

# Panama Discovery 7 Days

**Birdwatching - Wildlife Observation - Indian Culture - Caribbean Islands - Volcano  
Panama City - The Canal - Canopy - Snorkeling - Hiking**

**7 Days / 6 Nights**

## **DAY 1: AIRPORT - SAN BLAS MOUNTAIN RANGE**

Arrival at the international airport. Welcome by one of our representatives and drive to a simple lodge in the middle of the San Blas mountain range.

The lodge is located at an altitude of 400 meters above sea level in the San Blas mountain range. The area consists of a mountainous, humid tropical rainforest and borders the Nargana Wilderness Area, which extends within the Mesoamerican Biological Corridor from southern Mexico to Darien National Park in eastern Panama.

The habitat of the mountain range of San Blas is rich in plant and animal species and is home to representative species such as jaguars, tapirs and harpies, which need an extensive and healthy environment in order to be able to live. Since 1998, when the area was declared a protected area, there has been an increase in biodiversity and biodiversity. Troops of Geoffroy's tamarin monkeys, a species endemic to Panama, are as common as families of Collared Peccaries, Tamandua, and Pacca. Rivers and streams that traverse the reserve, as well as bromeliad leaves and other damp crevices in tree trunks, are full of frogs and other amphibians. The lush flowering plants attract butterflies, and dozen species of birds use trees to nest, feed, and rest.

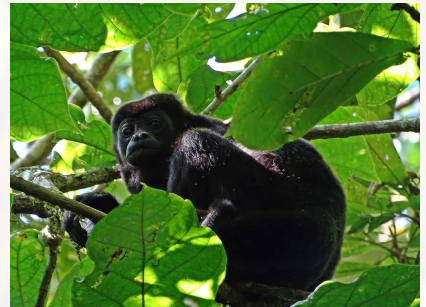
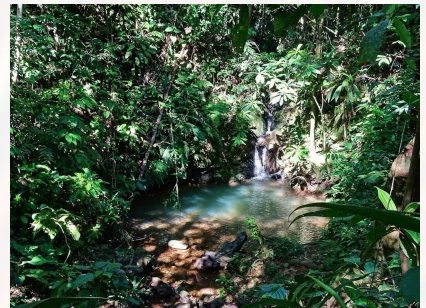
Depending on when we arrive at the lodge, we can go on a great excursion in the afternoon through this dense primeval forest to an approximately 5 meter high cascade with tropical warm water in the forest. On the way we have the opportunity to observe the rich fauna and flora.

If, due to the arrival, it is already a bit too late to take the excursion, we can enjoy the evening atmosphere of the jungle around the lodge.

Today we stay in a small, simple wooden hut, in the lodge with either one double or two single beds. (A)

*Overnight at the Lodge*

*Meals: B/-/D*



**DAY 2: SAN BLAS MOUNTAIN RANGE - SAN BLAS (GUNA YALA)**

After breakfast we go on a great excursion through the jungle up to a 5 meter high cascade with tropical warm water. On the way we have the opportunity to observe the rich fauna and flora.



Then we take off to the Caribbean, a 45 minutes the drive to Puerto Carti. From there we continue for 25 minutes with a small boat to one of the most beautiful islands of San Blas or Guna Yala, as the Indians call their area. Biridub is the name of the island which is only 120 m long and 40 m wide.



Today we are accommodated in a charming, quite rustic cabin directly on the white sandy beach. For lunch and dinner we enjoy fresh seafood from the San Blas Islands. Snorkeling equipment can be rented to explore the island's beautiful reefs. Those who prefer can relax in a hammock under the palm trees. Maybe with a freshly harvested coconut or a cocktail

*Overnight in a cabin on the uninhabited island  
Meals: B/L/D*

**DAY 3: SAN BLAS (GUNA YALA)**

Today a boat trips can be booked to a nearby community of the Guna Yala Indians where we got a great impression from the way of life of these Indians. A sunken ship overgrown with corals or to a place called Picina, where you can see starfish in the shallow, turquoise blue water. The trips cost between \$ 20 and \$ 30 per person. We spend the night again on the Paradise Island in the cabin.



*Overnight in a cabin on the uninhabited island  
Meals: B/L/D*

#### DAY 4: (B, L, D) SAN BLAS (GUNA YALA) - PANAMA CITY

Around 3 o'clock In the afternoon we go back to the mainland where our car is waiting to take us to Panama City. The evening is free. We can use the time to visit one of the numerous restaurants or street cafes in the beautiful and partly well-restored old town. After dinner, we can explore the nightlife of Panama. What could be better than entertainment with Latin American music, possibly even live. (B, L)

*Overnight in a hotel In Panama City*  
*Meals: B/L*



#### DAY 5: PANAMA CITY AND CANAL TOUR

After breakfast we set off through Panama City and the Miraflores Locks. The tour begins with a 30-minute drive to Miraflores to see the giant ships that pass through the Panama Canal. We will enjoy the view of the lock from the visitor terrace. Then we visit the museum and the visitor center in Miraflores, where we get a good idea about the construction of the canal - a masterpiece of engineering. We will also learn about the history of the canal and its importance for Panama and the world trade. After visiting the canal, we continue to the Amador Causeway, a road that connects three islands in the Pacific and offers great views of the canal on one side and the Panama City skyline on the other. Then we go to Panama Viejo, the old Panama. Panama Viejo was the first European settlement on the Pacific coast of America. This first city in Panama was sacked and destroyed by the notorious English pirate Henry Morgan in 1671 and therefore abandoned. Today only ruins are left. Nevertheless, the tower of the old cathedral stands and has become a symbol of the city. Finally we go back to Casco Viejo, the colonial district of Panama City. Today we will learn a little more about the history of the old town and the many old buildings and churches. The tour ends at the entrance of our hotel and we have the evening free again

*Overnight in a hotel In Panama City*  
*Meals: B/-/-*



**DAY 6: PANAMA CITY - VALLE DE ANTON**

After breakfast we start to the mountains of the province of Coclé, more precisely to the small town of El Valle de Anton. The small town is located in the middle of an extinct volcanic crater! The largest populated volcanic crater on earth is surrounded by tropical cloud forests and exotic plants. After arrival we explore the area on a hike passing some small cascades and petroglyphs up to the crater rim where you get a fantastic view of the crater and if the visibility is good, even to the sea. Maybe we can take a bath in one of the numerous cascades on the hike before we make ourselves comfortable in our accommodation in Valle de Anton in the evening.(F)

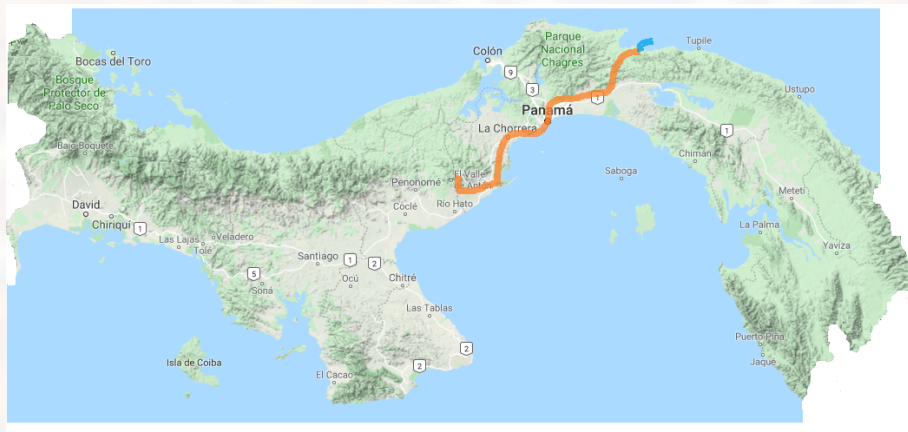


*Overnight in a hotel In Panama City*

*Meals: B/-/-*

**DAY 7: VALLE DE ANTON - PANAMA AIRPORT**

Before our trip comes to an end, we visit a butterfly farm where we learn a lot about the local species of butterflies before we experience the green cloud forest on a canopy tour and race through the jungle on steel cables at lightning speed. On the last excursion of the trip we visit a recently established breeding station of the almost extinct poison frog Rana Dorada. We learn a lot about this beautiful frog and how to try to save the species in order to release it again. Finally we will have to spend another 3 hours in the car to the international airport of Tocumen, where our tour will end.



**Car/Tourbus**

**Boat**

**For more detailed information referring to this tour please contact:**

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