Panama

One of the more off-the-beaten-track destinations, Panama offers the adventurous traveller a chance to visit untouched islands, mesmeric cloud forests, misty highlands, tropical rainforests, volcanic craters and abundant wildlife amidst the continent’s most independent indigenous people. Hike, bike or kayak around forested islands that have an infectious Afro-Caribbean charm.

At a glance

• Panama Canal - the world's greatest short cut and an engineering marvel
• Lake Gatun – one of the largest man-made lakes in the world
• Vexed and beautiful landscapes - cloud forest, rainforest, tropical beaches and mountain ranges
• Boquete – the "town of eternal spring", cool, fresh and inviting
• Panama City – visit Casco Viejo, the old city, with its cobblestones and colonial architecture
• Dry Season from December to April, but can be visited all year round
• Various ethnic communities with distinct heritages
• Macaws, toucans, squirrel monkeys and sloths

Getting there

Flights from London Heathrow to Panama City with KLM (via Amsterdam), Air France (via Paris) and Iberia Airlines (via Madrid). In addition, Avianca operate a service from London Heathrow (via Bogota). Regional departures include Manchester, Birmingham, Cardiff, Bristol, Humberside, Newcastle and Edinburgh.

Prices from £2,865 per person (2 sharing) for a 12 night trip

Combinations

Panama combines well with Costa Rica, Guatemala and Colombia.

Panama City

Located on the Pacific coast, Panama City is only a stone’s throw away from some of Central America’s richest rainforests. It is a vibrant, cosmopolitan city, combining old Spain with modern America; from the 16th century ruins of Casco Viejo, to the 17th century Spanish colonial churches of Casco Antiguo, to the Manhattan-like skyscrapers. No visit to the city is complete without a transit through the engineering marvel of the Panama Canal.

Panama City Province

There are many protected rainforests in this province, offering visitors ample opportunities for hiking and wildlife observation. These include the Chiquibul National Park, home to the Emberá community; the Campinar National Park and the vast tropical rainforest of the Soberanía National Park. The Soberanía National Park boasts a spectacular variety of wildlife, with over 100 mammal species and 70 reptile species. In addition, it offers top birding trails, including the famous Pipeline Road - all within a 45 minute drive from Panama City.

OUR TOP TIPS

Head to the historic town of Portobelo, with its ruined ports, sunken ships and pirate legends • Take a light aircraft flight to the San Blas islands for a unique insight into the Kuna community
Boquete
A one hour flight from Panama City, followed by a 1 hour drive from David Airport will bring you to the cloud forest village of Boquete. Set on the slopes of the extinct Baru Volcano - this picturesque mountain village is located in one of the most beautiful, pristine regions of the country.

It is a wonderful environment for those seeking complete immersion in nature and is perfect for walking or bird watching. The area is home to vast coffee plantations producing the country’s finest coffee.

Boquete
BB
The lodge is set within a 800 acre private nature reserve. There are twenty two spacious and attractive double rooms, each with private bathroom, porch and stunning views of the valley and surrounding mountains. After a day of birding, hiking, walking or just relaxing, guests can enjoy a variety of freshly cooked meals in La Brulerie Restaurant.

Azuero Peninsula

This beautiful and remote region is known for its pristine beaches and strong folkloric traditions. Dotted with old colonial towns and nature reserves hosting waterfowl and nesting birds. One of Panama’s oldest settlements, the city of Chitré is the cultural and historic capital of the region and is a pleasant stop on the way to the peninsulas’ beaches. Further down the peninsula is the historic settlement of Pedasi, which is the best place from which to visit the nearby wildlife reserve on Isla Iguana.

Cubita Boutique Resort and Spa

Cubita is a convenient base from which to explore the region. The facilities include the Los Marqueses Restaurant and a circular swimming pool with an adjacent pool bar. There are 66 air-conditioned rooms and suites, all with private facilities and a balcony or terrace with views of the internal patio, colonial chapel or swimming pool.

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Finca Lerida

The lodge is set within a 800 acre private nature reserve. There are twenty two spacious and attractive double rooms, each with private bathroom, porch and stunning views of the valley and surrounding mountains. After a day of birding, hiking, walking or just relaxing, guests can enjoy a variety of freshly cooked meals in La Brulerie Restaurant.

Boca Chica

Day 1 On arrival transfer to hotel in Panama City. The Bristol for 2 nights. BB

Day 2 Partial northbound Panama canal transit (group basis).

Day 3 Transfer to Panama City (domestic airport) for flight to David. Transfer to hotel in Boquete. Finca Lerida for 3 nights. BB

Day 4 Lake Gatun wildlife boat trip (group basis).

Day 5 Drive to Boquete. Finca Lerida for 3 nights. BB

Day 6 Drive to Arenal. BB

Day 7 Guided half day tour of Finca Lerida coffee plantation.

Day 8 Drive to Arenal. BB

Day 9 Drive to Playa Langosta and Almar Resort and Spa for 3 nights. BB

Day 10-11 Days at Leisure.

Day 12 Days at Leisure. BB

Day 13 Drive to Bocas del Toro airport. Fly to Panama City (domestic airport). Transfer to hotel in Panama City. The Bristol 1 night. BB

Day 14 Guided half day walking tour of Panama City. Transfer to Panama City international airport for return flight to the UK.

For additional lodges, itineraries and general information on Panama please visit www.sunvil.co.uk

Guide prices include
• International economy return flights from the UK (see the itinerary for specific airline details).
• Accommodation - standard room unless stated otherwise.
• Private transfers and tours (unless indicated otherwise).
• Internal flights (as featured in the itinerary).
• Meals (as outlined in the itinerary).

Board basis key
Bed and Breakfast BB
Half Board HB
Full Board FB
All inclusive AI

Highlights of Panama - 12 nights
Based on KLM (via Amsterdam) Guide price per person (2 sharing) £2,865
• Panama City 3 nights
• Panama City Private Tours 3 nights BB
• Boquete 3 nights BB
• Bocas del Toro 3 nights BB

Day 1 On arrival transfer to hotel in Panama City.
The Bristol 2 nights BB

Day 2 Partial northbound Panama canal transit (group basis).

Day 3 Transfer to Gamboa. Gamboa Rainforest Resort for 3 nights BB

Day 4 Lake Gatun wildlife boat trip (group basis).

Day 5 Day at Leisure.

Day 6 Transfer to Panama City (domestic airport) for flight to David. Transfer to hotel in Boquete. Finca Lerida for 3 nights BB

Day 7 Guided half day tour of Finca Lerida coffee plantation.

Day 8 Day at leisure.

Day 9 Transfer to Almirante port for boat to Isla Colon. Transfer to hotel in Bocas del Toro. Hotel Bocas del Toro for 3 nights BB

Day 10-11 Days at Leisure.

Day 12 Days at Leisure BB

Day 13 Drive to Boquete. Finca Lerida for 3 nights BB

Day 14 Guided half day tour of finca Lerida coffee plantation.

Day 15 Day at Leisure.

Day 16 Drive to Bocas del Mar. Hotel Bocas del Mar for 4 nights BB

Days 17-18 Days at Leisure.

Day 19 Drive to David Airport and drop off vehicle. Fly to Panama City (domestic airport) and transfer to hotel. The Bristol 1 night BB

Day 20 Guided half day walking tour of Panama City. Transfer to Panama City international airport for return flight to the UK.

Panama self-drive - 14 nights Based on KLM (via Amsterdam) Guide price per person (2 sharing) £2,925
• Panama City 2 nights
• Isla Colon 2 nights
• David 2 nights
• Arenal 3 nights
• Boquete 4 nights
• Bocas Chica 3 nights
• Panama City 1 night

Suggested itineraries

Please find some suggested itineraries which can be tailored to suit individual requirements. They are simply examples of what is feasible within different timeframes. There are additional itineraries on our website or please speak to us for further guidance. They are aimed at individual travellers (NOT group escorted tours). Tours include an English speaking guide. Prices are a guideline only please contact us for an exact quote. Please note that we are able to quote for land only arrangements (no flights) but we require a minimum of 7 nights.