



## Complete Panama: Panama City and Canal, Rainforest, Anton Valley and San Blas



Anton Valley

Panama Canal Transit Market operates only on Saturdays, so ideal start date for this trip is Thursday (or Friday if you tour Soberania National Park the day after). This can be modified to suit your schedule by rearranging the itinerary. You also choose the type of accommodation (3-Star to 5-Star hotels).

This tour includes airfare allowance from London (UK), on non-holiday dates. You do not need to fly via London; Yampu will fly you the most direct way to your city of destination. Depending on your travel dates and proximity of travel, we will quote you the most economical surcharge from your city or country of origin.

### Pricing

Occupancy Type	3-star	4-star	5-star
Double/Triple	£ 2525	£ 2738	£ 3109
Single	£ 3267	£ 3692	£ 4150

Prices shown above are per person, in Sterling (£).



Panama Canal



San Blas

# Itinerary

## Day 1

Thursday

Upon arrival in Panama City, private transfer to your hotel.

## Day 2

Friday

Mini-hiking and aerial tram ride: Soberania National Park and Gamboa Resort

Depart from Panama City early in the morning for Soberania National Park and world-famous Pipeline Road, the right place for bird watchers and ecologists. It was site of the 1985 world record Panama Audubon Society Christmas Bird Count (385 species of birds were identified in 24 hours). During World War II, a pipeline was built to transport fuel from one ocean to the other. Fortunately, it was never used. Today, the road built to maintain the pipeline provides excellent access to primary forest within Soberania National Park with the comfort and safety of vehicle support. After this short hike, we will head to Gamboa Rainforest Resort. There you will be taken into an aerial tram that takes you from the shadowy rainforest floor through the understory, and into the sun-drenched canopy. You will enjoy a bird's-eye view of a thousand hues of green interspersed with the fluorescent exclamation points of flowering trees. The aerial tram is located in 100 hectares of rainforest licensed to Gamboa Rainforest Resort. Here one finds an exuberant flora and fauna typical of Panama's neo-tropical forests. The resort has built five exhibits that showcase local flora and fauna as well as a replica of an Embera Indian village. Afterward, you will be transferred back to your hotel. The tour includes transportation, entrance fee to Soberania National Park and water. Overnight at Gamboa Resort.

## Day 3

Pick up from Gamboa for a Partial Canal Transit

Your trip departs from the Flamenco Marina, and you will travel from the Pacific Ocean to the Atlantic. You will be able to admire the Bay of Panama and Panama City's skyline, and later you will pass under the Bridge of the Americas. At Miraflores Locks, the vessel will ascend 54 feet in two distinct steps. You will then enter Miraflores Lake, which is a small artificial body of fresh water that separates Pedro Miguel Locks from Miraflores Locks. Next, the Pacific Queen will enter Pedro Miguel Locks, which is one of the two sets of locks on the Pacific side, and here the vessel will be raised the last 27 feet to get into Gatun Lake. Once at Gatun Lake, you will sail through the north end of the Gaillard Cut, where the Chagres River flows into the Canal. The Gaillard Cut is also known as Culebra Cut because its curves resemble a snake ("culebra" in Spanish) and is one of the main points of interest for visitors because it was carved through the Continental Divide. The vessel will travel the Cut's 13.7 kilometers on the way to the Panama Canal Dredging Division in Gamboa where passengers disembark and transfer back to Flamenco Pier.

Note: Exact itinerary may vary depending on where the transit starts.

## Day 4

Sunday

Tour to Anton Valley

Tour to Anton Valley in the province of Coclé, 600 meters above sea level and believed to be the crater of an ancient volcano. Visit the residential area, the Macho Waterfall, the thermal poles and the Nispero Farm where you can watch the famous golden frogs. Afterward we will have a typical lunch (included) at a local restaurant. El Valle de Anton is one of the most colorful areas of Panama.

The tour will take you to the Indian market where local artisans and Indians bring their handicrafts, plants and vegetable products to sell. There, you can find fine and wonderful hand-made woodcarvings, soapstone sculptures, seashells, souvenirs, leather goodies and much more.

Later, visit the Indian petroglyphs, where ancient inhabitants left their messages—still a mystery for our modern culture. Also, admire the India Dormida Mountain, so called because of its resemblance to a sleeping Indian woman. Finally, visit El Nispero, a zoo that cares for some of the endemic species after they were found injured in the forest. This zoo also has a unique collection of orchids. Here, you will admire the golden frogs and the squared trees, both endangered species. Lunch will be served at a local restaurant. Return to Panama late in the afternoon.

Optional: At El Valle you can take the Canopy Tour, which consists on a steel cable system that runs through the canopy of the forest, above Chorro del Macho (waterfall). There, using special harnesses you go through the forest, safely jumping from tree to tree. This activity costs an additional \$40. This is an outdoor activity in the tropics, so light clothes, swimming suit, insect repellent, hat, sunscreen and comfortable shoes are recommended.

## Day 5

Monday

Early morning transfer to the airport to take a short flight to the tropical islands of San Blas, also known as Kuna Yala. San Blas is one of the most fascinating places in Panama. It is an archipelago of 356 islands in the Caribbean Sea, of which 51 are inhabited by an indigenous Kuna

tribe. This territory includes a wide trip of virgin tropical forest, as well as beautiful coral reefs teeming with marine life. The most impressive part of the islands are the Kuna people, who only recently opened their home to tourism and live true to their colorful traditions. You will spend a night on the islands in a Kuna operated lodge, with daily activities such as snorkeling, fishing, visiting the local communities, diving, canoe trips, hikes in the forest, and beach time! All activities and meals are included.

## Day 6

Tuesday

Return to Panama City. Upon arrival, transfer to your hotel.

### Panamanian Night Tour

Enjoy an oasis of flavor and folklore characteristic of the countryside and taste delicious Panamanian-style dishes in comfortable and elegant surroundings at Las Tinajas Restaurant in the center of Panama City. Includes transfer to and from hotel, typical Panamanian dinner, cover charge, service charge and dance show. Available only on Tuesday, Thursday, Friday and Saturday.

## Day 7

Wednesday

### Historic Portobelo tour

Between the 17th and 19th centuries, the Port of Portobelo served as a Spanish fortress and Caribbean terminal. Products such as species, gold and silver coming from Peru and other Spanish colonies passed through to the Pacific side by way of a trail called the Royal Path across the isthmus, to await ships to transport them to Spain. Portobelo was the victim of various pirate attacks, the best known being that by Henry Morgan. In 1671, Morgan and his men routed 1,500 poorly trained Spanish soldiers, took more than 100,000 pounds of stolen goods and treasures, and then burned Panama City to the ground. The small island of Drake, where his remains are located, is another attraction. We will visit all the ruins of the colonial port, the customhouse where the treasures and gold were stored and Portobelo Church, where the famous Black Christ statue rests, before taking a boat tour around the bay. A celebration to commemorate the Black Christ, which is venerated throughout the country, is held every October 21. Lunch included (with no drinks).

## Day 8

Thursday

Transfer to the airport to take the flight to back home, or choose from optional add-ons in Panama, extension to Costa Rica other Central American countries.

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## Price includes:

Prices include international airfare from Miami to Panama City return, Panama to San Blas return, hotel accommodation with daily continental breakfast, guided tours in English, meals where specified, entrance fees, transportation between hotels, transfers between airport and hotel, naturalist guides and taxes. Local airport taxes that are payable in the country of destination are not included. Taxes and security fees that can be paid at time of ticketing are already included in the quote (if airfare has been included in the quote).

Full Canal Transit Tour Dates (10 hours – \$58 surcharge):

2011: August 20 / September 17 / October 15 / November 19 / December 17

2012: January 14/ January 21 / February 11 / February 18 / March 10 / March 17 / April 21 / May 19 / June 16 / July 21 / August 18 / September 15 / October 20 / November 17 / December 15