

# Panama Adventure Trip

Kayak, Hike, & Explore the Beautiful  
Panama, Central America  
(May 13 - 24, 2010)



**Day one - May 13<sup>th</sup> (Thursday)** - Fly out of Miami Airport, First night stay in hotel in Panama City.

**Day two - May 14<sup>th</sup> (Friday)** - Panama City tour and hike. From colonial history to the engineering wonder of the world, the Panama Canal, and from skyline vistas and to indian handcrafts, our Panama City tour is just the beginning of this incredibly diverse trip. Dinner out and hotel stay in Panama City.

**Day three - May 15<sup>th</sup> (Saturday)** - Drive to Pedasi, Camp out on Isla Iguana. A seldom visited jewel in Panama's national park system, Isla Iguana is surrounded by 20 hectares of coral reef. There are 11 species of coral, 524 species of fish, dolphins, whales, and turtles abound as well as a frigate bird colony.. the only ones who get to call the island home!

**Day four- May 16<sup>th</sup> (Sunday)** - Head back to the mainland for lunch, then a drive to Santa Catalina to camp on the beach.

**Day five - May 17<sup>th</sup> (Monday)** - Overnight kayaking trip to Coiba National Park, another hard to reach paradise used, until recently, as a jail! Known locally as the 'poor mans Galapagos', this Pacific island is home to many species of bird and fish and even a residential crock!

**Day six - May 18<sup>th</sup> (Tuesday)** - Kayak back and head to the mountains, lodging in dorms in Cerro Punta. Panama's highest village, Cerro Punta is located between 2 national parks, near the highest mountain, Volcan Baru, and is also the 'bread basket' of Panama. Enjoy food that doesn't travel far to get to your plate

**Day seven - May 19<sup>th</sup> (Wednesday)** - Hike the famous Quezta trail in Boquete, the new 'adventure center' of Panama. Visit a wildlife sanctuary in the afternoon. Camping in Boquete.

**Day eight - May 20<sup>th</sup> (Thursday)** - Optional adventures in Boquete\*: Hike, bike, Zip line through the forest on a canopy tour, rafting, possibly rock climbing, or relax and check out a coffee tour. At midnight we start the hike up Volcan Baru, the highest mountain in Panama. We arrive at the top in time for sunrise, and see if we can see both oceans.

**Day nine - May 21<sup>st</sup> (Friday)** - Return from the Volcan Baru hike around noon. Head to the hot springs for a soak. Camp out on the beach.

**Day ten - May 22<sup>nd</sup> (Saturday)** - Over night kayaking trip in the bay of Chiriqui. This small collection of islands is perfect for our overnight kayak trip. Enjoy the Pacific at it's best.

**Day eleven - May 23<sup>rd</sup> (Sunday)** - Kayak back from the island and drive back to Panama City. Hotel stay in the city.

**Day twelve - May 24<sup>th</sup> (Monday)** - Early morning flight back to Miami.

**\$1850 per person**

\* The cost does not include meals in cities, airfare, personal expenditures, gear, or the optional adventures available on day eight. Included in the price are ground transportation within Panama, visas, guide services, hotels stays, meals on treks, some group equipment, park entrance fees, transportation to and from airport.

A non-refundable deposit is required to secure a spot on the trip. The balance must be paid in full 60 days prior to departure, after which no refunds will be allowed.