







# Panama

One of the more off-the-beaten-track destinations, Panama offers the more 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. Often overlooked, Panama is a secret gem.

## At a glance

- The mighty Panama Canal, 80 kms long and an engineering wonder of the world
- Lake Gatun – the largest man-made lake of all
- Varied and beautiful landscapes – cloudforest, rainforest, tropical beaches, mountain ranges
- Boquete – the “town of eternal spring”, cool, fresh and inviting
- Panama City – visit Casca 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
- Combine with Costa Rica or Guatemala or parts of South America
- Flights from London Heathrow and regional airports (via Amsterdam) to Panama City



Finca Lerida

## Highlights of Panama 12 nights

Includes international and internal flights, transfers and transportation, excursions and accommodation with breakfast daily and some additional meals. Full itinerary, hotels and prices on request.

- Panama City 4 nights – See the city's highlights, take a boat ride on the canal and also visit the Rainforest Discovery Centre
- San Blas Islands 2 nights – home to the Kuna Indians, an autonomous province consisting of nearly 400 palm-fringed islands
- Boquete 2 nights – popular inland resort with a pleasant climate; coffee plantations and good birdwatching
- Bocas del Toro 3 nights – Caribbean style atmosphere and interesting marine life with good dive sites

## Panama City and Canal Venturer 9 nights

Panama City is a great base to see not only the fascinating shipping movements on the busy canal, but also to spot fantastic birdlife and wildlife in National Park's right on the city's doorstep. Full itinerary, hotels and prices on request.

- Stay at hotels close to the canal in Panama City and Gamboa



Akwadup Lodge

- Half day Panama City Tour and visit to Miraflores Locks on the canal
- Full transit during daylight of the Canal
- Visit to El Valle market
- Excursion on the Panama Canal Railway to Portobelo, and visit the Embera Indians
- Small-boat excursion on the Panama Canal looking for wildlife such as monkeys, sloths, toucans and much more
- Birdwatching on the Pipeline Road in the Soberania National Park
- Nocturnal boat safari



For more information on the various regions, hotels and itineraries in Panama please check our website [www.sunvil.co.uk](http://www.sunvil.co.uk)