:

3 paw:

Panama City: Country Inn Amador
Boquete: Finca Lerida
Bocas del Toro: Hotel Bocas Town View

4 paw:

Panama City: Crowne Plaza
Boquete: Panamonte Inn & Spa
Bocas del Toro: Hotel Bocas Ocean View

5 paw:

Panama City: Hotel Bristol
Boquete: Hotel Palo Alto Riverside
Bocas del Toro: Tranquilo Bay Resort

Tailored Civilized Adventures INCLUSIONS:

- professional consultation services
- complete pre-departure information
- Trip Handbook (what you need to know before you go) and a miniguide
- domestic flights Panama City-David/Las Bocas-Panama City.
- all accommodation on a twin-share basis. Single? You can have your own room for a single supplement.
- meals as listed (B=breakfast, L=lunch, D=dinner)
- all transfers and excursions as detailed on a PRIVATE basis, unless otherwise requested by you.
- private guide and driver as outlined
- entrance fees to sites in itinerary
- Civilized Adventures daypack
- special activities, excursions or experiences to match your interests

EXCLUSIONS:

- international flights
- airport departure taxes
- items of a personal nature (laundry, drinks, etc.)
- optional travel insurance
- gratuities to local staff (porters, guides, drivers)
- any activities and excursions not specified
- any increases in cost due to circumstances beyond our control (i.e. airfare or fuel increases/surcharges, fluctuations of currency, park fees, taxes, etc.)

Prices are quoted in US dollars as of December 15, 2008. Prices are valid to August 31, 2009 but are subject to change.

Sample Itinerary Pricing

	ADULT, sharing per person	3 paw level	4 paw level	5 paw level
	Main Program (9 nts)*	US\$ 2890	US\$ 3470	US\$ 5200
	Kuna Kingdom (2 nts, flights, meals) *	US\$ 680	US\$ 940	
	Gulf of Chiriqui (2 nts, flights, B daily) *			US\$ 1040
2009	* flights between Panama City and David, Bocas, or San Blas are included. All program costs are per person, based on a minimum of 2 people travelling together following our sample itinerary. Single rooms are available for a supplement. Your cost may differ depending on departure date, availability, group size and what you include in your final tailored itinerary. Larger parties may recognize cost savings per person; please inquire.			

More Time? Consider more Panama.

(1) The Kuna Kingdom. Only recently has the Kingdom carefully opened its doors to national and international tourism. Take a short domestic flight from Panama City to the San Blas Archipelago, governed by the Kuna. Spend your time at leisure observing Kuna culture, swimming, snorkeling or relaxing on beautiful white sand beaches.

(2) Gulf of Chiriqui. Accessible by land and boat via David, the boutique-style Cala Mia Ecolodge is located on the tip of an untouched island in Chiriqui Archipelago National Marine Park. 11 Bungalows are all within 10 meters of the Pacific Ocean. Optional tours are available to explore neighboring islands, beaches and mangroves. Alternatively, relax on the private beach or enjoy the spa facilities.

(3) Extend your stay. Opportunities are available for birding, trekking & hiking, cultural experiences, nature based tours and beach escapes. We can adapt your Panama adventure to include experiences that cater to your own personal interests. Call us today to start creating your perfect Panama Civilized Adventure!