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rediscovering the New World

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TRIP DETAILS
8 days / 7 nts - Panama

Departures Daily
Trip Ref 2899

ITINERARY IN BRIEF

PRICES FROM ($1)

Path between the Oceans

Day 1: Arrival in Panama (Thu)
Arrival to Panama City, transfer to the Hotel. Overnight at Panama City.

(Included meals : N / A)

Day 2: Panama City (Fri)
Our day begins with a trip of Panama City, visit the Casco Antiguo (Old Quarters), Museum of the Interoceanic Canal, and the three islands that make up the causeway, where we will have lunch. In the afternoon, we will tour the new Centennial Bridge and the Bridge of The Americas. Overnight in Panama City.

(Included meals : Breakfast, Lunch)

Day 3: Metropolitan National Park (Sat)
Our day begins very early with breakfast at the hotel. We will begin the excursion at the Metropolitan National Park, followed by the Miraflores Locks, where you will enjoy viewing ships transiting the waterway from the Visitor's Center. You will also be able to watch a short audiovisual presentation, and partake in the interactive center. Lunch the Visitor's Center.

En route to Gamboa you will see the French Cemetery and Pedro Miguel Locks. We will stop at Summit Botanical Garden, where you will be able to contemplate the biodiversity of the tropics, as well as, a wide variety of tropical plants. We will travel an area of 40-hectares with trees, paths and a zoo. At Summit there is an array of flora, mammals and birds characteristic of Panama. Another attraction is the Harpy Eagle Observatory, considered the second largest bird of prey of the world and Panama's National Bird. From here, we will continue to Gamboa. Arrival and accommodations. Dinner on own. Overnight at Gamboa Rainforest Resort.

(Included meals : Breakfast, Lunch)

Day 4: Gamboa – Soberania National Park (Sun)
Today we will combine an "aquatic" tour at Chagres River with a walk on a short trail. The trail is called the Chunga because of the variety and abundance of palms on it. For indigenous groups around the world, palm trees are one of most important plants. The nature guide will give a brief explanation of all the uses that our indigenous groups have for palms. Once we arrive at the banks of the Chagres River, we will ride a boat and search for the rich flora and fauna of this place.

We will also go by the historically renown site called "Venta de Cruces", where the Spaniards established a control center in the 1530s on Camino de Cruces, which was a path used to transport gold conquered. The bank is covered with trees and is part of the watershed of Soberania National Park. The remainder of the day is free, or it may be a good time ride the aerial tram or view the exhibitions of Gamboa. Overnight at Gamboa Rainforest Resort.

(Included meals : Breakfast)

Day 5: One day with the Embera Indigenous Culture (Mon)
Early in the morning, we will begin this fascinating tour. Upon arrival at Chagres National Park, we will enjoy the breath-taking beauty of the rainforest while aboard a small or motorized canoes that take us through Lake Alajuela and the Chagres River until we reach the friendly people of the Embera-Drua Community. We will enjoy learning about their culture and traditions and have lunch in their thatched huts. This will be most definitively an unforgettable experience.

You will also have the chance to take a tour with the "Medicine Man" who will explain the use of plants as natural medicines. You will have the opportunity to go for a refreshing swim before we return to the city at the village's beautiful tranquil natural pool or at a waterfall, which is approximately 20 minutes walking distance.

You will also be able to purchase some of their incredible crafts. The Embera Indians are master artisans, known for their trays, fine baskets and high quality woodcarvings. In addition to crafting objects for sale, skilled woodcarving has many traditional uses in the Embera

culture, including fabricating hunting weapons, canoes, paddles, household furnishing and ceremonial objects. The Embera have recently expanded their carving skills to tagua, known as “vegetable ivory”, and have created a unique and imaginative art inspired by the plants and animals of the rainforest. Overnight at Gamboa Rainforest Resort.

(Included meals : Breakfast, Lunch)

Day 6: Camino del Oleoducto (Pipeline Path) (Tue)
Very early in the morning, we will leave Gamboa for the area of Colon. Camino del Oleoducto (Pipeline Path) is located within the boundaries of Soberania National Park, a site which occupies the first places in the world for bird observation. Once our bird watching tour has concluded, we will head for Colon. Arrival at Hotel Melia Panama Canal. Lunch and Dinner at your leisure. Overnight at Melia Panama Canal.

(Included meals : Breakfast)

Day 7: Melia - San Lorenzo (Wed)
We begin the day with breakfast in the hotel, followed by departure for Gatun Locks, Forts Sherman and San Lorenzo, which rests on a cliff on the Chagres River and protected the entrance of the Isthmus of Panama during the colonial period. We will also be able to observe the flora and tropical fauna. Light Lunch. Return to the Hotel. Overnight in Melia Panama Canal.

(Included meals : Breakfast)

Day 8: Melia - Fly out from Panama (Thu)
Breakfast at the hotel and at the set time, transfer to the International Airport for your return flight or continue with some other program.

(Included meals : Breakfast)

Option #1 - All rates valid until Dec 15, 2009	Single	Double	Triple
El Panama Gamboa Rainforest Resort Melia Panama	$3,173	$2,000	$1,733

Option #2- All rates valid until Dec 15, 2009	Single	Double	Triple
El Panama Gamboa Rainforest Resort Melia Panama	$3,163	$2,027	$1,813

Option #3 - All rates valid until Dec 15, 2009	Single	Double	Triple
Hotel Riande Continental Gamboa Rainforest Resort Melia Panama	$3,136	$1,985	$1,733

Option #4 - All rates valid until Dec 15, 2009	Single	Double	Triple
Hotel Country Inn Gamboa Rainforest Resort Melia Panama	$3,040	$1,944	$1,719

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