



Thomson Family Adventures

Panama Multi-Sport Adventure August 7 - August 15, 2021

YOUR ITINERARY

8/7/2021
Saturday

Arrive in Panama City

Welcome to Panama! While the Panama Canal is one of the wonders of the modern world, Panama has many more wonders waiting to be explored, from lush forests to magnificent beaches!

✦ **Airport Transfer and Check-in**

Welcome to Panama City! After arriving at Tocumen International Airport, meet a Thomson Family Adventures representative and transfer to the hotel for a good night's sleep. Tomorrow, the adventure begins!

Accommodations: Bristol Hotel

8/8/2021
Sunday

Panama City

Indigenous tribes make up roughly 5 percent of the total population of Panama. Many of these groups still hold fast to their ancient dress and traditions.

✦ **Welcome Breakfast**

Enjoy a welcome breakfast to meet your guide(s) and fellow travel buddies for the week.

✦ **Piragua Ride to Emberá**

Take a motorized dugout canoe, a "piragua," through the rainforest of Chagres National Park near the Panama Canal, home to an abundance of tropical animals and plants.

✦ **Emberá Village**

Visit an Emberá village, learning about the importance of living by a river to their customs and daily life. Kids will especially love being "tattooed" with traditional jagua, a natural dye the Emberá use to adorn their bodies.

✦ **Friends Across Borders Meeting**

The Friends Across Borders meeting takes place during your visit to the Emberá community. Here you interact with several members of the community, including its younger generations, learning their unique language, participating in the traditional dances and engaging in a little friendly competition of a soccer match.

✦ **Traditional Lunch**

Your lunch today will consist of fish, plantains and fresh fruit, served in a traditional style by the Emberá people.

✦ **Casco Antiguo**

Stroll the streets of historic Casco Antiguo and learn about its storied past, from being attacked by pirates to becoming influenced by the French, which spawned its modern-day nickname, the French Quarter of Panama.

✦ **Dinner in Casco Antiguo**

Enjoy dinner in a local restaurant in Casco Antiguo, a favorite family event.



Accommodations: Bristol Hotel
Meals Included: Breakfast, Lunch, Dinner

8/9/2021
Monday

Panama City to Bocas

There something very moving, for children and adults, about seeing the Panama Canal for the first time. The enormity of this engineering marvel boggles the mind. There's the vast jungle that had to be divided, the massive locks that had to be constructed, and then there are the 40 ships that pass throu

✦ **Gatún Lake Jungle Boat Adventure**

You'll take a voyage across Gatún Lake in the Panama Canal, passing gigantic ships and observing plenty of wildlife on the way — iguanas, crocodiles, Geoffrey's tamarins and howler and white-faced capuchin monkeys, to name a few!

✦ **Lunch at Miraflores Locks**

Enjoy a buffet lunch on the top floor of the Miraflores Locks, watching the massive boats pass by!

✦ **Miraflores Visitor Center**

Tour the Miraflores Visitor Center, offering three levels for visitors to observe the Panama Canal's operation as the ships pass through the Locks. It's the best place to take photos and learn about how incredible the canal system really is!

✦ **Fly Panama City to Bocas del Toro**

Transfer to the airport for your flight to the tropical paradise of Bocas del Toro.

✦ **Check into your Hotel**

Check in and unpack at your hotel.

Accommodations: Playa Tortuga Hotel
Meals Included: Breakfast, Lunch, Dinner

8/10/2021
Tuesday

Bocas Del Toro

The archipelago also boasts its own unique Afro-Caribbean culture. In the 1800's Isla Colon was one of the main headquarters for the United Fruit Company, a North American enterprise which cultivated the surrounding lands with banana plantations. Do not be surprised when you hear a familiar English word or two amid some Spanish and the regional dialect, "guari guari."

✦ **Surfing Lesson**

Take a surf lesson and ride some waves. You'll ride a boat out to the perfect spot to practice some new surf skills and have a ton of fun in the water!

✦ **Lunch at Finca Monos Botanical Gardens**

Enjoy a delicious home cooked meal at the Finca Monos Botanical Garden.

✦ **Dinner at Bibi's Restaurant**

Take a boat taxi to Bibi's Restaurant on Carenero Island and enjoy dinner on the waterfront.

Accommodations: Playa Tortuga Hotel
Meals Included: Breakfast, Lunch, Dinner

8/11/2021
Wednesday

Bocas Del Toro

Bastimentos Marine National Park. This National Park was established in 1988 and is Panama's first marine park. The beaches here are nesting grounds for four species of sea turtle, and the coral reefs are ideal for snorkelers of all ages.



❖ **Snorkel at Coral and Man-of-War Cay**

Snorkel in the tropical underwater landscape of Coral and Man-of-War Cay, small islands that are like real-life aquariums!

❖ **Snorkeling in the Mangroves**

One of the most pleasant features of snorkeling in the mangroves is the peace and tranquility of the habitat.

❖ **Take a boat taxi to a restaurant**

Take a boat taxi to Bocas town and enjoy dinner in a local restaurant.

Accommodations: Playa Tortuga Hotel

Meals Included: Breakfast, Lunch, Dinner

8/12/2021
Thursday

Bocas Del Toro to Chiriqui Highlands

The remarkable landscape of the Chiriqui Highlands is made up of cloud forests, lush lands, and the country's tallest volcanic peak.

❖ **Boat to Almirante**

You'll take about a 30-minute boat ride from the archipelago of Bocas del Toro to the town of Almirante.

❖ **Drive from Almirante to Boquete**

Drive over the scenic Cordillera de Talamanca, a mountain range set on the border between Costa Rica and Panama and into the province of Boquete. Our drive time is approximately three-and-a-half hours.

❖ **Check into your Hotel**

Check in and unpack at your hotel.

❖ **Cloud Forest Hike and Quetzals**

Hiking in the emerald green cloud forest, you'll want to keep an eye out for the Resplendent Quetzal, thought by many to be the most beautiful bird in the world. As you meander through the forest teeming with vines and bromeliads, you will encounter a section of the trail that weaves through a waving bamboo grove. Combined with waterfalls and an abundance of orchids, this trail has nearly everything you'd expect in a tropical countryside hike.

Accommodations: Hotel Panamonte

Meals Included: Breakfast, Lunch, Dinner

8/13/2021
Friday

Chiriqui Highlands

The Gulf of Chiriqui is dotted with dozens of islands, most uninhabited. When the cold waters of the Atlantic mix with the warmer waters of the Gulf, the result is a nutrient rich ecosystem that attracts all kinds of marine life.

❖ **Whitewater River Rafting**

Experience the fun of whitewater rafting down a Class II or III river, giving you ample opportunities for adventure, tropical-wildlife viewing, and swimming!

❖ **Relax at the Hotel**

Relax at your hotel and enjoy the beautiful surroundings.

❖ **Boquete Town Visit on your own**

Get a chance to tour the charming town of Boquete on your own. Located on the Caldera River, nestled in Panama's cooler cloud forest and famous for its gorgeous rainbows!



Accommodations: Hotel Panamonte
Meals Included: Breakfast, Lunch, Dinner

8/14/2021
Saturday

Chiriqui Highlands to Panama City

Located on the central coast, near the Pacific end of the Panama Canal, Panama City is the country's largest city and its capital. It was also the first European settlement on the Pacific coast in the Americas. A major center for banking and commerce, the city is one of the most modern and cosmopolitan in Latin America.

✦ **Zip-line Through the Cloud Forest**

Soar through the tropical cloud forest canopy on a zip line, using a time-tested system of cables and harnesses. Flying high over the trees is an extreme thrill-ride and an adrenaline rush that's nearly impossible for brave-hearted adventurers not to enjoy. (Age limits are 5-70 years old)

✦ **Coffee Tasting Tour (Zip-line Alternative)**

Don't feel like zip-lining? Instead tour the Kotowa Coffee Estate Rio Cristal and sample some of its sustainable, award-winning coffee!

✦ **Boquete Tree Trek**

Explore the gorgeous views of the cloud forest on a series of trails interconnected by stationary and suspension bridges. All of the bridges are made of galvanized steel and high-strength aluminum for utmost safety.

✦ **Fly David to Panama City**

Take a short flight from Chiriqui to Panama City.

✦ **Farewell Dinner at Salsipuedes**

Enjoy a farewell dinner at Salsipuedes, one of Panama's best restaurants, conveniently located in your hotel.

Accommodations: Bristol Hotel
Meals Included: Breakfast, Lunch, Dinner

8/15/2021
Sunday

Depart Panama City

All great adventures must one day come to an end. This morning, enjoy your last breakfast in Panama and say "hasta pronto" to your new friends before departing for the airport.

✦ **Airport Transfer**

All great adventures must come to an end. This morning, enjoy your last breakfast in Panama and say "hasta pronto" to your new friends before departing for the airport.

Meals Included: Breakfast



ACCOMMODATIONS (Subject to change until the final itinerary)

Bristol Hotel (or similar)

The Bristol Hotel is located in the heart of Panama City. Amenities include free Wi-Fi, an LCD TV, in-room coffeemaker, safe, hair dryer, telephone and air conditioning. The hotel has a spa, fitness center, restaurant and pool.

Playa Tortuga Hotel (or similar)

Playa Tortuga Hotel and Beach Resort is located on the beach of Colon Island in Bocas del Toro. Amenities include air conditioning, wi-fi, laundry service, hair dryers, a swimming pool, gym and gift shop. The hotel also has two restaurants and a lounge.

Hotel Panamonte (or similar)

Hotel Panamonte is located in the highlands of Boquete. Amenities include TV, Wi-Fi, hair dryer, air conditioning and a safety deposit box.



TRIP DETAILS

Included

- All entrance fees for sites indicated in the itinerary
- Accommodations based on double and triple occupancy at comfortable hotels
- Meals as per the above itinerary
- Services of a bilingual guide who will accompany you throughout your trip
- All excursions as listed in the itinerary
- Airport transfers for families arriving on the scheduled arrival date and departing on the scheduled departure date
- Land transportation, airport transfers and internal air
- Water and snacks are provided daily in the vehicles
- Groups of 8 or more will be accompanied by one of our Rafikis, the fun person on the trip, who provides opportunities for educational and recreational activities
- Complete preparation materials including helpful tips, packing list, trip expectations, tipping guidelines, etc.

Not Included

- *Travel Insurance
- *International flights
- *Tips for guide and driver
- *Tips for Rafiki (if applicable)
- ***Connecting rooms/cabins unless noted on the itinerary**
- *Soda, beer, wine and spirits (where we include dinner, you will need to pay the bar tab)
- *Fees for passports, visas and immunizations
- *Meals and expenses en route to your destination
- *Internet, laundry and other items of a personal nature
- *Additional activities not listed on this itinerary
- *Airport transfers on days other than scheduled arrival and departures dates
- *Additional costs incurred due to flight delays are at your own expense. If you purchased travel insurance please review for coverage specifics and save all receipts.

Please note that Thomson Family Adventures (TFA) will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. TFA reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

