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AFRICA & INDIAN OCEAN | ASIA & PACIFIC | EUROPE | INDIA & BEYOND | LATIN AMERICA & ANTARCTICA | ARABIA & NORTH AFRICA | NORTH AMERICA

## PANAMA: LAND OF DIVERSITY

### SUGGESTED ITINERARY ONLY

9 DAYS & 8 NIGHTS PANAMA CITY, PANAMA HIGHLANDS, BOQUETE & GAMBOA RAINFOREST

Explore the diverse land of Panama as you cruise the Panama Canal and discover the historic treasures of Panama City's Casco Viejo. Discover the coffee plantations and forests of the cool highlands from your base in Boquete. Savor some leisure time to relax on the glorious beaches of the island of Boca Brava. In Chagres National Park, travel by dugout canoe, explore the jungle, and delve into indigenous culture.



Departure Date:

Through March 2020

Note: Prices listed are per person, based on double-occupancy

Price From:  
\*Two People

\$2,795

## JOURNEY HIGHLIGHTS

Explore the colonial heart of Panama City, the Casco Viejo, a UNESCO World Heritage Site

Experience the mighty Panama Canal on an unforgettable cruise

Visit a local coffee plantation and processing plant in the highlands outside Boquete

Search for the elusive resplendent quetzals in the glorious cloud forest

Hike through the rainforest and learn about the natural history of the jungle

Visit indigenous villages by dugout canoe and learn about traditional ways of life in the rainforest

## COX & KINGS RECOMMENDS

Helicopter over the Panama Canal

Private visit to a local indigenous community

## EXTEND YOUR JOURNEY

Nicaragua • Colombia

### Day 1: Arrive Panama City

Upon arrival, you will be escorted to your hotel. *American Trade Hotel – 2 nights*

### Day 2: Panama Canal

Embark on a cruise of the Panama Canal. (B, L)

### Day 3: To Boquete

Enjoy a tour of Casco Viejo, and then fly to the highlands. *Hotel Panamonte – 2 nights* (B)

### Day 4: Boquete

During a day at leisure, enjoy the amenities of your lodge. (B, L)

### Day 5: To Boca Brava

Visit a coffee plantations or take a zipline tour. Later, sail to the island of Boca Brava. *Cala Mia Boutique Hotel – 2 nights* (B)

### Day 6: Boca Brava

Savor a day at leisure in this tropical paradise. (B)

### Day 7: To Gamboa Rainforest

Set out on a boat trip and hike through

the rainforest. *American Trade Hotel – 2 nights* (B)

### Day 8: Chagres National Park

Travel by dugout canoe to a remote village to learn about life in the rainforest. (B, L)

### Day 9: Depart Panama City

Return to Panama City for your onward flight. (B)

