



Panama – City Explorer

6 days / 5 nights – Price From: \$1,099

DAY 1: Arrive in Panama

Arrive at Panama International Airport, where you will be met by a Sublime Journeys representative and transferred to your hotel in Panama City. Lodging at Sheraton Hotel, close to the Bay of Panama, your hotel is bounded by charming restaurants and vibrant nightlife, all within easy walking distance.

DAY 2: City & Canal Tour

Depart from the hotel to visit Panama Viejo, the first city founded in the isthmus by Spanish Conquistadores at the beginning of colonization. The remaining ruins are the legacy of the Pirate Henry Morgan who sacked the town in 1671. From here we head to the second colonial city of Panama, Casco Viejo, built in 1673. Stroll around French Plaza and immerse yourself in the wonderfully vibrant colonial streets and witness a place where pirates and conquistadors once fought for wealth and power on the Path between the oceans. The architecture of this area is exquisite and includes French, Italian and Spanish styles. Our last stop will be at the Miraflores Locks to witness a modern engineering miracle; the mighty Panama Canal and its locks..

DAY 3: Embera Indigenous Encounter

This adventure will take you to an indigenous community in the Chagres National Park. You will learn about the culture and traditions of the Embera Indians. See their artisans practice their traditional crafts and learn from their knowledge of botanical plants. Their cultural dances and music will take you back centuries. A tribes-man will be happy to apply some traditional temporary body-art using the traditional Jagua 'ink'. Walk in the jungle, explore the waterfalls, learn from a magical culture and truly feel as though you are being immersed in the pages of National Geographic.

DAY 4: Shopping Tour at Multiplaza

From Ethnic Encounters to a cosmopolitan shopping Mecca! Today you will be chauffeured to one of the finest malls in Central America (Multiplaza mall) for a fun day of shopping - boasting top-brand stores such as Chanel, Hermes, Carolina Herrera, Ralph Lauren and many more. All major credit cards accepted.

DAY 5: Day at leisure

Today you may relax and enjoy the day at your leisure or embark on one of our fabulous and fun day-trips: El Valle Mountain town and Zip Line.

This excursion begins early in the morning with a two-hour drive along the Pan-American Highway to the beautiful mountain town of El Valle de Anton in the province of Coclé. According to geologists, El Valle is the crater of a dormant volcano, probably the largest in Central America. This picturesque valley, with its cool and pleasant climate, rises approximately 720 meters above sea level. It boasts a great variety of attractions including petroglyphs, hot springs, waterfalls and Canopy Zip line adventure together with a variety of hikes for all abilities.

(DAY 5 continued on page 2)

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24 Hour Numbers

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itinerary



Panama Explorer (continued)

DAY 5: Day at leisure (continued)

Boat tour at Gatun Lake and hiking the Soberania National Park.

A representative of Sublime Journeys will meet you in the lobby of your hotel for the 45-minute drive to the town of Gamboa; where the Chagres River meets the Panama Canal. From here you will board a boat and head off on an adventure that will include an expedition across Gatun Lake in the Panama Canal passing by gigantic cargo ships transiting the waterway. Along the way, you will have the opportunity to spot green iguana, three-toed sloths resting on tree branches, crocodile, osprey, snail kite and Keel-billed toucan among other wildlife. The tour boat enables unparalleled proximity to rainforest covered islands (former hill tops) in Gatun Lake to search for White-faced Capuchin, Mantled Howler Monkey, Central American Spider Monkey, and Geoffrey's Tamarin. After the boat tour we will head to Soberania National Park for a hiking tour around the trails of the lush forest

DAY 6: Transfer Out

We hope you have enjoyed your time with us and bid you farewell before transferring you to the airport in time for your flight. Hasta Luego Panama!!

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