



MIRAFLORES LOCKS, PANAMA CANAL

# PANAMA

## Connecting Hemispheres in Panama

8 DAYS | Choose your dates

### About this trip

Connecting the ecosystems and civilizations of two continents, Panama is a crossroads not only of geography but also culture and society. The country's mix of modern infrastructure, tropical forests, and remote indigenous communities makes it an ideal classroom for examining biology, culture, engineering, and more. Compare rainforest and cloud forest habitats while observing neotropical wildlife, then spend the day with an indigenous tribe to learn about their way of life. History lessons gain vital context as you analyze the lasting effects of the country's early colonial roots, its role in World War II, and the construction of the famed Panama Canal. Finally, discuss how modern Panamanians are looking ahead to a sustainable future.

### Your students will...

- Visit a coffee farm and discuss the importance of pollination and sustainable farming.
- Learn about medicinal plants in the rainforest with an Emberá village elder.
- Delve into the country's history on a stroll through the parks and colorful streets of Casco Viejo, Panama City's historical center.
- Gain a deeper understanding of the engineering marvel that is the Panama Canal during a visit to the Miraflores Locks Visitor Center.
- Enjoy fun adventure activities, including whitewater rafting, a boat ride, and guided rainforest and cloud forest hikes.

### Educational Connections



Interdisciplinary  
Studies



Natural  
History



Cultural  
Studies



Adventure  
Learning

### What's included?

- Bilingual local guide
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting

# Itinerary

BLD = BREAKFAST, LUNCH, DINNER

## DAY 1 - PANAMA CITY

Upon arrival at Tocumen International Airport, you will be met and transferred to the hotel. No meals included today; arrivals are in the evening. *Overnight at Radisson Panama Canal.*

## DAY 2 - BOQUETE

After breakfast, receive a program orientation, and then check out of your hotel and transfer to the airport for your flight to David. Upon arrival, transfer to Boquete, where you'll visit a sustainable coffee farm and learn about pollination as well as honey farming. Continue to your hotel for check-in. Dinner is at a local restaurant. *Overnight at Hotel Buena Vista. (BLD)*

## DAY 3 - BOQUETE

Today embark on a thrilling whitewater rafting experience on the Chiriquí River. Experienced guides will instruct you in safety procedures and gear usage before you set out on your rafting trip with Level I and II rapids, perfect for beginners. This evening, listen to a lecture at the hotel before dinner at a local restaurant. *Overnight at Hotel Buena Vista. (BLD)*

## DAY 4 - GAMBOA

Early this morning, take a guided cloud forest hike. Learn about public lands conservation while you look for flora and fauna like orchids, howler monkeys, sloths, hummingbirds, and the Resplendent Quetzal. After your hike, return to the hotel to freshen up. Have lunch at a local restaurant before returning to David for your afternoon flight to Panama City. From there, continue to Gamboa Rainforest Resort. *Overnight at Gamboa Rainforest Resort. (BLD)*

## DAY 5 - GAMBOA

This morning, the adventure begins with a transfer to the shores of Lake Alajuela, where members of the Emberá community will be waiting with their handmade dugout canoes to embark on the 30- to 60-minute boat ride (depending on the river's water levels). The paddle is through virgin rainforest where a variety of wildlife lives. Be on the lookout for herons, egrets, ospreys, toucans, parrots, turtles, caimans, sloths, otters, and monkeys. If the water level is high enough, you can stop at a local waterfall for a quick dip on the way to the village. Upon arrival, receive a traditional greeting of music and a fascinating presentation by the Emberá about their history, culture, and way of life. Feast on a delicious lunch of fresh fish, fried plantains, and local fruit before taking a 20- to 30-minute hike with one of the village elders to learn about their medicinal plants. Finally, there is free time in the village to look at or purchase any of their exquisite hand-woven baskets, plates, or masks made from palm leaf fibers or cocobolo wood (rosewood) or tagua nut carvings, get a cultural temporary tattoo, swim in the river, play with the Emberá children, interact with the villagers, or take pictures. The visit ends with a display of shamanic and celebratory music and dancing by the villagers. Afterward, say goodbye and return to Gamboa. *Overnight at Gamboa Rainforest Resort. (BLD)*

## DAY 6 - GAMBOA

This morning, visit Pipeline Road, a famous birding route in Soberanía National Park, where 385 bird species were once identified in just 24 hours. Begin with a walk along the road for birding en route to the Panama Rainforest Discovery Center, where there are numerous ongoing scientific investigations related to bird monitoring and conservation. Explore the visitor center trails in search of hummingbirds and a variety of colorful, tropical birds that live in the various layers of the rainforest canopy. Hike to the almost 100-foot observation tower and climb up for a bird's-eye view of the forest. Have lunch back at the hotel. Afterwards, visit the Panamerican Conservation Association. Learn about their wildlife rescue and rehabilitation efforts—including transitioning injured animals back into the wild and relocating animals during the canal expansion—and meet their animal ambassadors. This afternoon, take a boat ride on Gatun Lake. After dinner, meet with Yaguara Conservation to learn about the plight of the jaguar and measures taken to replenish the wild cat population. *Overnight at Gamboa Rainforest Resort. (BLD)*

## DAY 7 - PANAMA CITY

This morning after breakfast, there will be a lecture on colonial Panama. Then, explore the historical wonders of the city. The first stop will be Casco Viejo, Panama City's historical center, which was built in 1671 after the destruction of Panama Viejo by the English privateer Henry Morgan. Casco Viejo's parks and narrow streets are lined with colorful buildings representative of Spanish, French, and early American architectural styles. After lunch in the city, visit Biomuseo's permanent exhibition, titled "Panama: Bridge of Life." The museum's eight galleries and eight "devices of wonder" explain the origin of the Panamanian isthmus and its gigantic impact on the planet's biodiversity. Later, experience the wonders of the Panama Canal during a visit to the Miraflores Locks Visitor Center. This evening, have dinner and attend a folkloric show at a local restaurant. *Overnight at Radisson Panama Canal. (BLD)*

## DAY 8 - DEPART

Transfer to the airport for your flight home. (B)

## Program pricing

**\$2,475** (21 participants + 3 leaders)

**\$2,650** (14 participants + 2 leaders)

**\$2,875** (7 participants + 1 leader)

Price includes accommodations, meals, entrance fees, and activities as indicated in the itinerary, internal flights, private transportation unless otherwise noted in itinerary, local guides in each region for duration of program, and carbon offset.

International airfare, gratuities, and items of a personal nature are not included.

Valid for travel in 2021.

## Travel protection

Holbrook Travel purchases Travel Protection on behalf of all participants. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more. Refer to the Plan Document for more details.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

## The fine print

*Rates are based on triple and quadruple occupancy for participants; complimentary leader accommodations may be single or double occupancy based on availability. International airfare is included for complimentary leaders. Holiday surcharges may apply. A \$200 per person deposit and enrollment form is due upon booking. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than 95 days prior to departure. Cancellations received less than 95 days prior to departure are non-refundable.*



*This program includes optional carbon offsetting with ClimateSafe. Learn more at [holbrooktravel.com/climatesafe](https://holbrooktravel.com/climatesafe)*