



# 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
- Varied 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, Humberstone, 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.



### The Bristol

Panama city **BB**

Set in the heart of the financial district, this elegant hotel offers a perfect combination of luxurious accommodation and good dining. It has 125 rooms and suites, which are elegantly decorated with custom-made fabrics and prints by famous Panamanian artists. Amenities include an outdoor swimming pool with solarium and the highly reputable Salsipuedes Restaurant.

## Panama City Province

There are many protected rainforests in this province, offering visitors ample opportunities for hiking and wildlife observation. These include the Chagres National Park, home to the Emberá community, the Campana 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.



### Canopy Tower

Soberania National Park **FB**

The Canopy Tower is a unique lodge set in the heart of the Soberanía National Park. A former US Air Force radar station, it has a rooftop viewing deck that offers breathtaking 360° views over the surrounding canopy. The 12 rooms, situated on the first and second floor, are modest yet comfortable with large windows, ceiling fans and bathrooms.

## 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



## 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.

### 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.



#### Finca Lérica 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.



#### Cubita Boutique Resort and Spa Nr Chitré **BB**

Cubita is a convenient base from which to explore the region. The facilities include the Los Maizales Restaurant and a circular swimming pool with an adjacent pool bar. There are 96 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.

### 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 wetland birds and nesting turtles. 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.

#### 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

- BB** Bed and Breakfast
- HB** Half-Board
- FB** Full Board
- AI** All inclusive

#### Highlights of Panama - 12 nights

Based on KLM (via Amsterdam)  
Guide price per person (2 sharing) £2,865

- Panama City 3 nights **BB**
- Panama City Province 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 for 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**

**Days 10-11** Days at Leisure.

**Day 12** Transfer to Bocas del Toro airport. Fly to Panama City (domestic airport). Transfer to hotel in Panama city. The Bristol 1 night. **BB**

**Day 13** 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 **BB**
- El Valle de Anton 2 nights **BB**
- Azuero Peninsula 3 nights **BB**
- Boquete 3 nights **BB**
- Boca Chica 3 nights **BB**
- Panama City 1 nights **BB**

**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) and collect vehicle. Drive to El Valle region. Park Eden for 2 nights. **BB**

**Day 4** Day at Leisure.

**Day 5** Drive to Azuero Peninsula. Cubita Boutique Resort and Spa for 3 nights. **BB**

**Days 6 & 7** Days at Leisure.

**Day 8** Drive to Boquete. Finca Lerida for 3 nights. **BB**

**Day 9** Guided half day tour of Finca Lerida coffee plantation.

**Day 10** Day at Leisure.

**Day 11** Drive to Boca Chica. Hotel Bocas del Mar for 3 nights. **BB**

**Days 12-13** Days at Leisure.

**Day 14** Drive to David Airport and drop off vehicle. Fly to Panama City (domestic airport) and transfer to hotel. The Bristol 1 night. **BB**

**Day 15** 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](http://www.sunvil.co.uk)